

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 at the end of the guide.



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1. Planning your Arrival

By Plane:

Genève-Aéroport: [Geneva Airport](#)

Zürich-Flughafen: [Zurich Airport](#)

Basel-Euro Airport: [Basel EuroAirport](#)



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 Zürich 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 the 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 inform yourself in good time of any entry requirements.

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

→ A tourist visa does not qualify you for commencing your studies in Switzerland.

3. Arriving in Magglingen/Macolin

[Standorte Bundesamt für Sport BASPO \(admin.ch\)](#) - [Les sites de l'OFSPPO \(admin.ch\)](#)

4. Accommodation

You can reserve a student room in Magglingen or in „Zeughaus“, located in Biel/Bienne. Please contact

Nathalie.Barbezat@baspo.admin.ch

Accommodation costs

Appr. CHF 280 -550 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 commencing study** 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 check with us before you arrive.

For any questions: nathalie.barbezat@baspo.admin.ch

6. If you have your accommodation in Biel/Bienne

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

We will inform you personally as soon as you are nominated.

7. If you have your accommodation in Magglingen/Macolin

You have to do your registration in Evilard/Leubringen.

We will inform you personally as soon as you are nominated.

8. 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 Veggie, Menu, Pasta or Pizza)

1 dessert

Price entire portion	CHF 14.00
Price half portion	CHF 9.80
Dinner entire portion	CHF 14.00
Dinner half portion	CHF 9.80
Morning breakfast	CHF 9.00

9. 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 filed 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.

10. 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).

11. 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

12. 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 semester begins, the University of Berne provides a 2-week German integration course for exchange students. Participation is warmly recommended. Not only will you learn about Swiss culture, politics and history, but you will 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.

13. Contact Information

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