

# SIERRETAKEUIL:

## The useful booklet for living well in Sierre!

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**WELCOME TO SIERRE!**

This booklet will give you a basic information on the city of Sierre in various fields. We hope that it will help you get integrated with ease in your new city!

For more information:

[www.sierretakeuil.ch](http://www.sierretakeuil.ch): the useful website for living well in Sierre

[www.sierre.ch](http://www.sierre.ch): the official website of the City of Sierre



## ***The Town***

Sierre is located in the canton of the Valais, at the border with the German-speaking part of the canton (“Haut-Valais”). Contrary to the majority of cities that develop around a core, Sierre was built around its various neighbourhoods, which keep some independence still today. The city is known in particular for its many hours of sun, its wine, its castles, its industries and its schools of higher learning.

## ***The inhabitants of Sierre***

The town of Sierre **counts** 15'452 inhabitants. Each year, more than 1000 new people settle in Sierre.

The **origins** represented are varied: 70,6% inhabitants of Sierre are from Swiss origin and 29,4% of foreign origin. On the whole, 95 nationalities are represented within the population.

The four most spoken **languages** in Sierre are: French (66,9%), Portuguese (9,6%), German (8,9%) and Italian (8,5%).

82% of the population is of the Roman Catholic **religion**, 4,5% is Protestant and 4,2% is Muslim.

**Religious contacts:**

Christian parishes (including Italian, Portuguese and Orthodox): [www.paroissecteur-sierre.ch](http://www.paroissecteur-sierre.ch)  
Evangelical Church of Sierre: Tel. 027/456 13 10  
Islam: Islamic Centre of Sion, rue du Stade 4, 1950 Sion / Tel. 027/203 53 95

## ***Administration***

**The Municipal Administration** is at the service of all the people in Sierre. The various administrative services are located in the building of the Town Hall.

**Address:** Hôtel de Ville, CP96, 3960 Sierre

**Telephone:** 027/ 452 01 11

**E-mail:** [ville@sierre.ch](mailto:ville@sierre.ch)

**Website:** [www.sierre.ch](http://www.sierre.ch)

If you have any administrative difficulties, due to the language or the culture, do not hesitate to contact the **deputy in charge with the integration in the City**

**Contact:** Marie-Françoise Pitteloud

**Office:** No 305, on the 3<sup>rd</sup> floor of the Hôtel de Ville

**Telephone:** 027/ 452 02 34.

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)

## **Emergency numbers**

**Police:** 117  
**Fire:** 118  
**Doctor on duty:** 0900 144,033  
**Pharmacy on duty:** 0900 558,143  
**Municipal police:** 027/4520 117  
**Ambulance and doctor:** 144 (EMERGENCIES ONLY)  
**S.O.S Youth:** 147  
**Dentist on duty:** 0900 558 143

### Inhabitant Control

As soon as you arrive in Sierre, you must announce yourself at the Inhabitant Control.

**Address:** the Inhabitant Control is in the right wing of the Town Hall.

**Telephone:** 027/452 01 11

**Opening hours of the counters:** Monday to Friday from 8:00 to 12:00, as well as Wednesdays from 13:30 to 17:30.

### Residence permits

In Switzerland, there are 5 principal types of residence permits:

**B Permit:** must be renewed each year for non Europeans, every 5 years for member countries EU/EFTA

**C Permit:** must be renewed every 5 years for European and non European citizens

**L Permit:** for a duration of less than one year, renewable

**F Permit:** for provisional admissions

**N Permit:** for people asking for asylum.

For more information about the permits, visit the website of the Federal Office of Migrations:

[www.bfm.admin.ch](http://www.bfm.admin.ch)

### Naturalisation

**Ordinary naturalisation:** After 12 years of residence in Switzerland, a foreigner can ask for Swiss naturalisation. The years spent in Switzerland between the age of 10 years and 20 years count twice. One also has to have lived 5 years in the Valais and 3 years in the same municipality.

**Facilitated naturalisation:** If the foreigner is married to a Swiss person, he or she can ask naturalisation after 5 years of residence in Switzerland and 3 years of marriage.

For the requests for naturalisation, one should address oneself directly to the State of the Valais, at the **Service of population and migrations (SPM)**. **Direct telephone:** 027/606 55 61 or 62 (ordinary naturalisation), 027/606 55 50 (facilitated naturalisation).

## EDUCATION

### *Nursera and UAPE (Unit of Reception for Pupils)*

#### The day nursery Europe

Accommodates children from 3 months old up to 12 years.

#### The UAPE de Granges

Accommodates children from the first year of kindergarten up to the sixth grade of primary school, before and after the hours of school. Inscriptions are done at the Day nursery Europe.

**Address:** Crèche de l'Europe, avenue Max-Huber 5, 3960 Sierre  
**Telephone:** 027/452 26 00  
**E-mail:** [creche.europe@sierre.ch](mailto:creche.europe@sierre.ch)  
**Website:** [www.cms-sierre.ch](http://www.cms-sierre.ch)  
**Opening hours:** Monday to Friday from 6 h 45 to 18 h 45 non-stop.

## **Kindergarten**

Kindergarten accommodates children as soon as they are 4 years old and lasts for 2 years. It is not obligatory but most of the children attend it. At the end of the 2 years, the child is ready to begin elementary school. For all questions concerning Kindergarten, one has to address the Management of Schools (Direction des Ecoles) (see particulars below).

## **Compulsory school**

The Direction des Ecoles (Direction of Schools) manages elementary school and lower secondary school for the Municipality of Sierre. It handles inscriptions and deals with all questions concerning compulsory school (from 4 to 15 years).

**Address:** Direction des Ecoles, Hôtel de Ville, Case postale 96.3960 Sierre  
**Counter:** 3rd floor of Hôtel de Ville  
**Telephone:** 027/452 05 08  
**E-mail:** [marylene.vollet@sierre.ch](mailto:marylene.vollet@sierre.ch)  
**Website of the schools of Sierre (with map of the schools):** <http://web.ecoles.sierre.ch>  
**Opening hours:** Monday to Friday, 7:30 to 12:00 and 13:30 to 17:30 (Friday until 17:00).

## **Professional Training**

### **Apprenticeship**

If the youngster is at least 15 years old and has finished his or her compulsory schooling, he or she can follow hands-on training, which one calls "an apprenticeship". In order to do this, he or she will have to find a "place of apprenticeship" within an enterprise, where he or she will be trained. Moreover, he or she will follow theoretical schooling one to two days per week.

For further information:

**Centre de formation professionnelle de Sion (Professional training centre of Sion)**

**Address:** av. de France 25.1950 Sion

**Telephone:** 027/606 43 00

**Fax:** 027/606 45 04

**E-mail:** [admin@cfpsi.ch](mailto:admin@cfpsi.ch)

**Website :** [www.cfpsion.ch](http://www.cfpsion.ch)

### **Secondary Schools II**

If the youngster wishes to continue his or her studies, he or she can go to a secondary school II (two), for example the school of general culture, the business school or the college:

**Business school and school of general culture of Sierre**

**Address:** rue des Vieilles-Cibles 6, Case postale 340.3960 Sierre

**Telephone:** 027/452 22 60

**Fax:** 027/452 22 61

**E-mail:** [secretariat@eccgsierre.vsnet.ch](mailto:secretariat@eccgsierre.vsnet.ch)

**Website:** [www.escsierre.vsnet.ch](http://www.escsierre.vsnet.ch)

## **Higher Secondary Schools**

In Sion: Collège des Creusets [www.creusets.net](http://www.creusets.net) or collège de la Planta [www.lcplanta.ch](http://www.lcplanta.ch)

In St-Maurice: collège de l'Abbaye [www.lyca.ch](http://www.lyca.ch)

In Brigue: collège Spiritus Sanctus [www.spiritus.ch](http://www.spiritus.ch).

