



Anglais  
Englisch  
English

ETAT DE FRIBOURG  
STAAT FREIBURG

**Bureau de l'intégration des migrant-e-s  
et de la prévention du racisme IMR  
Fachstelle für die Integration der MigrantInnen  
und für Rassismusprävention IMR**

**Office of Migrant Integration  
and Racism Prevention**

# The Canton of Fribourg Welcomes You!



2014-2017

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# 1. Preface

## **Welcome! / Bienvenue! / Herzlich willkommen!**

You have chosen to settle in the canton of Fribourg. The cantonal and communal authorities, the numerous associations and local community groups are pleased to welcome you here!

You have come to a dynamic canton, which is open to the outside world as well as strongly attached to its institutions and traditions. Fribourg being a dynamic Swiss canton, with its varied and beautiful landscapes, its multilingual and diversified economy and population of a different nationalities is a bit like a mini Switzerland in itself. We hope you and your family will quickly feel at home. Social and community life are very rich here. We invite you to discover it and take part in it!

We are proud of our bilingualism and the mutual consideration that prevails between the various communities within the population. Fribourg is a canton which encourages living as a community, where people from different generations, backgrounds and opinions live together in harmony and

respect for differences and the identities of each and everyone.

Such a situation does not arise coincidentally. It requires being proactive on each one's part. Everyone living in the canton is expected to practice tolerance, accept pluralism and respect minorities. These are the basic values of our state and of our society.

In this booklet, you will find lots of information about life in our canton. More importantly, please meet the people who live here, those who have been here for generations as well as those who have arrived more recently. By sharing their experiences, you will better understand your new environment, integrate into society and feel at home in the canton of Fribourg.

We hope your discoveries are pleasant and filled with enriching encounters.

A warm welcome to you! /

Bienvenue! / Herzlich willkommen!

Erwin Jutzet  
State councillor  
Conseiller d'Etat  
Staatsrat

## 2. How to use this booklet

Upon arrival in the canton you will undoubtedly have many matters to settle. This booklet provides you with general information and advice. For specific questions you should contact your local municipal authority (French: commune – German: Gemeinde) or the organisations indicated by an arrow ►. The number preceding each organisation corresponds to its full address listed in the chapter “Useful addresses”.

You will also get lots of information by speaking with people in your neighbourhood, in your village, at work, or during your leisure activities.

In middle of the booklet you will find a detachable map of the canton of Fribourg, the main emergency numbers as well as some general information.

Most of the websites listed in this brochure are available in both French and German versions, with some of them also giving you an option of an English version. Click on top right side to select (F/D/E – fr/de/en – English/Deutsch/Français), just as you would on this website [www.fr.ch/integration\\_e](http://www.fr.ch/integration_e) or that of the Swiss Confederation [www.admin.ch](http://www.admin.ch).

## 3. Living together in the canton of Fribourg

**Fribourg is a diversified and peaceful canton where people live together and respect the differences and the identities of each and everyone.**

### The canton, the districts, the communes

Fribourg is one of the 26 cantons that form the Swiss Confederation. It has about 300 000 inhabitants who live in the seven districts and the 163 municipalities (2014) that form the canton. The capital of the canton is the city of Fribourg (37 000 inhabitants).

**Website of the canton of Fribourg (in French and German)**

[www.fr.ch](http://www.fr.ch)

### Official languages

**Fribourg is a bilingual canton. Its two official languages are French and German.**

Unlike Switzerland as a whole, French speakers form a majority in the canton of Fribourg. They represent about two thirds of the population. German speakers form about a third and live mainly in the Eastern districts of Sense / Singine, See / Lacs and Saane / Sarine. French speakers use "standard" French with a regional accent. Sometimes you may still hear people speaking the old Franco-Provençal idiom of Fribourg. In everyday life German speakers talk a Swiss-German dialect, either

Singinois / Seislerdütsch or Bernois / Bärndütsch. In the lower part of the city of Fribourg by the river, some people speak "Bolze", which is a mixture of Seislerdütsch / Singinois and French. Swiss-German speakers use standard German with non-Swiss German speakers, at official events, at school, and in writing.

#### The Röstigraben monument

In colloquial language, the imaginary boundary that separates the French-speaking and the Swiss-German-speaking part of Switzerland is commonly referred to as the Röstigraben (in German: Röstigraben) or Röstigraben (in French: barrière de Röstigraben). Röstigraben is a coarsely grated potato pancakes considered to a typical Swiss-German dish. In the city of Fribourg, by the river, there is even a monument dedicated to the Röstigraben.

When contacting the cantonal administration, you can use either French and/or German. All official documents published by the canton are in both languages. At the local level, it depends on the commune as the number of French or German speakers varies considerably.



<b>English</b>	Open your umbrella!
<b>French</b>	Ouvre ton parapluie!
<b>Fribourg idiom</b>	Àrà ton pyodzè!
<b>German</b>	Öffne deinen Regenschirm!
<b>Seislerdütsch / Singinois</b>	Tuuf dy Pärison!
<b>Bärendütsch / Bernois</b>	Mach dy Rägäschirm uf!
<b>Bolze</b>	Tuuf dy Paraplüi!

## The foreign population

About 60 000 foreign residents live in the canton of Fribourg. They account for approximately 20% of the overall population. One in four was born in the canton and four in five hold a European Union passport. The Portuguese form the largest migrant community and represent about 1/3 of the foreign population living in the canton.

## The integration of migrants

The foreign population of the canton is very diverse and includes more than 160 nationalities. To promote peaceful coexistence and nurture interaction between people of foreign and Swiss origin, the authorities pursue an active policy of integration. They strongly encourage newcomers to learn the two official languages. Many communes have a person specifically in charge of integration issues. The Cantonal Service of Social Affairs

is responsible for the integration of political asylum-seekers and refugees and works with various organisations and external partners. A private company, ORS Service, welcomes, provides accommodation for, manages and integrates asylum-seekers, provisionally admitted persons and unsuccessful applicants for asylum. The Fribourg office of Caritas Switzerland is in charge of supervising and integrating those with official refugee status.

- ▶ **(1) Office of Migrant Integration and Racism Prevention**
- ▶ **(2) Forum for the Integration of Migrants**
- ▶ **(3) Cantonal Service of Social Affairs**

### ORS Service website

[www.ors.ch](http://www.ors.ch)

### Caritas Switzerland website

[www.caritas.ch](http://www.caritas.ch)

### Fribourg, the canton – Fribourg, the city

Like 15 of the 26 Swiss cantons, the canton of Fribourg is named after its capital, the city of Fribourg. The abbreviation of the canton is FR. It is used on the licence plates of cars registered in the canton.

## 4. Arriving in the canton

**Your local municipal authority (communal office – administration communale – Gemeindeverwaltung) will provide you with helpful information to help you settle in the canton.**

### Declaring your arrival

If you want to settle or stay for more than three months in the canton, you have to declare your presence by going to the municipal authorities within 14 days after your arrival.

Swiss passport holders and foreign citizens already residing in a commune of the same district should go personally to local residents Registry Office (Population Control) (French: Contrôle des habitants / German: Einwohnerkontrolle) of their new commune of residence. Foreign citizens arriving from abroad or from another district should first go with their passport to the Cantonal Population and Migration Service. The offices are in Granges-Paccot, north of the city of Fribourg. Thereafter they should register at the local residents Registry Office of their new commune of residence.

#### List of communes in the canton of Fribourg

French: [www.fr.ch](http://www.fr.ch) > Etat et droit >

Communes > Annuaire des communes

German: [www.fr.ch](http://www.fr.ch) > Deutsch > Staat und

Recht > Gemeinden > Datenbank der

Gemeinden

#### ► (4) Cantonal Service of Population and Migration

### Obtaining information from the commune

When you visit the local municipal authority, we advise you to ask for information about the various aspects of life in the commune such as community, sporting and cultural activities. Getting involved in such activities is a great way to integrate into local life. There is often a lot of information about local activities to be found on official notice boards or on the municipal websites.

### Obtaining information from the media

You will find a wealth of information about the canton of Fribourg in the local media and on the web. A good way to learn about social life in your area is to read the local newspapers. There you will also find information on job opportunities, available accommodation, forthcoming social events, useful addresses and all kinds of advice.

#### ► (5) Main newspapers in the canton of Fribourg

#### ► (6) Regional radio stations

#### ► (7) Regional television

## 5. Rights and duties

**The Canton of Fribourg is a liberal, democratic and social State (refers to article 1 of the cantonal Constitution dated 16 May 2004).**

### Fundamental values of the Canton of Fribourg

- The main aims of the State are to promote common welfare and support individual development. To this end, it makes sure that the law is respected. Therefore the State cannot act unless the Constitution or the law authorizes it to do so. The State is organised according to the principle of the separation of powers. Justice, in particular, is independent of Government.
- The people are sovereign. They exercise their power both directly, by ruling on the Constitution and laws, and indirectly, through elected authorities. In the canton of Fribourg, the people elect the government (State Council), parliament (Grand Council) and the district commissioners (French: préfet – German: Oberamtmann). They also elect their communal authorities and the canton’s representatives to the Federal Parliament (National Council and State Council).
- All persons living in the canton have to fulfil the duties imposed by the Constitution and laws such as paying taxes, educating their children, etc.

On the other hand, they also have fundamental rights such as the right to physical integrity, equality (especially in court), non-discrimination (including discrimination on grounds of sex or nationality), marriage, and to the freedom of expression, belief and opinion.

- Fundamental rights are not absolute. The State may restrict them to ensure security, order or public health. Individual freedoms end where the freedom of others begin. For example, freedom of belief cannot be invoked to refuse legislation on schooling. Freedom of expression does not authorize people to insult other individuals or groups of people.

“Liberty consists of being able to do everything that is not detrimental to others : thus the exercise of the natural rights of every man has no other limits than those which guarantee to other members of society , the full benefits of these very rights”. *Declaration of Human and Civic Rights of 1789, article 4.*

### Constitution of the canton of Fribourg

French: [www.fr.ch](http://www.fr.ch) > Etat et droit >

Constitution > Constitution du 16 mai 2004  
German: [www.fr.ch](http://www.fr.ch) > Deutsch > Staat und  
Recht > Verfassung > Verfassung vom  
16. Mai 2004

#### **Cantonal laws**

French: [www.fr.ch](http://www.fr.ch) > Etat et droit > Législation  
> Législation fribourgeoise  
German: [www.fr.ch](http://www.fr.ch) > Deutsch > Staat und  
Recht > Gesetzgebung > Freiburgische

Gesetzgebung

#### **Swiss Federal Constitution**

[www.admin.ch](http://www.admin.ch) > English > Direct link to >  
Federal Constitution

#### **Federal laws**

French: [www.admin.ch](http://www.admin.ch) > Français > Accès  
direct > Recueil systématique  
German: [www.admin.ch](http://www.admin.ch) > Direkt zu >  
Systematische Sammlung

## 6. Communicating

**Communicating means understanding others and being understood by them.**

### Learning French or German

Speaking one of the two official languages of the canton, French or German, greatly facilitates your personal integration. For people living in the Swiss-German speaking part of the canton, it is very useful to be able to understand the local dialect. Many associations, communes/municipalities and schools offer French and German language classes for newcomers to the canton of Fribourg. Most of these organisations are members of COLAMIF, a network coordinated by the Red Cross of Fribourg.

- ▶ **(1) Office of Migrant Integration and Racism Prevention**
- ▶ **(8) Cantonal Coordination of Language Courses for Migrants – COLAMIF**

### List of French and English Language Courses

French: [www.fr.ch/imr/cours](http://www.fr.ch/imr/cours)

German: [www.fr.ch/imr/kurse](http://www.fr.ch/imr/kurse)

### Children's Summer Language Courses (French/German)

For school going children who do not speak the language of instruction of the local school they attend, the following language courses are available, depending on which part of Fribourg you reside in:

#### ▶ **(9) a) French-speaking regions:**

**Service of mandatory French language instruction SEnOF**

[www.fr.ch/senof](http://www.fr.ch/senof) > Migration et intégration >  
Cours d'été pour enfants allophones

#### **b) German-speaking regions:**

**Service of mandatory German language instruction DOA**

[www.doa.ch](http://www.doa.ch) > Migration und Integration >  
Sommerkurse

## Language Courses for youth and young adults

For courses designed specifically for youth and young adults, please contact the cantonal service for professional training.

