

Travel information

ABB University Switzerland Swiss learning centers



Swiss tips

Information about Switzerland
for guests, visitors and trainees

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Telephone numbers at one glance

Service	Number
Operator (for all services)	1811
Police	117
Fire	118
Ambulance	144
Helicopter rescue (REGA)	1414
Poison emergency service	044 251 51 51
Samaritans (provide a confidential and anonymous counseling service)	143
Vehicle breakdown	140
ABB doctor / health clinic	056 205 44 44
Swiss Alpine Club (SAC)	031 370 18 18
Swiss bureau for the prevention of accidents	031 390 22 22
Swiss ski federation	031 950 61 11
Rail service	0900 300 300
Tourist office in Baden	056 200 83 83
Tourist office in Zurich	044 215 40 00
Switzerland tourism	044 288 11 11
Anglo-Phone	0900 576 444
Public transports in the Baden-area	056 222 19 19
Swiss youth hostel federation	044 360 14 14
Swisscom phone company free number	0800 800 800
Sunrise phone company free number	0800 707 707
Orange phone company free number	0800 700 700
International operator	1141
International enquiries	1159
Airline and Swiss Zurich reservations	0900 300 313

Arrival

Visa

It is your responsibility to ensure that you have a valid visa to cover the extent of your stay in Switzerland.

Embassy registration

Nationals of some countries are required to register with their local embassy or consulate, as soon as possible after arrival in Switzerland. Registration is not usually mandatory, although most embassies like to keep a record of their national's resident in Switzerland.

Some general information

Finding help

An excellent source of information for English speakers is the "Anglo-Phone", an English language information service. Anglo-Phone will attempt to answer questions on almost any subject (eg, latest weather report by area, how to find an English speaking doctor, where to take German lessons, where you can find out what is showing at various theatres or cinemas etc.) They provide a 24-hour telephone number (seven days a week) on 0900 576 444, costing CHF 3.13 per minute from anywhere in Switzerland.

Also find much helpful information on:

<http://www.swisshelpdesk.org>

Customs and traditions

Though Swiss people enjoy mainly a very modern way of life, some of the old traditions are still preserved in local ceremonies and celebrations. The custom of yodeling for example, which prevails in dairy farming regions, appears to have originated in the evening prayers which have been sung since the Middle Age by the shepherds. The traditional costumes are worn in rural regions on Sundays or on festive occasions, except in some regions such as the upper valleys of the Valais, where they are still in everyday use.

Legal holidays

Legal holidays	2011	2012	2013
New Year	January 1	January 1	January 1
Good Friday	April 22	April 6	March 29
Easter Monday	April 25	April 9	April 1
Ascension Day	June 2	May 17	May 9
Whit Monday	June 13	May 27	May 19
National Holiday	August 1	August 1	August 1
Christmas Day	December 25	December 25	December 25

Currency

Swiss Francs

Coins: 5, 10, 20, 50 Cents and 1, 2, 5 Francs

Bank notes: 10, 20, 50, 100, 200, 1000

The Francs are usually written as CHF or Fr.

Banking hours

Banks are usually open Monday to Friday from 8:30 a.m. to noon and from 1:30 p.m. to 4:30 p.m. Once a week some extend their hours. Please check locally. They are closed on Saturdays, Sundays and on public holidays.

Cash, traveler's check and credit cards

The safest and easiest forms of money are traveler's checks and credit cards. However, credit cards are not as widely accepted as in other countries. The cards mostly used are Visa, MasterCard and American Express. It is nevertheless recommended to have a small amount of cash on hand for immediate expenses (taxi, ticket machines, etc.)

Money exchange places:

- Any Swiss bank
- Airport and main railway stations
- Major hotels

Swiss banks offer the best exchange rates for your traveler's checks or cash for foreign currencies. Official exchange offices and hotels may charge a fee for their services.

Business hours

The usual business hours for offices in Switzerland vary but are generally from 8 to 12 noon and 1:30 or 2 p.m. to 5 or 6 p.m. (Mondays to Fridays). Many businesses close for lunch and are closed on Saturdays and of course on Sundays.

Post

Post offices in large cities are open Monday to Friday from 8:30 a.m. to noon and from 1:30 p.m. to 6:30 p.m. Saturday from 7:30 a.m. to 11 a.m. They are closed on Sunday (but there exists one main post office in Zurich, the "Sihlpost" which is open all week).

The main post office in Baden is next to the Baden railway station and main Baden bus terminal. Look for the yellow sign "Die Post".

Switzerland introduced a two-tier letter postal service. Delivery of "A" class mail usually takes 1 day in Switzerland, 2-5 days in Europe and 4-10 days to other countries. Delivery of "B" class mail takes at least twice these times or even more.

At the post offices there are brochures available showing the prices and how mail should be addressed. It is necessary to use an "A Prioritaire" or "Airmail" label for "A" class international mail. Stamps can be purchased at the post office, from stamp machines outside most post offices or in shops and kiosks.

All letters to Swiss addresses sent from outside of Switzerland should have a "CH" before the town's postal or zip code which is the European postal designation for Switzerland ("Confederation Helvetica").

Finally, check carefully all your mail and do not throw anything away unless you are certain that it is junk mail, eg, unsolicited mail and circulars, and do not throw anything away during your first few weeks in Switzerland.

For further information: <http://www.swisspost.com>

Telephone

Dialing details

Using a telephone in Switzerland is much the same as in any other country, but there are some little details that you should know:

- Telephone numbers consist of a three-digit area code, eg, 044 for Zurich or 022 for Geneva or 056 for Baden, followed by the subscriber number.
- Switzerland's international code is 41.
- To dial from Switzerland to another country: dial 00& country code, then the area code and the number.

Public phones

Most public phones work only with calling cards here mostly called "Taxcard" or international calling cards which you can buy at post offices, kiosks or news agents.

Calls from hotels

Hotels usually charge a substantial fee for telephone usage. You are better off using your calling card or to place your long distance call at the post office.

Public fax

Public fax is available at any major post office but it is expensive. The charges are per page.

Telephone charges

There are two tariffs in Switzerland, normal tariff and low tariff, providing reductions of up to 60 percent for self-dialed calls. The low tariff rate applies to domestic calls from 6 a.m. to 8 a.m., from 5 p.m. to 7 p.m. and from 9 p.m. to 11 p.m. At night there is a special night tariff which is even lower. On weekends the low tariff is valid for the whole time.

For international calls the tariffs depend on countries, time zones etc. For more information check the international information services or look in a local telephone directory under telephone services.

Useful numbers

Dial

- 1141 for the international operator to make non-IDD (International Direct Dialing) calls, person-to-person and reverse charge calls
- 1159 for international enquires or to check the time differences before making international phone calls
- 1151 for information about Austria
- 1152 for information about Germany
- 1153 for information about France
- 1154 for information about Italy
- 1811 for any information throughout Switzerland

NOTE: Telephone operator enquiry calls are heavily charged, so first try looking up a telephone directory before you call the operator.

Please refer to the sheet "Telephone numbers at one glance" for important phone numbers or to the public phone directory where you can also find other useful information like weather forecast numbers, alarm clocks, etc.

How to use a Swiss telephone directory

Swiss telephone directories are set out as follows:

- On the first page you can find important phone numbers (eg, police, emergencies, weather forecast, etc.)
- The following pages contain general useful information about Switzerland, the regions of the network, etc.
- After that you find pages with all kinds of telephone services and their numbers, such as operator, the news, international information, as well as telephone costs.
- These pages are followed by pages that contain information about foreign countries, the area codes, the city and state codes, the costs, etc.