## **Higher learning**

At the end of secondary school II, it is possible to continue training in a school of higher learning:

HEVS: Higher School of the Valais [www.hevs.ch](http://www.hevs.ch)

HES-SO: Higher Specialised School of Western Switzerland [www.hes-so.ch](http://www.hes-so.ch)

ECAV: Cantonal School of art of the Valais [www.ecav.ch](http://www.ecav.ch)

HEY: Higher Teaching School [www.hepvs.ch](http://www.hepvs.ch)

HEM: Higher Music School [www.hemvs.ch](http://www.hemvs.ch)

After higher secondary school, the youngster can also go to University. There is no University in the Valais.

## **Training for young people from 15 to 20 years who did not go to school in Switzerland**

There exists in the Valais a structure for young people who are between 15 and 20 years old and did not go to school in Switzerland. This training of one year proposes intensive French courses as well as computer courses, mathematics, technical design, accountancy... The youngster can then continue studies in Switzerland or begin professional training.

**Information and inscription:** Ecole professionnelle de Martigny, Mr. Laurent Jacquemin,

**Private telephone:** 027/722 67 24

**Professional telephone:** 027/722 33 35

**E-mail:** [jacquemin.laurent@netplus.ch](mailto:jacquemin.laurent@netplus.ch)

## ***Equivalence of diplomas***

It is not always easy to have foreign diplomas recognised in Switzerland. You will perhaps have to take complementary courses. Undertake the steps as soon as possible! It is the Confederation that deals with the validations of diplomas:

### **Address:**

Office fédéral de la formation professionnelle et de la technologie (OFFT)

Recognition of the diplomas

Effingerstrasse 27

3003 Bern (CH)

**Telephone:** 031/322 28 26

**E-mail:** [kontaktstelle@bbt.admin.ch](mailto:kontaktstelle@bbt.admin.ch)

## ***Orientation***

### **Center of orientation and Information (CIO)**

This free centre proposes information on the various professions and the ways of training. One will be able to help you also in taking stock of your competences and in deciding on a professional project.

**Address:** Centre d'information et d'orientation, rue de la Bonne-Eau 18.3960 Sierre

**Telephone:** 027/451 21 61

**E-mail:** [ciosierre@admin.vs.ch](mailto:ciosierre@admin.vs.ch)

**Website:** [www.vs.ch/orientation](http://www.vs.ch/orientation)

**Opening hours:** Monday to Thursday from 7:30 to 12:00 and from 13 H 30 to 17:00/Fridays from 13:30 to 17:00

### Integration for all (IPT)

This foundation helps people suffering from physical, psychic or social difficulties to reintegrate the working world.

**Address:** Fondation intégration pour tous, rue de la Bonne-Eau 18, 3960 Sierre

**Telephone:** 027/327 62 20

**E-mail:** [valais@fondation-ipt.ch](mailto:valais@fondation-ipt.ch)

**Website:** [www.fondation-ipt.ch](http://www.fondation-ipt.ch)

### Useful links for school and professional orientation

[www.vs-orientation.ch](http://www.vs-orientation.ch)

[www.orientation.ch](http://www.orientation.ch)

## **Libraries**

### Library/Media Library of Sierre (BMS)

At the library, one can borrow books, CD, DVD, and CD-ROM. There is a reading room, where one can read or work in all peace. Computers are also at the disposal of the public.

**Address:** BMS, rue Notre-Dame-des-Marais 5.3960 Sierre

**Telephone:** 027/455 19 64

**E-mail:** [biblio.bms@bms.sierre.ch](mailto:biblio.bms@bms.sierre.ch)

**Website:** [www.bms.sierre.ch](http://www.bms.sierre.ch)

**Opening hours:** Monday to Friday from 14:30 to 18:30 and on Thursdays until 20:30.

### Intercultural library

This library proposes books in 65 foreign languages, as well as DVD with subtitles in several languages.

Books for children: Bibliothèque interculturelle «L'ardoise»

**Address:** rue de Loèche 1.1950 Sion

**Website:** [www.lardoise-vs.ch](http://www.lardoise-vs.ch)

### Books for adults

Médiathèque Valais-Sion

**Address:** rue de Pratifori 18, 1950 Sion

**Website:** [www.mediatheque.ch](http://www.mediatheque.ch)

### Toy library

The toy library is a space where one can play and borrow toys and games for children and adults.

**Address:** Ludothèque, av. de Ecoles, 3960 Sierre

**Telephone:** 027/455 55 03

**Website:** [www.ludosierre.ch](http://www.ludosierre.ch)

## **WORK**

## Looking for work

Here are some suggestions in your search for work:

- Make function “**buzz marketing**”: speak around you about it!
  - One can make a **spontaneous offer**, by directly contacting the enterprise by telephone or mail (without there being an offer of employment).
  - In certain fields such as catering, it is worthwhile to **move and directly go** to ask on the spot, in the pubs and the restaurants.
  - Answering job offers published in **newspapers**: you will find quite a number of offers in the Nouvelliste, especially on Tuesdays.
  - Answering job offers published on **Internet**.
- Useful sites: [www.espace-emploi.ch](http://www.espace-emploi.ch) / [www.portail-emploi.ch](http://www.portail-emploi.ch)
- Go to an **employment agency**. In Sierre, there is only one agency: **Emploi-Val**, av. max-Huber 2.3960 Sierre/Tel.: 027,451 24 34 / Website: [www.emploival.ch](http://www.emploival.ch)  
There are several other agencies in Sion and in other cities.
  - **Inserting your own advertisement** in a newspaper, on Internet or even on the notice boards in the shopping centers.

## Labour Law

### Service of the protection of workers, of business relationships of the Canton of the Valais

This service makes sure that working and wages conditions are respected as well as rules on individual and collective work conflicts.

**Address:** Service de la protection des travailleurs, rue des Cèdres, 1951 Sion

**Telephone:** 027/606 74 16

**E-mail:** [herve.roh@admin.vs.ch](mailto:herve.roh@admin.vs.ch)

**Website:** [www.vs.ch/spt](http://www.vs.ch/spt)

A website on the dangers of moonlighting: [www.pas-de-travail-au-noir.ch](http://www.pas-de-travail-au-noir.ch)

## Labor unions

A labor union is an organisation that supports male and female workers in questions related to work.

### Interprofessional Unions of the Valais

**Address:** Secrétariat régional de Sierre du SCIV, rue Centrale 4, 3960 Sierre

**Telephone:** 027/452 26 26

**E-mail:** [info.sierre@sciv.ch](mailto:info.sierre@sciv.ch)

**Website:** [www.sciv.ch](http://www.sciv.ch)

**Opening hours:** Monday to Friday from 8 to 12 and from 13 h 30 to 17 h 30 (Closes on Fridays on 17 h).

### Syndicat UNIA Valais Sierre

**Address:** UNIA, rue du Temple, 3960 Sierre

**E-mail:** [valais@unia.ch](mailto:valais@unia.ch)

**website:** [www.valais.unia.ch](http://www.valais.unia.ch)

**Opening hours:** Monday to Friday from 8 h to 11 h.

## Unemployment

In a general way, people who worked for at least twelve months during the last two years (wages subjected to contribution) can perceive unemployment benefits and take advantage of the other services of unemployment insurance. Nevertheless, all situations are particular. IN ALL CASES, it is therefore advisable to have one's own situation examined by an unemployment fund. In Sierre, there are three unemployment funds that will inform you about details:

**Caisse publique cantonale de chômage**, rue de la Bonne-Eau 20, 3960 Sierre  
**Telephone:** 027/606 15 00

**Caisse de chômage UNIA**, rue du Temple 3, 3960 Sierre  
**Telephone:** 027/456 38 17

**Caisse de chômage OCS**, rue Centrale 4, 3960 Sierre  
**Telephone:** 027/452 26 21

The inscription for unemployment insurance is done at the communal Labour Office of Sierre, where you must present yourself in person:

**Office communal du travail (Municipal Office of Employment)**, rue de la Bonne-Eau 20, 3960 Sierre  
**Telephone:** 027/451 21 51

### **ORP Regional office of Placement)**

The regional Office of Placement has the role of supporting you and of advising you in the search for a new employment. The ORP is also charged with checking that you respect your duties if you are registered with the unemployment insurance.