- ▶ **(10) Cantonal Service of Professional Training**

## Learning to read and write

Some people feel uncomfortable when they have to read or write. The association Lire et Ecrire (Read & Write) organises tuitions for people with basic knowledge of French or German who need to improve their ability to read or write.

- ▶ **(11) Adult Literacy Association**

## Learning a Swiss-German dialect

Dialects are spoken languages. They are learnt mainly by conversing with other people. Understanding and speaking a local dialect can be very useful, especially in the professional world. It is possible to follow Swiss-German dialect courses. The Chambers of Commerce of Western Switzerland deliver a diploma of Swiss-German language (Schwyzertütsch).

### Chamber of Commerce and Industry of Fribourg

French: [www.cfcis.ch](http://www.cfcis.ch) > Prestations > Conférences et formations > Diplôme de Schwyzertütsch

German: [www.cfcis.ch](http://www.cfcis.ch) > Deutsch > Dienstleistungen > Konferenz und Ausbildung > Schwyzertütsch Diplom

## Integration Courses

If you follow French or German but wish to improve your knowledge about life in Switzerland, you could do a course in integration organized by the Fribourg Red Cross titled "Living in Switzerland".

- ▶ **(12) Fribourg Red Cross: Course "Living in Switzerland"**

## Community interpreting

In some cases, migrants who do not understand French or German may use community interpreters. These interpreters are trained to facilitate mutual understanding, avoid misunderstandings and help migrants adjust to their new environment.

It is strongly recommended not to use children as interpreters.

- ▶ **(13) Caritas Switzerland Fribourg section, Community interpreting services "se comprendre"**

## Intercultural library

LivExchange is an intercultural library where you can borrow books in over 200 languages as well as handbooks to learn French and German.

- ▶ **(14) Intercultural Library LivExchange**

## 7. Accommodation

**A majority of the population of the canton of Fribourg live in rented property.**

### Finding accommodation

You can find rented accommodation by

- reading the classified sections of newspapers
- contacting the rental and estate agencies
- consulting specialized websites

Some municipal authorities have an up-to-date list of available flats. You can also speak to your acquaintances. They may know about available accommodation that is not advertised and may be able to help you in your search.

### Looking for accommodation on the web

#### Recherche de logements sur Internet

French: [www.cfi-ikf.ch](http://www.cfi-ikf.ch) > A louer

German: [www.cfi-ikf.ch](http://www.cfi-ikf.ch) > Deutsch >

Zu vermieten

[www.laliberte.ch](http://www.laliberte.ch) > Immo

[www.immoscout24.ch](http://www.immoscout24.ch)

[www.immobref.ch](http://www.immobref.ch)

[www.immostreet.ch](http://www.immostreet.ch)

[www.homegate.ch](http://www.homegate.ch)

### Looking for rental and estate agencies in the canton of Fribourg

[www.les-agences-immobilieres.ch](http://www.les-agences-immobilieres.ch)

To obtain a lease, you must complete a registration form and return it to the rental agency together with documents such as a salary certificate, a certificate from the Offices of Debt Collection and Bankruptcy (French: Offices des poursuites / German: Betreibungsämter) and a certificate of residence. It is strongly advised to prepare documents in advance so that you could react quickly when suitable vacancy comes up.

### Website of the Cantonal Offices of Debt Collections and Bankruptcy

French: [www.fr.ch/opf](http://www.fr.ch/opf) > Comment obtenir >

Une attestation des Offices de poursuites

German: [www.fr.ch/BKa](http://www.fr.ch/BKa) > Wo erhalte

ich was > eine Bescheinigung des

Betreibungsamtes

### Paying the Rental Deposit

Rental contracts are finalised with a request ask for a financial guarantee of a maximum of three months rent. Those who do not have this amount disposable may contact a particular company.

### Rental subsidy

In principle, the rental agencies inform whether the accommodation has a subsidised rent (subvention). You may contact the cantonal Housing Service for further information.

▶ **(15) Cantonal Housing Service**

Tenants who are in dispute with their landlord or estate agent can contact:

▶ **(16) Swiss Tenants Association (Section fribourgeoise)**

▶ **(17) Tenants Association of German-speaking Fribourg**

### Radio and television fees (Billag)

All households having devices, through which it is possible to listen to the radio or watch television, must pay fees to the company Billag, failing which they will be fined. Those receiving supplementary federal benefits may ask for an exemption in writing.

French: [www.billag.ch](http://www.billag.ch) > Accès rapide > Réception à titre privé > Inscription  
German: [www.billag.ch](http://www.billag.ch) > Schnellzugriff > Privater Empfang > Anmeldung

#### A nation of tenants

In Switzerland, two households out of three live in rented accommodation. Only one third are property owners.

### Living in a rented flat

Living in a rented flat involves complying with certain rules. You must, for example, avoid making noise at night (usually from 10 pm to 7 am), as well as on Sundays and holidays.

The rules that prevail in multi-family housing are set out in the General Conditions for Accommodation published by the Real Estate Chamber of Fribourg. More specific rules on the use of common facilities, such as laundry rooms, are included in the house rules given to you with the lease.

If you have any problems with other tenants, the best solution is to speak with them. If needed, you could also speak to the building's concierge or to the rental agency.



## 8. Transportation

**In the canton of Fribourg, like in the rest of Switzerland, more than one person in two is a car owner. The public transport network is also very extensive.**

### Cars

In Switzerland, motorways are toll free. To use them, you must purchase a sticker (to stick on the inside of the windshield). Many retail outlets (border crossings, garages, post offices, supermarkets, etc.) sell the sticker for 40 francs (2014 prices). It is valid for 12 months.

### Importing cars

If you are importing a car you have owned for less than 6 months, you will have to pay import duty. If automobiles registered abroad are parked in Switzerland for more than one year, it is necessary to obtain a Swiss driving license and a Swiss registration. The exception to this would be if there has been an interruption of over three consecutive months during the year.

### Exchanging driving licences

Foreign driving-licence holders who settle in Switzerland must exchange their licenses against a Swiss driving license (credit card size) within 12 months of their arrival. Conditions vary according to the country of origin.

The Cantonal Office of Traffic and Navigation will explain how to proceed and what documents are needed to apply for registration or a Swiss permit. The Office also provides information on matters relating to all other vehicles.

#### ► (18) Cantonal Office of Traffic and Navigation

#### Searching maps and routes

[www.mapsearch.ch](http://www.mapsearch.ch)

### Driving in Switzerland

Swiss drivers are generally cautious and disciplined. In Switzerland the following speed limits prevail: 50 km/h (31 mph) in town, 80 km/h (49 mph) outside towns, 120 km/h (74 mph) on motorways. In densely inhabited areas, the speed limit is often reduced to 30 km/h (18 mph) or 20 km/h (12 mph). The maximum permitted level of alcohol for drivers is 0.5‰. Consumption of alcohol is forbidden for certain categories of drivers (for ex.: professional drivers or those holding a temporary or learner's driving licence). All drivers are required to stop at pedestrian crossings when someone is waiting to cross. You should be especially careful when driving near



schools. When your car is at a halt, for example, at traffic lights, the engine should normally be switched off.

► **(18) Cantonal Office of Traffic and Navigation**

## Public transport

The public transport network in Switzerland is very extensive and efficient. Train, bus or boat tickets are relatively expensive. You can pay only half the price by purchasing a half-fare yearly pass (175 francs for one year, 2014 prices) of the national railway company (French: CFF / German: SBB). This pass is very popular: nearly one inhabitant out of two has one. Travelling with children is cheap. When accompanied by one of their parents, children from 6 to 16 travel free if they have a Junior Card (2014 price: 30 francs per year). There are many other discounts, especially for young people ("Track 7") and old-age pensioners. If you have a discount ticket for age reasons, you should always be able to prove your age by showing an ID.

[www.cff.ch](http://www.cff.ch) > en (for English) > Travel cards and tickets

Some communes provide one-day public transport passes at very reasonable prices. To find out, just ask the main office of your commune.

### World champions

The Swiss citizens are world champions of travel by rail: 2422 kilometres or 1 505 miles per year/per person.

If you only use public transport in the canton of Fribourg, and not in the rest of Switzerland, you can buy a Frimobil ticket or pass which can be restricted to certain areas or valid throughout the canton.

[www.frimobil.ch](http://www.frimobil.ch)

### Public transport in the canton of Fribourg

[www.tpf.ch](http://www.tpf.ch)

## Human-powered transportation: cyclists and pedestrians

In Switzerland, many people travel by bicycle and on foot to go to work, to school or for recreation. It is a non-polluting mode of transportation, inexpensive and beneficial to health.

For cyclists, a variety of itineraries are available in the canton. Please ensure that your insurance covers you and your children in the event of an accident (French: assurance responsabilité civile and assurance accidents / German: Privathaftpflichtversicherung and Unfallversicherung).

### Cycling

[www.fribourgregion.ch](http://www.fribourgregion.ch) > E > Activities >

Biking, inline skating

[www.pro-velo-fr.ch](http://www.pro-velo-fr.ch)

[www.ch.ch](http://www.ch.ch) > en > A-Z > Cycling in Switzerland

[www.publibike.ch](http://www.publibike.ch)

[www.veloland.ch](http://www.veloland.ch)

### Searching for maps and routes

[www.mapsearch.ch](http://www.mapsearch.ch)

## 9. Employment

**Work enables you to provide for your own needs and those of your family, to integrate more easily into society and to meet other people.**

### Finding a job

The best way to find a job is to use several channels at the same time:

- answering job vacancy ads in the newspapers;
- looking for job opportunities on the web
- sending unsolicited applications to specific companies;
- contacting employment and recruitment agencies;
- speaking to your personal acquaintances;
- registering at a regional employment agency (ORP / RAV)

### Looking for a job

French: [www.fr.ch/spe](http://www.fr.ch/spe) > Chômage >

Trouver un emploi

German: [www.fr.ch/ama](http://www.fr.ch/ama) > Arbeitslosigkeit >

Eine Stelle finden

[www.espace-emploi.ch](http://www.espace-emploi.ch)

[www.travailler-en-suisse.ch](http://www.travailler-en-suisse.ch)

### Wages and social contributions

In Switzerland wages are relatively high, but so is the cost of living. There is no statutory minimum wage. However, many professional branches do have conventional minimum wages.

Compulsory contributions to the old age pensioners and survivors insurance (AVS/AHV), disability insurance (AI/IV), unemployment insurance, etc. are automatically deducted from your salary. If you earn more than 21 060 francs per year (2014), contributions will also be deducted for your personal occupational pension scheme (also called "second pillar"), which complements the AVS/AHV (also called the "first pillar"). Additional voluntary savings can be made via what is called the "third pillar".

Compulsory contributions amount to about 15% of salary. Health insurance is also compulsory. Premiums are not deducted from your salary but have to

be paid directly to a health insurance company (see Chapter 10 on health).

### Assistance in financial management

French: Fédération romande des consommateurs: [www.frc.ch](http://www.frc.ch) > Utile au quotidien > Les activités budget de la FRC > Budget-conseil Fribourg

French and German: Caritas Fribourg: [www.caritas-fribourg.ch](http://www.caritas-fribourg.ch) > Prestations > Aide à la gestion de budget

Impuls District du Lac / Impuls Seebezirk: [www.impulsmurten.ch](http://www.impulsmurten.ch)

German: Budget-Beratungsstelle Sensebezirk: [www.tafers.ch](http://www.tafers.ch) > Gesundheit, Soziales > Soziale Dienste > Budgetberatung Sensebezirk

## Social insurances

The main social insurance is the Pension and Survivors Insurance (AVS / AHV). Normally, all adults domiciled in Switzerland have to contribute to this insurance, whether they are Swiss or foreign citizens, whether they are in gainful employment or not. In the case of not being employed, please check on the payment of your contributions. Retirement age is fixed at 65 years for men and 64 for women (2014). It is possible to retire earlier and receive a reduced pension. Social contributions previously paid abroad are generally taken into account for the calculation of benefits. For details, ask the Compensation Fund in the canton of Fribourg. Contributions to Disability Insurance (AI/IV) are collected with those of the AVS. People who become disabled receive support to reintegrate the labour market or are entitled to a yearly

disability allowance. Family allowances and maternity benefits are financed differently.

### ► (19) Compensation Fund of the Canton of Fribourg

## Unemployment insurance

If a person loses his/her job in Switzerland, he/she normally receives unemployment benefit for a limited period of time. A foreign citizen who arrives in Switzerland for the first time cannot receive unemployment benefit unless he has a residence permit and has worked in Switzerland for at least 12 months during the two years prior to registering as unemployed.

