

THE SWISS GUIDE FOR EXCHANGE STUDENTS

2021/22



Erasmus Student Network
Switzerland

Publishing information

Cover photo :

Fabrice Villard on Unsplash

Project Authors :

ESN Switzerland, Winterthur, Switzerland
board@esn.ch | www.esn.ch

Editor/Layout :

Design: Sofia Yazitzoglou,
Swiss Guide coordinator: Marine Piller Hoffer
booklet@esn.ch | www.esn.ch

Copyright :

ESN Switzerland, Winterthur, Switzerland
board@esn.ch | www.esn.ch
Remo Weber, Winterthur, Switzerland
booklet@remo-weber.ch | www.remo-weber.ch

All rights reserved.

No reproduction without permission of the owners. If any damage occurs - directly or indirectly - by the use of information presented here, neither the author nor ESN Switzerland is liable.

Table of contents

Foreword	4
----------------	---

Welcome to Switzerland

A bit of history	6
Political System of Switzerland	7
Landsgemeinde	9
Geography	10
Swiss Values	12
Seasons	14
Swiss Traditions	18
Swiss Food Map	19
Tips & Tricks	21
Public Transport	23
Finances	25
Supermarkets	26
Mobile Phone	27
Post Office	28

Erasmus Student Network

Erasmus Student Network	30
ESN Switzerland	31
National & International Events	32
Local ESN Sections	33

Contacts, Emergencies, Useful Links

Contacts	48
Emergency Phone Numbers & Useful Links	53

Foreword

On behalf of the Erasmus Student Network Switzerland, we warmly welcome you to our beautiful country! During your stay with us, you will have the chance to learn about a new culture, a new language, study at a different university, meet people from around the world but above all, live a unique experience you will forever cherish.

During your exchange several questions will come up: “What to do in spring? Where can I get cheap food?” The Swiss Guide contains all this information and more: Swiss traditions, best destinations, tips and tricks as well as ESN activities.

But what is ESN you say? ESN is the largest student association in Europe, with 15,000 active members helping out 350,000+ exchange students every year. ESN is divided into 535 local sections present in 42 countries. At the local level, ESN volunteers work on a daily basis to make sure you have an unforgettable experience through a variety of cultural events, fun nights out and sport tournaments amongst other things.

We would like to thank all the Swiss ESN sections for their collaboration and our partners for their support. Last but not least, we wish all of you an unforgettable stay in the land of Heidi!



**Welcome to
Switzerland!**

A bit of history...

Switzerland is a small country located in the heart of Europe and shares a lot of its history and culture with its neighbouring countries Germany, France, Italy, Liechtenstein and Austria. At which date Switzerland became the country we know today depends on historical interpretation. Archaeologists have proven that Switzerland was inhabited since about 350'000 B.C. However, it is the Helvetians, a Celtic tribe, that populated a vast region of present day Switzerland about 2,000 years ago that gave the country its official latin name "Confederatio Helvetica" (Swiss Confederation).

In 58 BC, Julius Caesar and the Roman Empire conquered the Swiss territory, their rule lasting until the 5th century at which point the Burgundians conquered the western part of Switzerland and adopted the local language, which later became French. Similarly, the Alemanni took control of northern Switzerland and their language gradually transformed into Swiss German dialects. Finally, Rhaetia and Ticino kept their Latin dialects, which evolved into Rumantsch and Italian.

According to the legend, on the 1st of August 1291, representatives of the three cantons of Uri, Schwyz and Unterwalden united on the Rütli (a meadow above Lake Luzern) and swore the Rütli Oath. They agreed to become allies and fight together against surrounding aggressors. This agreement is historically considered as the official formation of Switzerland, thus the Swiss National Day is celebrated on this day.

From the 14th century to the 19th century, several cantons joined the Swiss Federation to become the Swiss Confederation in 1848, when the first Federal Constitution was written.

In 1992, in an emotional plebiscite, Switzerland's entry to the European Economic Area (EEA) was overruled by 50.3% of the votes and 8 years later the first bilateral treaty between Switzerland and the European Union was signed. In 2002, Switzerland joined the United Nations and in 2010, Switzerland was headed by a woman for the first time in its history.



If you would like to know more about Switzerland's history you can have a look at the following websites :

www.history-switzerland.geschichte-schweiz.ch, www.myswitzerland.com

Political System of Switzerland

Switzerland has a **direct democracy system**. This means Swiss citizens influence political decisions. They vote about 4 times a year and they elect the parliament (two chambers) directly every 4 years.

Switzerland is a **federalist state**. This means that state powers are divided between the Confederation, the cantons and the communes. The cantons and communes have extensive powers and have their own sources of income. Federalism makes it possible to enjoy diversity within a single entity.

In order to prevent any concentration or abuse of power, the powers of state are separated between three independent branches:

- **Executive Power: Federal Council**

The Federal Council consists of 7 equal members, elected by the parliament. Its chairman (“primus inter pares”, the “President”) changes every year (Swiss people often do not know the name of their President as it changes every year!).

- **Legislative Power: Federal Assembly**

The Federal Assembly is composed of two chambers. These two chambers have to find an agreement to pass a law.



The United Federal Assembly during Federal Councillor Micheline Calmy-Rey's farewell speech in the National Council in Bern in 2011.

(Keystone/Lukas Lehmann)

- **National Council (Big Chamber)**

The National Council consists of 200 members, representing the Swiss people. The canton's population is represented proportionally. Each canton has at least one seat.

- **Council of States (Small Chamber)**

The Council of States consists of 46 members, representing the cantons. Every canton has two seats; half cantons have one seat each (half cantons are the result of a separation of a canton, therefore the two parts of the former canton have a voice each).

- **Judiciary Power**

The Federal Court of Justice is located in Lausanne, Luzern, Bellinzona, St.Gallen and is the Swiss Supreme Court.

Swiss politics are greatly influenced by the cantons and communes. For example, national policies allowed you to come for an exchange in Switzerland, but your university here might be managed by the canton and some of the public transports you use everyday are organised by the communes.



If you would like to know more about Switzerland's political system you can visit : www.admin.ch, www.parlament.ch



Federal Palace of Switzerland, Bern
Photo by Violetta on Pixabay

Landsgemeinde

The Landsgemeinde is one of the oldest traditional forms of Swiss democracy and is still in use in the cantons of Appenzell Inner-Rhodes and Glarus. On a certain day, all eligible citizens of the canton or village gather in the open air to decide on laws and expenditures. They have the right to debate questions or submit an individual initiative.

Did you know that...

....the citizens of Glarus (GL) vote since 2005 by raising their voting devices (Stimmrechtsausweis) and that the president of the cantonal executive decides by eye?

....Appenzell Inner-Rhodes (AI) was forced to let women vote in 1991 by the federal court.

Challenges

The main problem of the Landsgemeinde is the fact that the votes are not anonymous, a requirement stipulated by the European Convention of Human Rights. An exception clause was therefore included for this Swiss tradition. The Swiss Federal Court also protects this kind of voting procedure. The biggest challenge lies in the logistics, since this procedure requires a location where about ten thousand people can gather for this annual event. An additional problem is people who vote without being entitled to do so or who were eligible but raised both hands. This is also the reason why the so called Stimmrechtsausweise (voting card) was created.



