

International Student Guide



graubynden Education and Research



Welcome to the University of Applied Sciences of the Grisons

The University of Applied Sciences of the Grisons is an innovative and entrepreneurial higher education institution with over 2,000 students. Founded in 1963, the institution is well known for its specialist degree programmes, its further education programmes as well as its research and consultancy.

Bachelor's study programmes:

- Architecture
- Business Administration
- Civil Engineering
- Digital Business Management
- Information Science
- Mobile Robotics
- Multimedia Production
- Photonics
- Service Design
- Sports Management
- Tourism

Master's study programmes:

- Engineering
- Information and Data Management
- New Business
- Tourism

International students will experience Swiss high-quality education standards, practice-oriented teaching, specialist study programmes and a supportive learning environment.

Chur is Switzerland's oldest city and is the capital city of the canton of Grisons, Switzerland's largest holiday region. Famous resorts, such as Davos, Klosters and St. Moritz, are easily accessible. Chur is also a top location for travelling in Switzerland and Europe with regular transport connections to Zurich (1 h 15), Milan (3 h), Munich (4 h) and Paris (5 h 30).

Study in the Heart of Europe



Table of Contents

Welcome to the University of	
Applied Sciences of the	
Grisons	3
Academic Calendar	6
Accommodation	7
Application Dates	9
Arrival	9
Attendance	9
Bank Account	10
Buddy Programme	10
Cafeteria	10
Career Center	10
Checklist	
Chur - Place of study	11
Class Times	13
Classroom Culture	13
Climate	
Copying and Printing	14
Cost of living	
Counselling	14
Courses	
Cultural Adjustment	15
ECTS	17
Emergency	17
ESN	
Examinations	18
Feedback/Complaints	19
Free time and Leisure	19

Grading System	21
Health	21
Health and accident	
Insurance	22
ID Card	23
International Office	24
Intranet	
IT	24
Language	25
Laptop	25
Library	
Living in Switzerland	28
Mobile Phone	
Moodle	29
Must dos in Chur/	
Switzerland	29
Orientation Days	29
Religion	31
Residence Permits and	
Visas	31
Shopping	32
Sport	
Student organisations	
Study Regulations	33
Transport	33
Working in Switzerland	33
What to do in emergencies.	34
Location Plan	35

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Academic Calendar

2019/20	Autumn semester	Spring semester
Semester dates	16.09.19-07.02.20	17.02.20-03.07.20
Orientation days (exchange)	12.09.19-13.09.19	13.02.20-14.02.20
Introduction days (international)	09.09.19-13.09.19	
Semester break	21.12.19-05.01.20	09.04.20-15.04.20
Exam period	20.01.20-07.02.20	15.06.20-03.07.20

2020/21	Autumn semester	Spring semester
Semester dates	14.09.20-12.02.21	22.02.21-09.07.21
Orientation days (exchange)	10.09.20-11.09.20	18.02.21-19.02.21
Introduction days (international)	07.09.20-11.09.20	
Semester break	19.12.20-10.01.21	01.04.21-07.04.21
Exam period	25.01.21-12.02.21	21.06.21-09.07.21

Autumn semester	Spring semester
20.09.21-11.02.22	21.02.22-08.07.22
16.09.21-17.09.21	17.02.22-18.02.22
13.09.21-17.09.21	
24.12.21-10.01.22	14.04.22-20.04.22
24.01.22-11.02.22	20.06.22-08.07.22
	20.09.21-11.02.22 16.09.21-17.09.21 13.09.21-17.09.21 24.12.21-10.01.22

Accommodation

The International Office assists foreign students in finding accommodation. Contact us well in advance as options are limited: international@fhgr.ch

Flat-shares: Rent a room in a shared apartment (approx. CHF 500–750 per month). fhgr.ch/wohnungsboerse wgzimmer.ch

Student residence Scalära: A limited number of rooms are available for English-speaking exchange students and international students in their first year of studies. Rooms are furnished, there is free Wi-Fi, laundry facilities and a cafeteria providing good quality set menus.

Rental through: international@fhgr.chRent for semester (incl. half-board)CHF 3,633DepositCHF 800

Internet search engines for unfurnished apartments:

newhome.ch immoscout.ch



Be aware of cyber criminals advertising fake rooms and rental properties.

