

kick start YOUR LOVE LIFE!

Looking for love? Even if you are an expat who doesn't speak French, the Lake Geneva area is a great place for dating, says Trea Tijmens, a certified matchmaker and dating coach. "The English-speaking community here is growing constantly, and many Swiss are open to meeting Anglophones," she says.

So, how do you improve your chances for meeting someone appealing? First, says Trea, "ditch all the excuses to not start dating, such as 'I don't speak the language, I'm not sure how long I'll be here, I'm too busy with work, there are no available men or women, or I'll start dating once I've settled in my new job – or lost 10 kilos, or when the kids are bigger' or whatever other excuse is holding you back".

After you get positive about dating, make it happen. "Don't wait for love to come knocking at your door!" says Trea, who is the driving force behind WRS Dating, the new match-making service for the English-speaking community. OK, but how to take the initiative? The dating coach has four quick tips:

CREATE AN ACTIVE SOCIAL LIFE. Join activities around your centres of interest (sports, theatre, etc.) and discover new ones. Attend social events, join your local colleagues for after-work drinks. Create a life outside of work and spend time with other singles who are positive, supportive and fun.

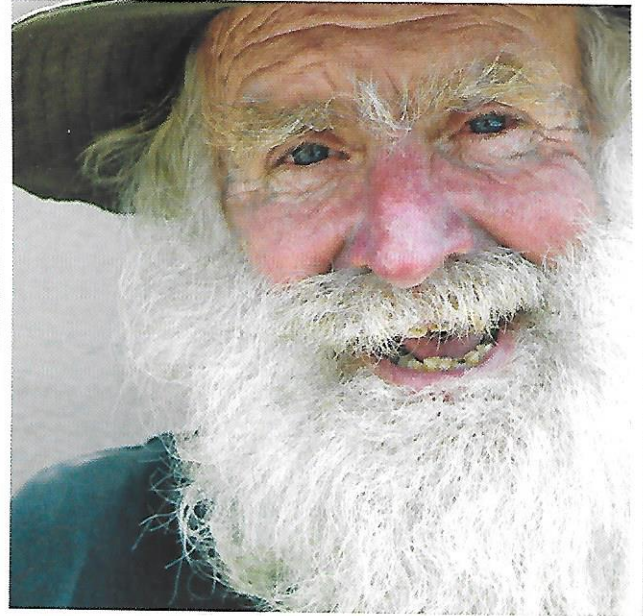
BE PREPARED. You can meet a partner anywhere, anytime, so be open to that certain someone whether you're in the grocery store or the park. Be friendly and dress for success (or seduction).

ENLIST AMBASSADORS. Never be embarrassed about being single. Let those around you know that you'd like to meet someone nice, and that you would be happy to be introduced should they know someone who is, for example, smart, fun and in his fifties (limit yourself to 3 key criteria). Keep it light and simple.

Not surprisingly, Trea also recommends that those looking for love work with a professional dating service. Advantages for busy professionals include confidentiality and selectivity, saving you time and increasing your chances for a compatible match.

Want to increase your chances even more?
Go to worldradio.ch/dating.

What have you got to lose by diving into dating?
Except love?



forever young, or old IN SWITZERLAND

The Swiss are living longer than ever before – beating out 34 countries for the highest average life expectancy of 82.8 years old, according to a recent study by the Organization for Economic Co-operation and Development.

No big surprise considering that Oxfam recently rated Switzerland the number two nation with access to plentiful and affordable healthy food. Including chocolate – we ate a staggering 19.9kg per capita in 2012.

By Jaimie Guerra