Under certain conditions, periods of insurance and employment abroad are taken into account for citizens of most European countries. For details, contact an unemployment fund.

### ► (20) Cantonal Service of Employment

#### List of unemployment funds

French: [www.fr.ch/spe](http://www.fr.ch/spe) > Chômage > Inscription > Liste des caisses

German: [www.fr.ch/ama](http://www.fr.ch/ama) > Arbeitslosigkeit > Anmeldung > Liste der Arbeitslosenkassen

Any person who has lost his/her job must contact the communal office as soon as possible. Those residing in the municipalities of Fribourg, Tavet (Tafers) or Villars-sur-Glâne must contact their municipal authority. Those residing in all other municipalities must contact the Regional Employment Office (French: ORP / German: RAV) of their district.

The respective regional employment office of the municipality will explain what steps have to be taken in order to qualify for unemployment benefit.

#### **Registering for unemployment benefit**

French: [www.fr.ch/spe](http://www.fr.ch/spe) > Chômage > Inscription

German: [www.fr.ch/ama](http://www.fr.ch/ama) > Arbeitslosigkeit > Anmeldung

#### **List of Regional Employment Offices**

French: [www.fr.ch/spe](http://www.fr.ch/spe) > Chômage > Comment s'inscrire > Autre commune > Liens internes > Les ORP du canton de Fribourg  
German: [www.fr.ch/ama](http://www.fr.ch/ama) > Arbeitslosigkeit > Anmeldung > Andere Gemeinde > Link intern > Die RAV des Kantons

## **Social welfare**

Social welfare aims to ensure minimal subsistence standards and to promote economic and personal independence of those in need. It is granted insofar as a person cannot be assisted by his/her family or cannot receive other statutory benefits. Welfare is not a right: it has to be reimbursed when the person's financial situation improves.

#### **► (3) Cantonal Service of Social Affairs**

If you need assistance, you should contact the regional social service responsible for the area in which you are domiciled:

French: [www.fr.ch/sasoc](http://www.fr.ch/sasoc) > Aide sociale > Télécharger > Liste des centres sociaux régionaux

German: [www.fr.ch/ksa](http://www.fr.ch/ksa) > Soziale Hilfe >

Download > Liste der regionalen Sozialdienste des Kantons Freiburg

## **Protection against redundancy**

The law protects employees against unfair dismissal in case of illness, injury, pregnancy or maternity. Dismissal in such circumstances is unlawful. If an employee is unfairly dismissed on other grounds, he / she cannot be reinstated in the company, but can obtain legal compensation through the courts.

#### **► (19) Compensation Fund of the Canton of Fribourg**

#### **Social insurances in Switzerland (various languages)**

[www.ofas.ch](http://www.ofas.ch) > English > Topics

## **Taxation**

In Switzerland, individuals pay tax on income and wealth. This is used to finance public tasks performed by the Confederation, the cantons and the communes.

Shortly after arriving in the canton, you will receive a questionnaire from the Cantonal Revenue Authority to determine the amount of provisional tax you have to pay.

If you are a foreign citizen without a permanent residence permit (C permit), tax on income from work will be deducted directly from your salary (French: impôt à la source / German: Quellensteuer). If you have a permanent residence permit, you will receive a tax form in January. To complete it, you can use FriTax software available

on the web. If you encounter any difficulties, please contact the Cantonal Revenue Authority or an accountant.

► **(21) Cantonal Revenue Authority**

**FRITax software**

[www.fr.ch/scc](http://www.fr.ch/scc) > Liens internes > Saisie électronique de la déclaration (FRITax)

[www.fr.ch/kstv](http://www.fr.ch/kstv) > Link Intern > Elektronisches Ausfüllen der Steuererklärung (FRITax)

**Accountants in the canton of Fribourg**

[www.les-fiduciaires.ch](http://www.les-fiduciaires.ch)

## Workplace tensions and conflict

In case of tensions or conflict with your employer or colleagues, you can get advice from the Trade Union Federation of Fribourg.

► **(22) Trade Union Federation of Fribourg**

Some kinds of behaviour are prohibited by law, particularly in the workplace. This is particularly true of psychological or sexual harassment, as well as words, gestures or acts intended to humiliate other people.

**Sexual harassment**

[www.harcelementsexuel.ch](http://www.harcelementsexuel.ch)

► **(23) Office of Gender Equality and Family Affairs**

## Non-discrimination

Under the Swiss constitution: "No one may be discriminated against, in particular on grounds of origin, race, gender, age, language, social position, way of life, religious, ideological, or political convictions." If you feel discriminated against for one of these reasons, we recommend you contact one of the following organisations:

► **(1) Office of Migrant Integration and Racism Prevention**

► **(24) Swiss – Immigrants Contact Centre / SOS Racism**

► **(23) Office of Gender Equality and Family Affairs**

## Undeclared work (moonlighting)

Even a person who occasionally earns a little money cleaning, looking after a house, gardening or babysitting is considered to be employed. Any paid activity must be declared to the social insurances authorities. Otherwise, it is considered to be illegal work or moonlighting.

Nobody who works illegally is protected in the event of disability or unemployment and will receive no retirement pension. Consequences can be dramatic, for employer and employee alike, when, for example, an employee has an accident while working. It is therefore in the interest of the employers themselves to declare their employees to the social security. The Employment Cheque Association offers support to simplify administrative procedures.

► **(25) Employment Cheque Association -  
Centre of Socio-Professional Integration**

**Illegal work**

[www.pas-de-travail-au-noir.ch](http://www.pas-de-travail-au-noir.ch)

**Migrants without residence  
permits**

Foreign citizens without a residence permit are not allowed to stay in Switzerland for more than three months.

Thereafter they will be treated as illegal immigrants. However, they still have fundamental rights. If they do encounter certain difficulties, they will still have access to basic medical care or emergency welfare.

► **(26) Fri-Santé - Care Centre**

► **(3) Cantonal Service of Social Affairs**

## 10. Health

**Health is a something precious and should be preserved.**

**Health and accident insurance  
(compulsory)**

If you are arriving from abroad, you have, as per the rules, one month to submit an attestation of your health and accident insurance cover to your local municipal authority. If you are arriving from another district of the canton, you will have to submit an attestation of your insurance to your new commune within 30 days.

Compulsory health and accident insurance provides benefits for sickness, maternity and accidental injury. People who work are insured against non-professional accidents by their employer. They do not need a private accident insurance. Please watch out either against getting doubly insured (in case you are employed) or for getting accident insurance for yourself (in case

of loss of employment.)

Compulsory basic health insurance covers out-patient medical treatment, prescribed medication as listed on an official list and hospital stays in the canton of residence. If you want, you can top up the insurance premium, for example, to cover treatment, in a private clinic.

**Health insurance**

French: [www.ofsp.admin.ch](http://www.ofsp.admin.ch) > Thèmes >

**Assurance-maladie**

German: [www.bag.admin.ch](http://www.bag.admin.ch) > Themen > Krankenversicherung

**Accident insurance**

French: [www.ofsp.admin.ch](http://www.ofsp.admin.ch) > Thèmes >

Assurance-accident et assurance militaire > Assurance-accident

German: [www.bag.admin.ch](http://www.bag.admin.ch) > Themen

> Unfall- und Militärversicherung >

Unfallversicherung

### List of Approved Health Insurance companies

French: [www.ofsp.admin.ch](http://www.ofsp.admin.ch) > Thèmes > Assurance-maladie > Assureurs et surveillance > Listes des assureurs-maladie admis (PDF)

German: [www.bag.admin.ch](http://www.bag.admin.ch) > Themen > Krankenversicherung > Versicherte und Aufsicht > Verzeichnisse der zugelassenen Krankenversicherer (PDF)

### Information on Health Insurance Premiums

[www.comparis.ch](http://www.comparis.ch)

[www.priminfo.ch](http://www.priminfo.ch)

### Public hospital of Fribourg

[www.h-fr.ch](http://www.h-fr.ch)

### Premium reductions

The State grants premium reductions to couples and families of modest economic means. Applications should be made by filling out the official forms before 31 August of the current year and submitting them to the Compensation Fund of the Canton of Fribourg AVS at Givisiez. Applications made after the mentioned deadline will not be considered. For those arriving from outside of Switzerland after 31 August, you may submit your application, however please note that the right to reduction begins on the first day of the month of filing the application with the Cantonal Compensation Fund AVS. The application forms are available on the website of the Cantonal Compensation Fund AVS as follows.

French: [www.caisseavsf.fr](http://www.caisseavsf.fr) > Que faisons-nous > Réduction des primes d'assurance-maladie

German: [www.caisseavsf.fr](http://www.caisseavsf.fr) > DE > Was machen wir > Prämienverbilligung in der Krankenversicherung

### ► (19) Compensation Fund the Canton of Fribourg

People whose residence status is unclear can receive assistance and advice from the Fri-Santé health centre. The centre provides basic medical care for people in need. In collaboration with Grisélidis, Fri-Health is also active in the promotion of health and well-being amongst sex workers.

### ► (26) Fri-Santé – Care Centre

### ► (27) Grisélidis Fribourg

#### Life expectancy

Amongst European men, it is those living in Switzerland who have the highest life expectancy. On average they live 79.4 years. With a life expectancy of 84.2 years, women living in Switzerland coming second, just behind the French (84.4 years).

## Medical practitioners

As soon as you arrive in the canton, you are strongly advised to find a general practitioner or family doctor who will be your first contact if you have a health problem. He/she will advise you, provide medical care and send you to a specialist when necessary. You can find lists of general practitioners in the telephone directory, online or by asking your personal acquaintances.

### List of the Medical Society of the Canton of Fribourg

[www.smcf.ch](http://www.smcf.ch)

### Service of the Cantonal Doctor

French: [www.fr.ch/smc](http://www.fr.ch/smc) > Migrants

German: [www.fr.ch/kaa](http://www.fr.ch/kaa) > Migranten

## Emergency care

If you need emergency care and cannot reach your general practitioner, you can call either the doctor on duty in your district or one of the hospitals in the canton. If the situation is critical, call number 144.

### Doctor on duty in the district

Sarine / Saane	026 350 11 40
Glâne	026 350 11 40
Gruyère / Greyerz	026 350 11 40
Lac / See	0900 670 600
Veveyse / Vivisbach	021 948 90 33
Singine / Sense	026 418 35 35
Broye	026 660 63 60

### Public hospital, HFR – [www.h-fr.ch](http://www.h-fr.ch)

Fribourg	026 426 71 11
Billens	026 651 61 11
Riaz	026 919 91 11
Meyriez / Murten	026 672 51 11
Châtel-St-Denis	021 948 31 11
Tafers	026 494 44 11

### Intercantonal hospital of the Broye Fribourg-Vaud – [www.hopital-broye.ch](http://www.hopital-broye.ch)

Payerne	026 662 80 11
Estavayer-le-Lac	026 664 71 11

## Dental care

General dental care, such as filling cavities, treating inflammation of the gums or orthodontic treatment (dental braces) are not refunded by the basic medical insurance. If you have children, it is possible to take out dental insurance for them before any problems are identified. School Dental Service



provides basic dental care for children attending compulsory school.

▶ **(28) Cantonal School Dental Service**

## Emergency dental care

<b>Fribourg / Freiburg, Sarine / Saane, Singine / Sense and Lac / See</b>	0848 14 14 14 026 322 33 43
<b>Glâne, Gruyère / Greyerz, Veveyse / Vivisbach</b>	026 919 35 30
<b>Broye</b>	0848 133 133

## The elderly

The following organisations can be contacted for information about support provided to the elderly in need of care or assistance:

- ▶ **(29) Fribourg Association of Institutions for Elderly People**
- ▶ **(30) Fribourg Association of Home Assistance and Domestic Care**
- ▶ **(31) Pro Senectute Fribourg**

### Cantonal Service of Social Security

French: [www.fr.ch/sps](http://www.fr.ch/sps)

German: [www.fr.ch/sva](http://www.fr.ch/sva)

## People with disabilities

People with a physical or mental disability, as well as those responsible for them, can find advice and support by

contacting the Cantonal Disability Insurance Office, the association Pro Infirmis or, for children, the Mobile Educational Service.

- ▶ **(32) Cantonal Disability Insurance Office**
- ▶ **(33) Association Pro Infirmis – Fribourg branch**
- ▶ **(34) Mobile Educational Service**

## Family planning Information on Sexuality

If you have questions about sexuality, you can contact the of Family Planning Division and Information on Sexuality. You will receive advice on contraception, sexuality, sexual orientation, pregnancy, abortion, sexually transmitted infections, sexual abuse, emotional life and relationships. Consultations are free and remain strictly confidential. You also have the possibility to get a gynaecological test and screening tests done.

