



SWITZERLAND

Capital: Bern

Population: 7.8 million

Currency: Swiss Franc (CHF)

Language: German, French, Italian, Rumantsch

Time Zone: EST plus 6 hours

Electricity: 230V. 50Hz

Fun Facts



- In Switzerland, a new president is elected every year, while seven members of the Swiss Federal Council (Executive branch) are elected every four years. Switzerland is the first and only country to implement a people's rights system of government—also called direct democracy—involving the constitutional initiative (public petitions) and referendum.
- Switzerland has the second-highest life expectancy in Europe (after Sweden).
- The International Committee of the Red Cross (ICRC) was founded in 1863 in Geneva, and it is still based there.

Switzerland is a small treasure hidden amongst the Alps with idyllic, peaceful mountain scenery, breathtaking panoramas, unspoilt lakes, dark wooden chalets bedecked with flowers, the relaxing sound of cow bells, a warm atmosphere of friendship around a cheese fondue, spotless ski runs, and picturesque, friendly towns, including the capital (Bern), Lucerne, Zermatt, and Lugano.

Who could imagine such a variety of attractions, ways of life, culture, and traditions in such a small country? One-tenth the size of California with a population of almost eight million, Switzerland is also an economic miracle. Because 70% of its territory is covered by mountains with no raw materials (except water, which besides providing magnificent scenery with glaciers, rivers, and nearly 1500 lakes, yields vital hydro-electric power), and it has four different official languages, conditions do not seem very favorable for the development of a flourishing country. Yet Swiss enterprise, ingenuity, and perseverance have created a financially and politically sound nation with a very high standard of living envied by most of its neighbors. The Swiss are famed for their precision, and this has also become an invaluable asset in today's world of high-tech, specialized industry. The population, even in its complexity and wide diversity, owns a common, very deep sense of belonging and justified patriotic pride. Its position in regard to the European Union is a constant source of internal debate.

Swiss regional cultures are reflected in its local cuisine; not to be missed are the most traditional cheese dishes (fondue and *raclette*), *rösti* (a potato specialty), and *geschnetzeltes* (a veal dish). Shopping is also a very real experience. Buying Swiss-made is synonymous with good quality and of items made to last, including world-renowned watches, woodcarvings from the region of Brienz, embroidery, and fine lace (and those delectable chocolates...which never last). Switzerland is a little bit of earthbound paradise—come and see it!



VISAS AND PASSPORTS

Visas to Switzerland are not required for U.S. citizens. If you hold a passport from another country, please check with your local consulate about requirements for travel to Switzerland. All passengers traveling internationally are required to have a passport. Please carry proper identification (your passport) on you and do not leave it in your suitcase or hotel room. European law requires you to carry your passport with you at all times.



COUNTRY CODES

The country code for Switzerland is 41. When calling to Switzerland from overseas, you dial your international access code (011 from the U.S./Canada) followed by the country code and phone number. Phone numbers in Switzerland are seven digits in length. Dialing from the U.S./Canada: 011+41+XXX XXXX.



CURRENCY AND BUDGETING

The official currency of Switzerland is the Swiss Franc.

1 Swiss Franc (CHF) = 100 cents

- Banknote denominations: 10, 20, 50, 100, 200, 1000 Francs
- Coin denominations: 5, 10, 20, 50 cents, 1, 2, 5 Francs

For the most current exchange rates, please go to our Web site at www.globusfamily.com/currency

Switzerland has not adopted the Euro. However, in Switzerland, Euro banknotes are accepted in most hotels and stores. If you pay in Euro, the exchange rate is fixed by the outlet, and change is usually given in Swiss francs.

Switzerland is more cash-oriented than most other European countries. It is not unusual to see bills being paid by cash, even CHF 200 and CHF 1000 notes. Some establishments do not accept credit cards, so check first before purchasing.



TO HELP YOU BUDGET

The following budget guidelines are just approximate values or starting values for meals and are per person. Actual prices will vary widely by restaurant and city within a country but below are some averages as provided by our experienced personnel.

The approximate cost of a soft drink/mineral water/coffee is 3.50-4.50 CHF.

An average lunch consisting of a salad or sandwich and a soda or water starts at approximately 15 CHF.

A steak dinner at a mid-range restaurant with dessert and a non-alcoholic beverage starts at approximately 40-60 CHF.

A seafood dinner with dessert and a non-alcoholic beverage starts at approximately 50-70 CHF.



TIPPING

For restaurant services in Switzerland, a service charge is already included (approximately 15%), but you might round up the bill by the equivalent of a few Swiss Francs to show appreciation for good service. We recommend 1-2 CHF per person for a modest meal and 5-10 CHF for meals in higher class restaurants. We recommend tips be left in cash and not added to the credit card payment.

For taxis, round up the fare to the nearest Franc.

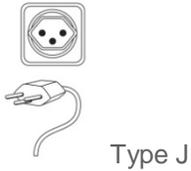
Tip hotel staff the equivalent of 1 CHF for room service.

A few small denomination coins will be necessary for restrooms.