- The principal pages of the directory contain names, addresses and phone numbers of people. They are arranged by villages and cities. You therefore have to know first in which city the person lives and which canton the city belongs to so you can consult the right directory.
For example: If you look for a person living in Baden, you have to consult the Aargau directory, look under 'B' for Baden and then for the person.
- At the top of the pages you'll find the telephone area code which you have to dial if you are not in the same area.

Unfortunately the Swiss telephone directories are only written in German, French and Italian. If you have any difficulties, consult the Swisscom operator 1811 or the Anglophone information on 0900 576 444 (CHF 3.13 per minute) or check the internet:

<http://tel.search.ch>
<http://www.directories.ch>
<http://yellow.local.ch>

Climate

The climate north of the Alps is continental with hot summers and cold winters, although prolonged period when the temperature is below freezing are rare during daytime (unless you live on top of a mountain). At high altitudes, it is frequently warm during the day at any time of the year, although cold at night even in summer.

In winter it usually snows everywhere at some time (even in the lowlands), but generally thaw by spring, except above 2,000 meters. Many areas often experience heavy fog and mist, particularly in fall, caused by temperature inversions. In winter, storms are apt to cause avalanches, mudslides rock falls and floods in some areas.

Generally Switzerland has more rainfall than most other regions of Europe and the country is noted for its low humidity and lack of wind. Most areas suffer occasionally from the "Föhn", also the German word for "hairdryer", which is a warm oppressive south wind often blamed for headaches, fatigue, vertigo, bad tempers and other minor irritating complaints.

The daily weather forecast in winter always includes the snow limit, which is the lowest level (in meters) where snow will fall and where freezing point will occur.

Average temperatures in centigrade and Fahrenheit (in brackets) are:

Location	Spring (March – May)	Summer (June – Aug.)	Fall (Sept. – Nov.)	Winter (Dec. – Feb.)
Zurich	12 (53)	22 (71)	11 (52)	0 (32)

Daily weather reports for around 25 Swiss resorts are displayed at major railway stations. The weather in major European cities is given on Swiss television teletext.

Graphic diagrams are provided in local newspapers or on the web:

<http://www.meteoschweiz.ch>
<http://www.meteonews.ch>

Clothing and temperature

Work attire is in general "smart casual", although for customer visits more formal clothing is expected (suit & tie for men). For customer visits, gourmet dining, operas, special occasions, etc. formal clothing is required. Deluxe and first-class hotels often have a dress code requiring jacket and tie for dinner.

Women's clothes:

Continental	34	36	38	40	42	44	46	48	50	52
GB	8	10	12	14	16	18	20	22	24	26
USA	6	8	10	12	14	16	18	20	22	24

Pullovers:

	Women						Men					
Continental	40	42	44	46	48	50	44	46	48	50	52	54
GB	34	36	38	40	42	44	34	36	38	40	42	44
USA	34	36	38	40	42	44	S	M	M	L	L	XL

Men's shirts:

Continental	36	37	38	39	40	41	42	43	44
GB/USA	14	14	15	15	16	16	17	17	18

Men's underwear:

Continental	5	6	7	8	9	10
GB	34	36	38	40	42	44
USA	S	M	M	L	XL	XXL

Shoes (women's and men's):

Continental	35	35	36	37	37	38	39	39	40	40	41	42	42	43	44	44
GB	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10
USA	4	4	5	5	6	6	7	7	8	8	9	9	10	10	11	11

Weights:

Imperial	Metric	Metric	Imperial
1 oz	28.35 g	1 g	0.0035 oz
1 pound	454 g	100 g	3.5 oz
1 cwt	50.8 g	250 g	9 oz
1 ton	1.016 kg	1 kg	2.2 pounds

NOTE: g= gram, kg= kilogram

Length:

British/US	Metric	Metric	British/US
1 inch	2.54 cm	1 cm	0.39 inch
1 foot	30.48 cm	1 m	3.28 feet
1 yard	91.44 cm	1 km	0.62 mile
1 mile	1.6 km	8 km	5 miles

NOTE: cm = centimeter, m = meter, km = kilometer

Capacity:

Imperial	Metric
1 pint (USA)	0.47 l
1 pint (GB)	0.568 l
1 gallon (USA)	3.78 l
1 gallon (GB)	4.54 l

NOTE: l = liter

Temperature:

Celsius	Fahrenheit
0	32 (freezing point of water)
5	41
10	50
15	59
20	68
25	77
30	86
35	95
40	104

Celsius	Fahrenheit
100	212 (boiling point of water)

Oven temperature:

Gas	Electric (F)	Electric (C)
-	225-250	110-120
1	275	140
2	300	150
4	325	160
5	375	190
6	400	200
7	425	220
8	450	230
9	475	240

Crime

Compared with other western countries, Switzerland has a very low crime rate. Nevertheless there has been a sharp increase in crime in recent years, particularly crimes against property. Violent crime remains relatively rare in Switzerland.

There are pickpockets in major cities and tourist centers, so don't walk around with your wallet or purse on display and never keep your wallet in your back trousers pocket. Look after expensive skis and other belongings in ski resorts and on trains / public transport.

Most apartment blocks in Switzerland are fitted with a security system, allowing residents to speak to callers before giving them access to the building. In addition, most apartment entrance doors have a spy-hole, so that occupants can check a visitor's identity before opening the door.

The Swiss compensate for the lack of serious crime by making many trivial offences unlawful, such as hanging bedding from your windows at the wrong time, hanging out washing or listening to or playing loud music on a Sunday. All fines (sometimes referred to as administrative measures) over CHF 50 are entered in a cantonal register. Single fines over CHF 200 are entered in a central criminal register. Too many entries in the big black book may prejudice your residence permit.

Newspaper

Newspapers and magazines in all languages are available at many newsstands (KIOSK) throughout the country. In Baden try the International Press Centre under the Baden railway station (opposite the department store Coop City) or the kiosk outside the Hotel Linde for other language newspapers.

Links to international newspapers:

<http://www.cnn.com> (E)

<http://www.zeit.de> (G)

<http://www.geo.de> (G)

<http://www.iht.com> (E)

<http://www.lemonde.fr> (F)

<http://www.liberation.fr> (F)

<http://www.nationalgeographic.com> (E)

<http://www.ft.com> (E)

<http://www.nature.com> (E)

<http://www.independent.co.uk> (E)

<http://www.nytimes.com> (E)

<http://www.washingtonpost.com> (E)

<http://www.economist.com> (E)

CNN

Die Zeit

GEO

International Herald Tribune

Le Monde

Liberation

National Geographic

Financial Times

Nature

Independent

New York Times

Washington Post

The Economist

Tipping

Tips are automatically included in all hotel and restaurant bills and in most taxi fares. For special services like luggage handling, it is customary to tip CHF 2 per bag. For good service tip of approx. CHF 2-5 is welcome in cheaper restaurants, for more expensive restaurant CHF 10 would be appropriate after a gourmet meal.

Electricity

The current used throughout Switzerland is 230 volt (AC), 50 cycles. Prongs for outlets differ from those in other countries. Most power sockets are designed for three pin round plugs. The standard Continental type plug, with two round pins is used for most small appliances. Many electrical travel products, ie, hair dryers, razors, contact lens sterilizers etc. may be switched from 110 to 230 volts. In all other cases you will need a travel converter, available in luggage shops and at most hotel receptions.

Computers, e-mail and wireless

You may want to check with the manufacturer if your laptop has a built-in transformer. Most models are equipped for international travel. In all other cases you will need a travel converter. E-mail users should travel with a RJ 45 adapter. Internet cafés are available in the major cities. Bigger post offices offer this service as well. Check the availability of opening an e-mail account with worldwide access from any PC with Internet connection before departure (eg, "Hot-mail" address).

Wireless internet connection is possible for ABB employees as well as our customers attending courses (wireless network connection for ABB attendees only). An access point can be found in the break area for your convenience. You will also find clear instructions there how to connect to the Internet or ABB network (IBM access connection). In any case we are not taking any responsibility for the use of the Internet or ABB network. If you like to use this service, please assure before your travel that your laptop is properly equipped to use W-LAN.