**Address:** Office régional de placement, rue de la Bonne-Eau 20, 3960 Sierre  
**Telephone:** 027/451 21 21

**E-mail:** [orpsierre@admin.vs.ch](mailto:orpsierre@admin.vs.ch)

**Opening hours:** Monday to Friday from 7 h 30 to 12 h and from 13 h 30 to 17 h 30 (closes on Fridays at 17 h).

Some websites where you can find more information on unemployment:

[www.espace-emploi.ch](http://www.espace-emploi.ch) / [www.vs.ch](http://www.vs.ch) / [www.guidechomage.ch](http://www.guidechomage.ch) / [www.guidesocial.ch](http://www.guidesocial.ch)

## **HOUSING**

### ***Looking for a place to live***

When renting a place to live, you should register as soon as possible at the **Sierre Energie** for electricity and running water.

**Address:** Sierre-Energie SA, rue de l'Industrie 29, Case postale, 3960 Sierre

**Telephone:** 027/451 19 19

**Customer Service:** 027/451 19 99

**E-mail:** [info@siesa.ch](mailto:info@siesa.ch)

**Website:** [www.sierre-energie.ch](http://www.sierre-energie.ch)

**Opening hours:** from Monday to Friday from 8 h to 12 h / 13 h 30 to 17 h.

If you have a television or a radio at home, you must pay a tax (called « redevance »). The company in charge is called **Billag**. It is important to be registered as of your arrival in the apartment. For posing a parabola, one has to ask the authorisation of the owner.

- on the website of Billag: [www.billag.com](http://www.billag.com)

- by telephone: Hotline: 0844 834 834
- by E-mail: [info@billag.com](mailto:info@billag.com)

### **Swiss association of the Tenants (ASLOCA)**

This association takes the defence of the rights of the tenants. It represents the tenants vis-à-vis the owners and with the public authorities.

**Address:** ASLOCA-VALAIS, rue de l'Industrie 10, Case postale 15, 1951 Sion

**Telephone:** 027/322 92 49

**Telephone permanence:**

Monday: 9 h – 11 h

Thursday: 9 h – 11 h and 14 h – 17 h

Tuesday: 9 h – 11 h at 079/782 88 51

**E-mail:** [aslocaval@sunrise.ch](mailto:aslocaval@sunrise.ch)

**Website:** [www.asloca.ch](http://www.asloca.ch)

## **Waste**

It is very important to sort waste, in order to be able to recycle it and give it a second life!

The **principal waste that can be recycled is:**

- paper and cardboard □ to be deposited in the moloks (large round containers) for paper
- glass □ moloks for glass
- aluminium and iron □ moloks for aluminium
- plastic bottles (FART) □ collecting points in the shopping malls
- organic waste (compost) □ waste collection centre of Cloux-Roussier or composting point of Granges.

**Cumbersome objects** (large waste) can be deposited at the waste collection centre of Cloux Roussier.

When you sort this various waste, there remains **the household** refuse (daily waste that one cannot recycle). There are two possibilities to get rid of the household refuse:

- In certain streets, a truck passes twice a week to collect the waste bags. Waste must then be placed in a closed dustbin bag at the curb side of the road. Collecting days: Monday and Thursday in the centre/Tuesday and Friday in the peripheral zones of the city.
- If there is no truck passing in your street, you yourself must throw your dustbin bags in a molok also called collection well. Caution: if a molok is full, one cannot leave dustbin bags outside: you risk a fine! One has to go to the next molok or keep the bags at home until the moment the molok is emptied.

For more information:

### **Service of environmental protection**

**Address:** Hôtel de Ville, CP 96, 3960 Sierre

**Telephone:** 027/452 04 14

**Opening hours:** Monday - Friday 8 h – 12 h

### **Waste collection centre + composting centre of Cloux-Roussier**

**Opening hours:** Tuesday - Saturday 7 h 30 – 12 h / 13 h 30 – 17 h 30

### **Composting centre of Granges**

**Opening hours:** Wednesday and Saturday 7 h 30 – 12 h / 13 h 30 – 17 h 30

# TRANSPORT

## Cars

Any person having a foreign driving license can drive in Switzerland for one year. Then, the foreign license must be exchanged against a Swiss license. In certain cases, to be able to obtain a Swiss driving license, you will be asked to show your aptitude to drive (course of driving), and sometimes also to pass a theoretical examination.

If you have a driving license and/or a car, you must announce your change of address in 14 days!

For more information, turn to:

**Service of road traffic and navigation**

**Address:** avenue de France 71, 1950 Sion

**Telephone:** 027/606 71 00

**Website:** [www.vs.ch/autos](http://www.vs.ch/autos)

## Public transport

### Bus

Public transport of the city of Sierre is called the “**bus sierrois**”. These buses run every day except on Sunday, and follow three different routes. For all information on the schedules and season tickets of the buses sierrois, contact agency « L'Oiseau Bleu » (“the Blue Bird”) :

**Address:** L'Oiseau Bleu, avenue Général-Guisan 15, 3960 Sierre

**Telephone:** 027/456 36 26

**Opening hours:** Monday to Friday: 8 h 30 – 12 h and 13 h 30 – 18 h, Saturday: 9 h – 12 h.

To go by bus outside town you can take:

- The **SMC** buses to go to Montana: [www.cie-smc.ch](http://www.cie-smc.ch)
- The **Ballestraz** bus to go to Sion via Chalais and Grône or Noës and St-Léonard: [www.ballestraz.ch](http://www.ballestraz.ch)
- The **Marty** buses to go in the direction of the Haut Valais: Tel.: 027/473 13 85
- The **postal** bus to go in the valley of Anniviers and to Vercorin: [www.carpostal.ch](http://www.carpostal.ch)
- The Ballestraz and SMC bus also organise night buses that connect Sierre to Sion and Montana. These buses circulate on Friday and Saturday evenings, until 1 or 2 hours in the morning.
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### Train

The trains in Switzerland are managed by the CFF (Federal Railroads). To buy a train ticket, you must go to the station. If you circulate regularly by train, it is advantageous to buy a season ticket (« voie 7 » for less than 25 years, half-fare or general).

For more information on timetables and season tickets, consult the website of the CFF: [www.sbb.ch](http://www.sbb.ch).

If you have a long trip by train to do, there is **the day-ticket**. This ticket is relatively cheap and allows you to travel in all of Switzerland during one day (train, bus, boats). The Town of Sierre places at the disposal of the people living on the city each day 4 day-tickets. This ticket costs 35 francs. To buy it, you have to go to the Town Hall not more than a month before the date (counter of the chancery, office 104).

# HEALTH AND SOCIAL AFFAIRS

## *Medical and social affairs*

### The Centre médico-social CMS

The CMS of the region of Sierre is an inter-communal association that gives mainly assistance and home care.

**Address:** CMS, Hôtel de Ville, CP 280, 3960 Sierre

**Telephone:** 027/455 51 51

**E-mail:** [cms@sierre.ch](mailto:cms@sierre.ch)

**Website:** [www.cms-sierre.ch](http://www.cms-sierre.ch)

**Opening hours:** From Monday to Thursday from 7 h 30 to 12 h, and from 13 h 30 to 17 h 30 / on Fridays until 17 h.

### Other social services

There are in Sierre and the Valais many social associations and services helping people in difficulty

For example:

Caritas: [www.caritasvalaiswallis.ch](http://www.caritasvalaiswallis.ch)

l'OSEO: [www.oseo-vs.ch](http://www.oseo-vs.ch)

For the complete list of the various organisations of assistance (social, legal and financial), you can search on [www.guidesocial.ch](http://www.guidesocial.ch), it is fast and very complete!