Landsgemeinde in Glarus, May 3rd 2009

Photo by Marc Schlumpf (www.icarus-design.ch) on Wikipedia

Geography

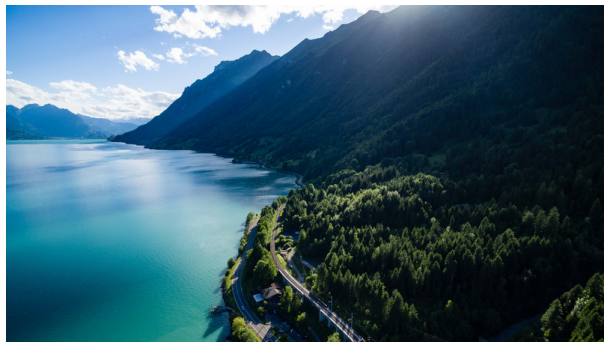
The cantons

Switzerland is formed by 26 cantons and shares borders with Italy, Germany, Austria, France and Liechtenstein.

Rivers and Lakes

The Rhine is Switzerland's biggest river and drains almost 68% of its water into the North Sea. Second comes the Rhône River, which drains 18% into the Mediterranean Sea. There are many other smaller rivers, ideal for taking a swim or doing a white water rafting trip.

Besides rivers, there are also about 1,500 lakes, which form Switzerland's characteristic landscape. The biggest lake is Lake Geneva (which is half French), followed by Lake Constance (with a German and Austrian part), but probably the most well-known and most beautiful lake is situated in central Switzerland; Lake Luzern. It is surrounded by imposing mountains and was used as scenery in Hans Schriber's famous manuscripts about William Tell, written around 1477.



Lake Brienz, Switzerland

Photo by Andreas Gücklhorn on Unsplash

Glaciers and Mountains

With an area of 1,143 sq. km., Swiss glaciers cover around 2.8% of the country's total surface. The largest and also one of the most well known glaciers is the Aletsch Glacier, with a length of 22.7 km. There you can find the Jungfrauoch (3.471 m) and the Piz Gloria where the famous James Bond movie was shot.

Not to forget one of the most emblematic mountains of Switzerland: The Matterhorn (4.478 m), one of the highest mountains in the Alps, a place not to miss! Due to global warming the glaciers melt rapidly, but the melting water often flows into the mountain lakes and is then used to produce eco-friendly electricity.

Did you know that...

...Switzerland is often called the water tower of Europe and is known for its high water quality and quantity of supply.

...water is drinkable almost everywhere and, in cities and on hiking tracks, you can find water fountains where you can fill up your bottle. Fun fact, a fountain has to be signed as non drinkable water if you can't drink it. If nothing is written on it, it's good to drink!



Aletsch Glacier, Switzerland

Photo by Patrick Robert Doyle on Unsplash

Swiss Values

Sovereignty

Swiss people have always been committed to staying politically independent. This is probably the reason why Switzerland will not join the EU in the near future and waited until the year 2002 to become a full member of the United Nations.

Neutrality

Since the Congress of Vienna in 1815, Switzerland is a neutral country. It therefore hosts many international institutions and organisations (Red Cross, WTO, UN, etc.). and has acted on many occasions as an international mediator.

Punctuality

When you have a meeting or classes, the expectation for you to be on time is high, as it shows respect for one another. It is also highly recommended to be punctual for all other appointments, formal or not. Fun fact, if a train has more than 2 minutes of delay, most people get annoyed, such is the extent of punctuality in Switzerland!

Innovation & Quality

The infrastructure in Switzerland allows it to be an innovative country, where research is highly appreciated. Thanks to this, Switzerland is amongst the top countries in Europe and therefore the label “Swiss Made” stands for high quality.



Photo by Katarzyna Kos on Unsplash

Making friends in Switzerland

Swiss people are generally helpful but introvert, which could be interpreted as unfriendly, or sometimes even as arrogant by an outsider. The best way to get in contact with the local population is by joining an association and following the local way of life. An association could be a sports club, a student organisation -like ESN- etc. It can be hard to make friends but once you have a Swiss friend you can count on them for life. If you think the language barrier is a problem, don't you worry, they will find ways to communicate with you: multilingualism is key!

Cultural Activities

Many Swiss are crazy about open air festivals. Most of them happen during spring and summer but you can find some fun ones on the slopes in winter as well. There is also a wide range of cultural activities to enjoy, such as museum nights, open air theatres and historical trips. In the cities, you will find versatile nightlife and lots of shopping possibilities.

You can also enjoy many traditional activities such as yodelling, folk music and cattle exhibitions. Whilst such activities are very popular in the countryside, townsfolk prefer going to clubs, bars or cinemas with friends to have a good time. Before going out or finishing a long day of university, work or skiing, Swiss people gather for an “apéro”, a gathering with your friends to enjoy a drink together at home or in a pub.

For more information about the cultural activities in your city or if you would like to travel to another city to explore it, do not hesitate to contact your ESN section for advice! We are always happy to help.



Seasons

Autumn

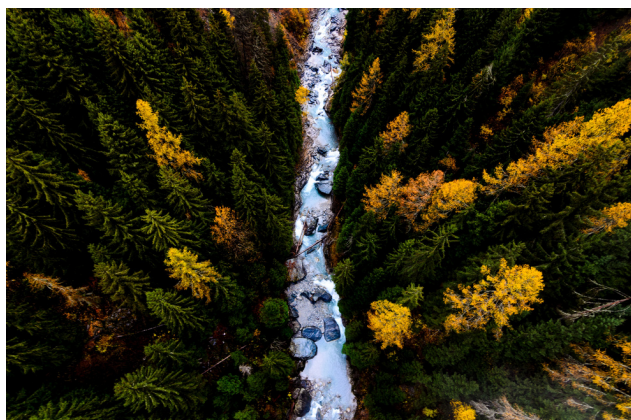
Enjoy a train or bus ride through Switzerland's colourful autumn landscape. The golden, shining vineyards in Valais or in the Lavaux (World Unesco Heritage Site) are especially recommended in this season. It's also the perfect time to go to the autumn fair (Herbstmesse) in Basel and be surprised by the exhibitions and activities planned for the visitors. If you still have some time left, don't miss the chance to visit museums. The most famous ones are the Swiss Museum of Transport (Verkehrshaus) in Luzern, the Swiss Technical Museum and Science Centre (Technorama) in Winterthur and the Olympic Museum in Lausanne.

Events you shouldn't miss

September - October: "désalpe", Alpine cattle descent

23 October - 7 November: Basel Autumn Fair

22 November: "Zibelemärit", Onion Festival in Bern



Mühlebach VS, Switzerland

Photo by Joao Branco on Unsplash



⚠ stay

informed about
covid-19

Be careful: The
event can get
rescheduled or
cancelled.

Winter

Winter season traditionally starts with the Christmas markets. There's no better way to get in the festive mood than by going to Basel or Montreux. Also don't forget that Switzerland is an Eldorado for winter sports lovers. As the country is quite small, you can get to many resorts for skiing or snowboarding pretty quickly from anywhere. Winter sports can be quite expensive, especially in big resorts but the price is worth it. Check the SBB website for the Snow'n'Rail to get convenient deals! You can also go on snowshoe hikes or eat fondue with friends in the Alps, enjoying the spectacular mountain scenery and its surroundings. Remember to bring your winter clothes to keep you warm!

