



# Arriving in Switzerland

Dear Student,

Welcome to Alpadia Language Schools.

We are so pleased to have you study with us and firstly, want to remind you that we are here to help you if you need anything at all. If you need to contact someone about your accommodation, your health and wellbeing, your meals, your travel or have a question about life in Montreux, Switzerland in general, the Student Support Team is there to help in Montreux and can be contacted by email at [montreux@alpadia.com](mailto:montreux@alpadia.com).

We understand that things are a little different to normal now and you may have some questions. We have made this document to try and make your arrival and stay in Switzerland as easy as possible. If you have any questions, please contact us at the above addresses and we will be happy to help you.

## ARRIVAL INTO SWITZERLAND

Entry in Switzerland is subject to restrictions. Detailed rules and regulations can be found on the following website:

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/empfehlungen-fuer-reisende/quarantaene-einreisende.html#489451312>

**ENTRY FORM:** You can find information about the entry form on this [link](#). You must fill out the form before you enter Switzerland.

### *I'm fully vaccinated, do I need to provide a negative PCR test?*

No, if your country is not on the list of the high risk areas and you can prove that:

- You are fully vaccinated against Covid19. Your vaccination must meet the necessary requirements. This exemption applies for six months from the time that you are fully vaccinated
- You have had a coronavirus infection and have recovered. This exemption applies for six months from the end of the isolation period (the 11th day after the positive test result).

### *What are the Covid19 vaccination requirements?*

People who are fully vaccinated are exempt from many health-related measures at the border. These exemptions only apply for the following vaccines:

- Pfizer/BioNTech (BNT162b2 / Comirnaty® / Tozinameran)
- Moderna (mRNA-1273 / Spikevax / COVID-19 vaccine Moderna)
- AstraZeneca (AZD1222 Vaxzevria®/ Covishield™)
- Janssen / Johnson & Johnson (Ad26.COV2.S)
- Sinopharm / BIBP (SARS-CoV-2 Vaccine (Vero Cell))
- Sinovac (CoronaVac)

### *When do I need a negative test result?*

If you are not fully vaccinated or unable to prove that you have recovered from COVID-19 in the last 6 months, you will have to present proof of a negative PCR test (not older than 72 hours) or rapid antigen test (not older than 48 hours). More information can be found on this [link](#).

## COVID CERTIFICATE

A Covid certificate is required to access public indoor spaces such as restaurants, culture events and leisure activities. The proof of vaccination that allows you entry is not valid in Switzerland at locations where there is a COVID certificate requirement. In these locations, only a certificate is valid. This can be a Swiss COVID certificate or a recognised foreign certificate (EU Digital Covid Certificate or compatible with the EU Covid certificate).

### *How can I get a COVID certificate?*

You can apply for a Swiss COVID certificate if you were vaccinated abroad with a vaccine that is approved by the European Medicines Agency (EMA) + SARS-CoV-2 Vaccine and CoronaVac. You must be resident in Switzerland, staying in Switzerland, or intend to enter Switzerland.



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You need:

- Passport copy
- Vaccination certificate copy (must be signed and stamped by the doctor/medical center in your home country. If this is not possible, you can ask a doctor in Switzerland to sign and stamp the certificate)
- Send the documents to [covid.certificats@vd.ch](mailto:covid.certificats@vd.ch)

Usually it takes about 5-10 days to issue the certificate. You can find more information on the [Federal Office of Public Health website](#)

## *Do I need to quarantine when I arrive in Switzerland?*

Only travellers from Higher risk areas have to quarantine upon arrival to Switzerland. The list is changing frequently and can be found on this [link](#).

## *What are the quarantine rules in Switzerland?*

- Upon arrival, go immediately to your accommodation. On the way there, keep a minimum distance of 1.5 meters from other people. If you are unable to maintain this distance, we recommend that you wear a mask. Avoid public transport if possible ; masks are compulsory in all public transportation in Switzerland.
- Report your arrival to the [cantonal authority responsible within two days](#).
- For **10 days** after your arrival in Switzerland you must stay in your accommodation without going out. Avoid contact with other people and follow the instructions in the document [instructions on quarantine](#) (PDF, 15.03.2021). This document is also available in the [languages of the migrant population](#).
- There is the possibility of shortening travel quarantine from day 7 onwards with a negative Covid19 test. You'll find information on the [Isolation and Quarantine](#) site.