ELECTRICAL OUTLETS

Voltage for outlets is 230V. North American voltage is generally 110V. Therefore, a converter may be necessary for your travels. Adapters will be necessary to adapt your plug into the outlet but may not convert the voltage, so both devices are necessary. Switzerland uses a round, 2 or 3-prong plug that looks like



TEMPERATURES

Swiss summers are warm and sunny, often extending well into October. Winters are relatively mild, apart from the mountainous regions. Layers are your best option while traveling here. Rain gear is recommended year-round. Pack appropriate gear if you plan to hike or ski while visiting the Alps.

To help you plan, below are average low and high temperatures for Bern.

Month	Average High °(F)	Average Low °(F)
January	38	26
February	42	28
March	51	34
April	57	35
May	66	47
June	72	53
July	75	56
August	74	56
September	66	49
October	57	43
November	45	33
December	38	28

To convert to Celsius, subtract 32, then multiply by 5 and then divide by 9.

See examples in the Know Before You Go Europe document.



FOOD SPECIALTIES

Bread (over 200 kinds), cheese dishes (fondue and *raclette*), *rösti* (a potato specialty), and *geschneitztes* (a veal dish).

A FEW WORDS OF THE LOCAL LANGUAGE



German:

Good morning: Guten Morgen, **Good day:** Guten tag, **Good evening:** Guten abend, **Please/You're welcome:** Bitte, **Thank you:** Danke, **Yes:** Ja, **No:** Nein, **Do you speak English?:** Sprechen Sie Englisch?, **I don't understand:** Ich verstehe nicht, **Please write it down:** Können sie das bitte aufschreiben?, **How much?:** Wieviel kostet das?, **1:** Eins, **2:** Zwei, **3:** Drei, **4:** Vier, **5:** Fünf, **6:** Sechs, **7:** Sieben, **8:** Acht, **9:** Neun, **10:** Zehn, **Where is...?:** Wo ist...?, **Telephone:** Telefon, **Bathroom:** Toilette, **Tea:** Tee, **Coffee:** Kaffee, **Bottled water:** Mineralwasser, **Cheers!:** Prost!, **Restaurant check/bill:** Die Rechnung.

French:

Good morning/day (until 5:00 pm): Bonjour, **Good evening:** Bonsoir, **Goodbye:** Au revoir, **Please:** S'il vous plaît, **Thank you:** Merci, **Yes:** Oui, **No:** Non, **Do you speak English?:** Parlez-vous anglais?, **I don't understand:** Je ne comprends pas, **Please write it down:** S'il vous plaît écrivez-le, **How much?:** C'est combien?, **1:** Un, **2:** Deux, **3:** Trois, **4:** Quatre, **5:** Cinq, **6:** Six, **7:** Sept, **8:** Huit, **9:** Neuf, **10:** Dix, **Where is...?:** Où est...?, **Telephone:** Le téléphone, **Bathroom:** Les toilettes, **Tea:** Thé, **Coffee:** Café, **Bottled water:** De l'eau minérale (**carbonated**=eau pétillante, **non-carbonated**=eau plate), **Cheers!:** Santé!, **Restaurant check/bill:** L'addition, **Waiter:** Monsieur (*not* garçon), **Waitress:** Mademoiselle, **Have a nice day!:** Bonne journée!

Italian:

Good morning/day: Buongiorno, **Good evening:** Buonasera, **Hi:** Ciao, **Please:** Per favore, **Thank you:** Grazie, **You're welcome:** Prego, **Yes:** Sì, **No:** No, **Do you speak English?:** Parla inglese?, **I don't understand:** Non capisco, **How much?:** Quanto costa?, **1:** Uno, **2:** Due, **3:** Tre, **4:** Quattro, **5:** Cinque, **6:** Sei, **7:** Sette, **8:** Otto, **9:** Nove, **10:** Dieci, **Where is...?:** Dov'è...?, **Telephone:** Telefono, **Bathroom:** Toilette, **Tea:** Té, **Coffee:** Caffé, **Bottled water:** Acqua minerale (**carbonated**=gassata, **non-carbonated**=non gassata), **Cheers!:** Salute!, **Restaurant check/bill:** Il conto, **Have a nice day!:** Buona giornata!

Rumantsch (*variations possible according to region*):

Good morning: Bun di, **Good evening:** Buna saira, **Hi:** Chau, **Goodbye:** A revair / Sin seveser, **Please:** Per plaschair, **Thank you:** Grazcha / Grazia, **You're welcome:** Anzi, **Yes:** Schi, **No:** Na, **Do you speak English?:** Discuorasch tú inglais? / Discurras ti englais?, **I don't understand:** Eau nun incleg / Jau na chapesch betg, **How much?:** Quant cuosta? / Con cuosta?, **1:** Ün, **2:** Duos, **3:** Trais, **4:** Quater, **5:** Tschinch, **6:** Ses, **7:** Set, **8:** Otsch, **9:** Nov, **10:** Desch, **Where is...?:** Inua ais...?, **Telephone:** Telefon, **Bathroom:** Bogn, **Tea:** Té, **Coffee:** Caffé, **Bottled water:** Ova minerala (**carbonated**=cun gas, **non-carbonated**=sainza gas), **Cheers!:** Eviva!, **Restaurant check/bill:** Il cuont.

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