

Welcome to the canton of Fribourg!

English/Anglais/Englisch



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 Rassismoprävention IMR

Office of Migrant Integration
and Racism Prevention IMR



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1. Foreword

Welcome! Bienvenue! Herzlich Willkommen!

On behalf of the cantonal authorities and the people of Fribourg, I would like to warmly welcome you to our canton!

This booklet contains lots of useful information that should help you find your bearings and settle into your new life in the canton.

Fribourg prides itself on its ability to build bridges: between French- and German-speaking Switzerland, between different cultures and viewpoints, between town and country. We live in a dynamic region that currently has the highest demographic growth and youngest population in Switzerland. Our canton is inclusive and enterprising. It is firmly committed to building a shared future in which each and every citizen can realise their personal and professional goals and enjoy a rich and fulfilling social and cultural life.

Day in, day out, the Fribourg authorities strive to make sure that the right conditions are in place to achieve these aims. They invest in education and training, in the provision of first-rate public services, in job creation and in infrastructure. They foster social cohesion across generations, between the fortunate and the less fortunate, and among people of different nationalities.

Preserving this unity is a matter for us all. Social and community life in our canton is vibrant and diverse. It helps to strengthen bonds and promotes peaceful coexistence. Why not sign up to one of the many clubs and societies in and around Fribourg. They are a great

way to meet people, experience new things, integrate more easily and become a fully fledged and active member of the community. As the saying goes, the more the merrier!

All that remains for me to do is to wish you every success and happiness in your new life in the canton of Fribourg.

Maurice Ropraz
State Councillor

2. How to use this booklet

When you arrive in the canton, you will undoubtedly have a great many questions. This booklet provides you with general information that should help you settle and integrate into the Fribourg way of life. If you require more detailed advice, you should contact your local authority or the organisations indicated by an arrow. These organisations are numbered in order of appearance and their contact details are listed at the end of the booklet. You will also get lots of information by speaking with people in your neighbourhood, your local village or town, as well as at or outside work.

In the middle of the booklet, you will find a pull-out map of the canton of Fribourg, the main emergency numbers as well as additional general information. Most of the websites listed in this booklet are available in both French and German. If you want to change the language (F/D, fr/de, Français/Deutsch), simply go to the language settings. On most websites, including the official websites of the canton of Fribourg (www.fr.ch) and the Federal Administration (www.admin.ch), this function appears in the top-right corner of the page.

3. Living together in the canton of Fribourg

The Röstigraben monument

‘Röstigraben’ (barrière/rideau de Röst), literally ‘rösti ditch’, is the colloquial term given to the imaginary cultural boundary between French- and German-speaking Switzerland. It takes its name from the dish of coarsely grated fried potatoes traditionally associated with German-speaking Switzerland. Fribourg even has a Rösti monument, which stands on a bank of the River Sarine in the historic Old Town.

Fribourg is a diverse and welcoming canton where people respect each other’s differences and identities.

Canton, districts and communes

Fribourg is one of the 26 cantons that make up the Swiss Confederation. It has approximately 313 000 inhabitants (2017) who are spread over the canton’s seven districts and 136 communes (2018). The capital of the canton is the city of Fribourg (population in 2017: 39 000).

Canton of Fribourg website

www.fr.ch

Official languages

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

Unlike Switzerland as a whole, the majority (two-thirds) of the canton’s population are French speakers. German speakers make up the remaining third and live mainly in the eastern districts of Sense/Singine, See/Lac and Saane/Sarine. French speakers use “standard” French, but speak it with a regional accent. Sometimes you may still hear people speaking Fribourg patois, an old Franco-Provençal idiom. In everyday life German speakers talk to one another in a Swiss-German dialect,

either Singinois/Seislerdütsch or Bernois/Bärndütsch. However, they use standard German when talking to people who do not speak Swiss German, at official events, at school, and in all written communication. In the historic Old Town, down by the river, some people speak 'Bolze', a mixture of Seislerdütsch/Singinois and French. When dealing with the cantonal administration, you can use French and/or German. The canton publishes all its official documents in both languages. Depending on the number of French or German speakers they have, some communes may not be fully bilingual.



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, for example, on the licence plates of cars registered in the canton.

English	Open your umbrella
French	Ouvre ton parapluie!
Fribourg patois	Àrà ton pyodzè!
German	Öffne deinen Regenschirm!
Singinois/Seislerdütsch	Tuuf dy Pärissou!
Bernois/Bärndütsch	Mach dy Rägäschirm uf!
Bolze	Tuuf dy Paraplüi!

Foreign population

About 70 000 foreign nationals (2017) live in the canton of Fribourg, making up approximately 22% of the total population. One in four was born in the canton and more than 80% are European Union nationals. The Portuguese are the largest migrant community and account for around 1/3 of the canton's foreign resident population.

Integration of migrants

The canton has a diverse foreign population that includes more than 160 nationalities. The authorities pursue an active integration policy designed to bring the local and foreign communities together and to foster a peaceful co-existence. They strongly encourage newcomers to learn the two official languages and support projects that promote community harmony. The Cantonal Office for Social Affairs oversees the integration of refugees and people who have sought asylum, and has set up a special system for this purpose. ORS Service AG, a private company, receives, provides

accommodation for, manages and integrates asylum seekers, while the Fribourg section of Caritas Switzerland is in charge of looking after and integrating refugees. Many communes have a person specifically in charge of integration issues. For example, the city of Fribourg has a Social Cohesion Unit, while the town of Bulle has its own integration commissioner.

- > [1] **Office of Migrant Integration and Racism Prevention IMR**
- > [2] **Cantonal Office for Social Affairs SASoc**
- > [3] **Social Cohesion Unit, City of Fribourg**
- > [4] **Integration Commissioner, Bulle**

ORS Service AG

www.ors.ch

Caritas Switzerland

www.caritas.ch

4. Arriving in the canton

Your local authority (administration communale/Gemeindeverwaltung) is an excellent source of information that can make it easier for you to find your bearings and settle into your new life in the canton.

Declaring your arrival

If you want to settle or stay for more than three months in the canton, you have to notify the local authority in person within 14 days of your arrival. Swiss passport holders and foreign citizens who have been living somewhere else in the canton need to register with the Residents' Register Office (contrôle des habitants/Einwohnerkontrolle) in their new commune of residence. Foreign citizens arriving from abroad or from another canton should first go, with a valid passport, to the Cantonal Population and Migration in Granges-Paccot before registering with the Residents' Register Office in their new commune.

List of communes in the canton of Fribourg

www.fr.ch

› [5] **Cantonal Population and Migration Office SPoMi**

Information from the local authorities

Visiting the local authorities is a good opportunity to learn more about life in the commune. The staff will be happy to provide you with information on local community, sporting and cultural activities. Getting involved in such activities is a great way to integrate into your neighbourhood. There is often a great deal

of information about local activities to be found on official notice boards or on the communes' websites. For example, the city of Fribourg has a special multilingual web page designed specifically with newcomers in mind.

www.ville-fribourg.ch/bienvenue

Information from 'Fribourg for All'

The 'Fribourg for All' drop-in centre offers simple and user-friendly access to information and advice on matters such as health, family, insurance and work. You can obtain documentation and professional guidance tailored to your needs, all free of charge, in the strictest confidence and without an appointment.

> [6] **'Fribourg for All' FpT**

Information from the media

You will find a wealth of information about the canton of Fribourg in the local media and online. 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, accommodation to rent or buy, upcoming events, useful addresses and all kinds of helpful tips.

> [7] **Fribourg's main newspapers**

> [8] **Regional radio stations**

> [9] **Regional television station**

5. Rights and duties

Article 1 of the Cantonal Constitution of 16 May 2004 declares that the canton of Fribourg is a liberal, democratic and social State.

Fundamental values of the canton of Fribourg

The main aims of the State are to promote the common good 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 permits 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 voting on the Constitution and laws, and indirectly, through the authorities they have elected. In the canton of Fribourg, the people elect the government (State Council), parliament (Grand Council) and the district commissioners (préfet/Oberamtmann). They also elect their communal authorities and the canton's representatives to the Federal Parliament (National Council and Council of States).
- All persons living in the canton have rights and duties. Their fundamental rights include the right to physical integrity, equality (especially in court), non-discrimination (including discrimination on grounds of sex or nationality), marriage, and to freedom of expression, belief and opinion. At the same time, they have to fulfil the duties imposed by the Constitution and laws, such as paying taxes, educating their children, etc.
- Fundamental rights are not absolute. The State may restrict these rights to ensure security, preserve order and safeguard public health. Individual freedoms end where the freedoms of others begin. For example, freedom of belief cannot be used to justify a refusal to comply with education legislation. Likewise, freedom of expression cannot be used to justify insulting individuals or groups of people.

Constitution of the canton of Fribourg

www.fr.ch

Cantonal legislation

www.fr.ch

Swiss Federal Constitution

www.admin.ch

Federal legislation

www.admin.ch

Rights of foreign nationals (excl. asylum seekers)

Foreign nationals (excl. asylum seekers) can seek specialist advice on their rights and duties from CCSI Fribourg. This association also offers guidance and legal advice on all issues surrounding residents' permits and family reunification.

- **[10] Centre de contact Suisses-Immigrés CCSI, Fribourg
(migrant support network)**

Rights of asylum seekers

Asylum seekers who live in the canton of Fribourg should contact the Legal Advice Bureau of Caritas Switzerland for professional advice on all asylum-related matters.

