



GUARANTEED

PAID

INTERNSHIP

**LA XENIA
INTERNATIONAL INSTITUTE OF SWITZERLAND**

**DIPLOMA IN
HOSPITALITY &
TOURISM
MANAGEMENT**

**PROGRESSION
ROUTES
Job Progression
OR Continue Your
Studies and Earn
A Bachelor**



CONFEDERATION OF TOURISM & HOSPITALITY



ACCREDITED AND RECOGNISED



PRIVATSCHULREGISTER
PRIVATE SCHOOL REGISTER
REGISTRE DES ECOLES PRIVEES
REGISTRO DELLE SCUOLE PRIVATE
SCHWEIZ - SWITZERLAND - SUISSE - SVIZZERA



ISO 17011:2017 CERTIFIED
QA AGENCY IN EDUCATION
ACCREDITED



PREMIER ACCREDITATION



Welcome to La Xenia International Institute of Switzerland!

“ *From the Classroom to
Global Hospitality Careers* ”

**Diploma in
Hospitality & Tourism Management
with Guaranteed Paid Internship &
Progression Routes to Further Study
or Jobs around the World!**



Your Global Career Path Starts at La Xenia

At La Xenia, your journey doesn't end with a diploma—it begins a world of opportunities. We support every student with flexible, international progression routes that open doors to career and study options across the globe.

Progression Route #Germany Apprenticeship Pathway to Germany

After graduating from La Xenia, students have the opportunity to join a government-backed apprenticeship programme in Germany—earning a monthly salary while gaining real work experience. This pathway offers a clear route to long-term career opportunities and permanent residency in Europe.

Progression Route #STUDY

Continue Your Studies with Confidence

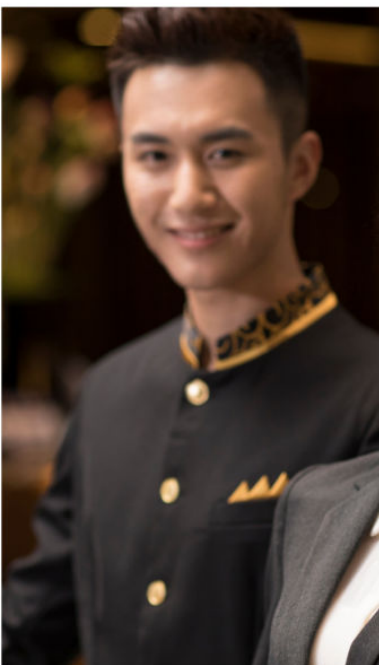
After your diploma, you can choose to:

- Advance your studies at La Xenia with higher-level qualifications
- Transfer within the MGW school network for continued academic growth
- Progress to a CTH university partner in the UK or beyond



From Here to There — Laxenia Helps You Prepare for What's Next

From real-world skills to international progression, we're here to support your journey every step of the way.



Progression Route #USA **Work in the USA with a J1 Visa**

Gain valuable international experience through a 1-year J1 visa internship in the United States, with the possibility to extend your stay.

Progression Route #JOB **Guaranteed International Job Placements**

Launch your career with guaranteed job opportunities in leading hospitality destinations such as:

- Singapore
- The Middle East
- Other key global markets

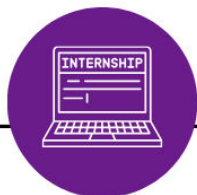
Two Diplomas. One Complete Programme.

Our curriculum follows the internationally respected CTH Level 4 framework, giving students the same high-quality academic training delivered by top institutions worldwide.

But unlike standard CTH courses, at La Xenia:

Students sit the CTH exam, and upon passing, receive the official CTH Level 4 Diploma in Hospitality Management—at **no additional cost.**

They also earn the La Xenia Diploma in Hospitality & Tourism Management, awarded for completing the full learning experience, including academic study and hands-on training.



Internships

What truly sets La Xenia apart is our guaranteed paid internship. The standard CTH curriculum does not include practical training, we believe experience is essential.



Two qualifications in one programme

A powerful combination that strengthens both their CV and their confidence.



CTH

Is a UK government-regulated awarding body. Its diplomas are recognised worldwide by employers and universities, offering a trusted path to global career or study opportunities.

Choosing La Xenia means achieving more than a qualification. It means offering them a head start. With both the academic credibility of the CTH diploma and the practical value of an internship, they graduate ready to take the next step—whether that's employment or continued study.