- ▶ **(35) Division Family Planning and Information on Sexuality**
- ▶ **(36) Empreinte: Centre for Support and Prevention in the Field of HIV / AIDS and IST**

# 11. Marriage and family life

**In the canton of Fribourg, the State and the communes offer strong support for families and children.**

## Marriage

In Switzerland, people must be at least 18 years old before they can marry. Only marriages celebrated in the presence of an authorised representative of the Registry Office are recognized. The Registry Office in your district or the service of Cantonal Civil Affairs and Naturalisation will explain what are the formal requirements and what documents you need to produce. If you want your future spouse or other family members to join you in Switzerland, you should contact the Cantonal Service of Population and Migration.

### Registry offices in the canton of Fribourg

French: [www.fr.ch/secin](http://www.fr.ch/secin) > Etat civil > Nos offices d'état civil

German: [www.fr.ch/zea](http://www.fr.ch/zea) > Zivilstandsamt > Zivilstandsamt

- ▶ **(37) Cantonal Service of Civil Affairs and Naturalisation**
- ▶ **(4) Cantonal Service of Population and Migration**

French: [www.familles-fribourg.ch](http://www.familles-fribourg.ch) >

Vivre ensemble

German: [www.familien-freiburg.ch](http://www.familien-freiburg.ch) >

Zusammenleben

### Binational marriages

In Switzerland more than one marriage in three is binational.

## Registered partnership

Persons of the same sex have the possibility of formalising their union by entering a registered same-sex partnership. To find out how to proceed, they should contact the Registry Office of the district in which one of the partners lives.

- ▶ **(38) Sarigai – Fribourg Association for Lesbian, Gay, Bisexual and Trans\* (LGBT\*)**

### Registry offices in the canton of Fribourg

French: [www.fr.ch/secin](http://www.fr.ch/secin) > Etat civil >

Nos offices d'état civil

German: [www.fr.ch/zea](http://www.fr.ch/zea) > Zivilstandsamt > Zivilstandsamt

French: [www.familles-fribourg.ch](http://www.familles-fribourg.ch) >

Vivre ensemble

German: [www.familien-freiburg.ch](http://www.familien-freiburg.ch) >

Zusammenleben

# 12. Canton of Fribourg – Map and Emergency numbers (Pull-out)

## The canton of Fribourg in brief

**Surface:** 1 592 km<sup>2</sup> (615 sq. mi.)

**Population:** 300 000 inhabitants

**Official languages:** French, German

**Capital:** Fribourg

7 districts – 163 communes (2014)

## Website of the canton of Fribourg

[www.fr.ch](http://www.fr.ch)

## Office of Migrant Integration and Racism Prevention

Bureau de l'intégration des migrant-e-s  
et de la prévention du racisme IMR

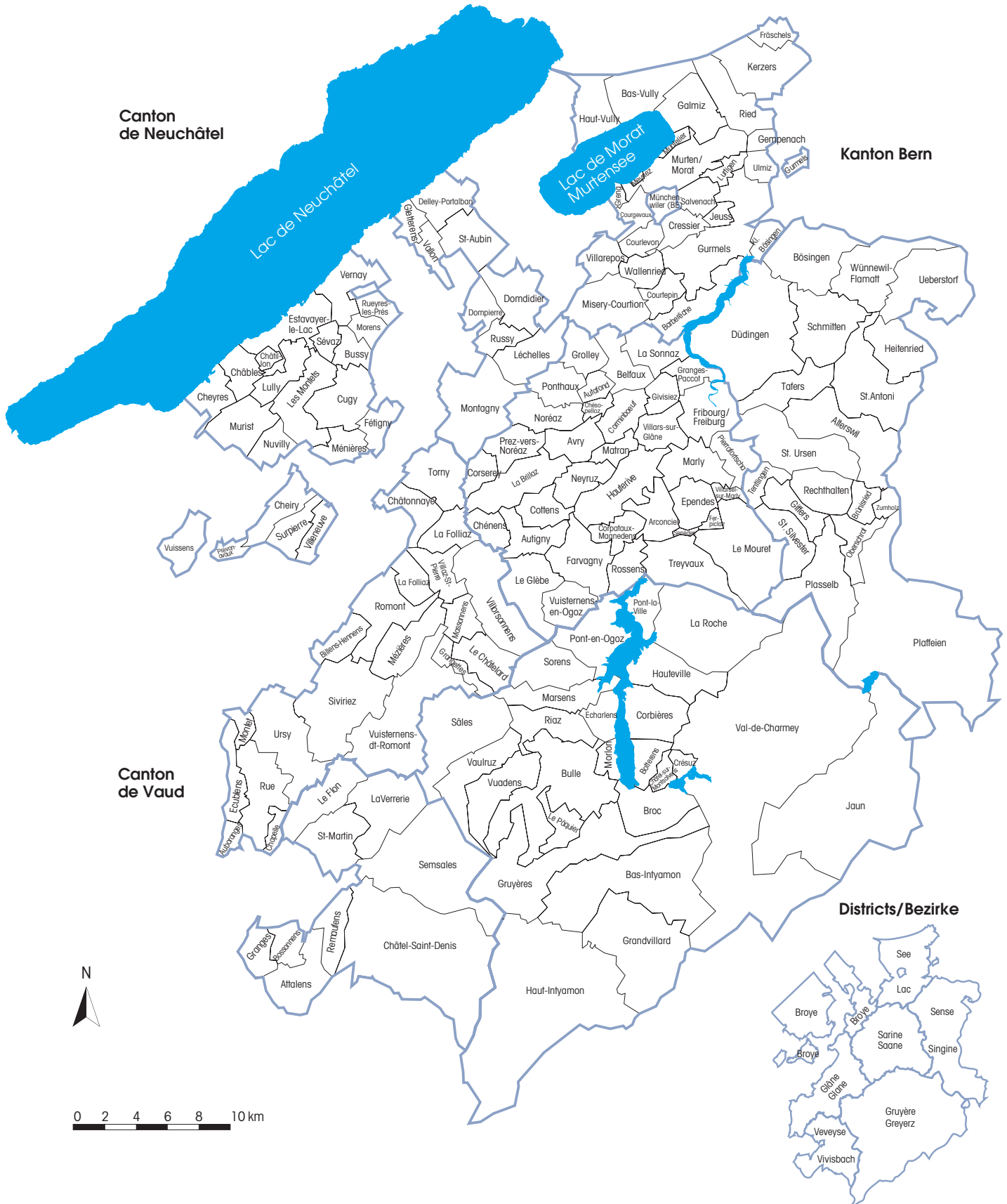
Fachstelle für die Integration der MigrantInnen  
und für Rassismusrävention IMR

[www.fr.ch/integration\\_e](http://www.fr.ch/integration_e)

[integration@fr.ch](mailto:integration@fr.ch)

T: 026 305 14 85

# Map of the canton of Fribourg 2014



# Emergency numbers in Switzerland

<b>Police</b> .....	<b>117</b>
<b>Fire</b> (fire, water, gas hazards) .....	<b>118</b>
<b>Ambulance</b> .....	<b>144</b>
<b>Main tendue</b> (psychological distress).....	<b>143</b>
<b>Toxicological information</b> (intoxication, poisoning).....	<b>145</b>

## If you find yourself in an emergency situation

- Stay calm
- Identify the sources of danger
- Seek protection
- Alert the emergency services
- Provide assistance



## Forced marriages

Nobody should be forced by his/her family or anyone else, to marry against his/her will. Forcing a person to marry is a serious infringement of personal freedom. It violates the fundamental rights of human beings that are protected by the Swiss Constitution and the Constitution of the canton of Fribourg.

### Assistance for women

- ▶ **(39) Women's Solidarity Association - LAVI Centre for women victims of violence and criminal offences (24 hour telephone service)**

### Assistance for men

- ▶ **(38) LAVI Centre for Children, Men and Traffic Accident Victims**

## Childbirth

Every birth must be reported to the Registry Office of your district. If a child is born in hospital, the hospital will declare the birth. If a child is born in a private home, the parents should do it.

From birth, all children are automatically insured against illness for three months. In the meantime, parents will have to take up a health insurance in the child's name.

- ▶ **(35) Division Family Planning and Information on Sexuality**
- ▶ **(41) Association for Family Counselling Fribourg**

### Support for future mothers

[www.sosfuturesmamans.ch](http://www.sosfuturesmamans.ch)

## Maternity leave and allowances

After childbirth, women who work are entitled to at least 14 weeks maternity leave. If the mother has contributed to social insurance during the nine months before delivery and has worked for at least 5 months during the same period, she receives at least 80% of her salary. Since 1 July 2011, the canton of Fribourg provides a maternity allowance which completes the Federal system and to which even those women, who have not been employed before pregnancy, are entitled. Former periods of insurance and employment in most European countries are also taken into account. The Compensation Fund of the Canton of Fribourg will provide more detailed information.

- ▶ **(19) Compensation Fund of the Canton of Fribourg**

### Maternity allowances at the federal level

French: [www.ofas.admin.ch](http://www.ofas.admin.ch) > Thèmes > APG/Maternité > Données de base > Droit à l'allocation de maternité (APG)  
 German: [www.bsv.admin.ch](http://www.bsv.admin.ch) > Themen > EO/Mutterschaft > Grundlagen > Anspruch auf Mutterschaftsgeld der EO

### Maternity allowances at the cantonal level

French: [www.caisseavsf.fr.ch](http://www.caisseavsf.fr.ch) > Allocation de maternité cantonale > Informations > Informations en bref (open pdf document)  
 German: [www.caisseavsf.fr.ch](http://www.caisseavsf.fr.ch) > DE > Kantonale Mutterschaftsbeiträge > Informationen > Kurzinformationen (open pdf document)

## Family allowances

If you have children, you are entitled to receive a family allowance. In the canton of Fribourg, for children up to 16 years, the allowance is 245 francs/month 265 francs/month from the 3rd child). For young people undergoing training or studying until the age of 25, the allowance amounts to 305 francs/month, 325 francs/month from the 3rd child (2014).

Family allowances are generally paid by the employer and added to the salary. Under certain conditions, parents who are not gainfully employed may also receive child allowances. The Compensation Fund of the canton of Fribourg will give you additional information about this.

French: [www.guidesocial.ch](http://www.guidesocial.ch) > Consulter le droit cantonal > Chercher > allocations familiales (FR)

French: [www.caisseavfr.ch](http://www.caisseavfr.ch) > Que faisons-nous > Allocations familiales  
German: [www.caisseavfr.ch](http://www.caisseavfr.ch) > DE > Was machen wir > Familienzulagen

### ► (19) Compensation Fund of the Canton of Fribourg

## Rights of children and youth

Like adults, children and youth, girls and boys, have fundamental rights. In particular, they have the right to protection against abuse, violence, sexual abuse and exploitation at work as well as the right to education and a decent standard of living (housing, clothing, food). Parents have no right to hit chil-

dren and youth just as the latter have no right to hit other persons. Female genital mutilation is prohibited. Justice severely condemns such acts whether they occur in the private residence or during travel abroad.

### ► (42) Cantonal Service of Child and Youth affairs

### ► (35) Division Family Planning and Information on Sexuality

### ► (40) LAVI Centre for Children, Men and Traffic Accident Victims

## Rights and protection of children and youth

French: [www.fr.ch/sej](http://www.fr.ch/sej) > Droits de l'enfant

German: [www.fr.ch/ja](http://www.fr.ch/ja) > Rechte des Kindes

French: [www.fr.ch/sej](http://www.fr.ch/sej) > Protection des enfants et des jeunes

German: [www.fr.ch/ja](http://www.fr.ch/ja) > Kinder- und Jugendschutz

## Information for young people

French: [www.ciao.ch](http://www.ciao.ch)

German: [www.tschau.ch](http://www.tschau.ch)

## Couples and families in difficulty

People who encounter difficulties in their marriage or partnership or with their children can contact the association for Family Counselling. In case of separation or divorce, one of the parents has to pay a monthly pension to the other as financial support to children and, in some cases, to the other parent.