- **[11] Caritas Switzerland, Legal Advice Bureau, Fribourg BCJ**

Swiss values

The Swiss Constitution also governs the lives of the citizens of Fribourg. According to its preamble, the following principles should guide everyday life in Switzerland: “The Swiss People and the Cantons, mindful of their responsibility towards creation, resolved to renew their alliance so as to strengthen liberty, democracy, independence and peace in a spirit of solidarity and openness towards the world, determined to live together with mutual consideration and respect for their diversity, conscious of their common achievements and their responsibility towards future generations, and in the knowledge that only those who use their freedom remain free, and that the strength of a people is measured by the well-being of its weakest members.”

Undocumented migrants

Foreign nationals who are not in possession of a residents’ permit may only remain in Switzerland for a maximum of three months. After this period, they are considered illegal residents. However, they still have basic rights. If they find themselves in situations of distress, they can receive help such as basic medical care and emergency assistance.

- > [12] [Fri-Santé – Health Centre](#)
- > [10] [Centre de contact Suisses-Immigrés CCSI, Fribourg \(migrant support network\)](#)

Non-discrimination

The Swiss Federal Constitution states that “no person may be discriminated against, in particular on grounds of origin, race, gender, age, language, social position, way of life, religious, ideological, or political convictions, or because of a physical, mental or psychological disability.” If you have been discriminated against on one of these grounds, you can contact ‘Respect for All’, a service commissioned by the Canton of Fribourg. Based in the Fribourg offices of Caritas Switzerland, it provides a space where people who encounter racial discrimination can be heard, and receive free legal advice and support. Services are provided in five languages: French, German, English, Spanish and Portuguese. For other languages, a

community interpreter can be provided. Individuals who suffer from or witness discrimination can also share their experiences in writing, anonymously or otherwise, on the website www.serespecter.ch.

- > [13] **'Respect for All', Office of Consultation and Racism Prevention in the Canton of Fribourg, Caritas Switzerland, Fribourg Section**
- > [1] **Office of Migrant Integration and Racism Prevention IMR**

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, will make it much easier for you to integrate into your new community. For people living in the Swiss-German speaking part of the canton, it is very useful to be able to understand the local dialect, too.

Many associations, communes and schools offer French and German language classes for newcomers to the canton.

You will find a list of subsidised language classes on the Office of Migrant Integration and Racism Prevention website.

➤ **[1] Office of Migrant Integration and Racism Prevention IMR**

Children's summer language classes (French/German)

Every summer, language classes are organised specifically for school-aged children who do not speak the language of instruction of the local school they attend.

➤ **[14] a) French-speaking Fribourg: Mandatory French-language Instruction Service SEnOF**

➤ **[14] b) German-speaking Fribourg: Mandatory German-language Instruction Service DOA**

Language and integration classes for young migrants

For courses designed specifically for young adults, please contact the Office for Vocational Education and Training.

➤ [15] **Cantonal Office for Vocational Education and Training SFP**

Literacy classes

Some people feel uncomfortable when they have to read or write. The Association Lire et Ecrire organises classes for adults who need to improve their reading and writing skills in French or German.

➤ [16] **Association Lire et Ecrire – Fribourg Chapter**

Learning a Swiss-German dialect

Swiss-German 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 your working life.

Adult Community College

French: www.unipopfr.ch/fr

German: www.unipopfr.ch/de

Fribourg Chamber of Commerce and Industry Fribourg CCIF

www.ccif.ch

Other courses

Integration courses

If you have a working knowledge of French or German and would like to learn more about life in Switzerland, you might be interested in the special integration course 'Living in Switzerland', which is run by the Fribourg Chapter of the Red Cross.

➤ [17] Red Cross, Fribourg Chapter: 'Living in Switzerland' course

Community interpreting

In certain situations (doctor's appointments, meetings with teachers, etc.), migrants who do not understand French or German can call on the services of a professional community interpreter. Their job is to facilitate mutual understanding, avoid misunderstandings and help migrants adjust to their new environment. We strongly advise against asking children or other family members to act as interpreters for you.



-
- > [18] 'se comprendre', Community Interpreting Service, Fribourg
Section of Caritas Switzerland

Intercultural library

LivrEchange is an intercultural library where you can borrow books in over 200 languages, as well as French- and German-language learning books.

- > [19] [LivrEchange, intercultural library](#)

espacefemmes

The espacefemmes association provides a space for Swiss and migrant women to meet, seek advice, socialise, show solidarity with one another, and learn to live together.

- > [20] [espacefemmes association](#)

7. Accommodation

Most people in the canton of Fribourg are renters.

Finding accommodation

You can find properties for rent by:

- > checking the classified ads in newspapers;
- > contacting rental and property agencies directly;
- > searching property websites.

Some communes keep up-to-date lists of homes for rent in their area. Contact your commune for more information. You can also publish a small ad (free or paid). Alternatively, ask your friends and acquaintances. They might have heard of an apartment for rent that has not been advertised.

Finding accommodation online

www.laliberte.ch

www.freiburger-nachrichten.ch/immobilien

www.lagruyere.ch

www.cfi-ikf.ch

www.immoscout24.ch

www.immostreet.ch

www.homegate.ch

www.petitesannonces.ch

List of rental and estate agencies in the canton of Fribourg

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 Office of Debt Collection and Bankruptcy (Offices des poursuites/ Betreibungsämter) and a certificate of residence. It is a good idea to put together these documents well in advance so that you can act quickly if a suitable vacancy comes up.

Office of Debt Collection and Bankruptcy website:

French: www.fr.ch/opf

German: www.fr.ch/BKa



A nation of tenants

In Switzerland, two out of three households live in rented accommodation. Only one-third of the population own their own homes.

Paying the rental deposit

To finalise the rental agreement, you have to pay a financial guarantee (rent deposit), which is generally the equivalent of three months' rent. People who do not have enough money to cover the deposit should contact a security deposit insurance provider.

Subsidised housing

Generally speaking, rental agencies will tell you if accommodation is subsidised or not. You can also contact the Cantonal Housing Office for further information.

> [21] **Cantonal Housing Office SLog**

If a dispute arises between you and your landlord, you can contact one of the following services:

> [22] **Swiss Tenants' Association ASLOCA – Fribourg Section**

> [23] **Tenants' Association of German-speaking Fribourg**

Radio and television licence fee

All households who have devices that allow them to listen to the radio or watch television must pay reception fees (2017: 451 francs). Failure to do so will result in a fine. The fees are collected by a private company contracted by the federal authorities. Individuals who are claiming federal supplementary benefits can apply, in writing, for an exemption.

www.bakom.admin.ch

Living in rented accommodation

Living in a rented flat comes 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 public holidays. The rules for multiple-occupancy properties are set out in the General Conditions for Accommodation published by the Real Estate Chamber of the canton of Fribourg. More specific rules on the use of shared facilities, such as laundry rooms and bike sheds, are included in the house rules given to you with your lease. If you have any problems with other tenants, the best solution is to speak to them directly. If needed, you could also speak to the building's caretaker or to the rental agency.

8. Transport and mobility

Fribourg boasts an extensive public transport network, and is also a very pedestrian- and bike-friendly canton. Car use is also popular, with drivers in the canton benefitting from an excellent and well-maintained road infrastructure.

Public transport

The public transport network in Switzerland is extensive and efficient, but train, bus and boat tickets are pretty expensive. However, with an annual half-fare travelcard from Swiss Railways (CFR/SBB), you can enjoy discounts of up to 50%. This is a very popular option – nearly every other person in Switzerland has a half-fare travelcard. Travelling with children, though, costs very little. When accompanied by one of their parents, children aged 6 to 16 travel free if they have a Junior Card or a Children's Co-Travel Card (2017 price: 30 francs per year). There are many other discounts, especially for young people ('Track 7') and senior citizens. Always carry a form of ID with you in case the ticket inspector asks for proof of age.

www.sbb.ch/en/home.html

Some communes provide one-day public transport passes at very reasonable prices. Ask your commune for more details.

World champions

When it comes to train travel, the Swiss are world champions, clocking up an average of 2 300 kilometres (1 429 miles) per person, per year.

If you only use public transport in the canton of Fribourg, and not in the rest of Switzerland, you may benefit from purchasing a Frimobil ticket or pass, either for certain travel zones or for the entire cantonal transport network.

www.frimobil.ch

Fribourg Public Transport Service

www.tpf.ch

Non-motorised forms of transport: cycling and walking

In Switzerland, many people cycle or walk to work, school, or in their free time. These are non-polluting, inexpensive and healthy ways of getting from A to B. PubliBike runs a public bike-sharing network across the Greater Fribourg area. The canton also boasts a large number of cycling trails. Accidents can happen, so please make sure that you and your children have the necessary third-party liability and accident insurance cover (assurance responsabilité civile, assurance accidents/ Privathaftpflichtversicherung, Unfallversicherung).

Cycling

www.pro-velo-fr.ch

www.veloland.ch

www.publibike.ch

Cars

In the canton of Fribourg, like in the rest of Switzerland, over 50% of the population owns a car. To drive here, you must have a valid driving licence and motor insurance cover. In Switzerland, motorways are toll-free. To use them, you must purchase a sticker (which you display on the inside of the windscreen). Many retail outlets (customs offices, garages, post offices, supermarkets, etc.) sell the sticker for 40 francs (2017 price). It is valid for 12 months.

Importing cars

If you bought your car more than six months before coming to Switzerland, you do not have to pay import duty. If you are importing a car you have owned for less than 6 months, you will have to pay certain taxes. You have one year to register your vehicle in Switzerland. In both cases, the paperwork is completed at the customs office.



Exchanging driving licences

Foreign driving licence holders who settle in Switzerland must exchange their licences against a Swiss driving licence (credit card format) within 12 months of their arrival. Conditions vary according to the country of origin. The Cantonal Office of Transport and Navigation will explain what you have to do and what documents you need to register your vehicle or obtain a Swiss driving licence. It also provides information on all matters relating to motorised vehicles of any kind.

