

INFORMATION GUIDE FOR INTERNATIONAL STUDENTS

This overview helps you to keep in mind some important issues for your studies at the Swiss Federal Institute of Sport Magglingen (SFISM) and your stay in Switzerland. Your main contact before and during your stay will be the Program Director and the International Coordinator of your Department. (See contact information)



Contents

1. Planning your Arrival
2. Entry regulations - VISA
3. Arriving in Magglingen/Macolin
4. Accommodation
5. Municipal Registration
6. Meals Bellavista (Restaurant)
7. Health Insurance
8. HousingAnywhere
9. Sports
10. Studying in Switzerland – don't forget
11. Language courses
12. Contact Information

1 Planning your Arrival

By Plane:

Geneva Airport: www.gva.ch

Zurich Airport: www.zurich-airport.com

Basel-Euro Airport: <http://www.euroairport.com>



By Train:

The Airports of Geneva and Zürich have a railway station inside the airport. In Basel you would have to take the airport bus nr. 50 to get to the train station in downtown Basel and take a train from there.

- From Geneva Airport : the trip to Biel/Bienne lasts around 1hour 30 Minutes
- From Zurich Airport : the trip to Biel/Bienne lasts around 1hour 30 minutes
- From Basel EuroAirport : the trip to Biel/Bienne lasts around 1hour 30 minutes (incl. bus)

By Taxi:

If possible try to avoid taxis as they are very expensive even for short distances.

2 Entry regulations - VISA

Before entering Switzerland, we recommend to check all regulations that apply to your entrance and arrival to Switzerland.

EU	EFTA (incl. Romania and Bulgaria)	Third countries
No visa required	No visa required	A visa might be required. Please visit the following website for further information: https://www.eda.admin.ch/countries/canada/en/home/visa/residency.html

Visa Application

Please contact **at least 3 months** in advance the Swiss diplomatic representation in your country (Embassy, Consulate General) in order to inform yourself about what is necessary to gain entry into Switzerland and apply for the visa https://www.swiss-visa.ch/register/i210_select_country_view.action

The relevant information about specific requirements can usually be obtained directly from the Embassy's website.

→ A tourist visa does not guarantee that you can start studying in Switzerland.

3 Arriving in Magglingen/Macolin

<https://www.baspo.admin.ch/de/das-baspo/standorte.html>



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4 Accommodation

You can reserve a student room in „Bernerhaus“, located in Magglingen/Macolin or in „Zeughaus“, located in Biel/Bienne. Please contact Nathalie.Barbezat@baspo.admin.ch

Accommodation costs

CHF 280.00 to CHF 550.00 per month for a room in a shared or private apartment.

5 Municipal Registration

Foreign students must report in person **within 14 days of arrival in Switzerland**, and in any case, **prior to start you studies** at their municipality of residence (residence services, residence control or immigration police [Fremdenpolizei]) and apply for a residence permit.

Erasmus students do not need to show proof of sufficient financial means when registering.

For Non-EU-Students please refer to more details on:

https://www.bfh.ch/en/service/international_relations_office/incoming_students/living_in_switzerland/residence.html

For any questions: iro.ehsm@baspo.admin.ch

If you have your accommodation in Biel/Bienne

You have to do your registration in Biel/Bienne City.

The office where you have to go:

Dienststelle Bevölkerung

Neuengasse 28

2501 Biel

Phone : 032 326 12 25



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If you have your accommodation in Magglingen/Macolin

You have to do your registration in Evilard:

Contact

Administration municipale

Route Principale 37

2533 Evilard

Téléphone: 032 329 91 00

E-Mail

6 Meals Bellavista (Restaurant)

All students have the opportunity to get valuable and inexpensive food in Magglingen. The menus are healthy and abundant.

Lunch menu includes:

1 dl gravy or soup

1 salad with the menu

1 main course choice (selection Vegi, Menu, Pasta or Pizza)

1 dessert

Price entire portion	CHF 14.00
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Price half portion	CHF 9.80
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Dinner entire portion	CHF 14.00
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Dinner half portion	CHF 9.80
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Morning breakfast	CHF 9.00
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7 Health Insurance

In Switzerland having a health insurance is compulsory. Students holding a European Health Insurance card as well as persons whose health insurance schemes are recognized by the Swiss authorities can apply to become exempt from the duty to take out health insurance. A written **request for exemption (form A)** from the Swiss health insurance requirement must be filled in within the first **3 months** of taking up residence in Switzerland. Bern Social Insurance Office makes the decision about exemption. Include a copy of the European Health Insurance Card with your application for exemption.

If you haven't fill in an exemption form you must take insurance in Switzerland!!!

Ratings and comparisons of health insurances and their prices are available at

<https://en.comparis.ch/krankenkassen/default>



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We suggest to visit the following website in case you do need a health insurance:
<https://swisscare.com/international-student-insurance/>

8 HousingAnywhere

Students that go on exchange or internship and want to rent out their room can use the housing platform www.HousingAnywhere.com. You can earn some extra money for your exchange by renting out your room, and you will help Bern University of Applied Sciences, with increasing the supply of short-stay housing for the incoming exchange students.

Also if you live with your parents, you can use this platform to rent out your room as a "home stay": most parents like to host an international student for 1 semester; ask them first of course before doing it!

www.HousingAnywhere.com is free to use and it operates on a student-to-student basis.

Feel free to use this webpage as well to rent out your room during summer (to students doing a summer course / summer internship in our city).

9 Sports

BFH offers a wide range of sport activities at the locations Biel, Burgdorf, Magglingen and Zollikofen. BFH Sports also has collaboration with the University of Bern enabling BFH students to use the Bern University's sport facilities and participate in their classes and trainings.

→ More information on www.bfh.ch/hochschulsport

10 Studying in Switzerland – don't forget

<https://www.swissuniversities.ch/en/higher-education-area/studying/studying-in-switzerland/>

11 Language courses

There are different options to do a German or French preparatory language course. Generally, for Erasmus students BFH covers a partial amount of the course costs. Ask your coordinator of the International Office for more information on language courses.

German Language Integration Course

Before the start of semester, the University of Berne provides a 2-week German integration course for exchange students. Participation is warmly recommended. You will not only learn about Swiss culture, politics and history, but also meet other exchange students. An online-test will be available on the following link (level A2 is required) in due time:

http://www.daf.unibe.ch/content/kursprogramm/anmeldung/index_ger.html

The course fees vary from CHF 200.- to 400.- BFH covers the cost of courses for ERASMUS/Swiss Mobility Program students. Please inform yourself by the International Office of your department.



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12 Contact Information

Swiss Federal Institute of Sports Magglingen

<http://www.ehsm.admin.ch/>

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