Shopping

Some hints

Shopping in Switzerland can be shockingly expensive for foreign people! Here we provide some tips for saving money.

Do not forget to take a shopping bag with you (or you will be charged in most stores 30 cents per bag). Also take a 1 or 2 CHF piece with you as a deposit to get a shopping trolley in the supermarkets.

Tax free

As a foreign visitor you are entitled to claim back the VAT you pay on your purchases in Switzerland when you take them home. The VAT rate in Switzerland is 8% and it is included in the sales price. The easy and safe way to reclaim your VAT is with Global Refund, the world's leader in tax refund services.

In the store:

Total purchases in a shop must amount to CHF 400 (including VAT).
You must be a resident outside Switzerland.
The goods must be exported within 30 days after purchase.

At customs:

Present the check to Swiss customs authorities and have the goods ready for inspection.

NOTE: No refund without Swiss customs stamp!

Please be aware that the goods must be carried in your hand luggage. If you would like to check-in the goods, please present your Global Refund check together with your airline ticket to the check-in staff. You will be instructed how to proceed.

Get your refund:

Hand in the blue original of the Global Refund check stamped by Swiss customs authorities. You have several choices to get your refund:

- Immediate cash at our nearby cash refund office like the Global Refund cash refund office at Zurich airport. Information about other cash refund offices you can find in the detailed rules brochure you get in the store.
- Mail your check to Global Refund with the prepaid envelope provided in the rules brochure. The refund will then be credited to a chosen credit card or you will receive a bank check to your home address.

More information:

Phone: +41 44 805 60 70

Fax: +41 44 805 60 79

Web: <http://www.globalrefund.com>

Opening hours

Monday–Friday:	8 a.m. to 6.30 p.m. (some are closed during lunch time, some are closed all day Monday)
Saturday:	8 a.m. to 4 p.m. (or some to 5 p.m.)
Sunday:	Most regular shops are closed. Convenience stores (milk, bread, cigarettes, etc.) can be found open at Zurich main railway station or at the international airport Zurich-Kloten.
Late night:	Some towns/villages have “a late night” shopping until 8 or 9 p.m. (eg, Baden/Wednesdays, Wettingen/Fridays or some shops even every day). Shopping center at Spreitenbach is open until 8 p.m. during the week. Larger shops in Zurich city center are open until 8 p.m. daily.
Special hours:	Most hairdressers are closed on Mondays. Most pharmacies/chemists are closed Tuesdays. Most doctors do not work on Thursdays.

Shopping in Spreitenbach

The shopping center Spreitenbach is the biggest place to shop in the region of Baden. There are around 140 stores with a huge range of products.

Opening hours:

Monday–Friday 9 a.m.–8 p.m.

Saturday 8 a.m.–6 p.m.

Web <http://www.shoppitivoli.ch>

Supermarkets/department stores

Among the best value-for-money supermarkets are Coop, Denner, Migros and Pick Pay. Generally, Migros has the lowest prices in Switzerland, but note that it does not sell spirits, wine or tobacco.

Electronic goods

Recommended are Eschenmoser, Interdiscount, Migros and Manor stores.

Baden region

The main department stores in Baden are Manor, Migros and Coop where you will find most things. Each department store has a small supermarket with reasonable prices, as said, Migros has the cheapest prices.

Switzerland information on the World Wide Web

You can find a lot of information about Switzerland on the World Wide Web. Most of the following homepages are available in the German and English language.

<http://www.zurich-airport.com>

<http://www.sbb.ch>

<http://www.osec.ch>

<http://www.earthcam.com>

<http://www.berneroberland.ch>

<http://www.swissguide.ch>

<http://www.admin.ch>

<http://www.swissinfo.ch>

<http://www.baden.ch>

<http://www.euroseek.com>

<http://www.myswitzerland.com>

<http://www.swissart.ch>

<http://www.xpatxchange.ch>

<http://www.jungfrau.ch>

Emergencies

General action

If you are unsure whom to call, dial the operator on 1811 or police on 117, who will either tell you who to contact or will contact the appropriate service for you.

The appropriate action may include one of the following:

- Call 144 for an ambulance.
- Call your family or personal doctor.
- If you are physically capable, you can go to the emergency treatment centre of a hospital.

Accidents

If you have an accident resulting in an injury, either to yourself, another vehicle or to another party, inform as necessary:

- Any doctor
- The police
- Your accident insurance company (who will send you a form to complete)
- Your employer (if you have an accident at work; report it to your manager or boss as soon as possible)

For any additional information, especially for the prevention of accidents contact the Swiss Bureau for the Prevention of Accidents.

Emergency numbers

Number	Service
1811	Operator (for all service)
117	Police
118	Fire
144	Ambulance
1414	Helicopter Rescue (REGA)
044 251 51 51	Poison Emergency Service
143	Samaritans
140	Vehicle Breakdown

Transportation

Trains

General information

Switzerland has an extensive and sophisticated railway system. It is relaxing and comfortable and will allow you to fully enjoy the scenery. The trains run on an hourly basis beginning early morning until midnight. Train connections are easy and usually only require a few minutes changing time.

The symbol for the Swiss railways is SBB ("Schweizerische Bundesbahnen"). Some regional trains, particularly in mountain areas, are given other abbreviations. For further information see their homepage with useful information regarding time tables, reservations, various tickets and specials deal: <http://www.sbb.ch>

Tickets

Point-to point tickets / round-trip tickets / multi-ride tickets

Tickets can be bought at every train station in Switzerland either at the ticket machine or the ticket office. If you purchase a multi-ride ticket, this will need to be validated before boarding the train. Multi-ride tickets can be validated in a special machine on each platform. The machine is indicated by an eye symbol. All trains requiring passengers to have a multi-ride validated ticket before boarding are denoted by an eye symbol on the side of the train carriage, or on departure boards.

Swiss Pass (General-Abonnement)

Swiss Pass entitles you to unlimited travel on the entire network of the Swiss Travel System. This includes the Swiss Federal Railways, most private railroads, lake steamers, postal coaches and the urban transit system in most cities. On most excursions to mountain tops, a discount of 50% is granted. All Swiss Passes are valid on consecutive days. You can buy it for one or more weeks but also for a whole year. Refer to the railway information centre for costs.

Tip! – If you plan to travel every day or almost every day longer distances by train and other public transports, the Swiss Pass is a great money saver.

Swiss Flexi Pass

The Swiss Flexi Pass is valid for 3, 4, 5 or 6 days and offers the same benefits as the regular Swiss Pass. However you can choose your 3, 4, 5 or 6 days of travel during one month.

Tip! – This pass is a money saver if you plan only a few longer trips.

Swiss Family Card

Swiss Family Card allows children under 16 years of age accompanied by a parent to travel free of charge. This card can be obtained at no cost with the purchase of a Swiss Pass, a Swiss Flexi Pass or a Swiss Card.

Children

From age 6 to 16 a 50% discount is offered for point-to-point tickets and train passes. Children younger than 6 travel free of charge.

Swiss Rail 'n' Drive

This Program combined a Swiss Flexi Pass and three days of car rental over a period of fifteen days. You can purchase additional days or car travel.

Tip! – This may be the ideal choice for you if you wish to travel by car but don't want to miss out on scenic train rides.

Half-fare subscription ticket (= "Halb-Tax-Abo")

The half-tax abo costs CHF 150.00 and allows travel for one year on most SBB modes of transport (trains, boats, cable cars, lifts etc.) at half price, in Switzerland, first or 2nd class.