LA XENIA

We Care For You Every Step Of The Way



Global Education & Global Future

Embark on a transformative academic experience with our Diploma in International Hospitality & Tourism Management program. Designed to prepare students for a dynamic global future, this comprehensive program offers a unique blend of theoretical knowledge and practical experience, ensuring graduates are equipped with essential management skills for successful careers in the international hospitality and tourism sector.

Swiss Hospitality

Embrace the Swiss hospitality and benefit from the guidance of qualified international lecturers with extensive experience in the field. Solidify your understanding of the industry through a five-month internship, where hands-on experience transforms theoretical knowledge into practical expertise.

Breathtaking Switzerland

Experience an inspiring learning environment surrounded by Switzerland's stunning mountain landscapes. La Xenia Campus Obwalden is the perfect setting for personal and academic growth. Students benefit from a focused, immersive education in a world-renowned hospitality destination.

Programme Information

Swiss Diploma in Hospitality & Tourism Management
On-campus in Switzerland

Your Future in Hospitality Starts Here

Looking to build a global career in hospitality and tourism?

This one-year, English-taught programme gives you the best of both worlds:

- 6 months of academic study & semester break in beautiful Switzerland
- 6 months of paid internship with real industry experience

Whether you're dreaming of a career in hotels, resorts, or international travel, this programme gives you the skills, confidence, and global exposure to get started.



Learn the Swiss Way

Our academic block combines:

- Interactive classes and hands-on workshops
- Real case studies and business scenarios
- Guest speakers from the industry
- Company visits to see hospitality in action

Students don't just learn—they experience what hospitality means at a global level, inspired by world-famous Swiss quality.

Paid Internship: Turn Learning into Action

You'll also complete paid internships in a real hospitality settings.

This is your chance to:

- Gain practical skills in hotels, restaurants, or tourism operations
- Build your CV with global work experience
- Earn while you learn in a professional environment
- Enhances your job prospects after graduation

It's the perfect bridge from student life to your future career.

Why Choose This Programme?

At La Xenia, we believe education should lead to opportunity.

This programme offers not just learning, but a direct route to career growth, global employability, and future academic progression. Students gain valuable life skills, independence, and professional experience in a safe, supportive Swiss environment.

- Study in Switzerland, the home of world-class hospitality
- Recognised international qualification with global career pathways
- Guaranteed paid internship to give you a head start
- Taught fully in English—German Classes Optional
- Live and learn with students from around the world

Programme Specifications

Students will study eight core courses and have two full-time internships

- 7 core courses (worth 60 ECTS credits)
- Two full-time internships (worth 30 ECTS credits total)