### To look after oneself

In Switzerland, basic health insurance is obligatory. All people who live in Switzerland more than 3 months must affiliate themselves with an insurance. When you arrive in Sierre, you must take your certificate of health insurance to the medico-social Centre. To choose a health insurance, you can compare the various offers on the website [www.comparis.ch](http://www.comparis.ch).

You find the list of the doctors in the directory or you can consult the website [www.docteur.ch](http://www.docteur.ch) to find doctors, medicines and pharmacies.

For emergencies (only emergencies), one has to go to the hospital of Sierre:

#### **Hospital Centres of Central Valais**

Hôpital de Sierre, rue St-Charles 14, 3960 Sierre

**Telephone:** 027/603 70 00

**Website** [www.ichv.ch/fr/siteshospitaliers/sierre](http://www.ichv.ch/fr/siteshospitaliers/sierre)

For paediatric emergencies (for children up to 16 years) one has to go to the hospital of Sion:

#### **Hospital Centres of Central Valais**

Hôpital de Sion, avenue du Grand-Champsec 80, 1950 Sion

**Telephone:** 027/603 40 00 (General)

027/603 41 60 (Paediatrics)

**Website:** [www.ichv.ch/fr/siteshospitaliers/sion](http://www.ichv.ch/fr/siteshospitaliers/sion)

## *Help for young people*

### ASLEC, Service of social Mediation

The social mediator is charged with listening to young people who have problems in family, at school or with their friends. He helps to restore the dialogue in cases of conflict. You can speak in all confidence and it is free.

**Address:** ASLEC, rue de la Mondèrèche 1, 3960 Sierre

**Telephone:** 027/455 40 40 or 078/687 12 30

**E-mail:** [médiateur.sierre@bluewin.ch](mailto:médiateur.sierre@bluewin.ch)

**Website :** [www.zorbleu.com](http://www.zorbleu.com)

### Pro Juventute

This association looks after young people living in Switzerland. It intervenes in cases of emergency, offers social security benefits and supports children and young people in their personal development.

**Address:** Pro Juventute, Jean-Charles Clavier, CP 709, 3960 Sierre

**Telephone:** 078 662 06 40

**E-mail:** [sierre@projuventute.ch](mailto:sierre@projuventute.ch)

**Website:** [www.pro-juventute.ch](http://www.pro-juventute.ch)

### Delegation with youth

If you have a project and you do not know where to find the help (financial and logistic) to carry it out, the deputy for youth is there to help you. Examples of projects: concert, workshop rap, a place for young people, a show for young people, .... or even smaller projects!

**Address:** Déléguée jeunesse, Hôtel de Ville, CP 96, 3960 Sierre

**Telephone:** 027/ 452 02 34.

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)

### Numbers and Websites for young people

**147: «S.O.S Jeunesse »** (Youth): Line of listening for young people who need to speak. Open 24:00 /24 H during 365 days

[www.ciao.ch](http://www.ciao.ch): answers in an anonymous line to all questions young people may ask.

[www.actionjeunesse.ch](http://www.actionjeunesse.ch): useful information and councils for young people living in the Valais

## *Help for parents*

### Consultation Parent-Children of the CMS

Specialised nurses give advice to parents concerning the development of their child. This service is free for the children living in the district of Sierre and the municipality of Salquenen

**Telephone:** 027/455 51 51

**Opening hours:** from Monday to Friday from 7 h 30 to 12 h and from 13 h 30 to 17 h 30 (Friday closes at 17 h).

### Mobile educational office

This is a specialised intervention office for children that have serious problems of physical or mental development. Professionals come to see the child once per week at home and help it to develop its capacities and its self-esteem.

**Address:** Office éducatif itinérant, avenue Max-Huber 2, 3960 Sierre

**Telephone:** 027/451 20 50

### The Office of the protection of children

This office assumes official mandates given by the authorities, with regard to: placement of maltreated children, adoptions, foster families, etc.

**Address:** Office de la protection de l'enfant, avenue Max-Huber 2, 3960 Sierre

**Telephone:** 027/451 20 59

**E-mail:** [ope@admin.vs.ch](mailto:ope@admin.vs.ch)

## ***Help for future mothers***

### **S.O.S Future Mères**

This association helps mothers and families in difficulty:

- by offering free material for babies
- by proposing psychological support
- by giving advice through doctors and a legal counsellor.

**Address:** SOS Futures Mères, avenue Max-Huber 10, 3960 Sierre

**Opening hours:** Tuesdays 14 h -16 h

**Telephone permanency 24 h/24 h:** 027/322 12 02

**Telephone:** 027/456 11 00

**Website:** [www.internet-valais.ch/sosfuturesmeres](http://www.internet-valais.ch/sosfuturesmeres)

### **La Leche Ligue suisse**

This is an association of voluntary mothers who once a month meet in order to share their experiments on breast-feeding and maternity.

**Address:** La Leche Ligue suisse, Foyer St-Joseph, 3960 Sierre

**Telephone:** 027/455 04 56

### **Independent Midwives**

Midwives can come to your home after the birth to help and advise parents. The first three visits are refunded by the health insurance.

To find a midwife: [www.sage-femme.ch](http://www.sage-femme.ch).

## ***Help for the elderly***

### **Assistance and care at home**

In Switzerland, most elderly still live in their own home. The help and the care at home of the CMS enable them to remain independent as much as is possible.

For more information, contact the CMS

**Address:** CMS, Hôtel de Ville, CP 280, 3960 Sierre

**Telephone:** 027/455 51 51

**Website:** [www.cms-sierre.ch](http://www.cms-sierre.ch)

### **The Domino flats**

They are apartments shared by 4 to 6 elderly people following the principle of collocation. The joint tenants have each a private space to live and share the common buildings. The medico-social framing of the people is managed by the CMS.

For more information, contact the medico-social Centre:

**Address:** CMS, Hôtel de Ville, CP 280, 3960 Sierre

**Telephone:** 027/455 07 16

**E-mail:** [cms@sierre.ch](mailto:cms@sierre.ch)

**Website:** [www.cms-sierre.ch](http://www.cms-sierre.ch)

### Day Homes

This is a place where elderly find each other during the day. It is different from a home because one does not sleep there and one does not have a room. The goal of the day reception is precisely to make it possible to people to continue to live independently.

#### Foyer Beaulieu à Sierre

**Address:** place Beaulieu 2b, 3960 Sierre

**Telephone:** 027/451 29 00

**E-mail:** [beaulieu@tvs2net.ch](mailto:beaulieu@tvs2net.ch)

**Website:** [www.associationbeaulieu.ch](http://www.associationbeaulieu.ch)

#### Foyer aux «Jasmins» in Chalais

**Address:** Home «les Jasmins», 3966 Chalais

**Telephone:** 027/459 29 00

**E-mail:** [homechalais@netplus.ch](mailto:homechalais@netplus.ch)

### Homes for elderly

The homes are places for the elderly: large houses where the elderly live who are no longer completely independent any more. They are called also EMS (medico-social Establishment).

#### Foyer St-Joseph

**Address:** montée du Château 21- 3960 Sierre

**Telephone:** 027/455 54 55

**Website:** [www.saint-joseph.ch](http://www.saint-joseph.ch)

#### Home Beaulieu

**Address:** place Beaulieu 2b, 3960 Sierre

**Telephone:** 027/451 29 00

**E-mail:** [beaulieu@tvs2net.ch](mailto:beaulieu@tvs2net.ch)

**Website:** [www.associationbeaulieu.ch](http://www.associationbeaulieu.ch)

#### Pro Senectute

This association proposes activities, courses and various services for the benefit of the 60 and more years old elderly and their close relatives.