› [\[24\] Cantonal Office of Transport and Navigation OCN](#)

Driving in Switzerland

Speed limits in Switzerland are as follows: 50 km/h (31 mph) in built-up areas, 80 km/h (49 mph) outside built-up areas, and 120 km/h (74 mph) on motorways. In residential areas, the speed limit is often reduced to 30 km/h (18 mph) or 20 km/h (12 mph). The maximum permitted blood alcohol level for drivers is 0.5‰. Consumption of alcohol is forbidden for certain categories of drivers (e.g. 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 stopping at traffic lights for example, drivers are advised to turn the engine off.

› [\[24\] Cantonal Office of Transport and Navigation OCN](#)

9. Employment

Work enables you to support yourself and your family, meet new people and integrate more easily into the community.

Finding a job

The best way to find a job is to use a combination of the following:

- › ask people you know;
- › answer job ads published in newspapers and online;
- › search job ads online;
- › send unsolicited job applications to prospective employers;
- › contact employment and recruitment agencies;
- › register with the Regional Employment Agency (ORP/RAV).

Looking for work

French: www.fr.ch/spe

German: www.fr.ch/ama

www.espace-emploi.ch

www.travailler-en-suisse.ch

www.voies-du-travail.ch

Wages and social insurance contributions

Wages in Switzerland are relatively high, but so is the cost of living. Although there is no legal minimum wage, many sectors have collective agreements that set a minimum wage for their particular industry. Compulsory contributions to old-age and survivors' insurance (AVS/AHV), disability insurance (AI/IV), unemployment insurance (AC/ALV), etc. are automatically deducted from your salary. If you earn more than 21 150 francs per year (2017), contributions will also be deducted for your occupational pension plan (or '2nd pillar'), which tops up the statutory AVS/AHV pension (or '1st pillar'). You can also save for

your retirement by paying into a voluntary private pension plan, also known as the ‘3rd pillar’. Compulsory contributions account for around 15% of your income. On top of these are your mandatory health insurance premiums. These are not deducted from your salary but are paid by you directly to your health insurer (see Chapter 10: Health).

Taxes

In Switzerland, individuals pay tax on income and wealth. These taxes are used to finance the work and services provided 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 the income you have earned will be deducted directly from your salary (impôt à la source/Quellensteuer). If you have a permanent residence permit, you will receive a tax form in January. You can complete it using the free FriTax software. Should you encounter any difficulties, please contact the Cantonal Revenue Authority or an accountant.

> [25] **Cantonal Revenue Authority SCC**

FriTax software

French: www.fr.ch/scc

German: www.fr.ch/kstv

List of accountants in the canton of Fribourg

www.les-fiduciaires.ch

Household budgeting advice

It is not always easy managing your household budget, particularly when your income or family circumstances change. New events like the birth of a child, putting your children through education, moving house, separation, redundancy and retirement can affect your finances. There are specialist organisations which can help you draw up and manage your household budget.

French

www.frc.ch

French and German

www.caritas-fribourg.ch/fr

www.caritas-fribourg.ch/de

www.impulsmurten.ch

Debt management services

Many people in Switzerland get into debt because they no longer have enough money to pay their bills or have over-used their credit cards. Setbacks like ill health, redundancy and separation can make this situation worse. Some people who find themselves in debt need outside help to get their finances back on track. To avoid falling into difficult situations like these, you should contact an organisation that offers specialist debt reduction advice and guidance.

French

www.caritas-fribourg.ch

www.dettes.ch

German

www.caritas-fribourg.ch/de

www.schulden.ch

Social insurance

The main social insurance is old-age and survivors' insurance (AVS/AHV). Normally, all adults who are resident in Switzerland have to contribute to this scheme, regardless of their nationality or employment status. Even if you are no longer working, you must continue to pay your AVS/AHV contributions. The retirement age in Switzerland is 65 for men and 64 for women (2017). It is possible to retire earlier but your pension will be reduced. Contact the Cantonal Compensation Office for more information. Contributions to the disability insurance (AI/IV) scheme are collected alongside your AVS/AHV contributions. If you were to become disabled, the AI/IV would provide you with a disability pension or support to help you return to work.

> [26] [Cantonal Compensation Office CCCFR](#)

> [27] [Cantonal Disability Insurance Office, Fribourg, AI Office](#)

Unemployment insurance

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

In certain circumstances, and for most European nationals, periods of insurance and employment accumulated abroad are taken into account. For more detailed information, contact your local unemployment fund (caisse de chômage/Arbeitslosenkasse).

> [28] [Cantonal Labour Office SPE](#)

List of unemployment funds

French: www.fr.ch/spe

German: www.fr.ch/ama

Losing your job

If you are made redundant, you should notify the relevant authorities as soon as possible. If you live in the communes of Fribourg or Villars-sur-Glâne, you should contact the communal administration. If you live elsewhere in the canton, you should contact the Regional Employment Office (ORP/RAV) in your district. The communal administration or the ORP/RAV will explain what you need to do in order to claim unemployment benefits.

Applying for unemployment benefits

French: www.fr.ch/spe

German: www.fr.ch/ama

List of Regional Employment Offices

French: www.fr.ch/spe

German: www.fr.ch/ama



Social welfare

Social welfare is the social safety net of last resort. It guarantees to those in need a basic living, in order to help them become financially independent again and re-integrate in society. Welfare is provided to individuals whose family is unable to support them or who are not/no longer eligible for other social insurance benefits. As soon as the person's finances have improved, he/she must pay back the money paid out by the social welfare scheme.

> [2] Cantonal Social Welfare Office SASoc

If you wish to apply for social welfare, you should contact the regional social welfare office that covers the commune where you live or are officially registered.

Problems in the workplace

If there are problems or conflict between you and your employer or co-workers, you can seek advice from the Fribourg Trade Union Federation or your own trade union. Before taking the legal route, which can be long and expensive, it might be worthwhile contacting a neutral and independent mediation service first.

> [29] Fribourg Trade Union Federation USF

Information on mediation

French: www.fr.ch/sj

German: www.fr.ch/aj

www.fribourg-mediation.ch

Some kinds of behaviour, particularly in the workplace, are prohibited by law. These include psychological or sexual harassment, discrimination, as well as words, gestures or acts intended to humiliate others.

- [30] **Cantonal Office for Gender Equality and Family Affairs BEF**
- [13] **'Respect for All', Office of Consultation and Racism Prevention in the Canton of Fribourg, Caritas Switzerland, Fribourg Section**

Sexual harassment

www.harcelementsexuel.ch

Protection against unfair dismissal

The law protects employees against unfair dismissal on the grounds 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, but can claim legal compensation through the courts or negotiate a settlement with his/her former employer.

- [29] **Fribourg Trade Union Federation USF**

Undeclared work (“moonlighting”)

Even a person who occasionally earns a little money cleaning, looking after a house, gardening or babysitting is considered employed. Any paid activity must be declared to the social insurance authorities. Otherwise, it is considered to be illegal work, or “moonlighting”. If you have been working illegally and become disabled or lose your job, you will not be entitled to receive any disability or unemployment benefits. You will also not receive an old-age pension. The consequences of such a situation could be dire.

Employers must declare their employees to the social insurance authorities. The ‘Chèque Emploi’ association (Verein Service Check) is a service that helps ease the administrative burden on employers.

> [31] **Association Chèque Emploi – Centre for Socioprofessional Integration**

Illegal employment

www.pas-de-travail-au-noir.ch

10. Health

Health is a precious gift. Take good care of it!

Health and accident insurance (mandatory)

If you are arriving from abroad or from another canton, you have one month to submit your health and accident insurance certificate (attestation d'assurance/Versicherungsausweis) to the local authorities in your new commune of residence.

The mandatory health insurance pays out benefits in the event of ill health, maternity and accidental injury. It covers medical treatment, prescribed medication (provided they are on the official list) and stays on the general ward of a hospital in your canton of residence. You can also top up your basic cover by taking out supplementary insurance, which provides additional benefits like access to a private hospital room.

People who work are insured against non-occupational accidents by their employer. So, before you take out accident insurance cover, check that you are not already covered through your job. If you lose your job, you will need to take out your own accident insurance policy.

Health insurance

www.bag.admin.ch

Accident insurance

www.bag.admin.ch

Life expectancy

With an average of 81.3 years, Swiss men have the longest male life expectancy in the world. With 85.3 years, Swiss women come 6th in the world's female life expectancy rankings (2015).

Information on health insurance premiums

www.priminfo.ch

Fribourg Hospital

www.h-fr.ch

Premium reductions

Individuals, couples and families on low incomes may be eligible for a premium reduction from the canton. If you wish to apply for such a reduction, you need to fill out the necessary form and send it to the Cantonal AVS/AHV Compensation Office in Givisiez by 31 August of the current year. You will find the application form on the Cantonal Compensation Office website:

› [26] **Cantonal Compensation Office, Fribourg CCCFR**

Health care for the most vulnerable

The Fri-Santé association provides the most vulnerable members of the community (e.g. undocumented migrants) with free support and advice. At the Fri-Santé Health Centre (Espace de soins/Raum für Behandlung), patients who have no health insurance cover can receive basic medical treatment, regardless of whether they have a residence permit or not.

Fri-Santé also runs Griséliadis, a health promotion and prevention programme specifically for sex workers.

› [12] **Fri-Santé – Health Centre**

› [32] **Fri-Santé – Griséliadis (health promotion and prevention programme for sex workers)**

Physicians

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 point of contact if you fall ill. He/she will advise you, provide medical treatment and refer you to a specialist when necessary. You can find contact details for general practitioners in the telephone directory and online. Alternatively, you could ask your friends and acquaintances if they can recommend someone.