Other types of tickets

Check other ticket possibilities, eg, day tickets for CHF 64 (2nd class) which are valid throughout Switzerland for an entire day (with half-fare subscription ticket only). If you plan to make a long trip with several stops and destinations ask at the ticket office what is the cheapest alternative, a normal ticket or a special day-ticket.

How to buy point-to-point tickets

Tickets should be purchased from ticket offices or ticket machines, before boarding a train.

For ticket machines:

First select the language on the touch screen to English. The rest should be clear because of better understanding. Not all machines can be paid with credit card and not all with coins.

Scenic trains

Glacier Express

This is a panoramic train ride crossing the Alps from St. Moritz/Davos to Zermatt or vice versa.

Bernina Express

This is one of the world's steepest railway lines. It runs between St. Moritz and Lugano or vice versa.

William Tell Express

The trip starts with an old fashioned boat ride on Lake Lucerne and continues by train to Lugano.

The Gold Pass Express

Panoramic train ride through the Bernese Oberland or from Lucerne to Montreux or vice versa.

Palm Express

This is a two day excursion by postal coach which either starts in Brig or St. Moritz with an overnight stay in Lugano.

Luggage

Luggage transport

You may take your luggage on the train. However, if you wish to forward your luggage to your final destination a check-in service is provided by the Swiss Federal Railways. You will be charged a fee of CHF 10 to CHF 24 per item. To qualify for this service you will need a train ticket or train pass. It is particularly convenient to check-in your luggage if it is heavy and your trip requires one or more changes to reach your final destination.

You can also forward your skis, but remember to send them at least one day before you travel to be sure that they have arrived on your first skiing day as the travel time for checked-in-luggage may be longer than for passengers.

Lockers and luggage deposit

Larger railway stations offer lockers where you can leave your luggage for a small fee (approx. CHF 7). Bulkier items can be left at staffed deposit counters.

Class of travel

On trains and boats, there are 2 classes of travel: first class or 2nd class. First class carriages are denoted by a 1 at the door. 2nd class is denoted with a 2 at the door. Make sure you do not accidentally travel in a first class coach with a second class ticket, which also incurs a CHF 80 fine. A 2nd class ticket can be upgraded to 1st class on payment of the difference at the ticket office prior to boarding.

Train schedules

Please refer to SBB time-tables. The most useful hours for you to know are probably the ones for Zurich leaving Baden. Please refer to the "Staedtefahrplan", the counter or to: <http://www.sbb.ch>

The trains for Zurich leave Baden normally 08 past the hour and 38 past the hour (some exceptions may be possible). The cost is approximately CHF 10 for a return ticket with half-fare travel card in 2nd class. The travel time is 16 minutes with the fast train ("Schnellzug").

Zurich main station is called "Zürich Hauptbahnhof = Zürich HB".

Renting and transporting bicycles

Bicycles can be rented from many railway stations and transported on trains. Exact information about the possibilities and the costs (approx. CHF 35.00 per day for a good bike) are available at the SBB offices.

City buses and trams

Tickets

Cities and towns offer a good transportation network with streetcars and/or buses. You need to buy your ticket from a vending machine that is located at every stop. To operate the machine you need some coins on hand. Multi-ride tickets are also available in special ticket shops. Tickets are not sold on the bus or streetcar. All the railway passes are valid on the urban transportation network.

Baden

The buses are orange or white/red colored and belong to the Regionale Verkehrsbetriebe Baden-Wettingen (RVBW), see <http://www.rvbw.ch>.

Number 7 to Birmenstorf will take you from Baden to ABB Switzerland Ltd offices in Dättwil-Segelhof via the Kantons-spital (=hospital).

Number 7 to tägi will take you back from ABB Segelhof to Baden.

Obtain further information from the ticket office at the railway station. Multi-ride tickets can be purchased at the main railway station or at kiosks/news agencies.

Zurich

The tram- and bus-system in Zurich is called VBZ (Verkehrsbetriebe Zürich), see <http://www.stadt-zuerich.ch>.

Besides at vending machines you can buy tickets at special ticket shops, called "Ticketteria". At Ticketterias you can also get information about trams, buses and special offers or activities connected to the VBZ. They are usually valid for both buses and trams. You can break journeys but must complete the overall journey within the time limit shown on your ticket. Half-fare subscription (with SBB half-tax abo) is also valid on single journey tickets. The procedure for buying a ticket from a machine is rather complicated. We try to explain here:

- Study the colored route plan shown on the ticket machine. The stop where you are located may be marked by an arrow or a red spot. Zones are shown in different colors. Locate your destination and the route number required.
- Press the appropriate fare selection button, usually color coded to match the different zones. Look at the arrows and check, if you want a single or a return ticket (Zone 10 is most used= Zurich-city area).
- When you have selected the correct fare insert the coins.
- Remove your ticket and change from the tray.
- Should you encounter and difficulties, consult the conductor.

Multi-zone-ride tickets are available. For example, if you already have a valid ticket for zone 10, check how many additional zones there are to get to your destination, then choose the right button for the subsequent tickets ("Anschlussbillete").

General information

Trams and buses do not usually operate between around midnight and 5.30 a.m. (there are some night buses in Zurich and there might be also some in Baden, but do not count on it, inform yourself at the SBB or the VBZ first).

Groups of ten or more people are usually given a discount.

On many buses and trams you must press a button to open the doors to get on or off. Ask someone if you are unsure!

Trams halt at all stops, although the doors may not open unless you press a button. Bus or tram numbers are the same in both directions. Check the line and direction of a tram, bus or train before boarding.

Postal buses

The Swiss postal buses (PTT bus service: Postal Telegraph Transport, called "Postauto" in German), are ideal if you would like to travel off the beaten paths. It will take you through tiny villages which are often served by PTT buses only, green valleys or over numerous Alpines passes.

The main task of PTT bus service is to deliver and collect the mail all over Switzerland as well as being a transportation service. Most PTT buses are painted yellow and distinguished by a red stripe and the PTT horn motif on their sides.

The service is known to be punctual, inexpensive and save (even on steep mountain roads). Tickets should be purchased from the driver (normally coins only). PTT buses do not automatically stop at all stops, and it is usually necessary to press the stop button to get the driver to stop at the place where you want to get off. A stopping sign is illuminated at the inside front of the bus, when the bus is going to stop. If you are waiting at a 'request' stop, it is normal procedure to flag the bus down (wave to the driver) to get it to stop. Half-fare subscription tickets are valid on PTT buses.

Cable cars and mountain railways

There are over 500 cog or rack railways, funicular and aerial cableways in Switzerland. Most operate throughout the year (very bad weather excepted) and in winter additional ski lifts are in use. Holders of a half-fare travel card can obtain reductions, so ask before buying a ticket. Cable cars and mountain railways are generally expensive but provide an excellent service. Consider walking one way, since there are many scenic walking paths linked to cable and mountain railways. Ask at ticket counters for more information and a map.

Lake steamers

If you would like to see the Alps from a different angle you should take a boat ride. Switzerland's lakes have a well organized fleet of comfortable steamers. You can ride first or second class and enjoy breakfast, lunch or dinner in the boat's restaurant. Boat companies also offer special excursions with music, dance, folklore, different foods, night boats etc. The season begins in spring and ends in fall. Tickets are sold at a ticket window on the pier. Half-fare subscriptions are valid on all rivers and lakes. You can also buy a special boat pass. For more information contact any railway station, ask at the ticket window or contact the Switzerland Tourism Office. You can also make some boat rides on your own by renting a paddleboat on one of the stations along the lake shore.

Important advice

Buy your ticket always before boarding the transport vehicle. Failure to buy or validate a ticket can result in a CHF 80.00 fine if you are discovered during a spot-check, in addition to which, you must pay the correct fare. If you forget to buy a ticket or forget to date stamp your ticket, then tell the conductor before boarding the transport vehicle so you are not charged.