**Address:** Pro Senectute, av. Général-Guisan 19, Case postale 732, 3960 Sierre

**Telephone:** 027/455 26 28

**E-mail:** [info@vs.pro-senectute.ch](mailto:info@vs.pro-senectute.ch)

**Website:** [www.vs.pro-senectute.ch](http://www.vs.pro-senectute.ch)

#### Club of elderly living in Sierre

This is a club for retired people who meet to share good moments, play charts, do scrabble... Outings are also organised.

**Contact:** Mme Raymonde Frossard, person in charge of the Club

**Telephone:** 027/455 62 27 or 079/461 40 56

#### Tables du lundi (Table of Monday)

Twice per month, a convivial meal is organised at the recreational centre ASLEC. Each one is welcome and pays according to his or her means. It is the occasion to make new acquaintances, to create relationships or to give a helping hand.

**Address:** rue de la Mondèrèche 1, CP 44, 3960 Sierre

**Telephone / Fax:** 027/455 40 40

**E-mail:** [info@aslec.ch](mailto:info@aslec.ch)

**Website:** [www.aslec.ch](http://www.aslec.ch)

## ***Disablement***

### **Foyer Valais de Cœur**

This home offers a framework of life to people suffering from a physical handicap, and proposes occupation workshops.

**Address:** impasse des Vrilles 6, 3960 Sierre

**Telephone:** 027/451 21 80 (office hours)

**Website:** [www.valaisdecoeur.ch](http://www.valaisdecoeur.ch)

### **Fondation Foyers-Ateliers St-Hubert**

The purpose of the workshops is the professional reintegration of disabled people.

**Address in Sierre:** avenue des Alpes 6, 3960 Sierre

**Telephone:** 027/456 26 16

**Website:** [www.asth.ch](http://www.asth.ch)

### **Institut Notre-Dame-de-Lourdes**

The Institute Notre-Dame-de-Lourdes is a specialised 'home and school' 'as well as a centre of rehabilitation. It accommodates children and teenagers suffering from problems of movements / language / perception / training.

**Address:** rue du Simplon 13, 3960 Sierre

**Telephone:** 027/451 24 80

**E-mail:** [contact@ndl-sierre.ch](mailto:contact@ndl-sierre.ch)

**Site Internet:** [www.ndl-sierre.ch](http://www.ndl-sierre.ch)

### **Association EMERA for people suffering from a handicap**

The purpose of this association is to improve the quality of life of disabled people living in the Valais.

**Main address:** Association EMERA, avenue de la Gare 3, CP 86, 1951 Sion

**Telephone:** 027/329 24 70

**E-mail:** [info.sion@emera.ch](mailto:info.sion@emera.ch)

**Website:** [www.emera.ch](http://www.emera.ch)

**Regional secretariat in Sierre:** Association EMERA, avenue Max-Huber 2, CP 888, 3960 Sierre

**Telephone:** 027/451 24 70 - 027/451 24 71

## ***Sexuality***

### **Centre SIPE (Sexuality - Information - Prevention - Education)**

In each SIPE centre, advisers in family planning or social workers are at your disposal for individual or marital discussions over the following subjects:

- sexual education
- pregnancy
- marital consultation and problems of couple
- HIV/Sida test

These talks are confidential. One can pass directly during the hours of permanence, or take an appointment by telephone.

**Address:** Centre SIPE, place de la Gare 10, 3960 Sierre

**Telephones:** Centre SIPE: 027/455 58 18 and marital consultation : 027/456 54 33

**E-mail:** [sierre@sipe-vs.ch](mailto:sierre@sipe-vs.ch)

**Website:** [www.sipe-vs.ch](http://www.sipe-vs.ch)

## **Addictions**

### **The Valaisan League against Drug-addiction (LVT) or CAPE**

This centre offers direct aid to addicted people (alcohol, drug, games or other) and to their close relatives. If you have a problem of dependence or if you have a close relation who is addicted whom you want to help, you can contact the LVT.

**Address:** LVT-CAP, av. Général-Guisan 2, 3960 Sierre

**Telephone :** 027/456 22 77

**E-mail:** [cap.sierre@lvt.ch](mailto:cap.sierre@lvt.ch)

**Website:** [www.lvt.ch](http://www.lvt.ch)

### **The Villa Flora**

The Villa Flora is a processing centre for people addicted to alcohol and other substances. It is a home. In general, one is sent there through the LVT (see above) or a medical doctor.

**Address:** Villa Flora, chemin des Cyprès 4, 3960 Muraz (Sierre)

**Telephone:** 027/455 75 51

**E-mail:** [info@villafloresierre.ch](mailto:info@villafloresierre.ch)

**Website:** [www.villafloresierre.ch](http://www.villafloresierre.ch)

### **Alcooliques Anonymes**

Alcooliques Anonymes is an association of people who share their experiments and their forces with an aim of solving their alcohol problem and helping other alcoholics restore themselves.

**Address:** Alcooliques Anonymes Suisse romande et italienne (AASRI), CP 2003, 1950 Sion 2 Nord

**Telephone Alcooliques Anonymes Suisse:** 0848 848 846

**Telephone permanency Valais:** 079/353.75.69

**E-mail :** [info@aaasri.org](mailto:info@aaasri.org)

**Website:** [www.aaasri.org](http://www.aaasri.org)

There are several groups of meeting in each canton. Here the groups in Sierre:

### **Groupe AA Sainte-Croix**

Building ASLEC

Meeting Tuesday at 20 h / open meeting last Tuesday of the month

**Address:** rue de Monderèche 1, CP 130, 3960 Sierre

### **Groupe AA Soleil**

Entrée du personnel

Meeting Friday at 20 h 15 / open meeting 1st Friday of the month

**Address:** Hôpital de Sierre, CP 130, 3960 Sierre

### **Groupe AA Treize Etoiles**

Building ASLEC

Meeting Wednesday at 20 h / open meeting 2nd Wednesday of the month

**Address:** rue de Monderèche 1, CP 130, 3960 Sierre

### Family groups Al-Anon

If you are worried about one of your close relatives who consumes much alcohol, if that makes you suffer and you do not know what to do, you can call the family groups Al-Anon.

**Telephone:** 0848 848 833 (Monday and Friday from 8 h to 20 h, Wednesday from 8 h to 12 h)

**E-mail:** [info@al-anon.ch](mailto:info@al-anon.ch)

**Website:** [www.al-anon.ch](http://www.al-anon.ch)

## **Acts of violence**

### The police

In Switzerland, anyone who is victim of an assault can call the police at the emergency number 117.

### Le centre LAVI (Help for victims of offence)

This centre offers a direct and immediate support to people who are victims of physical, psychic or sexual violence. It offers psychological, legal and financial assistance.

**Address:** Centre de consultation LAVI, Pratifori 27, 1950 Sion

**Telephone:** 027/323 15 14 answers 24 h/24 h

### «Families without violence »

Association serving people concerned with marital and family violence.

**Telephone:** 079/863 68 00

**Permanency hours of the Secretary's Office:** Monday from 9 h to 11 h / Wednesday from 17 h to 19 h and Friday from 9 h to 11 h.

### Association «to live without violence»

This association groups together several active institutions concerned about the struggle against marital violence: Through the site [www.violencequefaire.ch](http://www.violencequefaire.ch)

**E-mail:** [contact@vivresansviolence.ch](mailto:contact@vivresansviolence.ch)

### Caritas - Valais

Caritas proposes, through a social worker, specific assistance and legal counselling to people who are in distress.

**Address:** rue de Loèche 19, 1950 Sion

**Telephone:** 027/323 35 02

**E-mail :** [caritasvs@bluewin.ch](mailto:caritasvs@bluewin.ch)

**Website :** [www.caritasvalaiswallis.ch](http://www.caritasvalaiswallis.ch)

**Hours:** Information from 8 h to 17 h 30 from Monday to Friday and Saturday morning.

### Legal permanency of the association of barristers of the Valais

Thanks to this permanency, you will find information about your rights and duties, and help to take legal steps. The consultation costs Fr 20. -.