Fribourg Medical Association list

www.smcf.ch

Chief Medical Officer, canton of Fribourg

French: www.fr.ch/smc

German: www.fr.ch/kaa

Medical emergencies

If you have a medical emergency and cannot reach your general practitioner, you can contact either the on-call doctor in your district or one of the hospitals in the canton. If the situation is critical, dial 144 (ambulance service).

On-call doctor, by district

Sarine/Saane	026 304 21 36
Glâne	026 304 21 36
Gruyère/Greyerz	026 304 21 36
Lac/See	0900 670 600
Veveyse/Vivisbach	026 304 21 36
Singine/Sense	026 418 35 35
Broye	0848 133 133

Fribourg Hospital HFR, www.h-fr.ch

Fribourg/Freiburg	026 306 00 00
Billens	026 651 61 11
Riaz	026 919 91 11
Meyriez-Murten	026 306 70 00
Tafers	026 306 60 00

Hôpital intercantonal de la Broye Fribourg-Vaud, www.hopital-broye.ch

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

Other useful numbers

Out-of-hours pharmacy	026 304 21 40
KidsHotline (3 francs/min)	0900 268 001
Psychiatric emergencies	026 305 77 77

Dental care

General dental care, such as fillings and orthodontic treatment (dental braces), are not covered by the basic health insurance scheme. If you have children, you can take out dental insurance for them to ensure they are covered should any dental problems arise. The School Dental Service provides basic dental care for all children in compulsory education.

> [33] [School Dental Service SDS](#)



Emergency dental care

Fribourg/Freiburg, Sarine/Saane, Singine/Sense, Lac/See	0848 14 14 14
Glâne, Gruyère/Greyerz, Veveyse/Vivisbach	026 919 35 30
Broye	0848 133 133

Mental health

Anyone can, at any point in their life, find themselves overwhelmed and no longer able to cope. In such situations, it is always advisable to contact a mental health professional.

> [34] [Fribourg Mental Health Network RFSM](#)

The elderly

If you would like more information on elderly support and care services, please contact one of the following organisations:

- > [35] [Fribourg Association of Elderly Care Providers AFIPA](#)
- > [36] [Fribourg Association of Home Help and Care Providers AFAS](#)
- > [37] [Pro Senectute Fribourg – Freiburg \(Swiss Senior Citizens Organisation\)](#)

Social Services Office

www.fr.ch/sps

People with disabilities

People with a physical or mental disability, as well as their carers, can receive advice and support from the Cantonal Disability Insurance Office, the Pro Infirmis association or the Mobile Educational Service (children only).

- [\[27\] Cantonal Disability Insurance Office, Fribourg, AI Office](#)
- [\[38\] Pro Infirmis Fribourg – Freiburg \(Swiss disability charity\)](#)
- [\[39\] Mobile Educational Service SEI](#)

Fribourg Sexual Health Centre

If you have questions about your sex life, you can contact the Fribourg Sexual Health Centre (CFSS). Here, you can receive advice on contraception, sexuality, sexual orientation, pregnancy, abortion, sexually transmitted infections, sexual abuse, emotional well-being and relationships. Consultations are free and remain strictly confidential. The CFSS also offers gynaecological check-ups, as well as HIV and other screening tests.

- [\[40\] Fribourg Sexual Health Centre CFSS](#)
- [\[41\] Empreinte: HIV/AIDS and STD Support and Prevention Centre](#)

11. Map of the canton and emergency numbers

Canton of Fribourg – Facts & Figures

Surface area	1 592 km ²
Population	313 000
Official languages	French, German
Capital	Fribourg
	7 districts – 136 communes (2018)
Canton of Fribourg website	www.fr.ch
Office of Migrant Integration and Racism Prevention IMR	www.fr.ch integration@fr.ch 026 305 14 85

Emergency numbers in Switzerland

Police	117
Fire service (fire, water, gas hazards)	118
Ambulance	144
“Main tendue/Dargebotene Hand” (psychological distress)	143
Toxicological Institute (intoxication, poisoning)	145

If you find yourself in an emergency situation:

- > Stay calm
- > Identify the source(s) of danger
- > Protect yourself
- > Alert the emergency services
- > Give assistance

12. Marriage and family life

Supporting families and children is an important mission of the canton of Fribourg and its communes.

Marriage

In Switzerland, people must be at least 18 years old to get married. Only marriages celebrated in the presence of an authorised representative of a registry office are recognised. The Cantonal Registry Office will explain what the formal requirements are and what documents you need to submit. If you would like your future spouse or other family members to come live with you in Switzerland, you should first contact the Cantonal Population and Migration Office.

Cantonal Registry Office

French: www.fr.ch/sainec

German: www.fr.ch/iaeza

- > [42] **Cantonal Office of Institutional Affairs, Naturalisations and Civil Registries SAINEC**
- > [5] **Cantonal Population and Migration Office SPoMi**
- > [10] **Centre de contact Suisses-Immigrés CCSI (migrant support network)**

French: www.familles-fribourg.ch

German: www.familien-freiburg.ch

Binational marriages

In Switzerland, more than one in three marriages are between spouses of different nationalities.

Registered partnerships

Same-sex couples can formalise their union by entering into a registered partnership. The Cantonal Registry Office can provide detailed information about the steps you need to take.

> [43] Sarigai

Registry offices in the canton of Fribourg

French: www.fr.ch/sainec

German: www.fr.ch/iaeza

Family file

French: www.familles-fribourg.ch

German: www.familien-freiburg.ch

Births

All births must be registered with the Cantonal Registry Office within three days. If your child is born in a hospital, the hospital takes care of this for you. If it was a home birth, you are responsible for registering the birth. From birth, your child will be automatically insured against ill health for a period of three months. During this time, the parents are expected to take out health insurance in the child's name.

> [42] **Cantonal Office of Institutional Affairs, Naturalisations and Civil Registries SAINEC**

> [44] **Family and Couple Counselling Association, Fribourg**

Advice and support for mothers-to-be

www.sosfuturesmamans.ch

Maternity leave and allowances

After having given birth, women in Switzerland are entitled to at least 14 weeks' maternity leave. During this time, they receive a minimum of 80% of their salary. However, to qualify for a maternity allowance, they must have paid social insurance contributions for the nine months prior to delivery and have worked for at least five months during the same period. For most European nationals, periods of insurance and employment acquired abroad will also be taken into account. As a complement to the federal maternity allowance scheme, the canton of Fribourg grants an allowance to new mothers who were not employed prior to the birth of their child. The Cantonal Compensation Office can provide you with more detailed information.

➤ [\[26\] Cantonal Compensation Office CCCFR](#)

Family allowances

If you have children, you qualify for a family allowance. In the canton of Fribourg, this comes to CHF 245 per month, and CHF 265 from the third child. For children who are still in education, it is CHF 305 per month, and CHF 325 from the third child (2017) until the child turns 25. Generally speaking, employers pay the family allowance at the same time as the salary. Parents who are not in paid work can, under certain circumstances, claim a family allowance. The Cantonal Compensation Office can provide you with more detailed information.

➤ [\[26\] Cantonal Compensation Office CCCFR](#)

Children and Youth Rights

Like adults, children and young people, of either sex, 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 should not hit children or young people, just as the latter have no right to hit others. Female genital mutilation is prohibited and will be severely punished by law regardless of where it was performed (e.g. within a family setting, abroad, etc.).

- > [45] **Cantonal Office of Children and Youth Affairs SEJ**
- > [40] **Fribourg Sexual Health Service CFSS**
- > [46] **Child, Male and Traffic Accident Victim Support Unit**

Protection and rights of children and young people

French: www.fr.ch/sej

German: www.fr.ch/ja

Websites specifically for young people

French: www.ciao.ch

German: www.tschau.ch

Couples and families in difficulty

People who are encountering problems in their marriage, partnership or with their children can contact the Family and Couple Counselling Association. When parents separate or divorce, the parent who does not have primary custody of the children has to pay a monthly maintenance allowance for his/her child(ren) and, in some cases, for the other parent as well. If any problems arise with regard to these payments, the parent who has custody of the children should contact the Cantonal Office for Social Affairs.

- > [44] **Family and Couple Counselling Association**
- > [20] **espacefemmes association (advice and information centre for women)**
- > [2] **Cantonal Office for Social Affairs SASoc**

French: www.familles-fribourg.ch

German: www.familien-freiburg.ch



In certain cases, one member of the couple has had to leave his/her country and family. He/she must adapt to his/her new country and build a new social network, which is not always easy. Specialist associations exist which can provide assistance and advice.

- [20] **espacefemmes association (advice and information centre for women)**
- [47] **Frabina – counselling service for women and men in binational relationships**

Domestic violence

In Switzerland, the use of violence, including violence within the family, is prohibited. Domestic violence can be physical (hitting), psychological (threatening), 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. Perpetrators of domestic violence will be severely punished by law. Victims can ask for free advice or assistance from a victims support unit. People who would like to seek help for their violent tendencies can contact the Ex-expression association. All contact with these organisations remains strictly confidential.

- [48] **Association Solidarité Femmes (Women's Aid Centre) – centre for female victims of violence and crime, 24 hr helpline**
- [46] **Child, Male and Traffic Accident Victim Support Unit**
- [49] **EX-expression – organisation working with perpetrators of domestic violence**

French: www.familles-fribourg.ch

German: www.familien-freiburg.ch

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 human rights which are protected under the Federal and Cantonal Constitutions.

Women's aid

- **[48] Association Solidarité Femmes (Women's aid centre) – centre for female victims of violence and crime, 24 hr helpline**

Men's aid

- **[46] Child, Male and Traffic Accident Victim Support Unit**

13. Education and compulsory schooling

The authorities in the canton of Fribourg work hard to ensure that each and every child receives a quality education.