Airline services

For any information about flights, please call the main airport Zurich-Kloten, during office hours on 0900 300 313 (CHF 1.99 per min.), or call the individual airlines listed in the Swiss telephone book under "Fluggesellschaften", or refer to the telephone numbers at first section of this booklet. See also <http://www.zurich-airport.com>.

Taxi transfer

The following charges apply for taxi transfers from the three international airports to:

- Downtown Zurich: approx. CHF 55
- Downtown Geneva approx. CHF 40
- Downtown Basel: approx. CHF 45

Expect to pay (approx.):

- CHF 140 from Zurich airport to Baden-Daettwil
- CHF 120 from Zurich railway station to Baden railway station
- CHF 30 from Baden railway station to ABB Daettwil

Travel by car

General information

It is easy to get around by car in Switzerland. Traffic signs are self explanatory and easy to read. Alpine passes are easy to drive, but reasonable care must be taken on more narrow, winding roads. Passes can be avoided where there are road tunnels or car trains.

Traffic regulations

Speed limit:

- Freeways 120 km/h
- Highways 80 km/h
- Cities, town and villages 50 km/h or 30 km/h

Freeways are identified with green directional signs, highways with blue signs and regional roads with white signs. Unless otherwise indicated, the driver approaching from the right has the right-of-way. Keep to the right, pass on the left. Passing on the right is prohibited.

Driver's license

Minimum driver's age is 18 years. An international driver's license is required.

Renting a car

Renting a car can be very expensive. Hertz, Avis and other major rental companies have branches in the bigger cities and villages. Reservations can be made directly through telephone or see their web-pages for prices first:

<http://www.hertz.com>

<http://www.avis.com>

Highway toll

An annual road toll, called "Vignette" of CHF 40 is levied on all cars and motorcycles using the freeways.

Parking

Parking in Swiss towns can be a problem, particularly on-street parking. In most towns there are many public and multi-storey car parks, indicated with the sign of a white "P" on a blue background. In cities there are also hundreds of parking meters, but they usually all seem to be constantly occupied, particularly on Saturdays. Parking in town costs CHF 2 to 3 per hour. Parking in a centrally located city car park costs at least CHF 2 an hour and 24 hours can cost CHF 25 or more. On entering most car parks, you take a ticket from an automatic dispenser and must pay before collecting your car, either at a cash desk (Kasse/Caisse) or via a machine, which may accept coins, notes and credit cards. You cannot pay at the exit. After paying, you usually have around 15 minutes to exit where you insert your ticket in the slot of the exit machine (in the direction shown by the arrow on the ticket).

Toilets

Last but not least, when you need to go to the little girls or boys room, you will find Switzerland has the cleanest and most modern public toilets in the world. Some even have revolving, self-disinfecting seats, automatic bidets, automatic soap dispensers, tabs and hand dryers, and even on occasion individual, fresh, cotton towels (free of charge). Public toilets are found everywhere and are generally free, although those located at some railway stations and motorway stops may cost from CHF 0.20 to CHF 2.

Leisure activities

Baden

Cinemas (known as "KINO" here)

Most films are run in English with German and French subtitles. Refer to the local newspaper "Aargauer Zeitung" for more information. Admission is approx. CHF 16.

See also: <http://www.cineman.ch>

For cinemas in Baden you can also check: <http://www.sterk.ch>

Zurich

Where to get information

Refer to "Züri-tip" in the Friday edition of the newspaper "Tages Anzeiger" (unfortunately only in German). Details are provided for cinema, theatre, opera or concert programs, restaurant, parties, bars etc.

Refer also to Zurich tourist service at Zurich main railway station for all sorts of information about Zurich in "Zürich News" (cultural program in English), plus summer or winter brochures at Zürich Tourismus (044 215 40 00). Or find some information on these websites:

<http://www.zuerich.com>

<http://www.zurich-airport.com>

Eating out

"Restaurant Zeughauskeller" – behind Paradeplatz (when you walk over this place be aware that you are walking on gold and money, because all safes of the Swiss bank are under the pavement). Real Swiss kitchen, the atmosphere is very rustic and Swiss like, the prices are reasonable.

Find more Swiss restaurants here: <http://www.schweizerkueche.ch>

"Spaghetti Factory" – spaghetti in all variations for normal prices (for Zurich), there are three of them in the city, one next to the cinema CORSO at the "Bellevue-Platz" and two in the old part of Zurich.

“Papa Joes” – American restaurant and Caribbean cocktail bar in the Schiffände 18, Hechtplatz, 8001 Zurich (<http://www.papajoes.ch>)

“Back und Brau” (=bake and brew) – very unusual meals and home-made beer and bread. There is one opposite the cinema CINEMAX (tram no. 13 until station “Escher-Wyss-Platz”) and another one on the line of the tram no. 9.

“Cantinetta Antinori” – very good Italian food in a nice ambience. It is in the “Augustinergasse”, just at the corner with the main shopping street “Bahnhofstrasse”.

Nightlife in general

The most active area in Zurich is the old part of the town, called “Niederdorf”, where there are many bars, discos etc. Refer to the map of Zurich.

<http://zuri.net/nightlife>

<http://zuerich.usgang.ch>

Opera, theatre and concerts

We advise you to go to the opera, the city theatre, called “Schauspielhaus”, and the city concert hall, called “Tonhalle”, because they are architecturally very beautiful and have a very good program. The opera is especially known for its large program (the negative point here is that the prices are very high, so ask always for reductions and cheaper places before you buy a ticket.)

Museums

There are many museums in Zurich, the best known is certainly the “Kunsthaus”, the museum of art. It has very good exhibitions that change regularly. To reach it, travel on tram 9, 5, 8 or 3 to “Pfauen”.

What you also should not miss is the “Landesmuseum”, which has a permanent exhibition about Switzerland’s history and customs and a second exhibition that changes regularly. It is situated directly behind the main station; you can’t miss it, because it is a very big, castle-like building.

Outdoors/nature

We recommend a trip on the lake of Zurich with either one of the big ships or on your own in a little boat. Regular tours start from “Bürkliplatz” at the lake end of the “Bahnhofstrasse” which can be reached with tram no. 2, 5, 8, 9 or 11. The hours of departure are available either at the pier or at the Zurich tourist service at the main railway station.

If you want to take a little boat, there are plenty of places around the lake where you can rent one for reasonable prices.

Swimming

- “Seebad Mytehnquai”: tram no. 7 until “Brunaustasse” and then down the stairs
- “Seebad Tiefenbrunnen”: tram no. 2 until “Bahnhof Tiefenbrunnen”
- The city-baths (no grass, just wood pavement) on both sides of the lake

Walking

There are many possibilities (refer to wander trails brochure from Zurich tourist office). Walk or catch the train up to Zurich’s Uetliberg. It is a nice excursion which offers you a large overview of Zurich. There are great walks to do up there. Further information can be obtained from the Zurich tourist service.

Wining and dining

Because of its cultural diversity, Switzerland offers an unusually wide range of gastronomical delights. French, German and Italian influences prevail in regions where those languages are spoken. Quality is uniformly good. Each region has its specialties:

- Fondue and Racelette (melted cheese dishes) in the French part
- Sausages, roasts and fried potatoes (“Rösti”) in the German part
- Sliced air-dried beef (“Büdnerfleisch”) and ham in the Grisons
- Italian specialties in the Ticino

Swiss pastries and desserts are world famous, especially when made of chocolate.

Most restaurants serve a Special of the Day known as “Tagesteller” or “Plat du Jour”: a full meal that costs from CHF 15 to 25, seldom more. A regular 3-course meal is served by most restaurants for about CHF 40 to 50.

Swiss wines are excellent, especially when ordered in the region where the grapes are grown – always ask for local wine. Swiss beer is first rate. Liquors are delicious, but highly potent – “Kirsch” (made from cherries), “Pflümüli” (from plums) and “Williams” (from pears) are the most popular.