Events you shouldn't miss

25 November - 23 December: Basel Christmas Market

19 November - 24 December: Montreux Christmas Market

3-5 December: "Saint-Nicolas" Celebration in Fribourg

17 - 22 January: Grindelwald Snow Festival

22 January - 30 January: International Balloon Festival
Château-d'Oex



Aletsch Glacier, Fieschertal, Switzerland

Photo by Dino Reichmuth on Unsplash



 **stay informed
about covid-19**

Be careful: The
event can get
rescheduled or
cancelled.

Spring

After a cold winter, spring warms you up and what better way to start the season, than with typically Swiss carnivals (Fasnacht). It is an old tradition, where people gather and enjoy each other's company. In most of them, you have typical costumed bands playing in the streets and food trucks with Swiss meals and beverages. One of the most famous is the Basel Fasnacht, which begins on Monday after Ash Wednesday with the "Morgestraich" at 4 am and lasts exactly 72 hours with music, costumes and parades. Rabadan in Ticino is also a not-to-miss carnival. Each year it attracts tens of thousands of people. Spring is also a great season to start hiking in the mountains as the weather allows you to explore amazing panoramas.

Events you shouldn't miss

24 - 28 February: Carnival in Lucerne

24 February - 1 March: "Rabadan" in Bellinzona

24 February - 1 March: Carnival in Monthey

7 - 9 March: Carnival in Basel

March: FIFF (International Film Festival Fribourg)

March - April: Interlaken Classic Music Festival

25 April: "Sechseläuten" in Zürich

May: ESN Titanic Lémanique in Lausanne



Hirzel, Switzerland

Photo by Ricardo Gomez Angel on Unsplash



⚠ stay informed about
covid-19

Be careful: The event can
get rescheduled or
cancelled.

Summer

After a day of studies, a long night or a hiking trip, it is wonderful to have a refreshing swim in one of the many Swiss lakes or rivers. You can also go rollerblading or biking and enjoy the proximity to nature and the beautiful views. The vast landscapes of Switzerland also allows you to disconnect from city life and reconnect with the call of the wild. Hidden high up in the mountains, if you follow one of the many hiking trails, you can also find deep blue natural pools ready for you to explore. Other great hikes can lead you to an overnight stay in a typical Swiss mountain refuge: the Swiss Alpine Club (SAC) offers simple accommodation in huts for reasonable prices in the Alps. If you live for that adrenaline rush, you can go bungee jumping down the wall of one of the highest dams in Europe - at the same spot where James Bond jumped in Golden Eye or paraglide off some of the highest peaks. If you haven't gotten enough of a ski fix during the winter you can also look up resorts that remain open during the summer.

Events you shouldn't miss

June: Zürich Pride Festival

July: Montreux Jazz Festival

July: Alphorn International Festival in Nendaz

6 - 9 July: Openair in Frauenfeld

19 - 24 July: Paléo Festival in Nyon

1st of August: Swiss National Day

August: Locarno Film Festival

August: Zürich Street Parade

September: Grape Harvest Festival in Neuchâtel



Lausanne, Switzerland

Photo by Samuel Zeller on Unsplash



 **stay informed about covid-19**

Be careful: The event can get
rescheduled or cancelled.

Swiss Traditions

Food

Switzerland has over 450 different kinds of cheese. Fondue and Raclette are some of the most famous Swiss dishes made with cheese and you will find that there is quite a variety of Fondue recipes depending on regions, traditions etc. Sbrinz, Tête de moine, Tilsiter, Appenzeller, Emmentaler, Raclette, Vacherin Mont-d'or, Tomme vaudoise, Vacherin fribourgeois and Gruyère are probably the most well-known cheeses of Switzerland. Each region has its own delicious local products which vary in taste, texture and type of milk (cow, sheep or goat milk). Make sure to try the tasteful Alpine cheese! And of course, don't forget to try the Swiss chocolate. It is world famous and really delicious. There are many local chocolatiers (chocolate makers) which offer a great variety of specialities.

Beverages

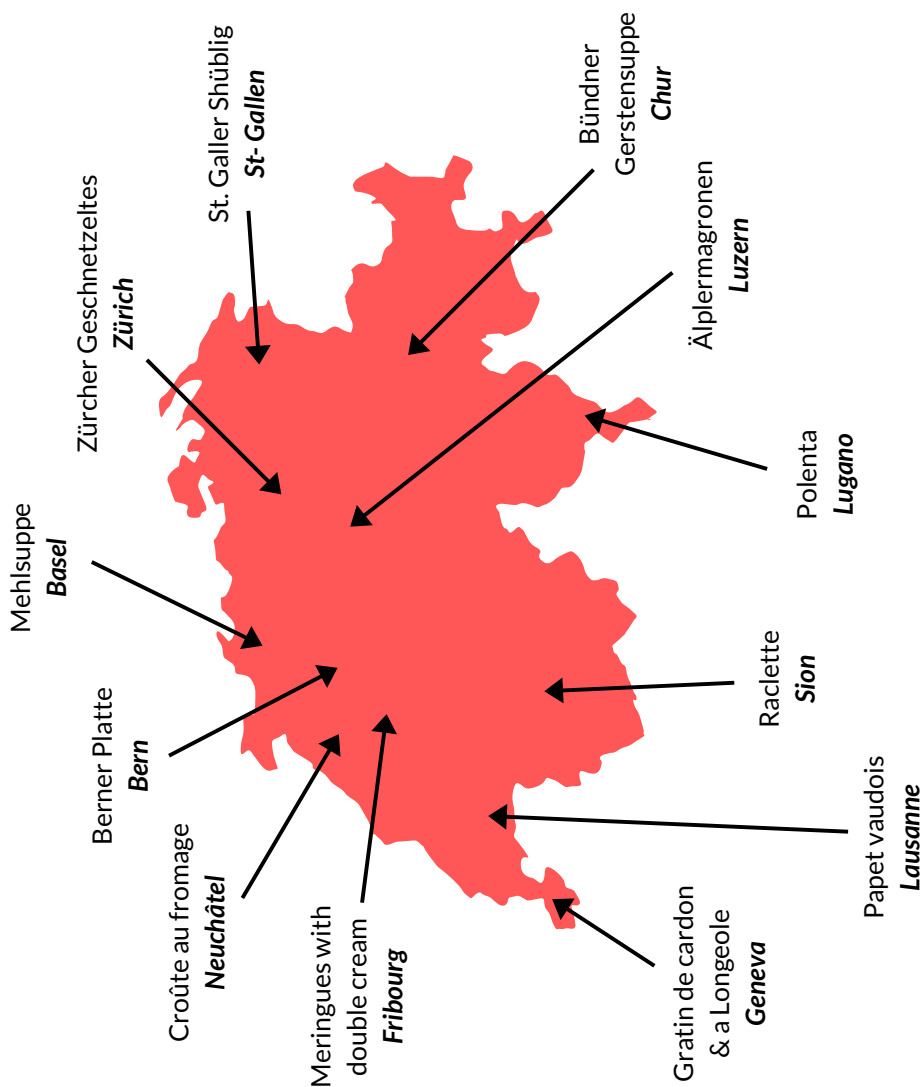
There are many beverages which you can try during your stay in Switzerland. Rivella is a well-known brand and is a milk serum soft drink. Its name follows the Italian word "Rivelazione" which means revelation.