In Switzerland, school systems vary from one canton to another. In the canton of Fribourg, school is compulsory and free for children from the age of 4 to 15 (1^H-11^H).

A series of educational films on the Fribourg school system, which you can find on the following websites, is a good source of information.

www.fr.ch/osso

Education and vocational training in the canton of Fribourg

www.fr.ch/dics

www.edufr.ch

Parental responsibility

Parents have the primary responsibility for the education and training of their children. They have an obligation to cooperate with school authorities, to send their children to school and ensure that they respect school timetables and rules. If the school invites you to a personal interview or a parents' meeting, it is important you go. This can be very useful for finding solutions if your child is encountering problems or has to make important choices about his/her future. The Parental Support Service (éducation familiale/Familienbegleitung) provides advice and organises events for parents across the canton.

- > [45] **Cantonal Office of Child and Youth Affairs**
- > [50] **Education familiale (Parental Support Service)**

Day and after-school care

Families where both parents work need someone to look after their children during the day, at lunchtime, after school, or during the school holidays. Contact your commune for information on the day and after-school care options in your local area.

- > [51] [Fribourg Childminders' Federation](#)
- > [52] [Fribourg Federation of Nurseries and Kindergartens](#)



Walking bus service

In several communes, parents from the same neighbourhoods take turns walking their children to school. This is known as the 'Pédibus' (or walking bus). Just like taking a conventional bus, children wait at a Pédibus stop close to their home. At a designated time, they are picked up by the adult volunteer. From there, they and other local children make their way to school, under adult supervision at all times.

www.pedibus.ch

Infant school (from age 4, 1^H-2^H)

In the canton of Fribourg, children from the age of 2 onwards can be looked after in a nursery or a kindergarten. When they reach the age of 4, they have to attend compulsory preschool (HarmoS system). This is an important phase in your child's life as he/she will learn to socialise with others and acquire skills in the local language.

Primary school (from age 6, 3^H-8^H)

Primary school begins at around the age of 6. Teaching focuses on languages, mathematics, the environment, music, creative activities and sport. At the age of 11-12 (8^H), your child will be assessed based on three criteria: the teacher's report, first-semester grades, and the parents' and pupil's own assessments. In the event of any disagreement, schools in French-speaking Fribourg require your child to sit an exam (4th criterion). In German-speaking Fribourg, this exam will remain compulsory for all pupils until 2021.

‘Orientation Cycle’ – lower-secondary school (from age 12, 9^H-11^H)

From the age of 12-13 onwards, your child will enter the ‘Orientation Cycle’ and be assigned to one of three tracks:

- Basic track: pupils who need to consolidate their basic knowledge and wish to take the apprenticeship route;
- General track: pupils who plan to take the apprenticeship route or continue their studies;
- Pre-baccalaureate track: pupils who are considering higher education.

Students can move from one track to another depending on their results.

Educational and careers guidance

It is important that young people are fully 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, and possibly that of a careers guidance professional. The school’s secretariat can give you the address of your nearest Educational and Careers Guidance Centre.

Careers guidance information in other languages

French: www.orientation.ch

German: www.berufsberatung.ch

- [53] **Cantonal Vocational Guidance and Adult Education Office SOPFA**

School-aged children arriving from abroad and non-French/German-speaking children

In addition to their regular schooling, pupils who do not speak the local language of instruction attend special language classes and receive assistance that is adapted to their particular needs.

- [54] a) **French-speaking Fribourg: educational officer for the schooling of migrant children and native language and culture classes**
- [54] b) **German-speaking Fribourg: educational officer for the schooling of migrant children and native language and culture classes**

The Cantonal Office for Compulsory Education has a range of information booklets and films in several languages, designed specifically for parents from a migrant background.

Your child can also attend extra classes in his/her native language and culture, which are organised by the consulate of your country or members of your community.

www.fr.ch/osso

Caritas Switzerland and the Parental Support Service run preparatory courses (Ecoleplus) for preschool children from a migrant background.

www.educationfamiliale.ch

In addition, you will find books in over 200 languages at the intercultural library, LivrEchange.

- [19] **LivrEchange, Intercultural Library**

14. Vocational training and specialised studies (from age 15)

Host companies

Over 2 400 companies across the canton of Fribourg hire and train apprentices in more than 150 different occupations.

Switzerland has a 'dual-track' vocational education and training (VET) system. In practice, this means that, by the age of 16, young people have to choose between serving an apprenticeship or continuing their studies at a higher-secondary school.

In-company vocational training (from age 15)

Once or twice a week, the student takes courses at a vocational 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 on a contractual basis and according to the work he/she carries out. A two-year apprenticeship leads to a Federal VET Certificate (AFP/EBA), while a three/four-year apprenticeship leads to a Federal VET Diploma (CFC/EFZ). These qualifications are recognised throughout Switzerland. During or after their apprenticeship, trainees can study for a Federal Vocational Baccalaureate. From there, they can go on to study at a university of applied sciences (HES/FH).

The Swiss VET System

French: www.fr.ch/sopfa

German: www.fr.ch/bea

One of a kind

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

Find an apprenticeship

French: www.orientation.ch

German: www.berufsberatung.ch

› [15] **Cantonal Office for Vocational Education and Training SFP**

Young people arriving from abroad

Young people arriving from abroad who are too old to attend secondary school can attend integration courses run by the Cantonal Office for Vocational Education and Training. The aim of these courses is to help them move into vocational training.

› [53] **Cantonal Vocational Guidance and Adult Education Office SOPFA**

Upper-secondary school (from age 15)

Once they have completed their compulsory education, pupils can choose to study full-time at an upper-secondary specialised school, a commercial school, a vocational baccalaureate school or a baccalaureate school.

	Duration	Diploma
Upper-secondary specialised school	3 years	Specialised baccalaureate certificate
Commercial school	4 years	Federal VET Diploma (CFC/EFZ) + Commercial Vocational Baccalaureate
Vocational Baccalaureate School	4-5 years	Vocational baccalaureate
Baccalaureate School	4 years	Baccalaureate

Vocational baccalaureate

French: www.fr.ch/sopfa

German: www.fr.ch/bea

Cantonal Office for Upper-secondary Education (upper-secondary specialised schools, commercial schools, vocational baccalaureate schools and baccalaureate schools)

www.fr.ch/s2

Higher education

Students who obtain a baccalaureate from a baccalaureate school can continue their studies at university, the Lausanne or Zurich Federal Institute of Technology (EPFL and ETHZ) or a university of applied sciences (they may have to sit a mandatory entrance exam beforehand). The Admissions and Registration Office at the University of Fribourg can provide more detailed information. A person arriving from abroad is not automatically granted access to a Swiss institution of higher education even if he/she qualified for university in his/her country of origin.

The University of Fribourg

www.unifr.ch

Equivalence/recognition of foreign qualifications for admission to Swiss universities

www.swissuniversities.ch

Scholarships and training grants

Some students may be eligible for a scholarship or training grant. For more information, you can contact the education provider, your local authority or the Student Grants Office.

> [55] **Student Grants Office SSF**

Recognition of qualifications and experience acquired abroad

If you would like to have a foreign degree officially recognised, you should contact the State Secretariat for Education, Research and Innovation (SERI).

Recognition of foreign qualifications

www.sbf.admin.ch

If you have worked for over 5 years, it is possible, under certain conditions, to have your experience validated with a view to obtaining a vocational qualification recognised by Switzerland. You should contact the Vocational Guidance and Adult Education Office for more details.

> [53] **Cantonal Vocational Guidance and Adult Education Office SOPFA**

Validation of prior experience

French: www.fr.ch/sopfa

German: www.fr.ch/bea

Adult and continuing education

In Switzerland, most adults take continuing education courses to upskill or acquire new skills. These courses are sometimes funded by the employer. People who embrace lifelong learning stand a better chance of finding a fulfilling job. Ask your employer about the opportunities that are open to you.

Continuing education in Switzerland

French: www.formation-continue.ch

German: www.weiterbildung.ch / www.ausbildung-weiterbildung.ch

Interprofessional Continuing Education Centre CPI

www.cpi.ch

15. Protecting the environment

People living in the canton of Fribourg attach great importance to preserving the countryside, respecting public spaces and protecting the environment.

A pear with an Italian flavour

For many years, farmers in the canton of Fribourg have been cultivating a small pear called 'Botzi', or 'Büschelbirne', which literally translates as a 'cluster of pears'. Since 2007, this fruit is protected by an official designation of origin (AOC). However, there is still some debate about where it is originally from. One such claim is that the fruit was brought to Switzerland in the 17th century by Swiss mercenaries returning from the Italian city of Naples.

A diverse and unspoilt environment

The canton of Fribourg has a strong agricultural tradition, and a full 60% of its land is given over to farming. Its population accounts for a mere 3.7% of the total Swiss population (2017), yet the canton is responsible for 10% of the country's agricultural output. Thanks to eco-friendly farming methods, Fribourg is able to provide a vast array of organic agricultural produce which is healthy, delicious, locally sourced and available in village and city markets or can be acquired directly from the farmers and certain grocers and supermarkets. By protecting the soil they work, farmers also contribute to the excellent quality of the drinking water across the canton.

Landscape preservation

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

Respecting public spaces

Every commune has rules on how to behave in public places and towards other people. These include disposing of waste in rubbish bins, not making any unnecessary noise, and keeping household pets under control. You can request a copy of these rules from your local authority.

Waste recycling

In the canton of Fribourg, household refuse is carefully sorted. All communes have waste collection points where people can sort out their household refuse and dispose of it in the appropriate bins: glass, paper and cardboard, metal, batteries, oil, organic matter, electric appliances and toxic chemicals. Nearly half of the waste collected in this way is recycled. The rest is incinerated in an environmentally-compatible manner. Please ask your commune about waste collection points near you.