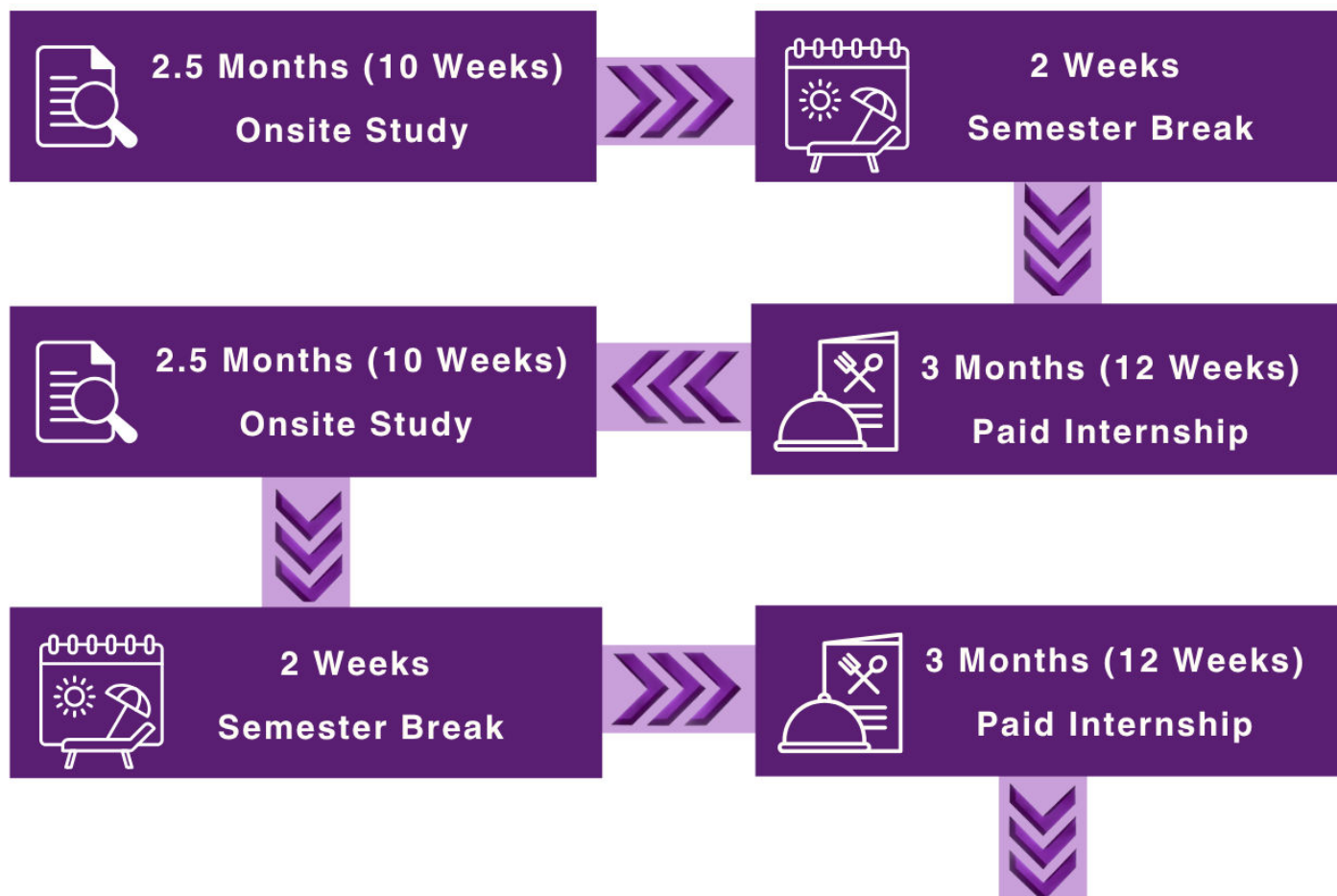
Total: 90 ECTS credits

Courses

- Finance in Tourism and Hospitality
- Customer Service Management in Tourism & Hospitality
- Global Tourism and Hospitality
- Rooms Division Operations
- Rooms Division Supervision
- Food and Beverage Operations
- Food and Beverage Supervision

Note: The courses listed above for this programme are regularly reviewed to ensure they are up-to-date and meet industry needs as well as the latest teaching methods. On occasion, we may need to make unexpected changes to the courses – if this occurs, we will contact all registered students as soon as possible.

PROGRAMME TIMELINE



Graduate With A Diploma



La Xenia Campus Obwalden

Nestled in the breathtaking landscapes of Obwalden, our Campus offers an inspiring environment where education meets nature. Surrounded by majestic mountains, hiking trails, lush greenery, and pristine lakes, the campus provides the perfect setting for both academic focus and personal well-being. Cities Sarnen & Luzern are close by, and there is a bus stop right in front of campus with buses every hour.



Designed to offer a well-rounded student experience, the campus features dormitories for comfortable on-site living, fully equipped kitchens, and dedicated sports facilities that encourage an active lifestyle. Whether enjoying the peaceful surroundings, engaging in practical learning, or participating in recreational activities, students will benefit from a unique blend of academic excellence and an enriching campus life.



Address of Accommodation & Campus : Sportcamp, Fruttstrasse 36 6067 Melchtal, Switzerland

Memberships & Accreditations





Membership, Certification & Accreditation

La Xenia International Institute of Switzerland's Hospitality School is proud to partner with numerous prestigious accreditation bodies worldwide. Our collaborations have earned us esteemed memberships and accreditations, ensuring our students receive a top-tier, internationally recognized education.



Ensuring Quality Education

Accreditation signifies a commitment to excellence, demonstrating that our institution adheres to rigorous educational standards. When La Xenia is accredited, it means our programs, faculty, and facilities have undergone thorough evaluations by independent accrediting organizations. This rigorous assessment process guarantees that our students receive an education that meets high-quality benchmarks and is held in high regard.

Having recognized accreditations boosts the global reputation of La Xenia. This is crucial for students aspiring to work or study internationally.

An accredited diploma or degree from La Xenia is more likely to be recognized and respected worldwide, unlocking numerous global opportunities for our graduates.



CTH: United Kingdom



La Xenia International Institute of Switzerland is proud to offer a full range of CTH-accredited programmes in hospitality and tourism. These qualifications are recognised around the world and designed to prepare students for international careers in the industry.