Another typical beverage, which has a long tradition in Switzerland, is beer. Popular brands are Boxer, Eichhof, Falken, Feldschlösschen, Haldengut, Schützengarten, Quöllfrisch and more. You can also find several local small breweries that will provide you with deliciously flavoured less known varieties of beer.

Don't forget to also try Swiss wine. You can find vineyards all over the country, one of the most famous being the Lavaux, a UNESCO cultural heritage site!

Kirsch, Appenzeller Bitter, Bündner Röteli and other fruit brandies are typical Swiss spirits that can be enjoyed after a meal.

Swiss Food Map



Sports/Games

Hiking is one of the most popular sports activities for young and old. It allows you to take a break from your usual routine and you can enjoy the beautiful nature of Switzerland.

Swiss Wrestling (Schwingen) is the Swiss variation of folk wrestling and considered a Swiss national sport. The champion wrestler is chosen at the national wrestling and alpine festival held every 3 years.

Cow fighting is a traditional event which determines the queen cow leading the herd up to the Alpine meadows (the cows are not harmed during the fighting).

Jass is the name of a very popular card game, sometimes considered the national game in Switzerland.

Music

Yodelling (the voice rapidly and repeatedly changes from the vocal chest register to the head register) was probably developed in the Swiss Alps as a means of communication between mountain peaks and became later part of the region's traditional music.

The Schwyzerörgeli is a type of diatonic button accordion used in Swiss folk music. It has a unique tuning called Schwyzerton.

The Alphorn is a wind instrument, consisting of a natural wooden horn of conical bore, having a cup-shaped mouthpiece. Similar horns can also be found in other mountainous regions.



Alphorns

Photo by Werni on Pixabay

Tips & Tricks

Switzerland is separated into regions according to the four official languages. The southern tip of Switzerland is Italian speaking, the north is German speaking, the West is French speaking and last but not least the East, also known as the Grisons, speaks Rumantsch. As such, multilingualism is an integral part of Swiss culture and most Swiss people speak at least two languages.

Arriving in another country without knowing the language is always difficult, here are some words that might help you out at the beginning of your journey:

English	German (CH)	French (CH)	Italian (CH)
Hello	Hallo/Grüezi	Salut	Ciao
Good morning	Guten Morgen	Bonjour	Buon giorno
Please	Bitte	S'il vous plaît	Per favore
Thanks	Danke	Merci	Grazie
Sorry	Entschuldigung	Pardon	Scusi
How much...?	Wie viel...?	Combien...?	Quanto...?
Where is...?	Wo ist...?	Où c'est...?	Dov'è...?
Toilet	Toilette/WC	Toilette	Bagno
Beer	Bier	Bière	Birra
Cheers	Prost	Santé	Salute

Greeting

Friends and family in Switzerland usually greet each other with 3 kisses on the cheek. When you don't know a person, you typically greet them with a formal handshake. If you arrive at a social event with few people, you should greet everyone individually in order not to be considered rude.

Recycling

Recycling and garbage sorting is very popular in Switzerland and in some cases it's even legally required. In the streets you will find many waste bins, make sure to use them correctly as not sorting is usually frowned upon by Swiss people. Littering can lead to a fine if the police sees you so please make sure to use the waste bins. Your apartment building or student residence should normally have recycling containers available for you to sort your garbage. Depending on where you live, you might have to buy specific garbage bags for your domestic waste.

Tipping

Tips in restaurants and bars are not necessary since service is already included in the price, but if the service is worth it, a tip is recommended (5-10%).

Lunch and dinner

After 2 pm, you may have a difficult time finding a restaurant which serves cooked food. The best option in this case is to grab a salad or a sandwich at the supermarket. The same rules apply for dinner past 10 pm. Keep in mind that supermarkets at the train stations usually stay open until 10 or 11 pm.



Photo by angela pham on Unsplash

Public Transport

Railway system (CFF/FFS/SBB)



Most of the railway infrastructure is maintained and operated by the SBB (in French: CFF; in Italian: FFS). Every medium-sized town has a railway station. If you are planning to travel often by train, you might be interested in getting a Half-fare card or a seven25 travel card. On some routes, it is also possible to get Super Saver tickets.

Super-Saver Tickets

Super-Saver Tickets are reduced price tickets (anywhere from 20 to 80% off from the normal price). You can buy them in advance online or through the SBB Mobile App. Keep in mind that Super-Saver tickets are only valid on the indicated route unlike normal train tickets that are valid for 24h on the selected date.

Half-Fare Travel Card

This subscription card allows you to travel on all the SBB network for half the price of the normal train ticket. If you are planning to travel regularly by train it is worth looking into it. The annual subscription costs 120 CHF for the 16-25 year olds and 185 CHF for the over 25.

Seven25 Travel Card

If you are under 25, you might be interested in getting this travel card that allows you to travel for free on the SBB network from 7 pm till 5 am. The subscription costs 39 CHF per month or 390 CHF for a year.

For more information and offers you can download the SBB Mobile App (available both for iOS and Android) or visit their website at www.sbb.ch

Buses/Local Public Transport

Most municipalities offer public transport (bus, metro, trams, boats, etc.). You can find yours very easily online. Depending where you are, you might be able to get a subscription for your city's network.

A major state-owned provider of interurban bus transportation is the “Postauto”, a bus network operated by the Swiss Post. You might want to have a look at their website if you are planning to visit some more secluded areas in Switzerland.

www.postauto.ch/en

Boats/Navigation

There are fleets on all major Swiss lakes. Most of the boats are used for tourism and as public transport. When the weather is nice it is worth taking a trip by boat around the major lakes of Switzerland as it allows you to see another perspective of your surroundings.

Sustainable traveling and *Green Travel Top-Up*

Sustainability and concrete actions to battle climate change are at the core of society nowadays, and evidently student exchanges. Exchange Students who choose a means of transport with lower CO2 emissions than air travel for their outward and return journey to Switzerland can get access to a grant of CHF 100, called the *Green Travel Top-Up*. Contact your International Relations Office to know more about such possibilities. If you can't easily reach Switzerland through a sustainable means of transportation, you can opt for a direct flight in economy class and offset your carbon emissions.

www.myclimate.org



Photo by Piotr Guzik on Unsplash

Finances

Currency

Switzerland's currency is the Swiss franc (CHF) and it has a fairly stable exchange rate of 1 Euro = 1.05-1.15 CHF since 2015.

The smaller denomination (the coins of 10, 20 and 50 cents) is called "Rappen" in German, "Centime" in French or "Centesimo" in Italian. The 1, 2 and 5 CHF also come in the form of a coin. The banknotes have been replaced several times. Currently we are in the eighth series. The 10, 20, 50, 200 and 1000 CHF are banknotes.