Holidays and excursions

Literature

The brochures "Welcome to the best of Switzerland" and "Switzerland winter/summer paradise" contain a lot of proposals for day- and week-end-trips. Simply choose what suits you.

Swiss tourism association

The main office address is as follows. Any brochures and information regarding trips around the country can be obtained there.

Schweiz Tourismus
Tödi­strasse 7
8002 Zürich
Postfach
8027 Zürich
Switchboard: 044 288 11 11
<http://www.myswitzerland.com>

Accommodation

If you want to book overnight accommodation (all standards from 5 to no stars), there is a Swiss hotel guide at your disposal. This book can be found at the ABB training coordinator's office. Just choose what suits you and ring up and make a booking. Contact numbers are provided. You have also received a little guide about budget hotels, refer to it.

Additional help:

<http://www.swisshotels.com>
<http://www.gastrosuisse.ch>
<http://www.rooms.ch>

Hotel rating

*****	Deluxe
****	First Class
***	Tourist Class
**	Standard
*	Basic

Prices vary according to the star rating and include usually continental breakfast.

Hotel reservation

Contact a travel agency or directly the hotels. The local tourist offices provide assistance to travelers arriving without reservations.

Families

A list of family friendly hotels is available at Switzerland Tourism.

Private homes

If you want to save some money or have an impression of private Swiss life you can board with a family. Listings of such accommodations can be obtained from most local tourist offices. When travelling be on the outlook for sign "Zimmer frei", "Chambres à louer" or "Affitarsi camere", which means that in that house rooms are vacant. Prices range from CHF 30 to 40 person.

Chalet and apartment rental

For larger groups or longer stays in the same resort an apartment or chalet rental might be the best choice for you. A one-week stay is usually required. Check with the local tourist offices.

Farm vacation

It is a very special experience to spend your vacation on a Swiss farm. It gives you the opportunity to observe first hand the working world and home life of a farming family and even participate in their activities. A one-week stay is usually required. Ask Switzerland Tourism for information.

Youth hostels

They provide good value for money accommodation for young and old, singles and families. If you are not member of the International Youth Hostel Federation, you will have to pay about 5 CHF more than the advertised rate unless you join the federation. For further information contact the "Swiss Youth Hostel Federation":

Phone 044 360 14 14
Webpage <http://www.youthhostel.ch>
E-mail booking@youthhostel.ch

Camping

There are numerous camping sites in Switzerland. Please note that you can only camp on an authorized camping ground. Reservations are recommended during the summer months. Bring your own tents, sleeping bags and camping equipment. There are maps of all camping places available, ask at Switzerland Tourism.

Suggestions

Here are a few ideas of places that we consider to be worth a visit, with the telephone numbers where you can get additional information:

Canton and locality	Characterization	Phone
AARGAU		
Lenzburg	Castle and historical museum (very close to Baden)	062 888 48 40
Schinznach	Thermal baths (better than Baden)	056 463 75 05
BERNE		
Sundlauenen	"Beatus caves" with cave museum	033 841 21 41
Meiringen	"Sherlock-Holmes-Museum" (Sherlock Holmes in Switzerland? This must be a mistake. – No, no mistake.)	033 971 42 21
GENEVA		
Geneva City	CERN-Exposition Microcosm	022 767 22 10
	"International Red Cross Museum"	022 734 60 01
	"Palais des Nations" (office of the UNO, guided tours)	022 917 32 13
GRISONS		
Maloja	Glacermills (natural speciality/wonder)	081 661 18 77
LUCERNE		
Luzern	"Verkehrshaus" (transport museum, very interesting, has also a planetarium)	084 885 20 20
NEUCHATEL		
La Chaux-de-Fonds	"International Clock Museum" (what would Switzerland be without clocks?)	032 967 68 61
Travers	Mining and industry museum	032 864 90 64
Grandson	Castle (next to lovely city of Neuchâtel)	024 445 29 26
SCHWYZ		
Pfäffikon	"Alpamare" swimming centre (the biggest water & fun centre in CH, experience water slides, whirlpools, wave pool, sauna, restaurants, solarium etc.)	055 415 15 15
ST. GALLEN		
City of St. Gallen	Stiftsbibliothek (very old library with extremely precious books)	071 227 34 15
TICINO		
Caslano	Chocolate museum (after the clocks, the chocolate is great!)	091 611 88 88
URI		
Bürglen	"Tell-museum" (learn about Wilhelm Tell, our national hero)	041 870 41 55
BASEL		
Basel	Tinguely museum (http://www.tinguely.ch/en)	061 681 93 20
VAUD		
Montreux	Castle "Chillon"	021 966 89 10
ZURICH		
Winterthur	"Technorama" (futuristic museum)	052 244 08 44

Canton and locality	Characterization	Phone
ZUG		
Baar	"Höllgrotten", very beautiful stalactite cavern	041 761 83 70

Vacations for all

Activities for children

Zoo

Basel, Zurich, Rapperswil, Bern (Bear Pit), Les Marecottes (alpine zoo near Martigny)

Museums

Lucerne – Swiss Transport Museum, Montreux – Chillon Castle, Lausanne – Olympic Museum, Lugano – Alprose Chocolate Museum, Brienz/Ballenberg – open-air museum of 70 traditional Swiss houses (worth a one-day visit)

Youth travel

Tour operators specialized in youth travel offer various educational and leisure tours. Ask Switzerland Tourism for listings.

Sport

For free time sport possibilities in the Baden area, refer to the Baden guide produced by the Baden tourist office. It lists swimming, tennis, badminton etc.

Summer sports

Hiking

Switzerland with its well-kept hiking paths is the ideal hiking country. The choices range from easy lake shore walks to challenging mountain ridge hikes or glacier tours. You can also easily hike on your own, but there are some instructions you should follow to prevent accidents and mishaps:

- Get a good detailed map of the area where you want to go (available at railway stations, kiosks, book stores etc.).
- Wear robust, skid-proof walking shoes, preferably with some ankle support. Training shoes or runners are not recommended.
- Take sun protection (hat, sunglasses, cream with very high protection degree) – even in winter Alp weather can change very quickly. Always take a rain coat, pullover and sufficient water food/snacks with you even if the meteorologists predict the most beautiful day of the year. Do not depend on restaurants being open all the way!
- Do not over-exert yourself, particularly at high altitudes where the air is thinner; take it easy and set a slow pace. Do not attempt a major hike alone. Notify someone about your route, destination and estimated time of return (even if this is just the local railway station master). Be sure that you allow enough time to return from a hike to catch public transport home or make an accommodation booking in advance. Some villages have no overnight accommodation.
- Should you get caught in a heavy storm, descend as quickly as possible or seek protection in eg, a hut.
- Check the weather forecast. If you cannot understand the radio or TV or the weather phone (number 162), look at the graphics (sun, rain, snow) in a local current newspaper anywhere in Switzerland.
- Hiking, even in lowland areas, can be dangerous, so do not take any risks. Always keep on a well defined track, follow sign posts or markings. Do not continue walking if you do not see a signpost for 1'000 meters. Simply go back and check that you are heading in the right direction. Consult your map.
- Should you come across a signpost indicating anything dangerous ("Gefahr/Lebensgefahr"), you can bet it is!
- We recommend taking a first-aid kit with you in case of accident.
- If you or someone in your party is injured badly try to get to the nearest phone, call the emergency or the REGA (see "Important phone numbers") and wait.
- Respect nature, do not damage plants and animals. Dispose of litter thoughtfully.

Mountaineering and climbing

Hiking is one thing, mountaineering, rock-climbing and climbing is another thing. If you plan to practice any of these sports, contact the Swiss Alpine Club to obtain detailed information (phone: 031 370 18 18).