We currently offer the following CTH Programmes

CTH Level 2 Certificate in Hospitality Practice
CTH Level 3 Foundation Diploma in Hospitality and Business
CTH Level 4 Diploma in Hospitality Management
CTH Level 5 Advanced Diploma in Hospitality Management
CTH Level 6 Professional Diploma in Tourism and Hospitality Management
CTH Level 7 Executive Diploma in Hospitality and Tourism Management

These qualifications are awarded by the Confederation of Tourism & Hospitality (CTH)—a respected UK professional body known for its high standards in hospitality, tourism, and culinary education.

CTH Qualifications Are:

- **Regulated by Ofqual, the UK government's qualifications authority**
- Endorsed by global employers and leading universities
- Developed with input from industry experts

As an approved CTH Teaching Centre, La Xenia ensures that all programmes are delivered to a high standard, with a strong focus on practical skills, academic rigour, and career readiness.

A qualification from La Xenia and CTH gives you a strong foundation to pursue global opportunities in the hospitality and tourism sectors.

La Xenia's Recognition by the Private School Register of Switzerland

La Xenia is officially recognised by the Private School Register of Switzerland (Privatschulregister Schweiz)—a respected national body that acknowledges private schools meeting high standards of quality.



What This Means for You:

Proven Quality

This recognition shows that La Xenia meets strict standards in education—including our programmes, teaching methods, staff qualifications, and how we run the school.

National Credibility

Being listed on the Private School Register adds to our credibility in Switzerland. It confirms that we follow the country's expectations for high-quality private education.

Trusted by Families

Students and parents can feel confident knowing that La Xenia's programmes are officially recognized and held to a national standard. It's a strong sign of trust and reliability.

Strong Reputation

This acknowledgment places La Xenia among Switzerland's respected private schools, especially in the field of hospitality and business education.

Ongoing Improvement

We're committed to continuous growth. Being part of the Private School Register encourages us to keep improving and delivering the best possible education.

Connection with Other Top Schools

Recognition also connects us to a network of other high-quality institutions across Switzerland—opening up opportunities to collaborate and share best practices.

The International Association for Quality Assurance in Pre-tertiary and Higher Education



The International Association for Quality Assurance in Pre-tertiary and Higher Education (QAHE), registered in Delaware, USA, is an esteemed independent and international organization. QAHE is dedicated to recognizing higher education institutions for their excellence in research performance, student services, and quality of teaching. The organization plays a crucial role in instilling public confidence in educational institutions while supporting the development of robust quality assurance systems worldwide.

La Xenia International Institute of Switzerland is proud to have achieved accreditation from QAHE. This prestigious recognition underscores our commitment to providing high-quality education that aligns with international standards. QAHE accreditation is a testament to La Xenia's dedication to academic excellence, superior student services, and outstanding teaching methodologies.

Choosing La Xenia means choosing an institution that not only meets international benchmarks but also continually strives for improvement. QAHE accreditation at La Xenia ensures that you will experience a learning environment of exceptional quality.

Our commitment to meeting these rigorous standards enhances the reputation of your qualifications, making them highly respected and valued worldwide. This accreditation also means that your La Xenia degree will be recognized internationally, opening doors to exciting career opportunities around the globe.

Our partnership with QAHE supports us in enhancing our educational offerings, ensuring that you benefit from the latest advancements and best practices in hospitality education. Moreover, QAHE accreditation signifies our continuous dedication to excellence in research, teaching, and student services. You can rest assured that at La Xenia, you will receive the best possible education, supported by a rigorous accreditation process that ensures our institution maintains the highest standards of integrity and quality.

By choosing to study at La Xenia, students benefit from an institution recognized for its unwavering commitment to quality and excellence, providing them with a solid foundation for a successful career in the global hospitality and tourism industry.

ISASAHE

International Swiss Accreditation Services for Adult & Higher Education (ISASAHE) is an international accreditation service dedicated to advancing the quality and integrity of adult and higher education in business-related vocational and academic study programs and courses.



**INTERNATIONAL SWISS ACCREDITATION SERVICES
FOR ADULT & HIGHER EDUCATION**

PREMIER ACCREDITATION



International Swiss Accreditation Services for Adult & Higher Education (ISASAHE) commitment to excellence is reflected in their rigorous accreditation processes, which are designed to ensure that institutions meet the highest standards of education.

As a non-governmental, independent quality assurance organization, it leverages the extensive experience of their staff, who bring year of combined expertise as quality assurance evaluators in adult education across North America, Europe, the Middle East, Africa, and Asia. Their mission is to provide comprehensive accreditation services that support the continuous improvement and quality enhancement of educational institutions worldwide.