Banks

There are several options to open a bank account in Switzerland. You can choose between the two leaders UBS and Crédit Suisse and several smaller banks like Cantonal Banks, Migros Bank, Raiffeisen and many more.

Another possibility is PostFinance which is part of the Swiss Post. For exchange students, PostFinance is the easiest way to get a bank account, because you do not need a domicile confirmation as with normal bank accounts.

Banks are usually open from 9 am to 5 pm on working days and Saturdays and closed on Sundays and public holidays. Automatic teller machines (ATMs) can be found almost everywhere.

Payments

Besides cash, credit cards are widely accepted (shops, taxis, ticket machines etc.). It is recommended to always have some cash with you but you can pay by card almost everywhere. Most Swiss banks give you access to a TWINT account. Thanks to this application, you can pay online on many Swiss websites, in stores as well as transfer money to a friend.

Invoices usually have to be paid within 30 days of issuing and you can either pay through E-banking or at the Post Office with the special payment slip.

Supermarkets

Brands

Migros and Coop are the two biggest players in the Swiss supermarket scene. Have a look at the budget-friendly lines in their assortments such as “M-Budget” at Migros and “Prix Garantie” at Coop. Migros and Coop have a vast product range: from food and household articles to mobile phone and bank services to gas stations. Keep in mind that Migros does not sell alcohol! However, you will always find a Denner supermarket in the vicinity of a Migros that sells alcohol.

There are also a few good discount supermarkets in Switzerland, such as Aldi, Lidl and Denner. Denner is widely spread and belongs to Migros; Aldi and Lidl are less common independent brands.



Opening Hours

Opening hours vary from canton to canton and in some cases even inside the same town or village. Most stores close no later than 7 pm and even earlier on Saturdays. Some big stores can have extended opening hours until 8 pm or, in rare cases, 9 or 10 pm.

As a last minute option, there are a few gas stations (Migrolino) with extended opening hours and also Coop Pronto. Coop Pronto is more expensive than the regular Coop but is open until 10 pm or midnight.

Migros and Coop (as Coop Pronto) have shops at the train stations that are usually open until 11 pm or midnight but keep in mind that they have a relatively small selection of products.

Mobile Phone

Lebara: Monthly plans start at 29 CHF per month and includes unlimited calls in Switzerland, unlimited mobile internet in Switzerland with 3 GB of High-Speed internet and unlimited SMS & MMS in Switzerland.

www.lebara.ch

Swisscom: Monthly plans start at 25 CHF per month with unlimited calls in the Swisscom mobile, SMS & MMS in Switzerland and 1.5 GB of internet.

www.swisscom.ch

Salt: The basic monthly plan costs 24.95 CHF per month with 5 GB at 4G+ speed, unlimited calls and unlimited SMS & MMS in Switzerland.

www.salt.ch

Sunrise: The basic monthly plan costs 25 CHF per month and includes unlimited calls to the Sunrise mobile network + 3 numbers of choice, unlimited SMS/MMS in Switzerland, 1.5 GB of 5G and unlimited low speed internet in Switzerland.

www.sunrise.ch

M-Budget: The Mini One monthly plan costs 19 CHF per month including unlimited calls and SMS in Switzerland, 1 GB of internet and unlimited SMS & MMS in Switzerland.

www.shop.m-budget.migros.ch

Salt: The monthly plan starts at 25 CHF per month with 1 GB at 4G+ speed in Switzerland, unlimited calls to Yallo mobile, 60 min calls to other operators in Switzerland and unlimited SMS & MMS in Switzerland.

www.yallo.ch

Disclaimer: We do not guarantee any of the prices indicated here so please make sure to visit the websites for up to date prices and offers.

Post Office

The postal service in Switzerland is very efficient, albeit a tad more expensive than in other European countries. There are offices in almost every city and village and their services are extremely varied, ranging from bus services to banking, to classical postal services.



You can find all the information you need on the website:
www.post.ch/en.

The Post also has two free mobile apps :

- The first is called “Swiss Post App” which can be used to track packages you sent, find the closest post office and determine the price of a specific service.
- The second application is called the “PostCard Creator” which allows you to send one free Post Card per day within Switzerland using pictures you have taken. The Post takes care of printing and sending it for free, so don’t hesitate to send also one to your ESN section (you can find the address of your section at the end of this guide).
www.postcardcreator.ch



Photo by Claudio Schwarz | @purzlbaum on Unsplash

Erasmus Student Network

Erasmus Student Network

ESN is a non-profit international student organisation. Our mission is to represent international students, by providing opportunities for cultural understanding and self-development under the principle of “Students Helping Students”.

ESN is composed of 500+ local sections in 42 countries working in 800+ Higher Education Institutes and is constantly developing in order to offer its services to 350,000+ international students every year.

Our Values

- Unity in diversity, diversity in unity
- Fun in friendship and respect
- International dimension of life
- Openness with tolerance
- Cooperation in integration



Our Aims

- Work in the interest of international students
- Work to improve the social and practical integration of international students
- Represent the needs and rights of international students on the local, national and international level
- Provide relevant information about mobility programmes
- Motivate students to study abroad
- Facilitate the reintegration of homecoming students
- Contribute to the improvement and accessibility of student mobility

ESN Switzerland

ESN Switzerland is one of the 42 countries of the Erasmus Student Network. 14 sections spread across the country representing all 4 national languages make up ESN Switzerland. Sections have anywhere between 5 and 60 active members, known as ESNers, who help the incoming students and take care of them during their exchange. The official spoken language between the sections is English, but in the section itself it depends on the ESNers. During the year, each section organises several local events and there are also intersection and national events for you to enjoy!

To find your local ESN section, turn to page 34 or visit www.esn.ch

If you have any questions regarding your stay in Switzerland, don't hesitate to contact your local sections or ESN Switzerland directly at communication@esn.ch or through our Facebook page (Erasmus Student Network Switzerland) and Instagram page (@esn_CH). We are always glad to help!



National & International Events

Titanic Lémanique



Have you ever been to a gala, on a boat, with 800 other students? Three floors with different bands or Djs, a casino, dance lessons and magic shows await you at the biggest event of the year, Titanic Lémanique! It is organised in Lausanne, where you'll spend the night in a youth hostel after the party, and meet students from all over the country!

Swiss Train Rallye

Join a team of fellow exchange students and get on a train for the Swiss Train Rallye! Look for clues and win as many challenges as possible while you explore the most beautiful cities of Switzerland. And at the end of the day, gather with more than hundred other students in the last secret city !

International Erasmus Games

Do you like sports? Have you ever dreamed of competing at an international level? Then this event is for you! Following the concept of the Olympics, teams coming from different ESN sections and take part in amicable matches of football, volleyball and basketball. The winning team gets to participate in the finals of the International Erasmus Games against international teams from all over Europe!

Local ESN Sections

ESN Basel

Language of the canton of Basel: German

The section

ESN Basel consists of around 15 volunteers from all over the globe and they try their best to make your stay at Basel University as welcoming and great as possible! They have a buddy program and organize all kinds of events, like hikes, parties, city trips and international dinners. They always have an open ear for the exchange students' questions about life in Basel and their suggestions for events!