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 can provide you with information on the days when non-recyclable waste is collected, where you can buy official rubbish bags, and where and when you leave them out for collection. Depending on the commune where you are living, you will pay either a tax on official rubbish bags or according to the weight of the rubbish you are throwing out. You will often find information about this on your commune's website. Some communes provide a number of bags free of charge, depending on the size of the household. It is strictly forbidden to burn waste indoors or outdoors.

> [\[56\] Cantonal Office for the Environment SEn](#)

16. Participation in social and community life

Doing things for enjoyment and pleasure is important. These activities let you relax, learn new things, keep fit and meet other people.

Saint Nicholas (Saint-Nicolas/ Sankt Nikolaus)

Saint Nicholas was the Bishop of Myra in Turkey. He is the patron saint of not only the city and canton of Fribourg, but also sailors, children and butchers.

Fribourg festivals

The canton's most important festivals are in autumn and winter. In September-October herds of cows return to the valley after four months on the mountain pastures. This is called the 'désalpe' (Alpabzug). Villages like Semsales, Charmey, Schwarzsee and Albeuve host their own désalpe festivals, which are well worth a visit. In the months of September and October, the people of Fribourg celebrate 'Bénichon', or 'Kilbi' in Swiss-German. The highlight of this traditional harvest festival, which celebrates the end of the farming season, is a hearty banquet of delicious regional specialities. On the first Saturday of December, close to 30 000 people converge on the city of Fribourg to watch the Saint Nicholas parade. A student dressed as the patron saint crosses the city on a donkey, giving out gingerbread to the waiting children. Once he reaches the cathedral, he delivers a satirical speech inspired by the events of the past year.

In February, several towns in the canton host a carnival to celebrate the end of winter and the arrival of spring.

More about Fribourg's traditions and festivals:

www.fr.ch/tradifri

Popular sporting events

Morat-Fribourg:

The most popular road race in the canton since 1933. Every first Sunday of October, over 13 000 people run or walk the 17.17 km (10.7 miles) between the two towns.

www.morat-fribourg.ch

slowUp:

Whether alone, with friends or family, on foot, skates or by bicycle, this car-free event is a great way to explore the canton's beautiful countryside.

www.slowup-gruyere.ch

www.slowup-murtensee.ch

Cultural and sporting life

The canton of Fribourg has a vibrant cultural and sporting life. The canton is home to many museums and theatres, and hosts an array of cultural events. Some of these – the Fribourg International Film Festival, the International Folklore Festival (RFI) and Belluard Bollwerk International – are world renowned. There are a great many excellent music and choral societies, too. The canton also offers a wide choice of sporting activities for people of all ages. Fribourg Gottéron (ice hockey) and Fribourg Olympic (basketball) have a huge fan following and have enjoyed national success.

Contact your commune for information about sports activities in your local area.

You will find more information about cultural activities from your commune or at the local tourist office.

Cultural life in the canton of Fribourg

www.fribourgregion.ch

www.fribourg-culture.ch

Sporting life in the canton of Fribourg

www.fribourgregion.ch

www.afs-fvs.ch

www.fr.ch/sspo

Hiking

Hiking is the most popular sport in Switzerland. It is a great way for everyone – adults and children, young and old – to relax and explore new parts of the country. There a host of hiking trails to choose from across the canton.

Hiking

www.fribourgregion.ch

www.wanderland.ch

www.randosuisse.ch



‘Communes sympas – Gemeinsam in der Gemeinde’ (friendly communes)

The communes of Bulle, Düdingen, Estavayer, Fribourg, Marly, Schmitten and Wünnewil-Flamatt are all ‘friendly communes’ (2018). The aim of this project is to promote social inclusion and cohesion, and strengthen links between the authorities and the population. Do you live in one of these communes? If so, become a ‘friendly networker’, and get involved in local life, build on your existing skills and meet new people.

www.communes-sympas.ch
www.gemeinsam-in-der-gemeinde.ch

Clubs and societies

Clubs and societies bring together people who want to volunteer their time, and work with others to:

- › pursue shared interests: sports, culture, leisure, etc.
- › voice their concerns: parents of school-aged children, migrants, senior citizens, etc.
- › invest in the socioeconomic life of their community: trade unions, professional associations, interest groups, etc.

Switzerland is a country of clubs and societies. There are tens of thousands of associations across the country, of which several hundred are in the canton of Fribourg. Associations play a key role in the life of the canton: sports clubs, cultural societies, migrant associations, etc. Being part of an association will also help you integrate more easily in the local community. Associations are open to anyone that shares the same interests. To find out more, visit your commune’s website or contact your local authorities.

Volunteering

In Switzerland, one third of the resident population aged 15 and over is involved in at least one formal or informal voluntary activity. Volunteering allows you to give your free time to society, to experience new situations and meet people. Those interested in volunteering can find out more by asking around among friends and acquaintances. Alternatively, they can contact the Réseau Bénévolat Netzwerk Fribourg association, which keeps a list of the volunteering opportunities available in the canton.

- › [57] Volunteering Network Fribourg – Freiburg RBN

Religious life

The Constitution of the canton of Fribourg guarantees freedom of conscience and belief. Each person has the right to believe in a higher power or not, and to practise the religion of their choice. Nobody can be forced to practise a religion. Religious freedom is an individual right that everyone may use according to his/her personal beliefs. The cantonal authorities respect the important role of churches and religious communities in society. After Catholics and Protestants, followers of the Islamic faith are 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 foster inter-faith dialogue and preserve religious harmony.

Catholic Church of the canton of Fribourg

www.cath-fr.ch

Reformed Evangelical Church of the canton of Fribourg

www.ref-fr.ch

Fribourg Muslims Association

www.uamf.ch

Swiss Federation of Jewish Communities

www.swissjews.ch

17. Naturalisation and political participation

Swiss democracy offers citizens many possibilities to voice their opinions and participate in public affairs.

Direct democracy

Of all the democracies in the world, Switzerland offers citizens the most opportunities to participate in political life. It affords them extensive political rights, also called popular rights: voting rights, the right to be elected, right of initiative, right of referendum. The people may also propose amendments to the Constitution (right of initiative) or reject a law drafted by Parliament (right of referendum). In Switzerland, the people (citizens) are sovereign. Citizens have political rights at all three levels of government: federal, cantonal and communal. Swiss citizens are called to vote several times a year. The cantons and communes generally organise their votes at the same time as the federal government. The Federal Council (Conseil fédéral/Bundesrat), or cabinet, is elected by the Federal Assembly (Parliament), which is elected by the people. The Federal Assembly is made up of two chambers, the National Council (Conseil national/Nationalrat) and the Council of States (Conseil des Etats/Ständerat).

Political institutions

Elected political bodies are often called “the Council”. Their role is to consider general issues, discuss alternatives and put forward proposals that the people can choose to accept or reject.

The three levels of power

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

- Communal affairs (e.g. construction of a new theatre)
- Cantonal affairs (e.g. construction of the Poya bridge)
- Federal affairs (e.g. new Federal Family Allowances Act)

	Representative bodies:	
	legislative branch	executive branch
Fribourg communes	Communal Assembly or General Council	Communal Council
Canton of Fribourg	Cantonal Parliament	Cantonal Council
Swiss Confederation	National Council and Council of States	Federal Council

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 (préfet/Oberamtmann) in the seven districts of the canton.

The Swiss and Fribourg judicial systems

The justice system operates independently from political authority. It is also referred to as the third power within the federal state, alongside the executive and legislative branches of government. Switzerland has three jurisdictions, or judicial bodies: civil jurisdictions (conflicts between private individuals), criminal (prosecution and sentencing of offences) and administrative (conflicts between private individuals and the State). The canton of Fribourg has seven district courts. These are courts of first instance and handle civil and criminal cases.

The Cantonal Court is the supreme judicial authority in Fribourg on cases that fall under civil, criminal and administrative law. It adjudicates appeals lodged against the rulings of a court of first instance, and on the actions and legal remedies against decisions by the administrative authorities. The Federal Court is the court of final instance at national level and handles disputes among private individuals, among cantons, between citizens and the State, and between the federal authorities and the cantons. The Federal Court also protects citizens' constitutional rights (see Chapter 5: Rights and Duties).

Justice system in the canton of Fribourg

www.fr.ch/pj

Voters of foreign nationality

In the canton of Fribourg 16 000 foreign nationals have political rights at the communal level. In total, they make up almost 10% of the communal electorate.

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 communal level as Swiss citizens. As soon as you meet the legal requirements, you will automatically receive the official ballot papers. You can then vote on communal issues, participate in meetings of the Communal Assembly, elect members of the General Council and even stand for election yourself.

Other forms of political participation

Apart from political rights, there are many other ways of participating in public life and helping to shape the future of your local community, such as playing an active role in a neighbourhood association, a professional organisation, a sports club or a consultative commission. Like Swiss citizens, foreign residents, adult or minor, have the right to file a petition. The right to petition gives everyone the opportunity to submit requests, proposals, criticisms or grievances to the authorities. In some cases, petitions like these can influence the decisions that the authorities ultimately make.

› [\[58\] Main 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 gives them the right to vote and be elected at communal, cantonal and federal levels.

> [42] Cantonal Service of Institutional Affairs, Naturalisations and Civil Registries SAINEC

When they are granted Swiss citizenship, new Swiss citizens are required to attend the reception hosted by the cantonal authorities. During the event, 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.”