## *How to restrict movement if you are staying in a Homestay*

- You should spend most time in your bedroom and avoid mixing with other members of the house.
- You should wipe down bathroom surfaces after use.
- You should use your own, separate towels. Your host will provide these for you.
- You should keep your room well ventilated (opening your window as much as possible).
- Your host will deliver your meals to your room. They will place it outside your room for you to collect.
- You should wash your hands regularly and for at least 20 seconds.
- Please follow instructions from your host. They are here to keep you safe as well as themselves and their families.

## *How to restrict movement if you are staying in a residence / student apartment.*

- You should spend most time in your bedroom and avoid mixing with other members of your apartment.
- You should not use residence / student apartment common spaces.
- You should order online food deliveries as you should not be going to the shops. Please see our list of suggestions below.
- You should keep your room well ventilated (opening your window as much as possible).
- You should use the kitchen at a different time to your other flatmates. You should wipe down all surfaces with antibacterial spray when you have finished.
- You should wash your hands regularly and for at least 20 seconds.

## *How can I order food from my residence / apartment?*

You can order take away meals through those various apps:

<https://www.just-eat.ch/en/>

<https://www.ubereats.com/ch>

Or you can order groceries at:

<https://shop.migros.ch/en/supermarket/home>

<https://www.coop.ch/>

If you need more information or help to order food, please contact the Student Support team.

## LIFE IN SWITZERLAND DURING THE COVID 19 OUTBREAK

Switzerland has some restrictions in place to keep everyone safe and prevent the spreading of the virus. Please consult the [website](#) of the FOPH for updated details on restrictions.

### Life in a homestay

Your homestay host will be fully up to date with what current restrictions and can help explain them to you. Some homestay hosts will be travelling to work, others may be working from home. Some will be fairly relaxed about the situation, but others may be shielding (limiting leaving the house to protect themselves or a relative) and may wish to limit socialising as a result. Please respect the rules of your homestay host. If you are unsure of anything, please speak to the Student Support team for advice.

### Life in a residence/Apartment

Your experience in our residences/apartment will be slightly different as a result of the pandemic. As per Swiss restrictions, numbers of people are limited, and we ask you to respect the barrier gestures by wearing masks in common areas, respecting 1.5m distances and wash your hands often with soap and for 20 seconds or more. Disinfectant is available in residences and apartment, please use if often.

### What to do if you feel unwell

It is important for as many cases of infection with the coronavirus to be identified as possible. For this reason we recommend a test even if you have only mild [symptoms](#).

1. Reduce contact: Stay at home and avoid all contact with other people.
2. Test: Have a test immediately if you have symptoms. You'll find more information on tests and coverage of the costs of tests on the [Tests](#) page. An appointment can easily be made for a quick or PCR test on the following [link](#). If you need help to get a test appointment, please contact the Student Support Team.
3. Until the test results are available: Stay at home, follow the [instructions on isolation](#) (PDF, 286 kB, 29.12.2020) and avoid all contact with other people until the result of the test is available. Depending on the result, follow the instructions for a positive test result or a negative test result.

If you think you have Coronavirus and or you test positive, contact your Student Support Team immediately. They will be able to support you.

### What to do in the event of a positive test result: Isolation

Note: This procedure applies to people with symptoms of the disease and those who have tested positive in a confirmatory PCR test. If you have a test without having symptoms, you will find information on what to do on the Tests page under [Tests without symptoms - what to do after you get your test result](#).

Follow the [instructions on isolation](#) (PDF, 286 kB, 29.12.2020) and avoid all contact with other people. If you live with other people in the same household, set yourself up in one room on your own. Isolation normally lasts 10 days.

### What to do in the event of a negative test result

Note: This procedure applies to people with symptoms of the disease. If you have a test without having symptoms, you will find information on what to do on the Tests page under [Tests without symptoms - what to do after you get your test result](#).

- If you were not in quarantine when you had the test: Stay at home until you have no longer had symptoms for 24 hours. This is also the recommendation for respiratory diseases such as the flu.
- If you were in quarantine when you had the test: You may only shorten the 10-day quarantine period if you meet the requirements described in the [Shortening quarantine](#) section.

We appreciate that this is a challenging time to be an international student and we want to remind you again that we are here to help you in any way we can. We are really looking forward to welcoming you safely to our schools soon.

Kind regards,

The ALPADIA Montreux Team

[montreux@alpadia.com](mailto:montreux@alpadia.com)