The city

Basel is the third biggest city in Switzerland, after Zürich and Geneva. It is the centre of North-Western Switzerland, bordering Germany and France. This special geographical position is called "Dreiländereck" (Border Triangle). Thanks to this, it is possible to easily visit all three countries during your stay. The city's motto is "Basel beats differently", which is absolutely true! Basel has many traditions like the christmas market in winter, the rhine swimming in summer and the carnival in the spring, and it also has a vibrant and lively international atmosphere.



ESN Bern

Language of the canton of Bern: German

The section

The ESN Bern section consists of around 25 volunteers, who try to make the stay of the incoming students in Bern as unforgettable as possible. We offer a variety of services, such as a buddy system or mentoring programmes, many different cultural events, a regular language exchange event, adventurous trips as well as parties. These activities should help exchange students get to know the universities better as well as the city of Bern, the whole country of Switzerland and last but not least to get in touch with each other and the locals. ESN Bern unites the University, the University of Applied Sciences and the College of Education of Bern.

The city

Bern is the capital of Switzerland and the seat of the Swiss government. The picturesque old town of Bern is on the list of the UNESCO cultural heritage and is a very cosy and open-minded city. Bern's inhabitants are famous for their satisfied and unhurried way of life. The historical University of Bern was founded in 1834 and today is the third biggest in Switzerland with more than 14,000 residential students and around 180 exchange students. Bern is close to the Bernese Alps and therefore an ideal starting point for winter sports enthusiasts.



ESN Fribourg

Language of the canton of Fribourg: French, German

The section

The ESN Fribourg team is composed of volunteers from all over the globe, with different backgrounds, studies, and interests, but with one shared mission: to make your exchange stay awesome! We believe that mobility is a very important aspect of everybody's life as it brings independence, cultural understanding and open-mindedness. We love organising both local events and events throughout Switzerland that promote it by bringing foreign students closer to each other and to the local population.

The city

Fribourg/Freiburg is a bilingual city at the border between French speaking and German speaking Switzerland. There is no better city to give you an insight into Swiss diversity. The surrounding region offers everything that you could wish to see in Switzerland: snowy mountains, beautiful lakes and rivers, chocolate and cheese factories.

The beautiful town of Fribourg is famous for its medieval old town located on the sarine river and its high-standing cathedral. Fribourg is a university city, meaning the campus is spread around the town. In fact, the local population of around 40'000 people includes 10'000 students from all over the country and world. As an exchange student, you will be able to find affordable accommodation and activities, nightlife and lots of interesting people. Perhaps you have never heard of Fribourg before, but once you are here, you will never want to leave !



Photo by Pierre Cuony

ESN Chur

Language of the canton of Grisons: German, Italian and Rumantsch

The section

Since 2011 ESN Chur is an independent student organisation, which aims to provide the best experience possible to exchange students. We organise exciting events for our members and international students during their stay in Chur. While attending the events, they have the chance to get to know Switzerland and interact with local people. Moreover, we, as ESN Chur, provide buddies, who support the international students with anything they possibly need during their exchange semester.

The city

Chur is said to be the oldest city in Switzerland and acts as the gateway to the “Bündner” (Grisons) mountains. The small, but charming city offers not only various cultural activities but is also a paradise for sport lovers. Those who like to discover Chur by night will find interesting venues in “Welschdörfli”, a street made up of bars and clubs as well as the usual afterparty-Kebab stands. “Brambrüesch”, the city’s local mountain, is the ideal escape from the busy city life. In summer it offers nice hiking and mountain biking trails and during winter it is the perfect spot for skiing and snowboarding enthusiasts.



ESN Geneva

Language of the canton of Geneva: French

The section

The activities offered by ESN Geneva are no less dynamic and varied than its participants and reflect far more than just the Swiss way of life! Exchange students have the opportunity to visit the most important sites in Geneva, such as the UN and CERN. Besides that, ESN Geneva offers a weekly pub night in the most alternative and unique bars and a pairing programme (the Buddy System) to help meeting locals. This gives exchange students the opportunity to experience parts of Geneva they otherwise would never see, but they can also show off their own culture through the “apéros culturels” and join many trips around Switzerland to discover the country in good company!

The city

Embedded between nearby Alpine peaks and Jura’s hilly terrain, the French-speaking city of Geneva lies in the bay where the Rhone leaves Lake Geneva. With its humanitarian tradition and cosmopolitan air, Geneva is known as the “capital of peace”. The city hosts the European seat of the UN and the headquarters of the Red Cross, but its most emblematic feature remains the “jet d’eau”: it’s watching over the city by the lake since 1891 and can be seen from miles away.



ESN UNIL & ESN EPFL

Language of the canton of Vaud: French

The sections

Lausanne has two sections that take care of exchange students: ESN UNIL and ESN EPFL. Both strive to make the stay of exchange students exceptional by helping them organise their stay in Lausanne, discover the country in a multitude of ways and meet locals and other exchange students easily. Among the numerous activities organised are ski weekends, hikes, visits of famous Swiss cities and sites, wine tasting, pub nights, theme parties, etc. Lausanne is also the host of the famous Titanic Lémanique gala cruise which, once a year, brings together 800 students from all around Switzerland.

The city

Lausanne, although being the Olympic Capital, is not only loved by sports amateurs. It spreads around part of Lake Léman and offers gorgeous views of the Alps and neighbouring France. The old city has many stories to tell and monuments to discover, like the old cathedral. The region is also home to the famous “Béjart Ballet” company, the incredible vineyards of “Lavaux”, a great choice of interesting museums and theatres, etc. Finally, Lausanne has many universities and other higher education institutes, which makes it a great student city.



ESN Lugano

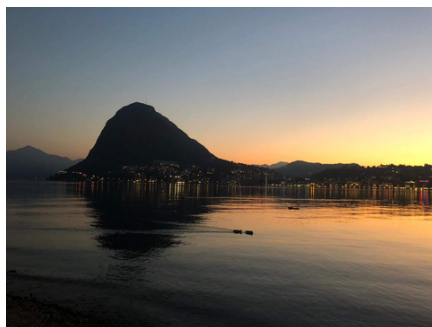
Language of the canton of Ticino: Italian

The section

ESN Lugano was founded in March 2013 and is one of the newest ESN sections of Switzerland. In collaboration with the International Office, we organise a Buddy Program, which provides support to exchange students when they arrive in Lugano. Moreover, we aim to entertain incoming students by organising a variety of activities around Switzerland, such as trips, sports meetings and parties.

The city

Lugano is the main city of Switzerland's Italian-speaking region. It forms a conurbation of more than 57,000 inhabitants and is the third financial centre in Switzerland after Zürich and Geneva. Lugano (and Ticino) blends cultural components that are typically Italian with a tradition of politics and administration that is unmistakably Swiss. Moreover, it is able to act as a genuine bridge linking central Europe to the Mediterranean area. Some of its attractive features and opportunities worth highlighting include: a rich selection of cultural events, a natural landscape of moving beauty characterised by its lake, but also its mountains (good ski resorts for winter sports); and a temperate and sunny climate.