18. Useful addresses

- [1] **Office of Migrant Integration and Racism Prevention IMR**
Bureau de l'intégration des migrant-e-s et de la prévention du racisme IMR
Fachstelle für die Integration der MigrantInnen und für Rassismoprävention IMR
Grand-Rue 26, 1700 Fribourg
026 305 14 85, integration@fr.ch, www.fr.ch/imr
- [2] **Cantonal Office for Social Affairs SASoc**
Service de l'action sociale SASoc
Kantonales Sozialamt KSA
Route des Cliniques 17, Case postale, 1701 Fribourg
026 305 29 92, sasoc@fr.ch, www.fr.ch/sasoc
- [3] **Social Cohesion Unit**
Secteur de la cohésion sociale
Sektor des Gesellschaftlichen Zusammenhaltes
Administration générale
Place de l'Hôtel-de-Ville 3, 1700 Fribourg
026 351 71 06, Cohesion.Sociale@ville-fr.ch,
www.ville-fribourg.ch/cohesion_sociale
- [4] **Integration Commissioner**
Délégué-e à l'intégration
Delegierte/r für die Integration
Administration communale
Grand-Rue 7, Case postale 32, 1630 Bulle
026 919 18 00, secretariat@bulle.ch, www.bulle.ch/fr/integration
- [5] **Cantonal Population and Migration Office SPoMi**
Service de la population et des migrants SPoMi
Amt für Bevölkerung und Migration BMA
Route d'Englisberg 11, 1763 Granges-Paccot
026 305 14 92, spomi@fr.ch, www.fr.ch/spomi

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- [6] **Fribourg for all FpT**
Fribourg pour tous FpT
Freiburg für alle FfA
Route du Criblet 13, 1700 Fribourg
0848 246 246, fribourgpourtous@fr.ch, www.fr.ch/fpt
- [7] **Main Fribourg newspapers**
- › La Liberté
Boulevard de Pérolles 42, Case postale 208, 1705 Fribourg
026 426 44 11, redaction@laliberte.ch, www.laliberte.ch
 - › FreiburgerNachrichten
Boulevard de Pérolles 42, Postfach 576, 1701 Freiburg
026 426 47 47, fn.redaktion@freiburger-nachrichten.ch,
www.freiburger-nachrichten.ch
 - › La Gruyère
Rue de la Léchère 10, Case postale 352, 1630 Bulle 1
026 919 69 00, redaction@lagruyere.ch, www.lagruyere.ch
- [8] **Regional radio stations**
Radio Fribourg/Freiburg
Rue de Romont 35, Case postale 1312, 1701 Fribourg
026 351 51 00, radiofr@radiofr.ch, www.radiofr.ch
- [9] **Regional television channel**
La Télé
Boulevard de Pérolles 36, Case postale 205, 1705 Fribourg
058 310 05 05, contact@latele.ch, www.latele.ch
- [10] **Centre de contact Suisses-Immigrés CCSI, Fribourg
(migrant support network)**
Centre de contact Suisses-Immigrés CCSI Fribourg
Kontaktstelle SchweizerInnen-AusländerInnen Freiburg
Rue des Alpes 11, Case postale 366, 1701 Fribourg
026 424 21 25, info@ccsi-fr.ch, www.ccsi-fr.ch

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- [11] **Caritas Switzerland, Legal Advice Bureau, Fribourg BCJ**
Caritas Suisse, Bureau de consultations juridiques à Fribourg BCJ
Caritas Schweiz, Juristische Beratung für Asylbewerber in Freiburg BCJ
Boulevard de Pérolles 55, Case postale 11, 1705 Fribourg
026 425 81 02, www.caritas.ch
- [12] **Fri-Santé – Health Centre**
Fri-Santé – Espace de soins
Fri-Santé, Raum für Behandlung
Boulevard de Pérolles 30, 1700 Fribourg
026 341 03 30, info@frisante.ch, www.frisante.ch
- [13] **‘Respect for All’, Office of Consultation and Racism Prevention in the Canton of Fribourg, Caritas Switzerland, Fribourg Section**
« se respecter – Respekt für alle », Service de consultation et de prévention du racisme dans le canton de Fribourg, Caritas Suisse, Département Fribourg
« se respecter – Respekt für alle », Anlaufstelle für Rassismusberatung und -prävention im Kanton Freiburg, Caritas Suisse, Abteilung Freiburg
Boulevard de Pérolles 55, Case postale 11, 1705 Fribourg
026 425 81 00, serespecter@caritas.ch, www.serrespecter.ch
- [14] a) **French-speaking Fribourg: Mandatory French-language Instruction Service SEnOF**
Service de l’enseignement obligatoire de langue française SEnOF
Rue de l’Hôpital 1, Case postale, 1701 Fribourg
026 305 12 27, senof@fr.ch, www.fr.ch/osso
- [14] b) **German-speaking Fribourg: Mandatory German-language Instruction Service**
Amt für deutschsprachigen obligatorischen Unterricht DOA
Spitalgasse 1, Postfach, 1701 Freiburg
026 305 12 31, doa@fr.ch, www.fr.ch/osso
- [15] **Cantonal Office for Vocational Education and Training SFP**
Service de la formation professionnelle SFP
Amt für Berufsbildung BBA
Derrière-les-Remparts 1, 1700 Fribourg
026 305 25 00, sfp@edufr.ch, www.fr.ch/sfp

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- [16] **Association Lire et Ecrire – Fribourg Section (literacy service)**
Association Lire et Ecrire – Section de Fribourg
Verein Lesen und Schreiben, Sektion Freiburg
Rue St-Pierre 10, Case postale 915, 1701 Fribourg
026 422 32 62, fribourg@lire-et-ecrire.ch, www.lire-et-ecrire.ch
- [17] **Fribourg Red Cross: ‘Living in Switzerland’ course**
Croix-Rouge fribourgeoise: Cours « Vie en Suisse »
Freiburgisches Rotes Kreuz: Kurs «Leben in der Schweiz»
Rue G.-Techtermann 2, Case postale 279, 1701 Fribourg
026 347 39 70, langues-sprachen@croix-rouge-fr.ch, www.croix-rouge-fr.ch
- [18] **‘se comprendre’, Community Interpreting Service, Fribourg Section, Caritas Switzerland**
Service d’interprétariat communautaire « se comprendre »,
Caritas Suisse, Département Fribourg
Interkultureller Dolmetscherdienst «se comprendre»,
Caritas Schweiz, Abteilung Freiburg
Boulevard de Pérolles 55, Case postale 11, 1705 Fribourg
026 425 81 30, secomprendre@caritas.ch, www.secomprendre.ch
- [19] **LivrEchange, Intercultural library**
LivrEchange, Bibliothèque interculturelle
LivrEchange, Interkulturelle Bibliothek
Avenue du Midi 3-7, 1700 Fribourg
026 422 25 85, info@livrechange.ch, www.livrechange.ch
- [20] **espacefemmes association**
Verein frauenraum
Rue Saint-Pierre 10, 1700 Fribourg
026 424 59 24, info@espacefemmes.org, www.espacefemmes.org
- [21] **Cantonal Housing Office SLog**
Service du logement SLog
Wohnungsamt WA
Boulevard de Pérolles 25, Case postale 1350, 1701 Fribourg
026 305 24 13, slog@fr.ch, www.fr.ch/slog

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- [22] **Swiss Tenants' Association, Fribourg Section**
Association suisse des locataires ASLOCA, Section fribourgeoise
Association suisse des locataires ASLOCA, Sektion Freiburg
Secrétariat administratif, Case postale 18, 1774 Cousset
0848 818 800, www.asloca.ch
- [23] **Tenants' Association of German-speaking Fribourg**
Mieterinnen- und Mieterverband Deutschfreiburg
Case postale 41, 3185 Schmittlen
0848 023 023, mieterverband.deutschfreiburg@gmx.ch, www.mieterverband.ch
- [24] **Cantonal Office of Transport and Navigation OCN**
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
026 484 55 55, info@ocn.ch, www.ocn.ch
- [25] **Cantonal Revenue Authority SCC**
Service cantonal des contributions SCC
Kantonale Steuerverwaltung KSTV
Rue Joseph-Piller 13, Case postale, 1701 Fribourg
026 305 33 00, scc@fr.ch, www.fr.ch/scc
- [26] **Cantonal Compensation Office, Fribourg CCCFR**
Caisse de compensation du canton de Fribourg CCCFR
Ausgleichskasse des Kantons Freiburg AKFR
Impasse de la Colline 1, Case postale 176, 1762 Givisiez
026 305 52 52, ecasfr@fr.ch, www.caisseavsfr.ch
- [27] **Cantonal Disability Insurance Office, Fribourg, AI Office**
Office de l'assurance-invalidité du canton de Fribourg, Office AI
Invalidenversicherungsstelle des Kantons Freiburg IV-Stelle
Route du Mont-Carmel 5, 1762 Givisiez
026 305 52 37, info@aifr.ch, www.aifr.ch