**Address:** rue de la Dent-Blanche 8, 1950 Sion

**Telephone :** 027/321 21 26

**Website :** [www.oavs.ch](http://www.oavs.ch)

**Hours :** Tuesday 17 h -19 h.

# LEISURE-TIME ACTIVITIES

## Youth

### The recreational and cultural centre of Sierre: L'ASLEC

This is the Association of leisure and culture of Sierre. It offers to the entire population of Sierre the occasion to carry out leisure activities. The ASLEC is open to all, whatever the age or origin... All information on the many activities of the ASLEC is available on the website of Association

**Address:** rue de la Mondèrece 1, CP 44, 3960 Sierre

**Telephone / Fax:** 027/455 40 40

**E-mail:** [info@aslec.ch](mailto:info@aslec.ch)

**Website:** [www.aslec.ch](http://www.aslec.ch)

**Hours:** The office is open from Monday to Friday from 8 h to 12 h.

### Extra-curricular culture

ASLEC offers a programme of courses for children in the elementary school and lower secondary school. Examples of activities: rap, salsa, data processing, ceramics, archery, graffiti, cooking,... Inscriptions take place at school.

### The Holiday Workshops

ASLEC organises workshops for children from 5 to 15 years during the last two weeks of July and during the autumn and Easter holidays. Inscriptions take place at school.

### Optional school sport

The Municipality of Sierre makes it possible for pupils of 1st to the 6th grade of primary school to take part in sport activities organised by the school outside the hours of class. This makes it possible for the pupils to try out a sport during one term. Inscriptions take place at school.

**Person in charge:** Matthieu Emery, rte du Poupet 12, 3978 Flanthey

**Telephone:** 027/458 18 80

**E-mail :** [matthieu@emeri.ch](mailto:matthieu@emeri.ch)

### Workshop for children

L'Espace Interculturel of Sierre organises a workshop of do-it-yourself for children from 4 to 8 years of any origin.

**Information and inscription:** 027/455 35 85

### Holiday Camp

The CMS organises each year a summer camp at the sea for children from 7 to 12 years. The camp takes place at the seaside in France and lasts 2 weeks.

**Address of the CMS:** Hôtel de Ville, 3960 Sierre

**Telephone:** 027/455 51 51

**E-mail:** [cms@sierre.ch](mailto:cms@sierre.ch)

**Website:** [www.cms-sierre.ch](http://www.cms-sierre.ch)

**Hours:** Monday to Thursday from 7 h 30 to 12 h and from 13 h 30 to 17 h 30 (Fridays until 17 h).

## ***Courses for adults***

### **The recreational and cultural centre of Sierre: L'ASLEC**

Several courses for adults are organised by the ASLEC. For example: course of embroidery, painting, workshop of writing, reflexology, etc

**Address:** rue de la Mondèrèche 1, CP 40, 3960 Sierre

**Telephone:** 027/455 40 40

**E-mail:** [info@aslec.ch](mailto:info@aslec.ch)

**Website:** [www.aslec.ch](http://www.aslec.ch)

**Hours:** The Office opens from Monday to Friday from 8 h to 12 h.

### **L'Université populaire (UNIPOP) de Sierre**

The UNIPOP proposes courses in many fields: craft industry, culture, education, data processing, languages, health and well-being, etc. The inscription prices for the courses are moderate.

**Address:** Unipop Sierre, CP 964, 3960 Sierre

**Telephone:** 027/456 19 40 (One can call from 19 h to 21 h).

**E-mail:** [info@unipopsierre.ch](mailto:info@unipopsierre.ch)

**Website:** [www.unipopsierre.ch](http://www.unipopsierre.ch) (the program of the courses is available on the website).

### **The cantonal Academy of music**

The cantonal Academy of music, based in Sion, has also a section in Sierre. Several branches are taught: song, clarinet, guitar, piano, violin, theatrical expression, etc

**Address:** av. Général-Guisan 12, 3960 Sierre

**Telephone:** 027/452 36 36

**E-mail:** [jpguidoux@guidoux.ch](mailto:jpguidoux@guidoux.ch)

**Website:** [www.conservatoirevs.ch](http://www.conservatoirevs.ch) (-> sections -> Sierre)

### **School of Jazz and present-day music (EJMA - Valais)**

This school proposes courses of music (instruments, song, musical theory) for children and adults. EJMA-Valais is based in Sion, but several courses are given in Sierre, in the building where the ASLEC is (rue de la Monderèche 1).

**Address:** rue de la Dixence 10, 1950 Sion

**Telephone:** 027/323 49 65

**E-mail:** [info@ejma-vs.ch](mailto:info@ejma-vs.ch)

**Website:** [www.ejma-vs.ch](http://www.ejma-vs.ch)

### **The cantonal School of art of the Valais (ECAV)**

Besides higher courses, this school proposes evening courses in various artistic fields: drawing, painting, photography, video, etc

**Address:** rue Bonne-Eau 16, 3960 Sierre

**Telephone:** 027/456 55 11

**E-mail:** [info@ecav.ch](mailto:info@ecav.ch)

**Website:** [www.ecav.ch](http://www.ecav.ch)

### **Other schools**

There are in Sierre and in the region several private schools that propose courses of music, dance or other cultural activities.

To find their co-ordinates, you can use the site [www.directories.ch](http://www.directories.ch). To have, for example, the list of the schools of dance, it is necessary to type: Qui, quoi: Ecole de danse  
Où: Sierre

It is easy!

## **Cultural places**

### **Les Caves de la Maison de Courten**

Spectacles of theatre, exhibitions and concerts are regularly organised in this place

**Address:** rue du Bourg 30, 3960 Sierre

**Management:** Service culture et sports de la Ville de Sierre

**Programmation:** Association des Caves de Courten, CP 50, 3960 Sierre

**Telephone:** 027/452 02 31

**Website:** [www.cavesdecourten.ch](http://www.cavesdecourten.ch)

### **Les Halles**

The Halles is an original place of cultural meetings and spectacles open as well to the amateur as to the professional.

**Address:** rte Ancien-Sierre 13, CP 556, 3960 Sierre

**Management:** association ATOUT-Les Halles

**Telephone:** 027/455 70 30

**E-mail:** [info@leshalles-sierre.ch](mailto:info@leshalles-sierre.ch)

**Website:** [www.leshalles-sierre.ch](http://www.leshalles-sierre.ch)

### **MVVV Valaisan museum of the Vine and Wine**

This museum has two locations: the Zumofen house in Salquenen (Salgesch) and the castle of Villa in Sierre. The two places are connected by the wine path, a course of discovery through the vineyard.

**Address:** MVVV, Château de Villa, rue Ste-Catherine 4, 3960 Sierre

**E-mail:** [museedevin@netplus.ch](mailto:museedevin@netplus.ch)

**Website:** [www.museevalaisandevin.ch](http://www.museevalaisandevin.ch)

**Opening hours:** from Tuesday to Sunday from 14 h to 17 h, except November, December and March only on Fridays, Saturdays and Sundays from 14 h – 17 h. Closed: January-February.

### **Museum- Rilke Foundation**

The Rilke Foundation has as its main aim to better make known the poet Rainer Maria Rilke and his work through his museum, by exhibitions, readings and conferences, as well as the Rilke Festival that takes place every 3 years in Sierre.

**Address of the Museum:** rue du Bourg 30, 3960 Sierre (temporal exhibitions, guided visits).

**Telephone:** 027/456 26 46

**E-mail :** [fondation.rilke@bluewin.ch](mailto:fondation.rilke@bluewin.ch)

**Website:** [www.fondationrilke.ch](http://www.fondationrilke.ch)

### **Château Mercier**

On the upper reaches of Sierre, the Mercier Castle was built in the beginning of the 20th century by the rich family Mercier de Molin. Today, the castle and its gardens regularly accommodate cultural seminars, conferences or events

**Telephone:** 027/452 23 23

**E-mail:** [rp.antille@tvs2net.ch](mailto:rp.antille@tvs2net.ch)

**Website :** [www.chateaumercier.ch](http://www.chateaumercier.ch)

### La Sacoche

This auditorium sometimes accommodates local theatre companies for cultural spectacles or other cultural events.