By fostering innovation and promoting best practices, they empower institutions to deliver exceptional educational experiences that prepare learners for success in a dynamic and competitive global marketplace. Through their work, they strive to build a community of accredited institutions that uphold the values of integrity, excellence, and continuous improvement in adult and higher education.

Student Life



SPORTS CAMPUS & ACCOMMODATION



Optional ACCOMMODATION & INSURANCE PACKAGE

999 CHF per month

Optional accommodation package includes shared accommodation in a sports camp and medical insurance during studies only.

**terms and conditions apply*



Recreational Activities

Our new Campus offers a wide array of recreational activities and excursions. We provide students with sports facilities, and optional weekly excursions to enjoy the Swiss nature. Recreational activities includes, but are not limited to:

- Table Tennis, Foosball, Darts, Basketball, Soccer and Hiking

Cost of Living: Example Budget

Understanding the cost of living is essential for managing your finances while studying in Switzerland. Students have to budget for their own personal expenses during their studies. Obwalden offers a balanced lifestyle, with costs generally lower than major Swiss cities like Zurich or Geneva. However, budgeting wisely is key to making the most of your time here.

This section provides an estimated monthly budget covering essential expenses such as accommodation, food, transportation, and personal expenses. While individual spending may vary, these figures offer a realistic overview of what to expect.

The budget shown is an **example** of a monthly budget for a student in Switzerland, and La Xenia does not guarantee how much your personal expenses are.

Example of Personal Cost (Monthly)		
Category	Cost	Additional Explanations
Accommodation & Health Insurance	999 CHF	La Xenia Accommodation Package incl. Health Insurance
Food	100 CHF	Provided you shop cheaply and cook yourself. Specialty items will increase your expected expenditures.
Transportation	50 CHF	Taking public transport, and using the school bus (School bus is free of charge)
Sim-Card	20 CHF	Example: E-sim with unlimited data
Micellaneous Expenses	50 CHF	Other personal expenses & freetime activities
Total Monthly Expenditures	<u>1,219 CHF</u>	<i>Your expenditures may deviate from this example</i>

You also have to budget for one time payments include visa costs, flights & other similar expenses.

Fees & Entry Requirements



Entry Requirements

Age Requirement

- a minimum age of 18 at enrollment

Please note the maximum age to apply for a Swiss student visa in Canton Obwalden is 29 years old.

Academic Qualification

- High School Diploma OR,
- Secondary school leave OR
- A-Level OR
- UK level 3 or equivalent

English Qualification

Applicants are expected to demonstrate English proficiency at a minimum B1 level (Common European Framework of Reference).

Exemptions apply if English was the language of instruction in the applicant's most recent academic programme. In such cases, formal test results may not be required.

Accepted proof of English proficiency may include:

- IELTS, TOEFL, Cambridge English, or equivalent B1-level results OR;
- Confirmation from the previous institution stating that the programme was taught in English OR;
- A successful interview or internal assessment (where applicable) OR;
- Reach level B1 at <https://www.efset.org/ef-set-50>
- Hold a regulated academic or vocational qualification at Level 3 (e.g. BTEC or A Level). Equivalence to be evaluated through NARIC or
- Evidence of at least 3-year work experience in the hospitality and/or tourism industry ideally with some work experience at a supervisory level and preferably school leaving certificate.

Please note English language requirements for a Swiss student visa must be adhered to. Please consult the individual Swiss Embassies for English language requirements.

Letter From Our Founder & President

*Dear Students,
Welcome to La Xenia International Institute of Switzerland. As Founder, I am thrilled to introduce you to the innovative FlexiEduCare concept, which I believe will transform the way you experience education.*



Mr. Martin Nielsen
Founder & President

At La Xenia, we believe that education should be more than just theory—it should prepare you for the real world.

That's why I developed the FlexiEduCare concept:

- Flexibility: to help you develop future work skills tailored to your unique needs and goals.
- Education: to ensure a solid foundation that blends essential academic and practical elements.
- Care: to support you personally and professionally throughout your entire learning journey.

Whether you're looking to build a career in hospitality, launch your own business, or gain hands-on experience in top destinations like Switzerland, Malaysia, Denmark, the USA, or Thailand—we are here to help you make it happen.

With clear progression routes and a personalised approach, La Xenia is where flexibility meets education and care—so you can go the whole way, wherever your journey leads.



