



NATIONALER ZUKUNFTSTAG

Seitenwechsel für Mädchen und Jungs

National Future Day – The most important points in a nutshell

The goal of National Future Day is to promote open career and life planning for school children, regardless of gender.

Therefore, on National Future Day, hundreds of businesses, organisations, professional and academic schools across Switzerland will open their doors.

Girls and boys from the 5th to 7th class are invited to accompany a relative to work or to take part in an exciting special project.

In accordance with the motto „changing sides” they will experience non-traditional professions, workplaces and careers paths and experience the numerous possibilities available to them.

Do you have a daughter or son in the 5th to 7th class? Then take advantage of the chance to participate in the various possibilities on National Future Day.

1. Basic programme: Girls and boys accompany a relative to work.

The choice of the person to accompany should relate to the „changing sides” motto. There are numerous variations:

- Girls go with their fathers, boys with their mothers (or a close relative);
- Girls accompany a person working in a male dominated profession and boys accompany someone whose profession has a majority of female workers.

2. Special project: Girls and boys participate in a special project of their choice.

Countless businesses, organisations, vocational schools as well as universities run special programmes on National Future Day to introduce boys and girls to non-traditional areas of work.

If your child would like to participate, then please proceed as follows:

- General information about the project can be found at: "[Special projects for girls](#)" or "[Special projects for boys](#)".
- Your daughter or son can register for a special project in their canton of residence at the following link: www.nationalerzukunftstag.ch/de/angebote

Practical information about participation:

In your business

Ask at your workplace whether you may take your child to work on Future Day and inform your colleagues. The Future Day programme is already part of a fixed annual programme in numerous businesses.

In school

Ask at school whether the class plans to participate. In case they don't you can submit an absence request form for your child to the school. Each canton has different participation regulations. Internal school projects are run for children who will not participate in National Future Day and therefore shall remain at school.

- Here is a link to the absence request form:

www.nationalerzukunftstag.ch/fileadmin/files/files/pdf/2020_Dispensationsformular.docx

Organisation of project days

Prior to National Future Day, consider what kind of work your child can carry out independently. Nothing is more fun than being able to work together. Smaller jobs could include sorting the mail, sticking on stamps, photocopying, buying snacks and organising tools. A **check list** for the organisation of the day is available [here](#).

Interview

Ask a colleague whether he or she would be willing to be interviewed by your child. On National Future Day girls and boys should experience the wide spectrum of career opportunities available to them. Therefore, choose a specific person who can offer your child an insight to the new, unknown or non-traditional profession they work in. Here is an [Interview template](#).

Future Day questionnaire

After the project day your child should complete the [questionnaire](#) and send it to [Geschäftsstelle des Nationalen Zukunftstags](#).