### ► (41) Association for Family Counselling Fribourg!

### ► (43) Association Women's Space

French: [www.familles-fribourg.ch](http://www.familles-fribourg.ch) >

Difficultés dans le couple

German: [www.familien-freiburg.ch](http://www.familien-freiburg.ch) >

Eheprobleme

Sometimes one of the couple has had to leave his/her country and family. He/she she must adapt to his/her new country and create a new social network, which is not always easy. Two associations which can provide assistance and advice are espacefemmes and Frabina.

- ▶ **(43) Association Women's Space**
- ▶ **(44) Frabina – Agency of Counselling for women and binational couples**

## Domestic violence

In Switzerland, the use of violence, including violence within the family is prohibited. Domestic violence can be physical (hitting), psychological (threats), sexual (forced) or economic (financial deprivation). When such behaviour occurs within a couple or against children, at home or elsewhere, the courts can intervene even if the

victim does not file a complaint. The abuser committing domestic violence is liable to heavy penalties.

Victims can ask for free advice or assistance from a LAVI (Act on assistance to victims) counselling centre. People who have violent inclinations may contact the association EX-expression. Discussions with staff of these organisations remain strictly confidential.

- ▶ **(39) Women's Solidarity Association – LAVI Centre for women victims of violence and criminal offences (24 hour telephone service)**
- ▶ **(40) LAVI Centre for Children, Men and Traffic Accident Victims**
- ▶ **(45) Association EX-expression Fribourg**

French: [www.familles-fribourg.ch](http://www.familles-fribourg.ch) > Violence domestique

German: [www.familien-freiburg.ch](http://www.familien-freiburg.ch) > Häusliche Gewalt



## 13. Education and compulsory schooling

**The authorities in the canton of Fribourg attach great importance to the quality of child education.**

In Switzerland, school systems vary from one canton to another. In the canton of Fribourg, school is compulsory and free for children from 4 years onwards to 15 years old.

### **Education and vocational training in the canton of Fribourg**

[www.fr.ch/dics](http://www.fr.ch/dics)

[www.edufr.ch](http://www.edufr.ch)

### **Parental responsibility**

Parents are primarily responsible for education and training of their children. They have an obligation to collaborate with school authorities, to send their children to school and make them respect school schedules and rules.

If the school invites you to a personal interview or a parents meeting, it is important to go. This can be very useful for finding solutions if your child is encountering certain difficulties or has to make important choices concerning his/her future.

- ▶ **(42) Cantonal Service of Child and Youth Affairs**
- ▶ **(46) Association Family Education**

### **Child- and after-school care**

Families where both parents work need someone to care for their children during the day, at lunchtime, after school, or during school holidays. Your commune will be glad to inform you about the possibilities of child-care and after-school care facilities available in your area.

- ▶ **(47) Fribourg Federation of Daytime Childcare**
- ▶ **(48) Fribourg Federation of Nurseries and Kindergartens**

### **Infant school (4 years old onwards)**

In the canton of Fribourg, children from 2 years old onwards can be cared for in a nursery or a kindergarten. When they reach the age of 4 they have to attend compulsory pre-school. This is an important period. Your child will learn to make contacts by practicing the local language.

## Primary school (6 years old onwards)

Primary school begins around the age of 6. Teaching focuses on language, mathematics, environment, music, creative activities and sport. At the age of 11-12, your child will take an exam to assess, in particular, his/her skills in French (or German for the German speaking part) and mathematics. The results will determine the school-track he or she will follow thereafter.

### The Pedibus in the canton of Fribourg

In several communes of the canton, parents from the same neighbourhood take turns in accompanying children to school on foot. It's like taking a bus. The children go to a Pedibus stop close to their home at a given time and walk to school with other children under the supervision of an adult. For busy parents, the Pedibus system has a great advantage as they no longer have to take their children to school or bring them back several times a day.

[www.pedibus.ch](http://www.pedibus.ch)

## Orientation cycle – secondary school (12 years old onwards)

From 12-13 years of age onwards, your child will enter one of the three tracks of the orientation cycle:

- **Basic track:** pupils who need to consolidate their school knowledge;
- **General track:** pupils who plan to start vocational training;

- **Pre-gymnasium track:** pupils who consider entering higher education.

Students can move from one track to another according to their results.

## Educational and vocational guidance

It is important work that young people be well informed about internships and training opportunities before their final year of compulsory education. To help them choose between the many possibilities that exist, your child will need your help. It is also possible to consult a vocational guidance specialist. The secretariat of the school can give you the address of the Centre for educational and professional counselling in your area.

### Regional centres of educational and professional counselling

French: [www.fr.ch/sopfa](http://www.fr.ch/sopfa) > Centres d'orientation > Centres régionaux  
German: [www.fr.ch/bea](http://www.fr.ch/bea) >

Berufsberatungsstellen > Regionale Stellen

### Information of professional guidance in foreign languages

French: [www.orientation.ch](http://www.orientation.ch) > Choix professionnel > Informations en langues étrangères - Information in foreign languages

German: [www.berufsberatung.ch](http://www.berufsberatung.ch) >

Berufswahl > Information für Fremdsprachige - in foreign languages

### ► (49) Service of Professional Orientation and Adult Training

## School-going children arriving from abroad and non French / German speaking school-going children

Students, who do not speak the language of the medium of instruction (in the local school), attend special language classes and receive the necessary support when they are immersed with their other classmates in regular classes.

► **(50) Coordinator for the Education of Migrant Children and Courses in Language and Culture of Origin**

Your child may also take courses in language and culture of origin organised

by the Consulate of your country or members of your community.

French: [www.fr.ch/senof](http://www.fr.ch/senof) > Migration et intégration > Cours de langue et culture d'origine (LCO)

German: [www.doa.ch](http://www.doa.ch) > Migration und Integration > Kurse in "Heimatlicher Sprache und Kultur" (HSK)

You can borrow books in more than a 200 languages at the intercultural library LivrEchange.

► **(14) Intercultural Library LivrEchange**



## 14. Vocational training and specialised studies (16 years old onwards)

Vocational training in Switzerland can follow two tracks. By the age of 16, pupils choose to do an apprenticeship or to go to higher secondary school.

### Vocational company training (16 years old onwards)

Once or twice a week, the student takes courses at a professional school. The rest of the week is spent learning practical on-the-job skills by working as an apprentice/trainee in a company. The trainee is employed and paid by the company based on a contract for the work he/she accomplishes. The apprenticeship can last between 2 to 4 years, after which the trainee obtains a Federal Diploma (French: AFP / German: EPA) or a Federal Certificate of Capacity (French: CFC / German: EPZ). These qualifications are recognized throughout Switzerland.

#### The Swiss system of vocational training

[www.bbf.admin.ch](http://www.bbf.admin.ch) > English > Topics > Vocational education and training > Vocational education and training in Switzerland

French: [www.fr.ch/sopfa](http://www.fr.ch/sopfa) > Formations

German: [www.fr.ch/bea](http://www.fr.ch/bea) > Ausbildungen

#### Searching for an apprenticeship contract

French: [www.orientation.ch](http://www.orientation.ch) > Formation >

Toutes les places d'apprentissage

German: [www.berufsberatung.ch](http://www.berufsberatung.ch) >

Berufswahl > Lehrstellensuche

### ► (10) Cantonal Service of Professional Training

#### Training companies

In the canton of Fribourg, more than 3600 companies take on and train trainees in more than 150 different professions.

During or after their apprenticeship, the trainees can study to obtain a professional baccalaureate. This degree gives access to a specialized high school (French: HES / German: FH) or an institution of higher education, or enables them to obtain an advanced professional degree or federal diploma.

### Young persons arriving from abroad

Young people arriving from abroad who are too old to attend secondary school can follow integration courses organised by the Service of Professional Orientation and Adult Training. Such courses aim at facilitating their access to vocational training.

### ► (49) Cantonal Service of Professional Orientation and Adult Training

## Higher secondary school (16 years old onwards)

After compulsory school, pupils have the possibility of attending full-time a school of general studies, a school of commerce, a professional maturity school or a gymnasium.

	Duration	Diploma
<b>School of general studies</b>	3 years	Certificate of general studies
<b>School of Commerce</b>	4 years	Certificat fédéral de capacité (CFC)* + Maturité professionnelle commerciale**
<b>Professional maturity school</b>	4-5 years	Professional maturity
<b>Gymnasium/ college</b>	4 years	Gymnasial maturity certificate

\* equivalent of a High School Diploma / Baccalaureat / Certificate of General Education Development (indicating successful completion of mandatory primary and secondary school education)

\*\* equivalent of General Certificate of Education Advanced Level (indicating successful completion of higher secondary or pre-University education)

### Professional maturity

French: [www.orientationfr.ch](http://www.orientationfr.ch) > Formations > Maturité professionnelle

German: [www.orientationfr.ch](http://www.orientationfr.ch) > Deutsch > Ausbildungen > Berufsmaturität

### Service of higher secondary education (General Studies School, School of Commerce and Gymnasium)

[www.fr.ch/s2](http://www.fr.ch/s2)

## Higher education

A young person who has finished the gymnasium and obtained a gymnasium maturity certificate can go to university, to a federal polytechnic school (in Lausanne or Zurich) or a college of higher vocational education and training (for which there could be a mandatory entrance test). The Office of Admissions and Registration at the University of Fribourg will give additional information. A person arriving from abroad is not automatically granted access to Swiss institution of higher education even though he/she can go to university in his/her country of origin.

### University of Fribourg

[www.unifr.ch](http://www.unifr.ch) > English

### Equivalence/Recognition of Foreign qualifications for admission to Swiss Universities

French: [www.crus.ch](http://www.crus.ch) > Français >

Reconnaissance/Swiss ENIC

German: [www.crus.ch](http://www.crus.ch) > Anerkennung/Swiss ENIC

### The only one in the world

The University of Fribourg is the only bilingual French-German university in the world.

## Scholarships and training grants

Under certain conditions, it is possible to obtain a scholarship or a training grant.

For more information, you can contact the academic or training institution, your local municipal authority or the Cantonal Service of Training Subsidies.

► **(51) Cantonal Service of Training Subsidies**

## Recognition of foreign qualifications and experience

If you want to have a foreign degree officially recognised, you should contact the Federal Office for Professional Education and Technology.

### Recognition of foreign qualifications

[www.sefri.admin.ch](http://www.sefri.admin.ch) > English > Recognition of foreign qualifications

If you have worked for over 5 years, it is possible, under certain conditions, to have your experience validated and thereby obtain a Swiss professional qualification. The Service of Professional Orientation and Adult Training can inform you whether such a possibility exists.

► **(49) Cantonal Service of Professional Orientation and Adult Training**

### Validating professional experience

French: [www.orientationfr.ch](http://www.orientationfr.ch) > Prestations détaillées > Adultes > Validation des acquis

German: [www.berufsberatung.ch](http://www.berufsberatung.ch) >

Dienstleistungen > Erwachsene > Validierung von Bildungsleistungen

## Adult training and continuing education

In Switzerland, most adults take continuing education courses to upgrade their professional know-how or develop new skills. These courses are sometimes funded by the employer. A person who continuously upgrades his/her professional skills has better chances of finding a satisfactory job. Ask your employer what possibilities exist.

### Continuing education in Switzerland

[www.formation-continue.ch](http://www.formation-continue.ch)

### Website of the Centre of Inter-Professional Development

[www.cpi.ch](http://www.cpi.ch)



## 15. Protecting the environment

**People living in the canton of Fribourg attach great importance to maintaining the landscape, respecting public space and protecting the environment.**

### The richness of an environment that is conserved

The canton of Fribourg has a strong agricultural tradition. Whereas the population of the canton accounts for 3% of the total Swiss population, Fribourg produces 10% of the country's agricultural output. Thanks to methods of farming which respect the environment, Fribourg is able to provide a vast array of organic agricultural produce which are healthy, high in quality, locally available in the village and city markets and which can not only be sourced directly from the farmers but also sourced from certain grocers and supermarkets. Buying local, farm fresh produce is a way to better acquaint oneself with the region of Fribourg. As farmers respect the earth with their eco-friendly methods, they hence contribute to the excellent quality of drinking water in the taps all over the canton.

### Maintaining the landscape

Agriculture and forestry work have shaped the landscape over the centuries. This work deserves respect. It is forbidden, for example, to walk across farm fields, damage trees, scare animals or scatter litter in the countryside.

#### A pear with an Italian taste

For many years, farmers in the canton of Fribourg have been cultivating a small pear called "Botzi", which means literally a "cluster of pears." The German term "Büschelbirne" has exactly the same meaning. Since 2007, this fruit is protected by an official designation of origin (AOC). Its origin is uncertain. Some argue that Swiss mercenaries imported the small pear to Fribourg when they returned from Naples in Italy during the 17th century.