BEGIN YOUR INTERNATIONAL EDUCATIONAL JOURNEY TODAY

C O N T A C T U S

eMail: admissions@laxenia.ch

Campus

c/o Sportcamp, Fruttstrasse 36
6067 Melchtal, Switzerland

Administrative Headquarters

Hotel Rössli, Brünigstrasse 15
6053 Alpnachstad, Switzerland

Appendices



Pathway to a Stable Career and Life in Germany

After completing their diploma or degree at La Xenia, you have the opportunity to progress into a fully supported, government-backed apprenticeship programme in Germany—one of Europe's most stable and prosperous economies.

Experience

Gain real-world experience in hospitality or business with respected German employers

Mentorship

Receive professional mentorship and career guidance during the programme

Progression

Have clear progression to long-term employment in Germany after the apprenticeship

Expected Salary Levels

1

1st Year

€850–€1,000/month

2

2nd Year

€950–€1,100/month

3

3rd Year

€1,050–€1,200/month

After 5 years of working and contributing in Germany, students may be eligible to apply for permanent residency, giving them the chance to build a future in Europe with job security and legal stability.

After 5 years of working and contributing in Germany, students may be eligible to apply for permanent residency, giving them the chance to build a future in Europe with job security and legal stability.

Further details will be provided when you are ready for the programme. Details of the programme may change depending on current visa regulations, and regulations of the programme

EduQa Certification



EduQa is a Swiss quality label aimed at further education institutions. It is the first Swiss quality certification geared towards adult continuing education. EduQa sets high standards for educational institutions, ensuring they provide quality education and continuous improvement in their programs and services.

La Xenia International Institute of Switzerland is proud to be EduQa certified
Find our certification [here](#)

Validation of Quality

EduQa certification confirms that La Xenia meets the stringent standards of Swiss quality in education. This encompasses our curriculum, teaching methodologies, faculty qualifications, and overall institutional integrity. Being certified by EduQa places La Xenia among the elite educational institutions in Switzerland. This recognition bolsters our reputation for excellence in hospitality education and solidifies our standing in the academic community.

Continuous Improvement

EduQa promotes continuous improvement and adherence to best practices. At La Xenia, we are dedicated to upholding these standards and continually enhancing our educational offerings.



At La Xenia, we take great pride in our EduQa certification. This certification reflects our unwavering dedication to maintaining high educational standards and our commitment to providing an exceptional learning environment.

We warmly invite prospective students to join La Xenia and experience the benefits of studying at an institution that upholds the highest standards of quality and excellence.

Practical Information On-Site Students



Arrival In Switzerland



Arriving in a new country is an exciting experience, and we strive to make your journey to La Xenia as smooth as possible. While our campus is located in the picturesque region of Obwalden, a bit farther from the major airports, we ensure a seamless transition with organized pickup services. From the moment you land, our team is here to assist you, guiding you through the final leg of your journey to La Xenia. Below, you'll find all the details you need to ensure a stress-free arrival.

Arrival Information: Airport Pickup

Flight Arrangements: Please book your flight to Zurich Airport, as it is the most convenient entry point for the programme.

A My Global World Ambassador* will pick up up and ensure you get to your accommodation. Ambassadors will pick up via. Train.

For pickup in car please inquire about timings & specifications.



Arrival Information: Train

Flight Arrangements: Please book your flight to Zurich Airport, as it is the most convenient entry point for the programme.

Train to Luzern: Upon landing in Zurich, proceed to the Zurich Airport Train Station and board a train to Luzern. Trains run frequently, and the journey typically takes about an hour. Once in Luzern, board a train towards Sarnen.

Sarnen Station Pickup: We offer pickups from Sarnen train station.

Practical Information: Living in Switzerland

Settling into life in Switzerland is an exciting experience, and having the right information can make the transition smoother. From setting up a local SIM card to navigating public transport and finding grocery stores, understanding the essentials will help you feel at home quickly. This section provides key insights into daily life, ensuring you can comfortably adapt to your new surroundings.

- **Arrival in Switzerland - Your Arrival day**
- **Public Transport** – Overview of trains, buses, trams, and travel passes.
- **Health Insurance** – Mandatory health insurance requirements and providers.
- **Banking & Payments** – Opening a Swiss bank account, using Swiss francs (CHF), and common payment methods.
- **Housing & Accommodation** – Renting basics, types of housing, and local regulations.
- **Mobile Sim-Cards** – How to get a local SIM card & mobile plans.
- **Grocery Shopping** – Major supermarket chains, local markets, and convenience stores.
- **Weather & Clothing** – Seasonal variations and tips on appropriate clothing.
- **Cultural Norms & Etiquette** – Swiss customs, quiet hours, and general dos and don'ts.
- **Cost of Living** – Example budgets showing expected expenses for rent, food, transport, and daily essentials.



