

Buddy Program

1

The **Buddy program** is a program that allows a **newcomer to Belgium** to **meet a local person** to **discover SINGA activities and Brussels**.

For **3 months**, you and your buddy **meet (about every 15 days)** to do **activities together and create a friendship!**

2

Matching

SINGA finds you a buddy depending on your **age, interests, languages, and availability** to find the **best match for you**.

Once your buddy is found, you and the **Buddy Team** **discuss it together** and **agree on a day when you are available** for a first meeting!

The **first meeting** takes place in a **café, paid for by SINGA, with you, your buddy, and a person from the Buddy team**.

3

First meeting

During the first meeting, you and your buddy **talk to get to know each other better** (hobbies, passions, desires)!

If a question bothers you, you don't have to answer!

You also discuss with your buddy to find out which **activities** you would like to do, such as **SINGA activities**: a Bazar, ping-pong, dancing...

But also activities in Brussels: a walk in a park, a museum, a meal...

Commitment

4

After the meeting, it's up to you and your buddy to organise together!

You can decide together what time is best for you, **in the morning or evening, on weekends or weekdays!**

If you prefer to **talk by telephone call or message**, discuss it with your buddy as well!

Organize yourselves according to you and your buddy's availabilities and preferences!

The Buddy team also regularly gives you **ideas for free activities to do with your buddy in Brussels!**



THE GOLDEN RULES OF THE BUDDY PROGRAM

BUDDY TEAM PHONE NUMBER

+32 473 18 66 23

AVAILABILITY

- You and your buddy figure out how to **organize yourselves** during these 3 months **in a way that is best for both of you!**
- Any **questions, doubts, or changes in availability?** Talk to us to find a solution together!

INCLUSION

- A buddy also allows you to **share your culture and learn more about theirs! Habits, norms, and practices may be different**, but that's what makes this Buddy adventure special!
- It's also a person you can **trust** and with whom you can go to **SINGA activities** if you don't want to go alone, and with whom you have a **relationship of equals**.

KINDNESS

- The important thing at SINGA is to **accept people as they are, regardless of their origin, ethnicity, religion, political or sexual orientation.**
- You commit to never making violent, discriminatory, racist, xenophobic, sexist, or homophobic remarks.***

SUPPORT

- **Stay in contact** with your **buddy** and with **SINGA** during the program!
- The Buddy team is available by **message** or **telephone** from **Monday to Friday** to answer you.

A BUDDY IS NOT...

- A best friend you contact or see every day
- A stranger you never see
- An administrative assistance help
- A romantic encounter
- Feeling forced to do or say things you don't want to