'The exchange semester at the University of Applied Sciences of the Grisons has been an amazing experience both because of the studies and as well the breathtaking scenery of Chur.'

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Ella Sinisalo, Haaga Helia Finland

Application Dates

Exchange students Autumn semester 15.05./Spring semester 15.11. International students Bachelor's 30.04./Master's 31.05.

Arrival

There are three main airports in Switzerland: Basel, Geneva and Zurich. The closest airport is Zurich with hourly train connections to Chur via the 'Hauptbahnhof' main station.

Zurich Airport to Zurich main station: 10 mins. Zurich main station to Chur: 90 mins. (last train at approx. 11 p.m.)

The University of Applied Sciences of the Grisons is located on several premises, which are around a 10-minute bus ride from the city centre. All buses depart from Chur's main station.

University of Applied Sciences of the Grisons, Comercialstrasse: Bus number 1 (bus stop 'Kalchbühl') or number 6 (bus stop 'City West'). University of Applied Sciences of the Grisons, Pulvermühlestr. 57: Bus number 2 (bus stop 'Grischunaweg').

Attendance

Students should attend all classes regularly in order to keep up with the heavy workload and participate in class activities. Mandatory attendance for lessons is specified in the semester information. If a student cannot attend a mandatory lesson for a serious reason, a dispensation request must be sent in writing to the Director of Studies.

Bank Account

You can use your foreign EC/credit cards to withdraw money, but be aware of being charged a fee with each withdrawal.

To open a bank account in Switzerland, you will need to show your passport, University of Applied Sciences of the Grisons ID card and residence permit.

The two biggest banks in Switzerland are UBS and Credit Suisse. There are also many smaller banks, such as the cantonal banks (e.g. Graubündner Kantonalbank, Migrosbank, Bank Cler, Raiffeisenbank and Postfinance). Make sure to use the ATM of your bank when withdrawing cash, otherwise you will be charged a fee.

Buddy Programme

A buddy is a local student volunteer who you can contact before you come to Switzerland. Your buddy gives you practical information before you leave, can meet you on arrival at the train station in Chur and helps you get familiar with your new surroundings. ESN will allocate a buddy to each exchange student approximately two months before the start of the semester.

Cafeteria

The University of Applied Sciences of the Grisons has a cafeteria (Mensa) at Pulvermühlestrasse 57 and one at Comercialstrasse 22 serving warm meals, snacks and drinks.

Career Center

The Career Center offers career advice, coaching, CV checks, personality profiles, workshops and a mentoring programme. fhgr.ch/careercenter

Checklist

Pre-departure

- Receive a letter of acceptance from the University of Applied Sciences of the Grisons
- Check that your passport or EU national identity card is valid for three months beyond the period of your stay in Switzerland
- Apply for a visa three months in advance (non-EU citizens)
- Arrange health and accident insurance
- Find accommodation in Chur well in advance
- Contact your buddy for practical advice
- Bring a laptop with you

On arrival

- Attend the mandatory orientation session
- Get your University of Applied Sciences of the Grisons ID card
- Get an IT account and e-mail address
- Learn how to the use Moodle, the intranet and the library
- Collect and pay for your residence permit
- Finalise your learning agreement (exchange students)

Departure

- Terminate your rental contract within the time limit
- Terminate additional contracts within the time limit (telephone, Internet, etc.)
- Inform the International Office about your departure date and new address
- The transcripts of records of exchange students are sent to the home university (exchange)

Chur - Place of study

Population	37,602
Canton	Grisons (Graubünden)
Altitude	590 m
Area	28.09 km ²
Website	chur.ch



Class Times

Bachelor's level: Monday to Friday, 8.15 a.m. to 9.50 a.m. / 10.15 a.m. to 11.50 a.m. / 1.15 p.m. to 2.50 p.m. / 3.15 p.m. to 4.50 p.m. / 5 p.m. to 6.30 p.m.

Master's level: Thursday to Saturday, 9.15 a.m. to 12.30 p.m. / 1.30 p.m. to 4.45 p.m.