Bicycling

Bikes can be rented for a moderate fee at most railway stations or even for free during summer time in big towns (Zürich, Geneva).

Summer skiing

This is only possible on glaciers. Best places are in Zermatt, Saas Fee and Les Diablerets.

Golf

Switzerland has more than 30 ideally situated golf courses. Ask at local golf clubs for prices and memberships (eg, nearest Golfclub to Baden is in Schinznach Bad, phone: 056 443 12 26).

Tennis

There is hardly a Swiss resort without tennis courts. Ask the local tourist offices.

Beaches and swimming pools

Most lakeside beaches are open from June to September. Sailing, water skiing and windsurfing are popular throughout Switzerland. Cities and resorts have public indoor and outdoor pools.

Adventure and fun sports

There are lots of possibilities for those who love activity and adventure, like river rafting, canyoning, yachting, hang gliding, parachuting, bungee jumping, horseback riding etc.

Ask local tourist offices and be aware the insurances do not cover these risky sports activities!

Winter sports

Alpine skiing and snowboarding

There are a lot of magnificent slopes all over Switzerland, but alpine or downhill skiing can be an expensive pass time – you will need to allow for transport to the alps (ca. 50 CHF), ski-lift pass (ca. 55 CHF per day), lunch/snacks (ca. 20 CHF) etc. Information on weather conditions and snow heights you can find here: <http://www.myswitzerland.com>

Preparation:

This is the ski equipment you might need: skis and ski poles, trousers, jacket, thermal underwear, gloves, scarf, hat, ski-boots, sun protection for eyes and skin. Most equipment can be rented in sport shops. Ask at "Marka Sport" Baden (opposite the Hotel Linde) for details.

Check out where you want to go (further down we provide you a list of good ski resorts), check the trains, the weather forecast, the snow conditions (local newspapers or phone to ski resort).

Be aware that normal insurance does not pay for ski accidents – additional insurance may be required.

When you get to the ski resort, buy a ski-lift pass (check if you can just buy a half-day pass if you want). Expect some waiting lines at well-known resorts on week-ends.

Safety:

Be sure, that you are well equipped.

Protect yourself from the sun – sun & snow = skin burning.

We advise not to attempt skiing if you are a total beginner unless you take lessons from a ski school first (phone any ski resort and ask for schools).

Do not consider to ski alone at any time. Organize to ski with someone who is very familiar with the area and the sport. Avoid skiing in bad weather, it is no pleasure and dangerous.

NOTE: NEVER ignore avalanche warnings ("Lawinengefahr"), denoted by black and yellow flags or signs and warning lights and never ski outside of slopes/prepared areas or on closed runs ("gesperrt"), even if the snow looks better!

Behave reasonably on all slopes/runs to protect others as well as yourself. There is a code of conduct which every skier should know and follow:

- Respect others – control speed, skiing and direction.
- Be careful when you overtake someone, make sure that there is enough space between you and him.
- Look up and down before crossing a slope.
- Avoid stopping in narrow passages or where the visibility is restricted. If you fall get up as quickly as possible and keep clear of oncoming traffic.

Snowboarding can be rather dangerous if you are not well instructed and guided. To prevent bad injuries, inform yourself carefully before you start and take someone with you as a teacher and guide.

Consider calling the "Swiss Bureau for the Prevention of Accidents" on 031 390 22 22 and ask for the sports-department for any queries you may have about safety etc.

Cross-country skiing

Cross-country skiing ("Langlauf") does not have the glamorous jet-set image of alpine skiing, but nevertheless it is a popular sport in Switzerland for young and old.

Compared with alpine skiing, cross-country skiing has the advantages of cheaper equipment, lower costs, fewer broken bones and no waiting lines. Prepared cross-country trails are found in specially prepared and sign-posted routes. You can find them in most winter ski resorts in Switzerland. The equipment is also to rent in sport shops, where you can also find a booklet published by the Swiss Ski Federation, called "Langlauf". It contains information on all aspects of cross-country skiing.

For any additional information call the Swiss Ski Federation ("Schweizerischer Skiverband"): 031 950 61 11

Other winter sports

Of course there is a whole number of other winter sports, like sleighing, curling, ice skating etc., but it would be too long to explain them all. If you are interested, try to ask either the ski resort you want to go to for information or the Swiss Tourist Information or have a look in the brochure "Switzerland Winter Paradise".

Walking through winter wonderland

There are numbers of well prepared walking trails which are also open in wintertime for relaxing walks.

Personal tips

NOTE: The tips with a (*) are money saving tips.

Baden and region

For nice walks in the Baden region, follow the walking trails called "Wanderweg", which start at the railway station in Baden. Look for the yellow signs. (*)

The castle in the village of "Lenzburg" is worth a visit, as it is kept in very good condition. You can see the old rooms and clothes etc.

The thermal springs in Baden or Schinznach-Bad are great for some relaxing moments.

For further information: <http://www.baden.ch>

Basel

One of the trainees recommended the anatomic museum ("Anatomisches Museum"), which shows an exposition of real parts of human bodies. It must be very interesting, but not for people who are too sensitive in these matters.

Basel is Switzerland's musical capital, with musicals such as "Phantom of the Opera", "Cats", etc. Check the newspapers or ask for information at the tourist office in Basel.

Visit the "Jean Tinguely & Nikki de Saint-Phalle" Museum. These are two very special Swiss/French artists, who created very strange and funny art objects, which move and produce noises.

Fribourg

The city of Fribourg is very nice, but the real reason why you should go there is the marvelous countryside. You can make some gorgeous walks and bicycle rides. (*)

Geneva

Visit the "Musée de la Croix Rouge" which shows the humanitarian actions of the Red Cross since its foundation.

Take a walk on the left hand side of the lake (when coming from the city centre); there are some marvelous parks. (*)

The old part of the town is very worthwhile visiting as it contains a lot of little stores and coffee shops which have to be found and experienced. Visit also "Carouge", a part of the city of Geneva, which was built in a very different way, so that it has nothing in common with the city, but it makes you think of an Italian village. It has lovely stores and inside courtyards to explore. (*)

If you want to have a coffee and the best "croissant au chocolat" (chocolate horn) you have to stop at coffee shop "Jean Baptiste Charrère" in "rue des Paquis".

Take a walk in the parks called "Parc des Eaux-Vives" and "Parc de la Grange"; they are marvelous. (*)

There are free bikes available. Behind the railway station there is a shop called "Genève roule" where you can get them. (*)

If you want to see the region around Geneva, do not miss Lausanne, Montreux and Vevey, three very beautiful cities. Take a train up the hill to appreciate the view over the lake of Geneva.

If you are in the area in July, do not miss the Montreux Jazz Festival.

Lucerne

The "Verkehrshaus" is very interesting for technically inclined people. View the different modes of Swiss transportation facilities from years gone-by to now. There is also a planetarium.

Neuchâtel

Noiraigue is about 20 km from Neuchâtel and can be reached by regional train or by car. Follow the signs up to "Le soliat". It is an astounding place, at 1400 meters above sea level, where glaciers and water have formed a very big crater in the mountain. You have a wonderful view over the Swiss landscape. (*)

There are two possibilities to stay overnight. One possibility is the mountain farm "Le soliat" (<http://www.lesoliat.ch>), where they have a big sleeping room for 21 CHF/night + 17 CHF for breakfast. It is very simple but a unique experience. If you like more comfort, you can stay at the "Ferme Robert" (<http://www.ferme-robert.ch>), a little bit further down in the middle of the forest. Inform yourself at the tourist office in Neuchâtel about the trip before you go there.