**Management:** Fondation de la Maison des jeunes

**Contact:** M. Pierre Melly

**Telephone:** 027/456 36 26

### Les Anciens Abattoirs (Old Slaughter-houses)

## ***Cultural Associations***

Do you wish to sing, dance, make music, or to practice another form of art? There are in Sierre many **cultural organisations** ready to welcome you. Belonging to an organisation is also a very good way of meeting people!

You will find the complete listing of the cultural associations on the official website of the City:

[www.sierre.ch](http://www.sierre.ch)

## ***Sporting places***

You want to do sport? Come and benefit from the many sporting infrastructures!

### The Guillamo swimming pool

Covered swimming pool with external paddling pool and park. The swimming pool of Guillamo proposes also a Well-being Space, with Jacuzzi, hammam and sauna.

**Address:** rue de Guillamo, 3960 Sierre

**Opening hours :** Monday from 10 h to 13 h, Tuesday to Friday from 10 h to 21 h, Saturday from 10 h to 18 h et Sunday from 10 h to 17 h (July - August until 18 h).

### Skating rink of Graben (October-March)

Covered skating rink open to the public for ice-skating on Wednesdays and Sundays from 14:00 to 16:00

It is also the skating rink where the matches of the HC Sierre-Anniviers are held. Come to support the club of Sierre starting on September 12th, 2009!

### Lake of G ronde (June-August)

Open swimming pool, on the Lake G ronde.  
Beach with grass, place of beach-volleyball.

**Telephone:** 027/455 25 60

**Opening hours :** beginning of June to end August, every day from 10 h to 19 h.

### Skating rink of the Plaine Bellevue (December - February)

Artificial skating rink in the open air. Possibility to rent shoes on the spot.

### Skate Park

Information to all the amateurs of skateboard, roller-skates and child's scooter! Located behind the building of the Old Slaughter-houses, the skateboard-park comprises: mini-slope, curb, spine, pavement style, bar Slide, central pyramid...

For more information:

**ASLEC (Association sierroise of leasures and culture)**

**Telephone:** 027/455 40 40

**E-mail:** [info@aslec.ch](mailto:info@aslec.ch)

**Website :** [www.aslec.ch](http://www.aslec.ch)

## ***Sporting clubs***

There are many sporting clubs in Sierre, for young people and adults. Here follow some examples of sports you can practice in a club in Sierre: athletics, baseball, basketball, curling, capoeira, soccer, ice hockey, swimming, tennis, archery, fencing, street-hockey, golf, cycling, etc  
To find the complete listing of the sporting clubs: [www.sierre.ch](http://www.sierre.ch)

## ***Night life***

**The Anciens Abattoirs (previous Slaughter Houses)**

The Anciens Abattoirs is the place of the alternative culture impossible to circumvent in Sierre. Several associations regularly organise there cultural concerts, projections and other events. The building is at the southern side of the ASLEC, along the road. It comprises a concert hall “the Hacienda”, a projection hall “la Station service” and a local bar.

For the program of the evenings at the Anciens Abattoirs, consult the website of the associations:

[www.art-sonic.ch](http://www.art-sonic.ch)

[www.mainverte.ch](http://www.mainverte.ch)

[www.arkaos.ch](http://www.arkaos.ch)

[www.aslec.ch](http://www.aslec.ch)

## **Cinema**

There are two cinemas in Sierre:

**Cinema «Le Bourg»**

**Address:** avenue Max-Huber 1, 3960 Sierre (in front of the Hôtel de Ville)

**Telephone:** 027/455 01 18

**Cinema «Le Casino»**

**Address:** av. Général-Guisan 19, 3960 Sierre (in the gallery)

**Telephone:** 027/455 14 60

Monday, the cinema is less expensive. If you have a student card, you receive a reduction. To see the cinema programs of Sierre and Sion, consult [www.cinesierre.ch](http://www.cinesierre.ch) .

Most projected films in Sierre are doubled in French. To see films in original version with subtitles, you have to go to Montana.

## **Bars and pubs**

In Sierre, there are various pubs, also called “bistrots”. The majority are open from morning to evening until 1:00 in the morning. In general, one goes there to take the aperitif, to discuss around a glass, to meet people. Certain bars are open up to 3 hours in the morning or later.

## ***Festivals and events***

### **Holidays**

Since the Valais is a Roman Catholic canton, holidays correspond in major part to a catholic religious event:

- January 1<sup>st</sup>, New Year
- March 19<sup>th</sup>: St-Joseph
- at the end of May (variable date): Ascension Day
- August 1<sup>st</sup>: National holiday
- August 15<sup>th</sup>: Assumption
- November 1<sup>st</sup>: All Saints' day
- December 8<sup>th</sup>: Immaculate Conception
- December 25<sup>th</sup>: Christmas

### **Main Events**

**Every Saturday morning: Market** on the place of the Town Hall

### **February/March (variable dates)**

**Carnival:** People disguise themselves and they have fun! Processions and balls are organised everywhere in the Valais.

### **Mai**

**Dreamago** - Cinema festival – Château Mercier - Sierre [www.dreamago.com](http://www.dreamago.com)

### **June**

**Slow up** - Everybody on a bicycle!- Sierre [www.slowupvalais.ch](http://www.slowupvalais.ch)

**Sismics** - Festival of Cartoon with concerts - Sierre [www.sismics.ch](http://www.sismics.ch)

**Le Week-end au bord de l'eau** (The Weekend at the waterside) - Festival of electro music – Lake of Géronde [www.funandfloor.ch](http://www.funandfloor.ch)

### **July and August**

**Été sierrois** (Sierrois Summer) - Concerts at the Mercier Castle every Friday evening - [www.etesierrois.ch](http://www.etesierrois.ch)

**Barbus festival** - Concerts in front of the Old Slaughter-houses every Saturday evening - [www.art-sonic.ch](http://www.art-sonic.ch)

### **July**

**Le Feu au lac** (Fire on the lake) (31<sup>st</sup> July) - For the national holiday of August 1<sup>st</sup> – Lake of Géronde [www.feaulac.ch](http://www.feaulac.ch)

### **August**

**The Alex Moos** - a bicycle race with start and arrival in Sierre [www.alexmoos.ch](http://www.alexmoos.ch)

**International pedestrian race Sierre-Zinal** - [www.sierre-zinal.com](http://www.sierre-zinal.com)

**Sierre Blues Festival** - Sierre [www.sierrebluesfestival.com](http://www.sierrebluesfestival.com)

### **September**

VINEA - Viticultural meetings of the Valais - Sierre [www.vinea.ch](http://www.vinea.ch)  
Marche des cépages - Sierre-Salquenen - [www.marchedescepages.ch](http://www.marchedescepages.ch)  
Tohu-Bohu Music Festival - Veyras [www.tohu-bohu.ch](http://www.tohu-bohu.ch)

### November

**Annual stock sale and Fair of the St.-Catherine** - the important meeting of people living in Sierre!

[www.braderiedelasaintecatherine.ch](http://www.braderiedelasaintecatherine.ch) et [www.sierre.ch/foire](http://www.sierre.ch/foire)

### December

**Christmas market** on the place of the Town Hall

## *Tourism*

### Tourist office

The Tourist office helps find information on the demonstrations and the leisure activities in Sierre and in the area.

**Address:** Office du tourisme de Sierre, Salgesch et Environs, (Tourist Office of Sierre, Salgeshee and surroundings), place de la Gare 10, 3960 Sierre

**Telephone:** 027/455 85 35

**Fax:** 027/455 86 35

**Website:** [www.sierre-salgesch.ch](http://www.sierre-salgesch.ch)

## INTEGRATION

### *Help for migrants*

#### The Deputy for integration

The Deputy for integration establishes the relationship between the Municipality and the people living in Sierre. She accommodates the newly arrived, gives councils and information to foreigners and helps them in their administration. The deputy also develops projects related to integration and the struggle against discrimination. If you have an idea or a proposal on this subject, do not hesitate to contact her!