Classroom Culture

1	Dos
	003

- Attend lessons regularly
- Be punctual
- Actively participate in classroom discussions and group work
- Express your opinion and be honest
- Take your studies seriously (the academic level in Switzerland is demanding)
- Address the teacher as Mr or Ms (unless the lecturer asks you to use his/her first name)
- Be solution-oriented when you have a problem and seek help from staff if you cannot solve it

🗘 Don'ts

- Eat during lessons
- Use your mobile phone during lessons



Climate

Copying and Printing

Use your University of Applied Sciences of the Grisons ID card to photocopy and print. There are several machines for loading your card with cash.

Cost of living

Food, transport, accommodation and clothing are expensive in Switzerland. However, the cost of living also depends a lot on your lifestyle. The following list serves as a guideline for you:

Average cost per month

CHF 600
CHF 400
from CHF 370
CHF 100
CHF 530

Refer to website (in German): budgetberatung.ch

Counselling

Are you experiencing serious personal issues and need support in finding solutions for these problems? Take the first step and contact our student counselling service. Our services are free and confidential. fhgr.ch/counselling

Courses

Exchange students can select courses equivalent up to 30 ECTS per semester. Within the first two weeks, exchange students may add or drop subjects (timetable permitting).

View current courses for exchange students: fhgr.ch/exchange

Students can access their timetable on the intranet.

Cultural Adjustment

Living and studying in a foreign country is an enriching, life-changing opportunity. However, it can also be a big challenge. Behaviour and values are unfamiliar, while linguistic barriers and different styles of communication can lead to misunderstandings and disorientation. This initial adjustment period can result in what is commonly known as a 'culture shock'.

Some of the typical symptoms are:

- Feeling of isolation and helplessness
- Confusion, anxiety or excessive worry
- Decreased performance, fatigue, inability to concentrate
- Negative feelings towards people and the culture of the host country

Should you experience a culture shock, here is some advice to help you cope:

- Get involved and active (join 'ESN Chur', sports, hobbies)
- Get your Swiss Buddy to help familiarise you with Swiss culture
- Learn German and Swiss German phrases for daily life
- Maintain contact with your family and friends back home
- Do something that reminds you of home (cooking, music, films, etc.)
- Contact the International Office staff for a friendly chat or the student counsellor for professional support

'I am very happy to have chosen the University of Applied Sciences of the Grisons. Living in the mountains is a unique experience. The new knowledge and experiences that I have gained have made me grow. I have also improved my German skills, becoming more fluent.'

Paula Liras Ripoll, exchange student from the University of the Balearic Islands Mallorca

ECTS

The University of Applied Sciences of the Grisons uses the European Credit Transfer System.

Typically, a student's workload includes:

- contact lessons
- accompanied self-study
- free self-study
- assignments (individual and group)
- teamwork
- preparation and follow-up
- participation in events, field trips, etc.
- examinations
 - 1 ECTS Average workload of 30 hours
- 60 ECTS Yearly workload (full-time)
- 180 ECTS 3-year bachelor's degree (full-time)
 - 90 ECTS 1.5-year master's degree (full-time)



Emergency

Emergency numbers can be found on the last page of the guide.

ESN

Erasmus Student Network (ESN) is an international non-profit student organisation founded in 1989 with headquarters in Brussels. The primary aim of ESN is to promote the social and personal integration of exchange students.

ESN University of Applied Sciences of the Grisons is run by a team of local student volunteers. They organise diverse activities and events, such as a weekend trip to the Italian-speaking part of Switzerland or a bowling evening in Chur. They are also responsible for coordinating the buddy programme.

To participate in ESN, students purchase an ESN card. With this card, students can attend events at a reduced price and benefit from discounts with several partners in Chur.

Follow them at facebook.com/ESNChur.

Examinations

It is essential that students read the document 'Study and examination regulations for bachelor's/consecutive master's study courses' available on the intranet (under 'downloads').

General information

- Module examinations take place during examination week (refer to academic calendar).
- Students enrolled in a module are automatically registered for an examination. Exceptions to this rule are external language examinations (refer to 'Study and examination regulations').
- Students must inform their language teacher and the administration if they want to register for the external or internal language examination.

Feedback/Complaints

Each class has a student representative who meets regularly with the faculty to provide feedback and constructive criticism about the lessons and organisation. You are free to either give your feedback to the class representative or to the member of staff directly.

