

# FREE! INTEGRATION & EQUALITY TRAINING



## JUMP INTO THE GOULASH POT !

Feeling left out? Disoriented? Maybe. disconnected, even isolated? Assimilated? Or really integrated?  
Come and find new ways to connect!

Are you OK interacting with men & women?  
Are women = we men? Can equality connect people?

Join us: have fun looking for the answers!

**Groups from March to September:**

Reserve your place NOW!!

Come to discover new points of view!

Exchange tips for integration!

(We are near Kalvin ter)

- Share your experience and learn together about challenging topics
- Multicultural, relaxed atmosphere
- More info at: [goulashpot@gmail.com](mailto:goulashpot@gmail.com)
- Preference to participate in other trainings of Mighelp (ECDL, driving license, language courses etc) if you complete this 4-session program
- Incentive grants for the most engaged participants.

For residents in Hungary for more than 6 months, except from: EU, Iceland, Lichtenstein, Norway and Switzerland.