ESN Luzern

Language of the canton of Luzern: German

The section

The ESN Luzern section, despite being the youngest one in Switzerland is certainly one of the most enthusiastic ones. Our main goal is to provide the incoming students a very smooth and comfortable start to their studies and life in Luzern, so that they can look back to their exchange semester with us and reminisce about what a memorable experience it was. We offer a variety of services, such as the buddy system or mentoring program, we also organise many different cultural events such as our famous cultural dinners or brunches. We also try to promote a green way of life. Lastly let's not forget our adventurous trips around our beautiful azure lake and famed silver mountains as well as our fabulously themed parties. With all these activities we aim to help the incoming exchanges to get to know the universities better as well as the city of Luzern, our beautiful country of Switzerland as a whole and last but not least to help them create unforgettable bonds with each other and the local youth. Under our section we unite the University of Luzern, the Pedagogical University of Luzern and the College of Luzern.

The city

The recipe for a gorgeous Swiss city is very easy: take a cobalt lake ringed by mountains of myth, add a well-preserved medieval Altstadt (Old Town) and a reputation for making beautiful upbeat music, then follow it up by sprinkling some world famous monuments like our bridges, sunny plazas, candy-coloured houses and waterfront promenades and you get Luzern. One minute it's nostalgic, the next incredibly classy and dandy with all of our tourism, high class hotels and luxury stores and although the shops are still crammed with what Mark Twain so eloquently described as 'gimcrackery of the souvenir sort', Luzern doesn't only dwell on the past, with a roster of music gigs keeping the vibe upbeat.

Carnival capers at Fasnacht, balmy summers, golden autumns – this 'city of lights' shines in every season. If you were ever interested in sending the perfect Swiss postcard you would make it from this amazing city, the azure lake with its picturesque buildings and the gorgeous silver mountains in the back truly make it one of the most amazing and definitely "swisdest" sights you'll ever witness.



ESN Neuchâtel

Language of the canton of Neuchâtel: French

The section

ESN Neuchâtel is a small section that counts about 15 active members each semester. The section organises different visits around the city and the region so that exchange students can discover the most beautiful region of Neuchâtel. The advantage of a small section is that contact between exchange students and section members is closer and so members can answer easily the incoming student's questions. The highlights of the section are the traditional hike to the Creux-du-Van, the visit of La Maison de l'Absinthe and the fondue tasting night at the end of the autumn semester.

The city

Neuchâtel is both a city and a Canton of Switzerland (north-west of Bern and north-east Lausanne). The city is located by the lakeside. In good weather you can enjoy a beautiful view over the Alps. On summer, it's very common to chill out by the lakeside with friends while doing a BBQ. When you visit the city you definitely need to go to the castle and the Collégiale. There, you can see the whole city and the lake. The historical centre has a lot of restaurants to eat or just to have a drink. The University has four faculties which are spread throughout the city. The city is not that big so you can easily reach every place by foot.



ESN FHNW

Language of the canton of Solothurn: German

The section

ESN FHNW, formerly ESN Olten, was founded in 2012 at the University of Applied Sciences and Arts Northwestern Switzerland (FHNW). Four years later the section has grown in numbers and experience. With just about 60 registered members at three campuses (Olten, Basel and Brugg-Windisch) the section organises at least ten events each semester. As the section was first founded as a part of the student council and under guidance from the international office, it is very well connected to those bodies. Besides organising events, the team manages the buddy system and supports the exchange students daily. Exchange students are welcomed by their buddy upon arrival and introduced to the ESN FHNW and its programme in the first week of the semester.

The city

Olten is a small town in the canton of Solothurn, which is centrally located in Switzerland and has the best public transport connection. Therefore, it is an incredible place from where one can discover Switzerland. The city itself has a population of about 18000 inhabitants. Furthermore, Olten is famous for the wooden bridge over the Aare river and the Museum of Nature. The old town contains a Roman ear vicus as well as medieval and modern buildings. The entire old town of Olten is considered a Swiss cultural heritage of national importance.



ESN St. Gallen

Language of the canton of St. Gallen: German

The section

The BuddySystem's (that's how we call ourselves here in St. Gallen) aim is to integrate and involve each semester's exchange students at the University of St. Gallen. This year, we are welcoming more than 600 exchange students from all corners of the world. Adding several hundred local buddies, more than a 1000 people benefit from what we organise each semester – including a welcome week, several trips, ski weekends, fondue nights, parties and much more. Besides social contacts the key aspect of the BuddySystem is providing our exchange students with advice when adapting to life in Switzerland. We therefore offer help getting used to the university's requirements, the city and the people. Great friendships develop that way and we enjoy meeting new exchange students from all over the world each semester.

The city

Although being a relatively small city with a population of 75000 inhabitants, you can feel the vibe of student life and internationality on St. Gallen's streets during the semester. Thanks to its three universities and HSG in particular, it is no rarity to hear people speaking English, Spanish, Chinese, German... and of course, the beautiful Swiss German St. Gallen dialect. We hope to see you soon in St. City!



ESN Winterthur

Language of the canton of Zürich: German

The section

ESN Winterthur has around 30 team members and every year we welcome about 200 exchange students from all over the world. The section's aim is to connect study abroad students with the local students and to make their time in Switzerland unforgettable! In the beginning, we mainly focus on the integration process for the exchange students with our local student body during the Welcome Week and with the support of our buddy system, helping them to learn more about our Swiss culture, our languages and our beautiful Winterthur. During the semester we organise all kinds of events from sports activities to wine and beer tours, city trips, chocolate factory visits and fondue parties.

The city

Winterthur, also called “the city of museums”, is a town in the canton of Zürich in Northern Switzerland and it lies approximately 30 km away from Zürich City. Winterthur has about 110,000 inhabitants and consequently it is the sixth largest town in Switzerland. Despite the industrial character of the town, it is also a cultural centre with a lot of museums, historical places and green spaces. In its old town you will find many shops, bars, clubs and street cafés.



ESN Uni & ETH Zürich

Language of the canton of Zürich: German

The section

ESN Zürich is the biggest ESN section in Switzerland with approximately 70 members and 20 years of experience. We organise various events such as our famous Welcome Party, city trips, ski weekends and mentor systems. Our section is active at the University of Zürich (UZH), the Swiss Federal Institute of Technology in Zürich (ETHZ), but also open to students from the University of Teacher Education Zürich (PHZH) and the Zürich University of the Arts (ZHDK).

The city

Zürich has about 400'000 inhabitants and is the biggest city and also the economic centre of Switzerland. Going out in Zürich is an unforgettable experience thanks to the highest density of nightclubs in Europe, as well as a huge variety of cinemas and pubs. The old city centre and the lake create a unique ambiance. Zürich is among the cities with the highest quality of living in the world.