Free time and Leisure

ESN events facebook.com/ESNChur

Student union facebook.com/fhgr.studentenschaft

Cambiela cambiela.ch

Student Hub facebook.com/studenthubchur

Choir Every Wednesday during lunch break

Sport fhgr.ch/sport

Library fhgr.ch/library

Chur churtourismus.ch

Grisons graubuenden.ch

Switzerland myswitzerland.com



Grading System

The grading scale at university level in Switzerland is from one to six.

Swiss grade	Definition	Rating
6.0	Excellent	Pass
5.5	Very good	Pass
5.0	Good	Pass
4.5	Satisfactory	Pass
4.0	Sufficient	Pass
3.5	Insufficient	Fail
3.0-1.0	Poor	Fail

What is a minus credit point?

If a student fails a module, they get so-called 'minus credits' on their grade report. Minus credit points (MCP) denote the difference between the mark 4.0 and an insufficient mark (IM), weighted with ECTS credits: MCP = $(4 - IM) \times ECTS$ credits.

See the 'Study and examination regulations' for further information.

Health

Refer to the Swiss Medical Association's website for a comprehensive list of doctors in Switzerland: doctorfmh.ch

Medi Porta Doctor and Pharmacy Gürtelstrasse 46, 7000 Chur T +41 81 511 63 63 mediporta.ch

If you need to see an English-speaking dentist, refer to the Swiss Dental Association website: sso.ch > SSO-Zahnarztpraxis suchen (search) > 7000 Chur

Health and accident Insurance

It is compulsory for all persons living in Switzerland to have health and accident insurance. The 'KVG' (Krankenversicherungsgesetz) is the Swiss Health Insurance Act that specifies the basic insurance benefits and ensures that all insurance companies offer the same basic health insurance coverage.

Students can request the University of Applied Sciences of the Grisons to set up an insurance policy on his/her behalf. The insured person pays a monthly premium and there is an additional cost-sharing model if medical treatment is required. Insured persons pay an annual deductible, a retention fee and a contribution to the cost of a hospital stay.

International students who have a foreign health insurance policy covering the exact same benefits as the Swiss Health Insurance Act (KVG) may be eligible for exemption from compulsory Swiss health insurance. If the foreign insurance company signs an exemption form to confirm that the insurance covers exactly the same benefits as specified by Swiss Health Insurance Act (KVG), the student will be able to request exemption at the cantonal authority. The International Office will assist students who wish to apply for exemption.

Further information:

- ch.ch/en/basic-health-insurance-services/
- en.comparis.ch/krankenkassen/info/glossar/leistungen-krankenpflegeversicherung.aspx
- bag.admin.ch/bag/en/home/versicherungen/krankenversicherung/krankenversicherung-das-wichtigste-in-kuerze.html
- migesplus.ch/en/publications/health-care/show/ health-guide-to-switzerland-1/



In addition to standard health insurance coverage, make sure you are fully insured for winter sports and accidents in general. Not all foreign insurers cover such incidents and treatment is very expensive in Switzerland.

ID Card

All matriculated students obtain a University of Applied Sciences of the Grisons identification card.

The ID card has the following functions:

- Proof of student identity
- Copy/Printing card
- Cash card for the cafeteria
- Sport card

You can load cash onto the card at various loading stations located throughout the campus.

Students can also use their University of Applied Sciences of the Grisons ID card as a bus card, which is cheaper than buying individual tickets. In order to use this function, you must follow these steps:

- Activate the ID card at the 'Stadtbus' office at the train station in Chur
- Load cash onto the card at the office or on the bus directly
- Place your card against the reading device on the bus to book a ticket (wait until the light goes green)

International Office

The International Office is located at Comercialstrasse 24 (room F0.02 – ground floor).

Contact

international@fhgr.ch T +41 81 286 24 29 fhgr.ch/international

Intranet

The intranet is used to access your weekly schedules, study confirmations, study regulations, grade reports, sport account, etc. Students are shown how to use the intranet during the orientation week.

IT

You will get your personal login details during your IT introduction in the information/orientation week. All rooms at the University of Applied Sciences of the Grisons are equipped with WLAN which you can access with your personal login data. Anyone experiencing problems or defects involving hardware or software can contact the IT department.