Living in Switzerland: Getting Around

Switzerland boasts a comprehensive and highly efficient public transport system, making it easy to travel across the country. The Swiss Federal Railways (SBB) connects major cities, while regional trains, buses, and boats ensure seamless access to even the most remote areas.

Transportation in Switzerland

Trains run on a precise schedule, with departures and arrivals carefully coordinated for smooth connections. Tickets can be purchased online, via ticket machines, or at station counters. For frequent students using public transport often we recommend getting either, the Swiss Travel Pass or Half Fare Card, or a Zonocard.

Types of Public Transport in Switzerland:

- Trains (SBB & Regional Railways) – Fast and reliable connections between cities and towns.
- Trams – Common in cities like Zurich and Luzern offering an efficient way to get around.
- Buses – Cover areas not served by trains and connect small towns and villages.
- Boats & Ferries – Operate on Switzerland's lakes, providing scenic travel options.
- Cable Cars & Funiculars – Essential for reaching mountain destinations and scenic viewpoints.

Swiss public transport is known for its reliability, cleanliness, and ease of use, making it a preferred choice for both residents and visitors.



The app '**SBB Mobile**' can be used for anything related to transportation related, and is available for download in App stores. Here you can buy your train tickets, find your routes, see the platforms and more. Platforms also have ticket machines. More information on how to purchase train tickets, and what type of ticket to purchase will be sent out in the Arrival Information Packet.

Living in Switzerland: Health Insurance

Health insurance is mandatory for all residents in Switzerland, including international students. As a student, you are required to have valid health insurance within three months of your arrival. However, there are specific options available that cater to international students at more affordable rates. If you choose to stay on the campus housing the package comes with insurance.

Health Insurance Options for International Students

Within three months of arrival, students must either:

1. Obtain Swiss Health Insurance: Enroll in a Swiss health insurance plan that complies with the Swiss Federal Health Insurance Act (KVG/LAMal).

a. You can contact administration for more information, or read more about available Health Insurances & Rules Here: www.moneyland.ch/en/health-insurance-foreign-students-switzerland

2. Apply for an Exemption: Seek exemption from Swiss health insurance by demonstrating equivalent coverage through a foreign or specialized student insurance plan.

a. *Students from non-EU/EFTA countries must either obtain Swiss health insurance or apply for an exemption by proving they have equivalent coverage. However, Swiss authorities often do not recognize non-EU insurance policies, including travel insurance. Therefore, it's advisable to consider Swiss-based student insurance plans that meet the necessary criteria*

It's important to arrange your health insurance as soon as possible after arriving in Switzerland to ensure compliance and avoid fines. If you need assistance, the school administration can help guide you through the process.

Estimated Costs

The cost of student health insurance varies based on the provider and coverage level. For budget-friendly student insurance, the monthly premium typically ranges between:

- CHF 80 – 150 per month for third-country students
- Some plans allow students to lower their premiums by choosing a higher deductible (franchise).

Exemptions & Special Considerations

- *Students from EU/EEA countries with an EHIC (European Health Insurance Card) may be exempt from Swiss health insurance requirements.*
- *If you already have private international health insurance, you may apply for an exemption, but approval depends on the Swiss authorities.*

Note: Failure to secure appropriate health insurance or obtain an exemption within the three-month period may result in automatic enrollment in a standard Swiss health insurance plan, which can be more costly.

Living in Switzerland: Banking & Payments

Managing your finances in Switzerland is straightforward, but there are a few key things to know when opening a bank account and making payments.

Currency & Common Payment Methods

- The official currency in Switzerland is Swiss Francs (CHF).
- You can use your credit/debit card from home, however there may be a small exchange fee. You can inquire with your bank about the specifics.
- Cash is still widely used, especially in small shops, markets, and rural areas.
- Debit & Credit Cards – Most places accept Visa, Mastercard, and Maestro. American Express is less common.
- TWINT – A popular Swiss mobile payment app used for peer-to-peer transfers, stores, and even vending machines.
- Contactless Payments – Widely accepted, including Apple Pay, Google Pay, and Samsung Pay.

