

Table of contents

Arrival check list 9

1. Emergency numbers	9
2a. Prior to arrival	10
2b. After arrival	10
2c. Budgeting	10
2d. Comparison table for daily shopping	12
2e. Paying bills	13
2f. Other administrative information	13
3. Relocation companies and consultants	14
4. Moving companies (local and international)	16
5. Swiss insurance system	16
5a. Health Insurance	16
5b. House Belongings Insurance	17
5c. Third-Party Motor Insurance	17
5d. Cycling Insurance	17
5e. The Elderly and Survivors' Insurance and Disability Insurance	17
5f. Accident Insurance	18
5g. Occupational Pension (Pension Fund)	18
5h. The Three Pillar System	18
5i. Unemployment Insurance	18
5j. Maternity Leave Insurance	18
5k. Family Allowances	20
5l. Voluntary Insurances	20
5m. A list of selected health insurance companies	21
5n. Additional insurance companies	21
5o. Comparison tools	21
6. Wealth management services for expatriates	22
7. Consulates in Zürich	22
8. Bank holidays calendar	24
9. Useful links	26

Finding accomodation 29

1. How to find a place	29
1a. Where to look?	29
1b. Getting an idea on distances	30
2. Renting/Buying	30
2a. Renting	30
2b. Buying	32
3. Financing	32
4. How to successfully apply for a place	33
5. Moving in and getting connected	33
5a. Taking over	33
5b. Installations	34
6. Garbage and recycling	34

7. Temporary housing	36
7a. Furnished flats	36
7b. Hotels and B&B	36
8. More useful addresses and links	39

Home sweet home 41

1. General furniture stores	41
2. Local furniture stores	42
3. Interior decoration	44
4. Accessories and more things with a special touch	45
5. Outdoor	48
6. Garden & Plants	49
7. Second-hand furniture stores	49
8. Antiques	50
9. Textile	50
10. Photographers	51

Health matters 53

1. Introduction	53
2. Emergency contacts and numbers	53
3. Other useful numbers for non-life threatening situations, when family GP is closed	53
4. General practice	55
4a. Doctors	55
4b. Alternative medicine	55
4c. Polyclinic	55
4d. Apotheke	55
4e. Medical Emergencies (call 144)	56
4f. Dentists	56
4g. Psychiatrists and psychiatric treatment	56
4h. Hospital social service	56
4i. Spitex (Help and home care)	57
4j. Medical care for children	57
4k. Health Insurance	57
4l. Useful links and organizations	57
5. List of hospitals	59
6. Description of medical specialties available	60
7. Other tips for health	61
8. Dentists	62
9. Make yourself beautiful	63
9a. Hairdressers	63
9b. Beauticians	65

9c. Spas	66
10. Pets	68
10a. Importing domestic animals	68
10b. Experts in pet relocation	69
10c. Vets	69
10d. Behavior expected when owning a dog	69
10e. Going on holidays – Kennels	70

Before and after birth 71

1. Emergency numbers	71
2. Introduction	71
3. Hospitals and birthing centers	72
3a. Hospitals	72
3b. Birthing centers	75
3c. Post-birth requirements and administrative processes	75
4. Adoption	76
5. Maternity clothing	77
6. Prenatal activities	79
7. Postnatal activities	80
8. Shopping for babies & children	82
8a. In general	82
8b. Toys	85
9. Other useful addresses and links	89

Daycare for the little ones 93

1. General practices	93
2. Playgroups and daycare	93
3. Useful links	102

Schools and education 105

1. The Swiss school system – a brief overview	105
2. Public education	105
3. Private education	112
3a. Private schools	112
3b. Language courses	119

Job matters 127

1. General information	127
2. Work permits	128
3. Recruitment agencies	131
4. Online job sites and other sources	133
4a. Web only	133

4b. Local newspapers	134
4c. Education & Training	134
4d. Other sources	134

5. Unemployment insurance 134

5a. Introduction	134
5b. Unemployment benefits	135
5c. Example of calculation	135
5d. Application procedure	135

6. Labor law in Switzerland 135

7. Setting up a business 137

8. Chambers of Commerce (Handelskammern) 139

9. Diverse services to companies 139

10. Useful links 142

Excursions and other activities 143

1. Outdoors 143

1a. Hiking	143
1b. Walking	146
1c. Playgrounds and other outdoor activities	149
1d. On wheels: Biking and Rollerblading	152
1e. Zoos and animal parks	152
1f. Other links to plan outdoor activities	153

2. Indoors 153

2a. Museums	153
2b. Indoor fun	156

Creativity 159

1. Arts and crafts 159

2. Music and theatre 161

3. More hobbies and interests 163

Winter activities 167

Sports 179

1. Golf courses 179

2. Horse riding 180

3. Ice rinks 180

4. Rugby 182

5. Baseball and softball 182

6. American Football 182

7. Sailing 182

8. Rowing 183

9. Cycling 183

10. Swimming indoors	184
11. Swimming outdoors	186
12. Fitness and sports centers	188
13. Dancing	190
14. Personal trainers	195
15. Other ideas to keep fit	196
16. Just for Kids	198
17. Sports you only find in Switzerland	198

Yummy restaurants 199

1. Restaurants by place	199
2. Restaurants by type	216

Shopping 219

1. Tips for day-to-day shopping	219
1a. Top-range department stores	219
1b. Mid-range department stores	220
1c. Supermarkets	220
1d. Discount stores	220
1e. Online shopping	220
1f. Conversion tables	221
1g. Shopping malls	222
2. Specialty shops	227
2a. Fresh produce markets	227
2b. Local shops	229
3. Made in Switzerland	233
3a. General	234
3b. Swiss watches, jewelries and art	235
3c. Chocolate	237
3d. Cheese	237
4. Additional shopping	238
4a. Luxury	238
4b. Exquisite designer boutiques	239
4c. Designer jewelry and accessories	240
4e. English book stores	241
4f. Other shopping resources	241
4g. Outlets and thrift shops	243

Events and entertainment 247

1. Annual events	247
2. Special traditions	251
3. More entertainment	252
3a. Opera, concert, theater, show, circus, movies...	252
3b. Night life in Zürich	257
3c. Nightlife around the area	260

3d. More information on happenings	261
4. Planning your own party: event planning and catering	261

Mobility 267

1. Public transport	267
1a. Plane	267
1b. Train	268
1c. Tram	269
1d. Bus and PostBus	270
1e. Boat	270
2. Private transport	271
2a. Car	271
2b. Motorcycle	275
2c. Bicycle	275

Maps 277

Area covered	277
Zürich city: restaurants	278
Zürich city: Kreise (districts)	280
Zürich city: postal codes	281
Winterthur city: Kreise (districts)	282
Communities around Lake Zürich and Obersee	283

Acknowledgements 284

Advertisers 287

Abbreviations and acronyms

Time: we are using a 24 hours clock system, 8am = 08:00, 8pm = 20:00, 1am = 01:00, 1pm = 13:00
 Canton Zürich: ZH; Canton St. Gallen: SG; Canton Schwyz: SZ; Canton Schaffhausen: SH
 C for Celsius (0 °C = 32 Fahrenheit, see *Shopping* chapter for conversion details)
 m for meters (1 m = 3.28 feet)
 m² for square meters (150 m² = 179 square yard)
 km for kilometers (1.6 km = 1 mile, 68 km = 42 miles)
 cc for cubic centimeters