
Walk and Talk

For people from war zones who are new to Bremen, coping with everyday life in a foreign country represents a great deal of stress. Everyone knows it from themselves. People need a retreat to catch their breath. Bremen offers a variety of green lungs that allow people to breathe deeply. The aim of the Walk and Talk project is to discover these spaces and to establish “self-determined” contact with participants in outdoor activities to help them cope with their everyday life. The project is supported by *the Senator for Social Affairs, Youth, Integration and Sport*.

How does Walk and Talk

on [website](#) the *Port-Opportunity eV* and are then invited to a preliminary talk in the *AusspANN eV*. There they can get to know each other and meet. We place a special focus on refugees with children (from war zones) who, in addition to dealing with everyday worries and hardships, need a secure retreat. That *Walk and Talk* in the *AusspANN eV* by a colleague with training in psychotraumatology. For the children, but also for the adults, we have small booklets in Ukrainian and German with which you can go out, discover your environment in a relaxed and playful way and learn your first German words. These booklets are donated by Rossberg-Verlag.

How Walk and Talk works for refugees

1. You get in touch with a [form](#) Walk and Talk There you can tick what you are interested in and enter your contact details.
2. We will then contact you and send you an appointment when we can meet you in the Café des [AusspANN eV](#) takes place, where you can meet people who accompany you and have the same interests as you. You can also find the dates in our [calendar](#).
3. On a [map](#) where you would like to meet up with a companion and take her for a walk.
4. At the meeting you can exchange contact details with a companion who you like and agree on what you would like to do.
5. We would be delighted if you would send us yours afterwards [experiences](#) so that others can also see and read how you judge our volunteer offer.

How does Walk and Talk work for companions

1. ? You get in touch with a [form](#) Walk and Talk There you can tick what you are interested in and enter your contact details.
2. We will then contact you and send you an appointment when we can meet you in the Café des [AusspANN eV](#) takes place, where you can meet people who are looking for your company and have the same interests as you. You can also find the dates in our [calendar](#).

3. On a [map](#) where you would like to meet and go for a walk.
4. At the meeting you can exchange contact details with a refugee who you like and agree on where you want to go.
5. We would be delighted if you would send us yours afterwards [experiences](#) so that others can also see and read how you judge our volunteer offer.

Frequently Asked Questions - FAQs

- **Does it cost money to participate in Walk and Talk?** No, participation is free.
- **Can I also participate if I am not looking for a companion?** Yes. You can [register](#) and visit us at any time in the [language café of Ausspänn eV](#) and seek a conversation with us. We will be happy to explain to you where we have suitable retreats in Bremen where you can go for a walk and take a deep breath.
- **Where can I relax in Bremen?** You will receive a link to a [map](#) where retreat rooms are marked.
- **How do I get to the retreat rooms?** on the [map](#) Bus and tram stops are marked
- **Where do I meet a companion?** You will first meet in [the Ausspänn eV café](#) . There we will explain how and where possible meeting points are marked on the [map](#) .
- **Are the companions paid?** no It is a voluntary activity.
- **Am I safe in the company of companions?** We only work with volunteers who we know personally or who are recommended to us by cooperation partners. We cannot give anyone a guarantee that you will understand each other. Getting to know each other better is what the preliminary talks are for and don't be afraid to say if you feel unsure. You don't have to go anywhere or go with anyone you don't feel safe with or where.
- How can I contact you? You can reach us by email at: walkandtalk@port-opportunity.de.