Opening a Swiss Bank Account

As an international student, you will need the following to open a Swiss bank account:

- Valid passport
- Swiss residence permit or confirmation of registration
- Proof of address in Switzerland (e.g., rental contract)
- Student ID or proof of enrollment (some banks offer student benefits)

For more guidance contact the student administration office



Practical Information: Living in Switzerland

Grocery Shopping in Obwalden & Luzern

Switzerland offers a variety of grocery shopping options, from budget-friendly supermarkets to specialty stores. Whether you're looking for everyday essentials or fresh local produce, you'll find plenty of choices in Obwalden and nearby Luzern.

Supermarkets

- **LIDL & ALDI** – Budget-friendly options with a good selection of fresh produce, dairy, meat, and household essentials.
- **Denner** – A discount supermarket with competitive prices on groceries and beverages.
- **Coop & Migros** – The two largest supermarket chains in Switzerland, offering a wide variety of products, including organic and Swiss-made items. Coop is slightly more expensive, while Migros does not sell alcohol or tobacco.
- **Spar & Volg** – Smaller supermarkets, often found in villages, offering convenience and a selection of everyday essentials.

Specialty & Fresh Produce

- **Farmers' Markets** – Luzern has weekly markets where you can find fresh fruits, vegetables, cheese, and regional specialties.
- **Asian & International Stores** – Luzern has specialty stores catering to international ingredients, including Asian, Halal, Middle Eastern, and European products.

KEY INFORMATION

Most supermarkets accept cash, debit/credit cards, and mobile payments. Shopping hours are generally from 8:00 AM to 7:00 PM on weekdays, with early closures on Saturdays and most stores closed on Sundays, except at train stations and airports.



Sim Cards

Sim card can be purchased as pre-paid plans, or e-sims are available online. You will need a sim card for calling and data. Physical Sim-cards often require you to buy it in a physical store, and cannot always be arranged pre-arrival. These are some of the well known sim-card & phone plan providers: *Swisscom, Lebara, Salt Switzerland*.

E-sims are often easier to install and can be arranged pre-arrival. This option allows for you to have the sim installed pre-arrival and simply turn it on once you land in Switzerland. If your phone supports e-sims Swype offers e-sim plans with Swiss phone numbers: <https://www.swype.ch/e>

Weather In Switzerland

Seasons In Switzerland

Switzerland experiences four distinct seasons, and Obwalden’s mountain setting means the weather can change quickly. Being prepared for varying temperatures will help you stay comfortable throughout the year.



Spring March - May	Summer June - August	Autumn September - November	Winter December - February
Milder temperatures between 5°C and 15°C, with occasional rain.	Warm and pleasant, with temperatures between 20°C and 30°C.	Cooler temperatures from 5°C to 15°C, with crisp air and colorful landscapes.	Cold temperatures, often ranging from -5°C to 5°C, with frequent snowfall.



Recommended Clothing for Winter/Autumn

Layered outfits (t-shirts, sweaters, and a light jacket). A waterproof jacket or small umbrella for unexpected rain. Warmer clothing such as thermal leggings and shirts for visiting mountains. Scarves, hats and gloves/mittens.

What To Bring For Your Swiss Experience

Being well-prepared for life in Switzerland will make your transition smoother. Here's a comprehensive packing list for students coming to join La Xenia in Obwalden.

Essential Documents

- Passport (with visa if required)
- Swiss residence permit (if already issued)
- Admission letter from La Xenia
- Health insurance confirmation
- Copies of important documents (ID, birth certificate, bank details)
- Emergency contact information

Academic Essentials

- Laptop and charger
- Stationery: Pens, pencils, highlighters and a notebook
- Headphones
- Backpack or other schoolbag
- Travel adapter if coming for abroad. Switzerland uses type C (2-pin) and Type J (3-pin) plugs



Clothing & Footwear

La Xenia's Dresscode can be found here: <https://laxenia.ch/la-xenia-experience/la-xenia-uniform-and-dresscode/>

- Everyday wear – Comfortable casual clothes for school and daily life
- Formal attire – For presentations, events, or formal occasions
- Winter clothing – Warm coat, gloves, hat, scarf, thermal wear
- Rain gear – Waterproof jacket and umbrella
- Warm sleepwear for colder seasons
- Sportswear & swimwear
- Footwear:
 - Everyday sneakers/shoes
 - Waterproof boots for winter
 - Sandals for summer
 - Slippers for indoor use

Other Personal Necessities:

- Bed linen, for single bed, (mattress sheet, bed-sheet, pillowcases)
- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.)
- Towels (bath, hand and face towels)
- Reusable water bottle
- Basic non-perishable snacks from home (if desired)
 - Check online if the food item you desire to bring can be brought into Switzerland

This is not a comprehensive packing list but a suggestion.