### Respecting public space

In every commune there are rules informing people on how to behave in public places and towards other people. Rules could be, for example, that waste must be disposed off in rubbish bins, that it is forbidden to make noise unnecessarily, or that pets should be taken care of, so they do not bother other people. You can request a copy of such rules from the local municipal authority.

## Waste recycling

In the canton of Fribourg, household refuse is carefully sorted. All communes have waste collection points where people are meant to sort out household refuse according to its nature: glass, paper and cardboard, metal, batteries, oils, organic materials, electric appliances and toxic chemicals, etc. Nearly half of the waste collected in this way is recycled. The rest is incinerated in plants that respect environmental legislation. Please ask your commune about the available infrastructure.

### Waste collection, a Swiss speciality

In Switzerland, 95% of glass, 90% of aluminium and 80% of paper is collected and recycled.

## Non-recyclable waste

Your commune will provide information on the days when non-recyclable waste is collected, where you can buy official rubbish bags, where and when you leave them once full. Depending on the commune where you are living, you will pay a tax on official rubbish bags or according to the weight of the rubbish to be disposed of. You will often find information about this on the website of your commune. Some communes provide a number of official

bags free of charge according to the size of the household. The purpose of such policies is to encourage people to sort out more efficiently recyclable waste such as glass, paper, PET bottles, cans, etc. which are disposed for free. It is strictly forbidden to burn waste indoors or outdoors.

### ► (52) Cantonal Service of the Environment





## 16. Social community activities

**Entertainment and leisure are important. They enable you to relax, learn new things, keep fit and meet other people.**

### Popular festivals in Fribourg

The main popular festivals are held in autumn and winter. In September-October herds of cows return to the valley after 4 months on the mountain pastures. This is called the "désalpe". You can take part in the festivities organised on this occasion, most notably in Semsales, Charmey, Schwarzsee and Albeuve.

Mainly in September-October, the population of Fribourg celebrates the "Bénichon", or "Kilbi" in Swiss-German, to mark the end of the agricultural work before the winter. This is a great opportunity to taste some specialties of the canton of Fribourg by sharing a traditional meal that can last more than six hours.

On the first Saturday of December, the population of the city of Fribourg celebrate Saint-Nicholas. As part of the celebration, a student dressed as St. Nicholas crosses the city on a donkey and gives sweets to the children. Once he reaches the cathedral, he gives a satirical speech inspired the events of the past year. More than 20000 people attend the parade each year.

In February, several towns in the canton celebrate Carnival to announce the coming of spring.

#### Saint-Nicholas

Saint-Nicholas was Bishop of Myra in Turkey. . Not only is he the patron saint of the city and canton of Fribourg, but also the patron saint of navigators, children and butchers.

### Culture and sporting life

Cultural and sporting life in Fribourg is very rich. The canton is home to many museums and theatres. It also hosts many cultural events, some of which are internationally renowned such as the International Film Festival of Fribourg or the International Folklore Festival (RFI). There are many music bands and singing groups. You will find information about cultural activities at the regional tourist office or the local municipal authority.

In the canton there is a wide choice of sporting activities for children, youth, adults or senior citizens. Your commune will inform you of the possibilities that exist in your area.

#### Culture and sporting life in the canton of Fribourg

[www.fribourgregion.ch](http://www.fribourgregion.ch) > E

#### Fribourg Sporting Association

[www.afs-fvs.ch](http://www.afs-fvs.ch)

**A world-wide tradition initiated by Jo Siffert, a former racing car driver from Fribourg**

Since when do racing car drivers shake a bottle of champagne on the podium?

Since June 11th, 1967. That day, Jo Siffert won for the second time in a row the performance index of the 24 Heures du Mans car race. He had difficulties removing the cork from a bottle of champagne offered to him. He shook the bottle, removed the cork and accidentally sprayed the other drivers who were next to him on the podium.

[www.josiffert.com](http://www.josiffert.com)

**Popular sporting events**

- **“Morat-Fribourg”**: the most popular race in the canton since 1933. Every first Sunday of October, nearly 8000 people run or walk 17.17 km (11 miles) leading from Morat to Fribourg.  
[www.morat-fribourg.ch](http://www.morat-fribourg.ch)
- **“slowUp”**: alone, or with your family, discover the attractive regions of the canton with human-powered means of transport (bicycles, roller blades, etc.).  
[www.slowup-gruyere.ch](http://www.slowup-gruyere.ch)  
[www.slowup-murtensee.ch](http://www.slowup-murtensee.ch)

**Hiking**

Hiking is the most popular sport in Switzerland. It allows each and everyone, men and women, adults and children, young and old, to relax and explore new parts of the country. In the canton of Fribourg, there are many trails reserved exclusively for hikers.

**Hiking**

[www.fribourgregion.ch](http://www.fribourgregion.ch) > E > Activities >

Hiking

[www.wanderland.ch](http://www.wanderland.ch)

**Community involvement**

Associations are formed by people who choose voluntarily to act together in the pursuit of:

- common interests: sports, culture, leisure, etc.
- common needs: schoolchildren parents, migrants, senior citizens, etc.
- common aims: trade-unions, professional associations, interest groups, etc.

Community life in Switzerland is very intense. There are tens of thousands of associations in the country as a whole, several hundred in the canton of Fribourg. Associations play a central role in the life of the canton. They are very diverse: sports groups, cultural clubs, migrant associations, etc. Joining an association greatly facilitates integration into the local community. Associa-

tions are open to anyone interested sharing their activities. To find out more, visit the website of your commune or contact your local municipal authority.

► **(53) Voluntary Work Network of Fribourg**

## Religious life

The Constitution of the canton of Fribourg guarantees freedom of conscience and belief. Each person has the right to believe or not and to practice or not the religion of their choice. Nobody can be forced to do so. Religious freedom is an individual right that everyone may use according to his/her personal beliefs.

The authorities of the canton acknowledge the important role of churches and religious communities in society. After Catholics and Protestants, followers of the Islamic faith form the third

largest religious community in the canton. There are about a hundred other faith groups. All of these communities share the authorities' determination to encourage inter-religious dialogue and preserve religious harmony.

**Catholic Church in the Canton of Fribourg**

[www.cath-fr.ch](http://www.cath-fr.ch)

**Evangelical Church of the Canton of Fribourg**

[www.ref-fr.ch](http://www.ref-fr.ch)

**The Muslim Association of Fribourg**

[www.amfr.ch](http://www.amfr.ch)

**Swiss Federation of Jewish Communities**

[www.swissjews.ch](http://www.swissjews.ch)

## 16. Participating in political life

**Swiss democracy offers many possibilities to express opinions and participate in public affairs.**

### Direct democracy

Switzerland is one of the most participatory democracies in the world. Political rights, also called popular rights, are very extensive: voting rights, right to be elected, right of initiative, right of referendum, as well as the popular motion right in the canton of Fribourg. The people may propose amendments to the Constitution (right of initiative) or reject a law drafted by Parliament (right of referendum). In Switzerland, the citizens form the “people” and are referred to as the “sovereign”.

Citizens have political rights at the federal, cantonal and communal levels. Swiss citizens are called to vote several times a year. The cantons and communes generally organise their votes at the same time as the Confederation. The Federal Council (Conseil fédéral/Nationalrat), which is the Swiss government,

is elected by Parliament. Members of Parliament are elected by the people. The Swiss Parliament is formed by two chambers, the National Council (French: Conseil national/German: Nationalrat) and the Council of States (French: Conseil des Etats/German: Ständerat).

### Political institutions

Elected political bodies are often called “the Council”. Their role is to reflect on general issues, discuss alternatives and make proposals that the people can accept or refuse.

### Three levels of power

Approximately 4 times a year, the people of Fribourg are called to vote on:

- communal affairs (example: the construction of a new theatre)

	Representative body at the level of:	
	Parliament (Parlement / Parliament)	Government (Gouvernement / Regierung)
Fribourg communes	Communal Assembly (Assemblée communale / Gemeindeversammlung) or General Council (Conseil général / Generalrat)	Communal Assembly (Conseil communal / Gemeinderat)
Canton of Fribourg	Grand Council (Grand Conseil / Grosser Rat)	State Council (Conseil d'Etat / Staatsrat)
Swiss Confederation	National Council (Conseil national / Nationalrat) and Council of States (Conseil des Etats / Ständerat)	Federal Council (Conseil fédéral / Bundesrat)

- cantonal affairs (example: the construction of the Poya bridge and tunnel)
- federal affairs (example: the new Federal law on family allowances)

Every four to five years, elections are held to designate representatives in parliament and government at communal, cantonal and federal levels as well as district commissioners (French: préfet – German: Oberamtmann) in the 7 districts of the canton.

### Political rights of foreign citizens

If you do not have Swiss citizenship but have been living in the canton for over 5 years and hold a permanent residence permit (C permit), you have exactly the same political rights at the communal level as Swiss citizens. As soon as you meet the legal requirements, you will automatically receive the official documents when your vote is required. There is no need to register. You can then vote on communal issues, participate in meetings of the Communal Assembly, elect members of the General Council and be elected yourself.

#### Voters of foreign nationality

In the canton of Fribourg 16000 have political rights at the communal level. Foreign citizens make up almost 10% of the communal electorate. Almost one foreigner in two who is over 18 has local political rights.

### Other forms of political participation

Apart from political rights, there are many other ways of participating in public life and influencing the future of the community. For example, a person may be active in a neighbourhood association, a professional organisation, a sports club or a consultative commission.

Like Swiss citizens, foreign citizens, adult or minor, have the right to file a petition. The right to petition gives everyone the opportunity to address requests, proposals, criticisms or grievances to the authorities. This can influence to a certain degree the decisions made by official organisations.

#### ► (54) Major political parties in the canton of Fribourg

## Naturalisation

Applying for Swiss nationality is a matter of choice and personal will. In the canton of Fribourg, about 1 000 people are naturalised each year. This confers on them the right to vote and be elected at communal, cantonal and federal levels.

### ► (37) Cantonal Service of Civil Affairs and Naturalisation

When they receive Swiss citizenship, new Swiss citizens are required to attend the reception hosted by the cantonal authorities. On this occasion, they must make the following vow: "I pledge to be faithful to the Federal Constitution and the Cantonal Constitution; I pledge to preserve and defend on all occasions, as a loyal faithful citizen of the Confederation, the rights, the freedoms and the independence of my new homeland, and serve it with dignity."

## 17. Useful addresses

▶ **(1) Office of Migrant Integration and Racism Prevention**

Bureau de l'intégration des migrant-e-s et de la prévention du racisme IMR  
Fachstelle für die Integration von MigrantInnen und für Rassismusprävention IMR  
Grand-Rue 26, 1700 Fribourg  
T: 026 305 14 85 – [integration@fr.ch](mailto:integration@fr.ch)  
[www.fr.ch/integration\\_e](http://www.fr.ch/integration_e)

▶ **(2) Forum for the Integration of Migrants**

Forum pour l'intégration des migrantes et des migrants – FIMM  
Forum für die Integration von Migrantinnen und Migranten – FIMM  
Route de la Fonderie 7, Case postale 118, 1705 Fribourg  
T: 076 589 79 43 – [info@fimm-fribourg.ch](mailto:info@fimm-fribourg.ch)  
[www.fimm-fribourg.ch](http://www.fimm-fribourg.ch)

▶ **(3) Cantonal Service of Social Affairs**

Service de l'action sociale – SASoc  
Kantonales Sozialamt – KSA  
Route des Cliniques 17, Case postale, 1701 Fribourg  
T: 026 305 29 92 – [sasoc@fr.ch](mailto:sasoc@fr.ch)  
[www.fr.ch/sasoc](http://www.fr.ch/sasoc)

▶ **(4) Cantonal Service of Population and Migration**

Service de la population et des migrants – SpoMi  
Kantonales Amt für Bevölkerung und Migration – BMA  
Route d'Englisberg 11, 1763 Granges-Paccot  
T: 026 305 14 92 – [spomi@fr.ch](mailto:spomi@fr.ch)  
[www.fr.ch/spomi](http://www.fr.ch/spomi)