Contact

support@fhgr.ch T +41 81 286 39 10

Language

Teaching language: High German (Tourism in English) Language level required: Advanced C1 Spoken language: Swiss German dialect

Useful Swiss German expressions

– Grüezi (mitanand)	Hello (everyone)
– Wia gots?	How are you?
– Guat und Diar?	Fine and you?
– Tschüss	Вуе
– Bis später	See you later
– Wo isch der Bahnhof?	Where is the train station?
– Wia tür isch as Ticket noch	How much does a ticket cost to
– Bitte	Please
– Bitte gern gscheh	You are welcome
– Danka/Merci	Thank you
– Entschuldigung	Excuse me

German courses are offered in the Tourism study programme.

External German courses are offered at:

klubschule.ch/Angebote/Sprachen ibw.ch

Laptop

It is compulsory that students have a laptop for their studies at the University of Applied Sciences of the Grisons.



Remember to bring your laptop with you during the orientation session as you will get assistance setting up your IT account.



Library

The University of Applied Sciences of the Grisons has two libraries. The Technical Library at Pulvermühlestrasse 57 caters for Architecture, Information Sciences and Media. The Economics Library at Comercial-strasse offers literature for Economics and Tourism.

fhgr.ch/bibliothek facebook.com/FHGR.Bibliothek

Contact

bibliothek@fhgr.ch T +41 81 286 39 37 (Economics Library) T +41 81 286 24 33 (Technical Library)

Living in Switzerland

Quiet periods or 'Ruhezeiten'

No noise in your apartment or on the street

- Weekdays from 12 noon until 1 p.m. and 10 p.m. until 7 a.m.
- Sundays and public holidays

Waste disposal

- You need to purchase special rubbish bags 'Kehrichtsäcke' at the supermarket
- Dispose of your rubbish bags in the 'Molok' containers located throughout Chur
- You can recycle the following: glass, PET, paper, cardboard, aluminium, batteries, electronic devices, metal, compost, etc. There are various collection points located throughout Chur
- Remember not to dispose of rubbish during quiet periods

Electrics

You will need a special electric adapter for Switzerland as your plug may not be compatible with the Swiss socket.

Useful links

swissworld.org swissinfo.ch bwo.admin.ch

Mobile Phone

Mobile phone providers: Swisscom, Salt, Sunrise, Coop, Migros, Yallo, Wingo

Moodle

Moodle is the University of Applied Sciences of the Grisons's e-learning platform. Students can access module information and learning materials, communicate with teachers and classmates as well as register for modules.

All students are given an introduction session during the orientation days. moodle.fhgr.ch

Must dos in Chur/Switzerland

- blog.ssth.ch/ the-8-most-breathtaking-places-to-visit-in-graubunden
- myswissalps.com/graubunden/activities
- myswitzerland.com/de-ch/
- theculturetrip.com/europe/switzerland/ articles/20-must-visit-attractions-in-switzerland/
- atlasobscura.com/things-to-do/switzerland
- lonelyplanet.com/switzerland/graubunden/top-things-to-do/a/ poi/360818

Orientation Days

Orientation days/introduction week are mandatory for all students. Students will get important information about their studies, living in Switzerland and will get involved in social activities in order to get to know their classmates better.



Religion

Christianity is the predominant religion in Switzerland.

- Catholic and Protestant churches in Chur: chur.ch/kirchenuebersicht
- Swiss Israel Society (Schweizerische Israelitische Gesellschaft): swissjews.ch
- Swiss Islamic Society (Schweizerische Islamische Gesellschaft): islam.ch
- Swiss Buddist Society (Schweizerische Buddistische Union): sbu.net

Residence Permits and Visas

Visas

Students who are not EU/EFTA nationals require an entry visa for Switzerland. After receiving a letter of acceptance from the University of Applied Sciences of the Grisons, students apply for a visa from the Swiss consulate or embassy in their home country. In addition, the International Office applies to the local cantonal immigration authorities for the visa. Once the request has been approved, the International Office forwards notification to the student, who then collects the visa from the Swiss consulate or embassy in his/her home country. All fees for the visa are paid for by the student. eda.admin.ch

Residence permits

All foreign students require a residence permit for the duration of their stay in Switzerland. The International Office applies for the initial residence permit on behalf of the student on arrival. The annual extension of the residence permit must be applied for by the students themselves. All fees for the residence permit are paid for by the student.