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- [28] **Cantonal Labour Office SPE**
Service public de l'emploi SPE
Amt für den Arbeitsmarkt AMA
Boulevard de Pérolles 25, Case postale 1350, 1701 Fribourg
026 305 96 00, spe@fr.ch, www.fr.ch/spe
- [29] **Fribourg Trade Union Federation USF**
Union syndicale fribourgeoise USF
Freiburger Gewerkschaftsbund FGB
Rue des Alpes 11, Case postale 1541, 1701 Fribourg
026 322 74 45, usfr@bluewin.ch, www.uss.ch
- [30] **Cantonal Office for Gender Equality and Family Affairs BEF**
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, Case postale, 1701 Fribourg
026 305 23 86, bef@fr.ch, www.fr.ch/bef, www.familles-fribourg.ch
- [31] **Association Chèque Emploi – Centre for Socioprofessional Integration**
Association Chèque Emploi – Centre d'intégration socioprofessionnelle
Verein Service Check, Institution für sozio-professionelle Integration
Route des Daillettes 1, 1709 Fribourg
026 426 02 40, cheque-emploi@cisf.ch, www.cheque-emploi-fribourg.ch
- [32] **Fri-Santé – Grisélidis**
Boulevard de Pérolles 30, 1700 Fribourg
026 321 49 45, griselidis@frisante.ch, www.griselidis.ch
- [33] **School Dental Service SDS**
Service dentaire scolaire SDS
Schulzahnplegedienst SZPD
Boulevard de Pérolles 23, 1700 Fribourg
026 305 98 00, sds@fr.ch, www.fr.ch/sds
- [34] **Fribourg Mental Health Network RFSM**
Réseau fribourgeois de santé mentale RFSM
Freiburger Netzwerk für psychische Gesundheit
Centre de soins hospitaliers, L'Hôpital 140, Case postale 90, 1633 Marsens
026 305 78 00, Emergencies: 026 305 77 77, rfsm@rfsm.ch, www.rfsm.ch

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- [35] **Fribourg Association of Elderly Care Providers AFIPA**
Association fribourgeoise des institutions pour personnes âgées AFIPA
Vereinigung freiburgischer Alterseinrichtungen VFA
Secrétariat général
Route Saint-Nicolas-de-Flüe 2, 1700 Fribourg
026 915 03 43, office@afipa-vfa.ch, www.afipa-vfa.ch
- [36] **Fribourg Association of Home Help and Care Providers AFAS**
Association fribourgeoise d'aide et de soins à domicile AFAS
Spitex Verband Freiburg SVF
Secrétariat cantonal
Route Saint-Nicolas-de-Flüe 2, 1700 Fribourg
026 321 56 81, info@aide-soins-fribourg.ch, www.aide-soins-fribourg.ch
- [37] **Pro Senectute Fribourg – Freiburg (Swiss Senior Citizens Organisation)**
Passage du Cardinal 18, Case postale 169, 1705 Fribourg
026 347 12 40, info@fr.prosenectute.ch, www.fr.prosenectute.ch
- [38] **Pro Infirmis Fribourg – Freiburg (Swiss disability charity)**
Route Saint-Nicolas-de-Flüe 2, Case postale 98, 1705 Fribourg
026 347 40 00, fribourg@proinfirmis.ch, www.proinfirmis.ch
- [39] **Mobile Educational Service SEI**
Service éducatif itinérant SEI
Früherziehungsdienst FED
Fondation Les Buissonnets, Rte de Villars-les-Joncs 3,
Case postale 155, 1707 Fribourg
026 484 21 13, info@sei-fribourg.ch, www.sei-fribourg.ch
- [40] **Fribourg Sexual Health Centre CFSS**
Centre fribourgeois de santé sexuelle CFSS
Freiburger Fachstelle für sexuelle Gesundheit FFSG
• Rue de la Grand-Fontaine 50, 1700 Fribourg
• Rue de la Condémine 60, 1630 Bulle
026 305 29 55, sante.sexuelle@fr.ch, www.fr.ch/cfss

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- [41] **Empreinte: HIV/AIDS and STD Support and Prevention Centre**
Empreinte: Centre de soutien et de prévention dans le domaine du VIH/Sida et IST
Empreinte: Hilfs- und Präventionsstelle für HIV/Aids und STI
Boulevard de Pérolles 57, 1700 Fribourg
026 424 24 84, empreinte@tremplin.ch, www.tremplin.ch/empreinte
- [42] **Cantonal Service of Institutional Affairs, Naturalisations and Civil Registries SAINEC**
Service des affaires institutionnelles, des naturalisations et de l'état civil SAINEC
Amt für institutionelle Angelegenheiten, Einbürgerungen und Zivilstandswesen IAEZA
Boulevard de Pérolles 2, Case postale 471, 1701 Fribourg
026 305 14 17, office.etatcivil@fr.ch, www.fr.ch/sainec
- [43] **Sarigai**
Case postale 282, 1709 Fribourg
079 610 59 37, sarigai@sarigai.ch, www.sarigai.ch
- [44] **Family and Couple Counselling Association**
Association Office familial Fribourg
Verein Paar- und Familienberatung Freiburg
Avenue de la Gare 14, Case postale 1131, 1701 Fribourg
026 322 10 14, info@officefamilial.ch, www.officefamilial.ch
- [45] **Cantonal Office of Child and Youth Affairs SEJ**
Service de l'enfance et de la jeunesse SEJ
Jugendamt JA
Boulevard de Pérolles 24, Case postale 29, 1705 Fribourg
026 305 15 30, sej-ja@fr.ch, www.fr.ch/sej

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- [46] **Child, Male and Traffic Accident Victim Support Unit**
Centre de consultation LAVI pour enfants, hommes
et victimes de la circulation
Opferberatungsstelle für Kinder, Männer und Opfer von Verkehrsunfällen
Boulevard de Péroles 18A, Case postale 29, 1705 Fribourg
026 305 15 80, LAVI-OHG@fr.ch, www.fr.ch/sej/lavi
- [47] **Frabina – counselling service for women and men in binational relationships**
Frabina – Agence de consultation pour femmes et hommes
dans des relations binationales
Frabina – Beratungsstelle für Frauen und Männer in binationalen Beziehungen
Kapellenstrasse 24, 3011 Bern
031 381 27 01, info@frabina.ch, www.frabina.ch
- [48] **Association Solidarité Femmes – centre for female victims
of violence and crime**
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
026 322 22 02 (24 hr helpline), info@sf-lavi.ch, www.sf-lavi.ch
- [49] **EX-expression – organisation working with perpetrators of domestic violence**
EX-expression – Organisme de prévention et d'aide aux auteur-e-s de violence
EX-expression – Hilfsorganisation für Gewalttäter, Gewalttäterinnen
und Gewaltprävention
Route de la Vignettaz 48, 1700 Fribourg
0848 08 08 08, info@ex-expression.ch, www.ex-expression.ch
- [50] **Parental Support Service**
Education familiale
Familienbegleitung
Case postale 2, 1707 Fribourg
French: 026 321 48 70, German: 026 322 86 33,
contact@educationfamiliale.ch, www.educationfamiliale.ch

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- [51] **Fribourg Childminders' Federation**
Fédération fribourgeoise d'accueil familial de jour
Verband Freiburgischer Tagesfamilien
Passage du Cardinal 12, 1700 Fribourg
federation@accueildejour.ch, www.accueildejour.ch > Online list of telephone numbers by region
- [52] **Fribourg Federation of Nurseries and Kindergartens**
Fédération des crèches et garderies fribourgeoises
Freiburger Krippenverband
026 429 09 92, info@crechesfribourg.ch, www.crechesfribourg.ch
- [53] **Cantonal Vocational Guidance and Adult Education Office SOPFA**
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
026 305 41 86, sopfa@fr.ch, www.fr.ch/sopfa
- [54] a) **French-speaking Fribourg: educational officer for the schooling of migrant children and native language and culture classes**
Collaboratrice pédagogique pour la scolarisation des enfants de migrants et les cours de langue et culture d'origine
Route André Piller 21, 1762 Givisiez
026 305 46 15, senof@fr.ch, www.fr.ch/osso
- [54] b) **German-speaking Fribourg: educational officer for the schooling of migrant children and native language and culture classes**
Pädagogische Beraterin für die Schulung fremdsprachiger Schülerinnen und Schüler (KG-PS-OS) und die Kurse in Heimatlicher Sprache und Kultur (HSK)
Schulinspektorat KG-PS Deutschfreiburg
Mariahilfstrasse 2, 1712 Tafers
026 305 40 88, doa@fr.ch, www.fr.ch/osso

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- [55] **Student Grants Office SSF**
Service des subsides de formation SSF
Amt für Ausbildungsbeiträge ABBA
Rue St-Pierre Canisius 12, Case postale, 1701 Fribourg
026 305 12 51, bourses@fr.ch, www.fr.ch/ssf
- [56] **Cantonal Office for the Environment SEN**
Service de l'environnement SEN
Amt für Umwelt AfU
Impasse de la Colline 4, 1762 Givisiez
026 305 37 60, sen@fr.ch, www.fr.ch/sen
- [57] **Volunteering Network Fribourg – Freiburg RBN**
Réseau Bénévolat Netzwerk Fribourg – Freiburg RBN
Route Saint-Nicolas-de-Flüe 2, 1700 Fribourg
026 422 37 07, info@benevolat-fr.ch, www.benevolat-fr.ch
- [58] **Main political parties in the canton of Fribourg**
- › **Christian Social Party PCS**
Parti chrétien social PCS, www.csp-pcs.ch
Christlichsoziale Partei CSP, www.csp-pcs.ch
 - › **Christian Democratic People's Party PDC**
Parti démocrate-chrétien PDC, www.pdc-fr.ch
Christlichdemokratische Volkspartei CVP, www.pdc-fr.ch
 - › **FDP. The Liberals**
Parti libéral-radical PLR, www.plrf.ch
FDP. Die Liberalen FDP, www.plrf.ch
 - › **Socialist Party**
Parti socialiste PS, www.ps-fr.ch
Sozialdemokratische Partei SP, www.ps-fr.ch
 - › **Swiss People's Party UDC**
Parti de l'Union démocratique du centre UDC, www.udc-fr.ch
Schweizerische Volkspartei SVP, www.udc-fr.ch
 - › **The Green Party**
Parti Les Verts, www.verts-fr.ch
Die Grünen, www.verts-fr.ch
 - › **Green Liberal Party PVL**
Parti vert-libéral PVL, www.fr.vertsliberaux.ch
Grünliberale Partei GLP, www.fr.vertsliberaux.ch

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