Schaffhausen

Visit the "Rheinfall", the Niagara-Falls of Switzerland! (*)

Schwyz

Visit the famous Abbey Church of the village "Einsiedeln", a beautiful baroque building with the famous Black Madonna. (*)

Ticino

Visit Locarno and Ascona, two very beautiful little cities with a Mediterranean charm. (*)

If you go to Ticino in summer, check out if the film-festival of Locarno is on, and do not miss it.

Zurich

Zurich is top for leisure and pleasure. Gentle hills, peaceful woods, the unpolluted lakes and rivers, picturesque villages – and all just stone's throw from the Alps. Zurich is the ideal starting point for all kinds of varied excursions.

One of the most famous places in Zurich is the "Lindenhof". It is the place where the Romans founded the city of Zurich (called "Turicum" at the time). It is situated in the old part of the town on the side of the "Bahnhofstrasse" on top of the hill. You have a very good view over the river and the old town from there. (*)

If you want to have a very great view over Zurich, you should go up to the zoo with tram no. 5 or 6 and have a walk to the hotel "Zürichberg", where you can sit on a beautiful terrace and drink or eat something with a view of the lake and the city. From there, walk through the forest to the "Lorenkopf", a very nice spot with a tower. This walk is very nice also in wintertime. (*)

Take a walk along the lake of Zurich and just look at all the different people, musicians, and artists, etc., who do all kind of performances. (*)

If you are here during July and August do not miss the cinema on the lake, an open-air cinema installation on the lake of Zurich which shows films outside at nightfall. It is called "Open Air Kino am See" and you can find the program in the "Züri-tip" or the daily newspapers of Zurich.

One of the most special coffee shops in Zurich is the "Cafe Schober" in the "Niederdorf". It is very tiny and also quite expensive, but they have the best chocolate and cakes in town (try the orange-chocolate-cake!).

How to get to Zurich? By Train – for the timetable see <http://www.sbb.ch>.

If you like churches do not miss the windows of the church "Fraumünster" near Paradeplatz, as they were made by Marc Chagall and are very special. (*)

During summer there is the possibility to rent a bike without paying in different parts of the city (eg, "Bahnhof Enge"). You just take a bike, leave a deposit of some 50 CHF, and you can ride around the town (ask for a bicycle map). (*)

Ski resorts

The nearest resort to Baden is certainly "Flumserberg"; very nice and not too big. Get the information at the railway station about trains etc.

Another resort not too far away is "Hochybrig", very good for one day skiing.

Further away is "Engelberg", a very big and steep ski resort.

One of the biggest and most beautiful resorts is "Les portes du soleil" in the French speaking part of Switzerland. It is connected with France and has got hundreds of kilometers of slopes to ski. To save some money, start skiing in France where the tickets are less expensive.

Very known by tourists are "Gstaad" and "Grindelwald", two nice resorts.

Another very historical resort is "Zermatt" around the very famous "Matterhorn", the "Kilimanjaro of Switzerland". It is special, because the village is a car-free zone.

"St.Moritz" is one of the prestige resorts in the Grison, very beautiful but very expensive.

"Davos" is also a very big and beautiful ski resort in the Grisons.

During winter the Swiss railways promote a package called "Ski & Rail", which gives you some suggestions how to combine your ski trip with the train. Details are available at the railway stations.

Close to Switzerland

Please note that for the following destinations a visa may be required. Check with the Embassy or Consulate before departure from Switzerland:

- Milan – 4 hours by train from Zurich, a very nice north Italian city with a marvelous cathedral and very nice shopping facilities
- Munich – in Bavaria, Germany, 5 hours by train from Zurich
- Strasbourg – lovely town in France, important for EU-administration, 3 hours train from Zurich

The Swiss Federal Railways promote from time to time cheap arrangements to cities close to Switzerland. Ask for information at the railway station.

Bars and pubs

Bodega-Bar
Cordulaplatz 12
5400 Baden
Phone: 056 222 62 17
<http://www.bodegabar.ch>

Bistro-Bar
Mittl. Gasse 13
5400 Baden
Phone: 056 222 68 54

Nouba Lounge (Oriental)
Obere Gasse 33
5400 Baden
Phone: 056 221 04 54
<http://www.nouba-abdel.ch>

Paradies zum Zunfthaus
Cordulaplatz
5400 Baden
Phone: 056 221 50 58
<http://www.zunfthausparadies.ch>

Mr. Pickwick Pub
Löwenplatz 8
5400 Baden
Phone: 056 222 63 40
<http://www.pickwick.ch>

Rossini
Haselstrasse 29
5400 Baden
Phone: 056 222 08 81
<http://www.rossinibar.ch>

Mojo
Nordhaus 3
5400 Baden
Phone: 056 221 58 58
<http://www.asian-food.ch>

Restaurants

Swiss restaurants

Belvédère
5400 Baden
Phone: 056 222 53 64
<http://www.belvederebaden.ch>

Hirschli (Bar)
Badstrasse 9
5400 Baden
Phone: 056 210 09 55
<http://www.hirschli.ch>

Arcade
Bahnhofplatz 1
5400 Baden
Phone: 056 222 56 08

Bouillon
Bruggerstrasse 46
5400 Baden
Phone: 056 222 38 60
<http://www.bouillonrestaurant.ch>

Brasserie zum Schwyzerhüsli
Badstrasse 38
5400 Baden
Phone: 056 222 62 63
<http://www.schwyzehuesli-baden.ch>

Isebähkli
Bahnhofstrasse 10
5400 Baden
Phone: 056 222 57 58
<http://www.jazzinbaden.ch>

Stadtcasino
Haselstrasse 2
5400 Baden
Phone: 056 204 08 08
<http://www.grandcasinobaden.ch>

Rose
Weite Gasse 23
5400 Baden
Phone: 056 222 54 24
<http://www.rose-baden.ch>

Hertenstein (Panorama-Restaurant)
Hertensteinstrasse 80
5408 Ennetbaden
Phone: 056 221 10 20
<http://www.hertenstein.ch>

Schloss Scharenfels (Panorama-Restaurant)
Scharenfelsstrasse
5430 Wettingen
Phone: 056 426 19 27
<http://www.schloss-scharenfels.ch>

Italian restaurants

Oberstadt – Borgo Antico (200m from Hotel Linde)
Oberstadtstrasse 8
5400 Baden
Phone: 056 209 14 63

Gottardo
Stadtturmstrasse 14
5400 Baden
Phone: 056 222 40 71

La Trattoria
Theaterplatz 2
5400 Baden
Phone: 056 222 64 64
<http://www.la-trattoria.ch>

Da Franco
Badstrasse 20
5400 Baden
Phone: 056 222 73 86

La Cittadella
Rathausgasse 14
5400 Baden
Phone: 056 222 00 28

Chinese/Asian restaurants

Chen Lay
Untere Halde 2
5400 Baden
Phone: 056 222 69 57
<http://www.chen-lay-baden.ch>

Smiling Fish
Langhaus 2
5400 Baden
Phone: 056 222 28 82
<http://www.smiling-fish.ch>

Japanese restaurant

Hotel Restaurant Ryokan
Hasenbergstrasse 74
8967 Widen
Phone: 056 648 40 00
<http://www.hotel-hasenberg.ch>

Mojo
Nordhaus 3
5400 Baden
Phone: 056 221 58 58
<http://www.asian-food.ch>

Indian/Creole restaurant

Spicy
Mellingerstrasse 146
5400 Baden
Phone: 056 282 57 57
<http://www.spicybaden.ch>

Self service restaurants

Migros Restaurant
Bahnhofstrasse 42
5400 Baden
Phone: 058 567 54 80

Manor Restaurant
Schlossbergplatz 7
5400 Baden
Phone: 056 203 36 99
<http://www.manor.ch>

Coop Restaurant
Supermarkt
Bahnhofstrasse 28
5400 Baden
Phone: 056 203 99 46
<http://www.coop.ch/restaurant>

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