Shopping

Opening hours	Monday to Friday: 8.30 a.m. to 6.30 p.m. Saturday: 8.30 a.m. to 5 p.m. Sunday: closed
Shops	Manor, H&M, Esprit, C&A, etc.
Supermarkets	Coop, Migros, Denner, Spar, Aldi, Lidl, Volg
Farmers' market	Saturdays – summer only
Flea market	First Saturday of the month – summer only
Seasonal markets	chur.ch/brauchtum

Sport

The University of Applied Sciences of the Grisons does not have its own sport facilities but offers a variety of courses and facilities at various venues throughout Chur. A semester fee is charged for the use of sport facilities.

fhgr.ch/sport

Student organisations

AV Curiensis

They connect students of the University of Applied Sciences of the Grisons with students of the Graubünden University of Teacher Education (PHGR) and the Chur Theological University (THC). avcuriensis.ch

Cambiela

Their goal is to provide communities with primary education and healthcare. They have projects in Togo and Ruanda. cambiela.ch

Student Hub

Studen Hub focuses on creating a more sustainable environment at the University of Applied Sciences of the Grisons and in the region of Graubünden. facebook.com/studenthubchur

Studentenschaft (student union)

The Studentenschaft organises various social and sporting events. Become a member and benefit from various discounts. facebook.com/fhgr.studentenschaft

Study Regulations

It is essential that students read the document 'Study and examination regulations for bachelor's/consecutive master's study courses' available on the internet.

fhgr.ch/study-regulations

Transport

RhB Stadtbus	Regional trains in the Grisons City Bus 'Dr Bus Vu Chur'
Postauto	Yellow buses
Bikes	Annual bike sale 'Velobörse' in Chur (March)
Car	Parking is not free in Switzerland
SBB	Trains in Switzerland
SBB Halbtax	Buy a Half Fare Travelcard and get a 50% reduction on tickets
SBB seven25 travelcard	Buy a seven25 travelcard and travel for free after 7 p.m. (< 25 years of age)

Working in Switzerland

EU students are permitted to work 15 hours per week. In order to do so, EU students need an additional letter of permission to work. The employer applies for this letter and the student must request a written confirmation from the University of Applied Sciences of the Grisons that he or she is able to manage work on top of the studies. Non-EU students are **not permitted** to work.

What to do in emergencies

- 1. Stay calm
- 2. Identify dangers 3. Act

Emergency numbers

- Ambulance: 144
- Police: **117**
- Fire brigade: 118
- Poisoning: 145



What to report in case of an emergency

- Where is the place of emergency?
- Who is calling?
- What has happened?
- How many people are involved?
- When did the emergency happen?

Emergency number FHGR +41 81 286 39 99 (internal 999)

Vorgehen in Notfällen

- 1. Ruhe bewahren
- 2. Gefahren erkennen
- 3. Handeln

Notrufnummern

- Sanität: **144**
- Polizei: **117**
- Feuerwehr: 118
- Vergiftung: 145

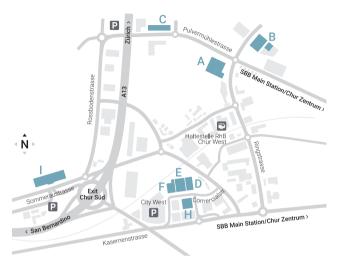


Meldeschema

- Wo befindet sich der Notfall?
- Wer telefoniert?
- Was ist geschehen?
- Wie viele Personen sind betroffen?
- Wann ist der Notfall geschehen?

Notrufnummer FHGR +41 81 286 39 99 (intern 999)

Location Plan



- A Pulvermühlestrasse 57
- B Ringstrasse 32/34
- C Pulvermühlestrasse 80
- D Comercialstrasse 20

- E Comercialstrasse 22
- F Comercialstrasse 24
- H Comercialstrasse 19
- I Sommeraustrasse 32

Fachhochschule Graubünden

University of Applied Sciences International Office Comercialstrasse 22 7000 Chur Switzerland T +41 81 286 24 29 international@fhgr.ch



fhgr.ch/international

Fachhochschule Graubünden Scola auta spezialisada dal Grischun Scuola universitaria professionale dei Grigioni University of Applied Sciences of the Grisons

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