**Contact:** Marie-Françoise Pitteloud

**Office:** No 305, on the 3<sup>rd</sup> floor of the Town Hall

**Telephone:** 027/452 02 34.

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)

#### Intercultural Space

Intercultural Space is a place of meeting and exchanges for foreigners and Swiss persons. It proposes during the entire school year social, cultural and formative activities. Workshops are held every Tuesday and Thursday afternoon. The detailed program can be consulted on the website of the association.

**Address:** Espace Interculturel, rue de la Monderèche 7, CP 365 (opposite l'ASLEC), 3960 Sierre

**Coordinator:** Marie-Thérèse Brembilla

**Telephone:** 027/455 32 76

**Website:** [www.espacesierre.ch](http://www.espacesierre.ch)

### The Mosaïque Group

A group of women coming from 12 different communities proposes voluntary support for migrant people suffering from difficulties of communication and social integration, in particular in the field of health. Anonymity is guaranteed.

**Telephone permanency:** 078/654 57 56

**E-mail:** [mosaiquemulticulturelle@hotmail.com](mailto:mosaiquemulticulturelle@hotmail.com)

### The Swiss Centre of Immigrants

This centre is a space for the migrants, that offers various services: French courses, legal and social permanency, a space for women.

**Address:** Centre suisses-immigrés, rue de l'Industrie 10, CP 280, 1950 Sion

**Telephone :** 027/323 12 16

**E-mail:** [csivs@bluewin.ch](mailto:csivs@bluewin.ch)

**Opening hours:** Monday, Tuesday, Thursday from 14 h to 18 h / Wednesday only on appointment / Friday from 18 h to 21 h.

### (AVIC) The Valaisan Association of Community Interpretership

This association offers a service of professional interpretership. It is made up of people of different cultures, having followed training as Community interpreters. Anonymity is guaranteed. These services are to be paid.

**Address:** L'association valaisanne d'interprétariat communautaire (AVIC)CP100, 1951 Sion

**Telephone:** 079/794 69 21

**E-mail:** [info@interpretavic.ch](mailto:info@interpretavic.ch)

**Opening hours:** permanency 9 h – 11 h.

### (RESOLMI) Network of solidarity with migrants

This network aims to defend the rights of migrants. The people of RESOLMI can give you councils and help you in your administration.

**Address and contact:** RESOLMI (Réseau de solidarité avec les migrants), CP 73, 1966 Ayent

**Telephone:** Liliane: 079/584 07 21 / Tharcisse: 078/689 73 53

**E-mail:** [resolmi@hotmail.com](mailto:resolmi@hotmail.com)

## ***Courses of French***

To be able to be integrated and feel well in a new city, it is very important to learn the language as soon as you arrive. In Sierre, the language used is French, even if part of the population is of the German native tongue.

### Intercultural Space

This association in Sierre organises French courses twice per week for foreigners

**Levels:** there are 6 French classes according to knowledge (from the level of beginners up to the advanced level).

**Price:** The inscription costs 100 francs, **but the courses are free.**

**Schedules:** The courses are held on Mondays and Thursdays from 19:00 to 20:30 in the school centre of Liddes and the intercultural Space. There are no courses during the school holidays.

**Inscriptions:** One can pass every Monday beginning from 18:30 in the school centre of Liddes (close to the cantonal Police force). We will then evaluate your level of French. The inscriptions are possible all year long.

**Address of the association:** rue de la Monderèche 1, 3960 Sierre  
**Address of courses:** Centre scolaire des Liddes, route des Liddes 8, 3960 Sierre  
**Telephone:** 027/455 32 76  
**E-mail:** [espacesierre@netplus.ch](mailto:espacesierre@netplus.ch)  
**Website:** [www.espacesierre.ch](http://www.espacesierre.ch)

### Association “Read and Write”

This association accommodates in particular Swiss or foreigners having difficulties with reading or writing.

**Telephone:** 027/321 22 77 or 0840 47 47 47 (permanency for inscriptions on Thursdays from 9 h -12 h **Website:** [www.lire-et-ecrire.ch](http://www.lire-et-ecrire.ch)

### The Center of Swiss Immigrants

This association, which is based in Sion, organises French courses for foreigners. The courses take place all week long, in the morning and the afternoon.

**Address:** rue de l'Industrie 10, Case postale 280, 1950 Sion  
**Telephone :** 027/323 12 16  
**E-mail:** [csivs@bluewin.ch](mailto:csivs@bluewin.ch)

## *Knowing the habits: some suggestions...*

### Greetings

In small villages and in the countryside, one often says hello (“Bonjour!”) to the people that one crosses, even if one does not know them. On the other hand, in cities, it is very rare to greet people one does not know in the street. In shops and pubs, the customers and the salespeople or waiters always say “hello” (“Bonjour!”), “goodbye”(“Au revoir”) and “thank you” (“Merci”). In general, people of the same building greet each other when they meet, even if they do not know each other personally. That makes life more pleasant! In Switzerland, people who do not know each other speak very little together in general, in any case not immediately... that takes time. However, this should not prevent you from taking the first step!

### Punctuality

In the Valais as in Switzerland, it is not the habit to arrive late when one has an appointment with somebody. To be late, even 10 minutes, can be perceived as being impolite. If you have a delay, it is better to inform the person with whom you have an appointment. If it is not possible for you to go to an appointment, it is also important to announce it (in the event of a visit to your doctor for example, you must pay the consultation if you did not present yourselves, except if you inform the cabinet 24 hours in advance).

### The aperitif or apero

It is a habit from time to time to share a glass before eating (before midday and the evening towards 17 or 18 hours) with one’s friends or colleagues. This tradition is called the aperitif (or “apero”). However, one is not obliged to drink alcohol as an aperitif, each one can choose his drink. In the Valaisan tradition, the moment of the aperitif is an important social moment. It is the occasion to better get to know each other and to discuss together.

### At someone’s place

In theory, one informs a person before passing to see him or her, except if one knows him or her very well. When one is invited for supper, one often brings something (wine, flowers or chocolate for example). Before entering, one generally asks if one should take off one’s shoes. The meal

starts with a “good appetite” when everyone is sitting and has been served. Before starting to drink, it is the habit to wish each other good health... while looking each other in the eyes!

## ***Foreign associations in Sierre***

### **Portuguese Circle**

Centro Português de Sierre (ACRDP)

**Address:** Iles Falcon 5 (zone industrielle), 3960 Sierre

**Contact:** M. Luis Matos

**Telephone:** 027/455 14 17

### **Association of the parents of pupils of the Portuguese school**

**Address:** Associação de Pais de Sierre (APS), CP 83, 3960 Sierre

**Telephone:** 076/306 62 68

**E-mail:** [a.p.sierre@gmail.com](mailto:a.p.sierre@gmail.com)

**Website:** [www.aps-associacaodepaisdesierre.ch](http://www.aps-associacaodepaisdesierre.ch)

### **Spanish Circle**

**Address:** route de Loèche 64, CP 276, 3960 Sierre

**Contact:** M. Enrique Barcala

**Telephone:** 027/455 38 95

### **Gruppo Donne Italiane**

**Address:** Espace Interculturel, rue de la Monderèche 1, CP 365. 3960 Sierre

**Contact:** Mme Marie-Thérèse Brembilla

**Telephone:** 027/455 32 76

### **Italian catholic mission**

**Address:** av. Max-Huber 10, 3960 Sierre

**Contact:** Father Costante Facoetti

**Telephone:** 027/455 63 02

If you have any remarks or questions about this booklet,  
do not hesitate to contact us!

### **The work group for integration**

**Telephone:** 027/455 02 34

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)