▶ **(5) Main newspapers in the canton of Fribourg**

- **La Gruyère**  
Rue de la Léchère 10, Case postale 352, 1630 Bulle 1  
T: 026 919 69 00 – [redaction@lagruyere.ch](mailto:redaction@lagruyere.ch)  
[www.lagruyere.ch](http://www.lagruyere.ch)
- **La Liberté**  
Boulevard de Pérolles 42, Case postale 960, 1701 Fribourg  
T: 026 426 44 11 – [redaction@laliberte.ch](mailto:redaction@laliberte.ch)  
[www.laliberte.ch](http://www.laliberte.ch)

• **Freiburger Nachrichten**

[www.freiburger-nachrichten.ch](http://www.freiburger-nachrichten.ch)  
Rédaction Fribourg:  
Bahnhofplatz 5, 1701 Fribourg  
T: 026 347 30 02  
Rédaction Morat:  
Irisweg 12, 3280 Morat  
T: 026 672 34 41

▶ **(6) Regional radio station**

• **Radio Fribourg / Freiburg**

Rue de Romont 35, Case postale 1312, 1701 Fribourg  
T: 026 351 51 00 – [radiofr@radiofr.ch](mailto:radiofr@radiofr.ch)  
[www.radiofr.ch](http://www.radiofr.ch)  
Radio Fribourg: FM 88.4 89.4 92.9 94.1 95.0 106.0 106.1;  
Radio Freiburg: FM 87.6 90.2 98.9 100.0 103.6 106.9

▶ **(7) Regional television**

• **La télé**

Boulevard de Pérolles 36  
Case postale 205, 1705 Fribourg  
T: 058 310 05 05 – [info@latele.ch](mailto:info@latele.ch)  
Fribourg: T: 058 310 05 31  
[www.latele.ch](http://www.latele.ch)

▶ **(8) Cantonal Coordination of Language Courses for Migrants – COLAMIF**

Coordination cantonale  
cours de langue migrant-e-s – COLAMIF  
Kordinationsstelle für Sprachkurse an MigrantInnen – COLAMIF  
Croix-Rouge fribourgeoise  
Rue G.-Techtermann 2, Case postale 279, 1701 Fribourg  
T: 026 347 39 40  
[langues-sprachen@croix-rouge-fr.ch](mailto:langues-sprachen@croix-rouge-fr.ch)  
French: [www.croix-rouge-fr.ch](http://www.croix-rouge-fr.ch) > Service et Aides > Activités d'intégration > Coordination des cours de langues  
German: [www.croix-rouge-fr.ch](http://www.croix-rouge-fr.ch) > DE > Dienst und Hilfe > Integrationsveranstaltung > Koordination Sprachkurse

- ▶ **(9) a) French-speaking regions: Service of mandatory French language instruction**  
 Service de l'enseignement obligatoire de langue française – SEnOF  
 Rue de l'Hôpital 1, Case postale,  
 1701 Fribourg  
 T: 026 305 12 48 – [senof@fr.ch](mailto:senof@fr.ch)  
[www.fr.ch/senof](http://www.fr.ch/senof)
- ▶ **b) German-speaking regions: Service of mandatory German language instruction**  
 Amt für deutschsprachigen obligatorischen Unterricht – DOA  
 Spitalgasse 1, Postfach, 1701 Freiburg  
 T: 026 305 12 31 – [doa@fr.ch](mailto:doa@fr.ch)  
[www.fr.ch/doa](http://www.fr.ch/doa)
- ▶ **(10) Cantonal Service of Professional Training**  
 Service de la formation professionnelle – SFP  
 Amt für Berufsbildung – BBA  
 Derrière-les-Remparts 1, 1700 Fribourg  
 T: 026 305 25 00 – [sfp@edufr.ch](mailto:sfp@edufr.ch)  
[www.fr.ch/sfp](http://www.fr.ch/sfp)
- ▶ **(11) Adult Literacy Association**  
 Association Lire et Ecrire – Section de Fribourg  
 Verein Lesen und Schreiben – Sektion Freiburg  
 Rue St-Pierre 10, Case postale 915,  
 1701 Fribourg  
 T (french): 026 422 32 62  
 T (german): 079 488 21 76  
[fribourg@lire-et-ecrire.ch](mailto:fribourg@lire-et-ecrire.ch)  
[www.lire-et-ecrire.ch](http://www.lire-et-ecrire.ch)
- ▶ **(12) Fribourg Red Cross: Course “Living in Switzerland”**  
 Croix-Rouge fribourgeoise: Cours «Vie en Suisse»  
 Freiburgisches Rotes Kreuz: Kurs «Leben in der Schweiz»  
 Rue G.-Teuchtermann 2, Case postale 279,  
 1701 Fribourg  
 T: 026 347 39 40  
[langues-sprachen@croix-rouge-fr.ch](mailto:langues-sprachen@croix-rouge-fr.ch)  
 French: [www.croix-rouge-fr.ch](http://www.croix-rouge-fr.ch) > Service et Aides > Activités d'intégration > Vie en Suisse  
 German: [www.croix-rouge-fr.ch](http://www.croix-rouge-fr.ch) > DE > Dienst und Hilfe > Integrationsveranstaltung > Leben in der Schweiz
- ▶ **(13) Caritas Switzerland Fribourg section, Community interpreting services “se comprendre”**  
 Caritas Suisse Département Fribourg,  
 Service d'interprétariat communautaire “se comprendre”  
 Caritas Schweiz Abteilung Freiburg,  
 Interkultureller Übersetzungsdienst  
 «se comprendre»  
 Rue de l'Industrie 21, Case postale 11,  
 1705 Fribourg  
 T: 0840 000 999 – [secomprendre@caritas.ch](mailto:secomprendre@caritas.ch)  
[www.secomprendre.ch](http://www.secomprendre.ch)
- ▶ **(14) Intercultural library LivrEchange**  
 Bibliothèque interculturelle LivrEchange  
 Interkulturelle Bibliothek LivrEchange  
 Avenue du Midi 3-7, 1700 Fribourg  
 T: 026 422 25 85 – [info@livrechange.ch](mailto:info@livrechange.ch)  
[www.livrechange.ch](http://www.livrechange.ch)
- ▶ **(15) Cantonal Housing Service**  
 Service du logement – Slog  
 Wohnungsamt – WA  
 Boulevard de Pérolles 25, Case postale 1350,  
 1701 Fribourg  
 T: 026 305 24 13 – [slog@fr.ch](mailto:slog@fr.ch)  
[www.fr.ch/slog](http://www.fr.ch/slog)
- ▶ **(16) Swiss Tenants Association (Section fribourgeoise)**  
 Association suisse des locataires (ASLOCA) – Section fribourgeoise,  
 Secrétariat administratif,  
 Case postale 18, 1774 Cousset  
 T: 0848 818 800 – no assistance provided by e-mail  
[www.asloca.ch](http://www.asloca.ch) > Fribourg > see website for consultations without appointment in Bulle, Fribourg and Romont
- ▶ **(17) Tenants Association of the German part of Fribourg**  
 Mieterinnen- und Mieterverband  
 Deutschfreiburg  
 Case postale 41, 3185 Schmitten  
 T: 026 496 46 88  
[mieterverband.deutschfreiburg@gmx.ch](mailto:mieterverband.deutschfreiburg@gmx.ch)  
[www.mieterverband.ch](http://www.mieterverband.ch)



- ▶ **(18) Cantonal Office of Traffic and Navigation**  
Office de la circulation et de la navigation  
du canton de Fribourg – OCN  
Amt für Strassenverkehr und Schifffahrt  
des Kantons Freiburg – ASS  
Route de Tavel 10, Case postale 192,  
1707 Fribourg  
T: 026 484 55 55 – [info@ocn.ch](mailto:info@ocn.ch)  
[www.ocn.ch](http://www.ocn.ch)
- ▶ **(19) Compensation Fund of the Canton of Fribourg**  
Caisse de compensation du canton  
de Fribourg – CCCFR  
Ausgleichskasse des Kantons Freiburg – AKFR  
Impasse de la Colline 1, Case postale 176,  
1762 Givisiez  
T: 026 305 52 52 – [ecasfr@fr.ch](mailto:ecasfr@fr.ch)  
[www.caisseavsf.fr.ch](http://www.caisseavsf.fr.ch)
- ▶ **(20) ) Cantonal Service of Employment**  
Service public de l'emploi – SPE  
Amt für den Arbeitsmarkt – AMA  
Boulevard de Pérolles 25, Case postale 1350,  
1701 Fribourg  
T: 026 305 96 00 – [spe@fr.ch](mailto:spe@fr.ch)  
[www.fr.ch/spe](http://www.fr.ch/spe)
- ▶ **(21) Cantonal Revenue Authority**  
Service cantonal des contributions – SCC  
Kantonale Steuerverwaltung – KSTV  
Rue Joseph-Piller 13, Case postale,  
1701 Fribourg  
T: 026 305 11 11 – [scc@fr.ch](mailto:scc@fr.ch)  
[www.fr.ch/scc](http://www.fr.ch/scc)
- ▶ **(22) Trade Union Federation of Fribourg**  
Union Syndicale Fribourgeoise – USF  
Freiburger Gewerkschaftsbund – FGB  
Rue des Alpes 11, Case postale 1541,  
1701 Fribourg  
T: 026 322 74 45 – [usfr@bluewin.ch](mailto:usfr@bluewin.ch)  
[www.uss.ch](http://www.uss.ch)
- ▶ **(23) Office of Gender Equality and Family Affairs**  
Bureau de l'égalité hommes-femmes  
et de la famille – BEF  
Büro für die Gleichstellung von Frau  
und Mann und für Familienfragen – GFB  
Rue de la Poste 1, 1701 Fribourg  
T: 026 305 23 86 – [bef@fr.ch](mailto:bef@fr.ch)  
French: [www.fr.ch/bef](http://www.fr.ch/bef)  
German: [www.fr.ch/gfb](http://www.fr.ch/gfb)  
[www.familles-fribourg.ch](http://www.familles-fribourg.ch)
- ▶ **(24) Swiss – Immigrants Contact Centre / SOS Racism**  
Centre de contact suisse-sse-s-immigré-e-s/  
SOS Racisme – CCSI  
Kontaktstelle SchweizerInnen-  
AusländerInnen / SOS Rassismus – CCSI  
Rue des Alpes 11, Case postale 366,  
1701 Fribourg  
T: 026 424 21 25 – [info@ccsi-fr.ch](mailto:info@ccsi-fr.ch)  
[www.ccsi-fr.ch](http://www.ccsi-fr.ch)
- ▶ **(25) Employment Cheque Association – Centre of Socio-Professional Integration**  
Association Chèque Emploi – Centre  
d'intégration socioprofessionnelle  
Verein Service Check – Institution  
für sozio-professionnelle Integration  
Route des Daillettes 1, Case postale 31,  
1709 Fribourg  
T: 026 426 02 40 – [cheque-emploi@cisf.ch](mailto:cheque-emploi@cisf.ch)  
[www.cheque-emploi-fribourg.ch](http://www.cheque-emploi-fribourg.ch)
- ▶ **(26) ) Fri-Santé – Care Centre**  
Fri-Santé – Espace de soins  
Fri-Santé – Raum für Behandlung  
Boulevard de Pérolles 30, 1700 Fribourg  
T: 026 341 03 30 – [info@frisante.ch](mailto:info@frisante.ch)  
[www.frisante.ch](http://www.frisante.ch)
- ▶ **(27) Grisélidis Fribourg**  
Boulevard de Pérolles 30, 1700 Fribourg  
T: 026 321 49 45 – [griselidis@frisante.ch](mailto:griselidis@frisante.ch)  
[www.griselidis.ch](http://www.griselidis.ch)
- ▶ **(28) Cantonal School Dental Service**  
Service dentaire scolaire – SDS  
Schulzahnpflegedienst – SZPD  
Boulevard de Pérolles 23, 1700 Fribourg  
T: 026 305 98 00 – [sds@fr.ch](mailto:sds@fr.ch)  
[www.fr.ch/sds](http://www.fr.ch/sds)