Contacts
Emergencies
Useful Links

Contacts

ESN Sections, Universities, Polytechnic Schools

Basel	<u>ESN Basel</u>	Contact: esnbasel@unibas.ch Mailing Address: ESN Basel Petersplatz 1 4052 Basel
	<u>University of Basel</u>	Contact: www.unibas.ch mobility@unibas.ch +41 61 207 30 28 Mailing Address: University of Basel Student Exchange Petersplatz 1 4001 Basel
Bern	<u>ESN Bern</u>	Contact: info@bern.esn.ch Mailing Address: Universität Bern Internationales Büro - ESN Bern Hochschulstrasse 4 3012 Bern
	<u>University of Bern</u>	Contact: www.unibe.ch +41 31 631 81 11 Mailing Address: University of Bern Hochschulstrasse 4 3012 Bern
Fribourg	<u>ESN Fribourg</u>	Contact: esnfrbourg@gmail.com Mailing Address: University of Fribourg Site Miséricorde Bureau 3010 Av. de l'Europe 20 1700 Fribourg
	<u>University of Fribourg</u>	Contact: www.unifr.ch international-incoming@unifr.ch +41 26 300 70 47 Mailing Address: University of Fribourg International Relations Office Avenue de l'Europe 20 1700 Fribourg

Chur	<u>ESN Chur</u>	Contact: esn.chur@gmail.com Mailing Address: ESN HTW Chur c/o International Office HTW Chur Comercialstrasse 24 7000 Chur
Geneva	<u>ESN Geneva</u>	Contact: contact@geneva.esn.ch Mailing Address: ESN Genève c/o CUAÉ, Uni Mail Bd du Pont-d'Arve 40 1211 Genève
	<u>University of Geneva</u>	Contact: www.unige.ch/exchange Mailing Address: Academic Exchange Office Uni Mail Bd du Pont-d'Arve 40 1211 Genève
Lausanne	<u>ESN EPFL</u>	Contact: contact@epfl.esn.ch Mailing Address: ESN EPFL c/o Agepoly, Esplanade 13, CP 16 1015 Lausanne
	<u>EPFL</u>	Contact: www.epfl.ch student.services@epfl.ch +41 21 693 43 45 Mailing Address: EPFL BP 1229 1015 Lausanne
	<u>ESN UNIL</u>	Contact: secretaire@unil.esn.ch Mailing Address: ESN Uni Lausanne Quartier UNIL-Dorigny Bâtiment Anthropole 1015 Lausanne
	<u>University of Lausanne</u>	Contact: www.unil.ch info.sasme@unil.ch +41 21 692 21 13 Mailing Address: Social Affaires and Social Mobility Unicentre 1015 Lausanne

Lugano	<u>ESN Lugano</u>	Contact: esn.lugano.ch@gmail.com Mailing Address: Università della Svizzera italiana Via G. Buffi 13 6900 Lugano
	<u>University of Lugano</u>	Contact: www.usi.ch relint@usi.ch +41 58 666 46 26 Mailing Address: International Relations and Study Abroad Office Via G. Buffi 13 6900 Lugano

Luzern	<u>ESN Luzern</u>	Contact: luzern@esn.ch Mailing Address: ESN Luzern St. Leodegarstrasse 15 6006 Luzern
	<u>University of Luzern</u>	Contact: www.unilu.ch/international international@unilu.ch +41 41 229 50 71 Mailing Address: Universität Luzern International Relations Office Froburgstrasse 3, Raum 4.A21 Postfach 4466 6002 Luzern

Neuchâtel	<u>ESN Neuchâtel</u>	Contact: esn.neuchatel@unine.ch Mailing Address: ESN Neuchâtel Avenue du premier Mars 26 2000 Neuchâtel
	<u>University of Neuchâtel</u>	Contact: www.unine.ch/mobilite bureau.mobilite@unine.ch +41 32 718 10 12 Mailing Address: Mobilité Avenue du 1er-Mars 26 2000 Neuchâtel

Olten	<u>ESN FHNW</u>	Contact: esn.olten@fhnw.ch Mailing Address: Ringbachstrasse 16 4600 Olten
--------------	-----------------	---

St. Gallen	<u>ESN St. Gallen</u>	Contact: buddysystem@shsg.ch Mailing Address: Buddy System Guisanstrasse 9 9010 St. Gallen
	<u>University of St. Gallen</u>	Contact: www.unisg.ch exchange@unisg.ch +41 71 224 23 39 Mailing Address: University of St.Gallen External Relations Student Mobility Tellstrasse 2 CH-9000 St.Gallen

Wädenswil Winterthur	<u>ESN Wädenswil</u>	Contact: esn-winterthur@zhaw.ch Mailing Address: ESN Winterthur Gertrudstrasse 15 8400 Winterthur
	<u>ESN Winterthur</u>	

Zürich	<u>ESN Zürich</u>	Contact: info@zurich.esn.ch Mailing Address: ESN Zürich CAB E 14 Universitätstrasse 6 8001 Zürich
	<u>ETHZ</u>	Contact: www.ethz.ch exchange@ethz.ch +41 44 632 61 61 Mailing Address: ETH Zurich Student Exchange Office Rämistrasse 101 8092 Zurich
	<u>University of Zürich</u>	Contact: www.uzh.ch international@int.uzh.ch +41 44 634 41 57 Mailing Address: University of Zurich Raemistrasse 7 8006 Zürich

Universities of Applied Science

BFH (Berner Fachhochschule)	www.bfh.ch international@bfh.ch + 41 31 848 33 50
FFHS (Fernfachhochschule Schweiz)	www.fernfachhochschule.ch info@fernfachhochschule.ch + 41 27 922 39 00
FHNW (Fachhochschule Nordwestschweiz)	www.fhnw.ch info.business@fhnw.ch +41 84 882 10 11
FHO (Fachhochschule Ostschweiz)	www.fho.ch info@fho.ch +41 71 226 17 24
HES-SO (Haute Ecole Spécialisée de Suisse Occidentale)	www.hes-so.ch international@hes-so.ch +41 58 900 00 00
Hochschule Luzern (HSLU)	www.hslu.ch info@hslu.ch +41 41 228 42 42
Kalaidos Fachhochschule	www.kalaidos-fh.ch info@kalaidos-fh.ch +41 44 200 19 19
LRG (Fachhochschule Les Roches-Gruyère)	www.lrguas.ch info@lrguas.ch + 41 26 919 78 78
PHBERN (Pädagogische Hochschule Bern)	www.phb.ch internationaloffice@phbern.ch +41 31 309 21 28
PH Luzern Pädagogische Hochschule Luzern	www.phlu.ch info@phlu.ch +41 41 203 01 11
SUPSI (Scuola universitaria professionale della Svizzera italiana)	www.supsi.ch international@supsi.ch +41 58 666 60 33
ZFH (Zürcher Fachhochschule)	www.zfh.ch info@zfh.ch +41 43 259 23 48
ZHAW (Zurich University of Applied Sciences)	www.zhaw.ch info@zhaw.ch + 41 58 934 71 71

Emergency Phone Numbers & Useful Links

Emergency phone numbers

General emergency calls.....	112
Air Rescue.....	1414
Ambulance.....	144
Emergency Road service.....	140
Inquiries for Switzerland.....	1811
Fire service.....	118
Police.....	117
Railway Service.....	0800 117 117
Poisoning emergencies.....	145

Useful Links

Administration:

www.admin.ch

News:

www.thelocal.ch

www.swissinfo.ch

www.eda.admin.ch/aboutswitzerland

www.ch.ch

Tickets (Concerts, Festivals etc.):

www.ticketcorner.ch

www.starticket.ch

Tourism:

www.myswitzerland.com

Our partners



Swiss Youth
Hostels



**We wish you to have an
unforgettable time during
your stay in Switzerland!**



ESN Switzerland



@esn_ch



Erasmus Student Network
Switzerland