- ▶ **(29) Fribourg Association of Institutions for Elderly People**  
 Association fribourgeoise des institutions pour personnes âgées – AFIPA  
 Vereinigung Freiburgerischer Alterseinrichtungen – VFA  
 Route Saint-Nicolas-de-Flüe 2, 1700 Fribourg  
 T: 026 915 03 43 – [office@afipa-vfa.ch](mailto:office@afipa-vfa.ch)  
[www.afipa-vfa.ch](http://www.afipa-vfa.ch)
- ▶ **(30) Fribourg Association of Home Assistance and Domestic Care**  
 Association fribourgeoise aide et soins à domicile – AFAS  
 Spitex Verband Freiburg – SVF  
 Route Saint-Nicolas-de-Flüe 2, 1700 Fribourg  
 T: 026 321 56 81 – [info@aide-soins-fribourg.ch](mailto:info@aide-soins-fribourg.ch)  
[www.aide-soins-fribourg.ch](http://www.aide-soins-fribourg.ch)
- ▶ **(31) Pro Senectute Fribourg**  
 Chemin de la Redoute 9, Case postale 44, 1752 Villars-sur-Glâne 1  
 T: 026 347 12 40 – [info@fr.pro-senectute.ch](mailto:info@fr.pro-senectute.ch)  
[www.fr.pro-senectute.ch](http://www.fr.pro-senectute.ch)
- ▶ **(32) Disability Insurance Office of the Canton of Fribourg**  
 Office de l'Assurance-Invalidité du canton de Fribourg – Office AI  
 Invalidenversicherungsstelle des Kantons Freiburg – IV-Stelle  
 Rte du Mont-Carmel 5, 1762 Givisiez  
 T: 026 305 52 37 – [info@aifr.ch](mailto:info@aifr.ch)  
[www.aifr.ch](http://www.aifr.ch)
- ▶ **(33) Association Pro Infirmis – Fribourg branch**  
 Pro Infirmis – Service fribourgeois  
 Pro Infirmis – Beratungsstelle Freiburg  
 Route Saint-Nicolas-de-Flüe 2, Case postale 98, 1705 Fribourg  
 T: 026 347 40 00 – [fribourg@proinfirmis.ch](mailto:fribourg@proinfirmis.ch)  
[www.proinfirmis.ch](http://www.proinfirmis.ch)
- ▶ **(34) Mobile Educational Service**  
 Service éducatif itinérant – SEI  
 Frühberatungsdienst – FBD  
 Fondation Les Buissonnets,  
 Rte de Villars-les-Joncs 3,  
 Case postale 155, 1707 Fribourg  
 T: 026 484 21 13 – [sei@lesbuissonnets.ch](mailto:sei@lesbuissonnets.ch)  
[www.lesbuissonnets.ch](http://www.lesbuissonnets.ch)
- ▶ **(35) Division Family Planning and Information on Sexuality**  
 Secteur planning familial et information sexuelle  
 Abteilung Familienplanung und Sexualinformation  
 Rue de la Grand-Fontaine 50, 1700 Fribourg  
 T: 026 305 29 55 – [planningfamilial@fr.ch](mailto:planningfamilial@fr.ch)  
[www.fr.ch/spfis](http://www.fr.ch/spfis)
- ▶ **(36) Empreinte: Centre for Support and Prevention in the Field of HIV / AIDS and IST**  
 Empreinte: Centre de soutien et de prévention dans le domaine du VIH / Sida et IST  
 Boulevard de Pérolles 57, 1700 Fribourg  
 T: 026 424 24 84 – [empreinte@tremplin.ch](mailto:empreinte@tremplin.ch)  
[www.sida-fr.ch](http://www.sida-fr.ch)
- ▶ **(37) Cantonal Service of Civil Affairs and Naturalisation**  
 Service de l'état civil et des naturalisations – SECIN  
 Amt für Zivilstandswesen und Einbürgerungen – ZEA  
 Boulevard de Pérolles 2, Case postale 471, 1701 Fribourg  
 T: 026 305 14 17 – [etatcivil@fr.ch](mailto:etatcivil@fr.ch)  
[www.fr.ch/secin](http://www.fr.ch/secin)
- ▶ **(38) Sarigai – Fribourg Association for Lesbian, Gay, Bisexual and Trans\* (LGBT\*)**  
 Sarigai – Association fribourgeoise pour des personnes lesbiennes, gays, bi et trans\* (LGBT\*)  
 Sarigai – Freiburger Organisation für lesbische, schwule, bisexuelle und Trans\* Menschen (LGBT\*)  
 Case postale 282, 1709 Fribourg  
 T: 079 610 59 37 – [sarigai@sarigai.ch](mailto:sarigai@sarigai.ch)  
[www.sarigai.ch](http://www.sarigai.ch)

- ▶ **(39) Women's Solidarity Association – LAVI Centre for women victims of violence and criminal offences**  
Association Solidarité Femmes – Centre LAVI pour femmes victimes de violence et d'infraction pénale  
Verein Frauenhaus – Opferberatungsstelle für Frauen als Opfer von Gewalt und Straftaten  
Case postale 1400, 1701 Fribourg  
T: 026 322 22 02 (24 hour telephone service)  
[info@sf-lavi.ch](mailto:info@sf-lavi.ch)  
[www.sf-lavi.ch](http://www.sf-lavi.ch)
- ▶ **(40) LAVI Centre for Children, Men and Traffic Accident Victims**  
Centre de consultation LAVI pour enfants, hommes et victimes de la circulation  
Opferberatungsstelle für Kinder, Männer und Opfer von Verkehrsunfällen  
Rue Hans-Fries 1, Case postale 29, 1705 Fribourg  
T: 026 305 15 80 – [LAVI-OHG@fr.ch](mailto:LAVI-OHG@fr.ch)  
French: [www.fr.ch/sej/lavi](http://www.fr.ch/sej/lavi)  
German: [www.fr.ch/ja/ohg](http://www.fr.ch/ja/ohg)
- ▶ **(41) Association for Family Counselling Fribourg**  
Association Office familial Fribourg  
Verein Paar- und Familienberatung Freiburg  
Rue de Romont 29-31, Case postal 1131, 1701 Fribourg  
T: 026 322 10 14 – [info@officefamilial.ch](mailto:info@officefamilial.ch)  
[www.officefamilial.ch](http://www.officefamilial.ch)
- ▶ **(42) Cantonal Service of Child and Youth affairs**  
Service de l'enfance et de la jeunesse – SEJ  
Jugendamt – JA  
Boulevard de Pérolles 24, Case postale 29, 1705 Fribourg  
T: 026 305 15 30 – [sej-ja@fr.ch](mailto:sej-ja@fr.ch)  
[www.fr.ch/sej](http://www.fr.ch/sej)
- ▶ **(43) Association Women's Space**  
Association espacefemmes  
Verein frauenraum  
Rue Hans-Fries 2, 1700 Fribourg  
T: 026 424 59 24 – [info@espacefemmes.org](mailto:info@espacefemmes.org)  
French: [www.espacefemmes.org](http://www.espacefemmes.org)  
German: [www.frauenraum.org](http://www.frauenraum.org)
- ▶ **(44) Frabina – Agency of Counselling for women and binational couples**  
Frabina – Agence de consultation pour femmes et couples binationaux  
Frabina – Beratungsstelle für Frauen und binationale Paare  
Laupenstrasse 2, 3008 Berne  
T: 031 381 27 01 – [info@frabina.ch](mailto:info@frabina.ch)  
[www.frabina.ch](http://www.frabina.ch)
- ▶ **(45) Association EX-pression Fribourg**  
Verein EX-pression Freiburg  
Route de la Vignettaz 48, 1700 Fribourg  
T: 0848 08 08 08 – [info@ex-pression.ch](mailto:info@ex-pression.ch)  
[www.ex-pression.ch](http://www.ex-pression.ch)
- ▶ **(46) Association Family Education**  
Education familiale  
Familienbegleitung  
Case postale 2, 1707 Fribourg  
T (in French): 026 321 48 70  
T (in German): 026 322 86 33  
[contact@educationfamiliale.ch](mailto:contact@educationfamiliale.ch)  
[www.educationfamiliale.ch](http://www.educationfamiliale.ch)
- ▶ **(47) Fribourg Federation of Daytime Childcare**  
Fédération Fribourgeoise d'Accueil Familial de Jour  
Verein Freiburger Tagesfamilien  
Rue de Romont 2, 1700 Fribourg  
[federation@accueildejour.ch](mailto:federation@accueildejour.ch)  
[www.accueildejour.ch](http://www.accueildejour.ch) > look at the web site to find telephone numbers for your region
- ▶ **(48) Fribourg Federation of Nurseries and Kindergartens**  
Fédération des crèches et garderies fribourgeoises  
Freiburger Krippenverband  
Rte de la Fonderie 8C, Case postale 167, 1707 Fribourg  
T: 026 429 09 92 – [info@crechesfribourg.ch](mailto:info@crechesfribourg.ch)  
[www.crechesfribourg.ch](http://www.crechesfribourg.ch)

► **(49) Cantonal Service of Professional Orientation and Adult Training**

Service de l'orientation professionnelle et de la formation des adultes – SOPFA  
 Amt für Berufsberatung und Erwachsenenbildung – BEA  
 Rue St-Pierre Canisius 12, 1700 Fribourg  
 T: 026 305 41 86 – [sopfa@fr.ch](mailto:sopfa@fr.ch)  
[www.fr.ch/sopfa](http://www.fr.ch/sopfa)

► **(50) a) French – speaking region: Coordinator for the Education of Migrant Children and Courses in Language and Culture of Origin**

Coordinatrice pour la scolarisation des enfants de migrants et les cours de langue et culture d'origine  
 Chemin des Mazots 2, 1700 Fribourg  
 T: 026 305 12 48 – [senof@fr.ch](mailto:senof@fr.ch)  
[www.fr.ch/senof](http://www.fr.ch/senof)

**b) German – speaking region: Coordinator for the Education of Migrant Children and Courses in Language and Culture of Origin**

Koordinatorin für die Schulung fremdsprachiger Kinder (KG-PS-OS) und die Kurse in Heimatlicher Sprache und Kultur (HSK)  
 Schulinspektorat KG-PS Deutschfreiburg  
 Mariahilfstrasse 2, 1712 Tafers  
 T: 026 305 40 89 – [doa@fr.ch](mailto:doa@fr.ch)  
[www.fr.ch/doa](http://www.fr.ch/doa)

► **(51) Cantonal Service of Training Subsidies**

Service des subsides de formation – SSF  
 Amt für Ausbildungsbeiträge – ABBA  
 Route-Neuve 7, Case postale, 1701 Fribourg  
 T: 026 305 12 51 – [bourses@fr.ch](mailto:bourses@fr.ch)  
[www.fr.ch/ssf](http://www.fr.ch/ssf)

► **(52) Cantonal Service of the Environment**

Service de l'environnement – SEN  
 Amt für Umwelt – AfU  
 Route de la Fonderie 2, Case postale, 1701 Fribourg  
 T: 026 305 37 60 – [sen@fr.ch](mailto:sen@fr.ch)  
[www.fr.ch/sen](http://www.fr.ch/sen)

► **(53) Voluntary Work Network of Fribourg**

RéseauBénévolatNetzwerk  
 Fribourg Freiburg – RBN  
 Route de la Fonderie 8c, 1700 Fribourg  
 T: 026 422 37 07 – [info@benevolat-fr.ch](mailto:info@benevolat-fr.ch)  
[www.benevolat-fr.ch](http://www.benevolat-fr.ch)

► **(54) Main political parties in the canton of Fribourg**

- **Parti démocrate-chrétien – PDC**  
 Christlichdemokratische Volkspartei – CVP  
[www.cvp-fr.ch](http://www.cvp-fr.ch)
- **Parti socialiste – PS**  
 Sozialdemokratische Partei – SP  
[www.ps-fr.ch](http://www.ps-fr.ch)
- **Parti libéral-radical – PLR**  
 FDP.Die Liberalen – FDP  
[www.plrf.ch](http://www.plrf.ch)
- **Parti de l'Union Démocratique du Centre – UDC**  
 Schweizerische Volkspartei – SVP  
[www.udc-fr.ch](http://www.udc-fr.ch)
- **Parti chrétien social – PCS**  
 Christlichsoziale Partei – CSP  
[www.csp-pcs.ch](http://www.csp-pcs.ch)
- **Les Verts**  
 Die Grünen  
[www.verts-fr.ch](http://www.verts-fr.ch)
- **Parti vert-libéral – PVL**  
 Grünliberale Partei  
[fr.vertsliberaux.ch](http://fr.vertsliberaux.ch)



## Emergency numbers in Switzerland

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### If you find yourself in an emergency situation

- Stay calm
- Identify the sources of danger
- Seek protection
- Alert the emergency services
- Provide assistance

### Office of Migrant Integration and Racism Prevention

Grand-Rue 26  
1700 Fribourg  
T: 026 305 14 85  
[integration@fr.ch](mailto:integration@fr.ch)

[www.fr.ch/integration\\_e](http://www.fr.ch/integration_e)