WELCOME to montreux

MIRË SE VINI ◆ WILLKOMMEN ◆ أهاد ◆ 欢迎 BIENVENIDO ◆ BIENVENUE ◆ BENVENUTI ◆ BEM-VINDO ДОБРО ПОЖАЛОВАТЬ ◆ DOBRODOŠLI ◆ நல்வரவு

ANGLAIS





In a	an emergency	
>	Ambulance	144
>	Police	117
>	Fire	118
>	Duty doctor and dentist	0848 133 133
>	Duty pharmacy	0848 133 133
>	Mental health emergencies	0800 779 779
>	Police Riviera	021 966 83 00
>	Hospital Riviera Montreux site	021 966 66 66
>	Hospital Riviera Vevey site	021 923 40 00
>	Poisoning	145
>	Domestic violence	021 620 76 76
>	The Helping Hand – La Main tendue (helpline moral support)	143
>	Road assistance	140
>	Helpline for children and teenagers	147

MUNICIPALITY OF MONTREUX

GENERAL ADMINISTRATION

Grand-Rue 73 1820 Montreux © 021 962 77 77 commune@montreux.ch Opening hours Monday to Friday from 8am to 4.30pm

POPULATION REGISTRATION OFFICE

Avenue des Alpes 18 1820 Montreux © 021 962 78 50 population@montreux.ch Opening hours Monday to Friday from 8am to 4pm

Brochure compiled by the Municipality of Montreux. Edition 2019

Edition	Municipality of Montreux/Communication
Translation	Gwen Ruggiero-Tavendale
Printing	Imprimerie Monney, Clarens
Graphics	Macgraph, Puidoux



Dear Newcomers,

Wherever you have come from, be it a neighbouring commune, another Swiss region, a bordering country or from more distant horizons, we would like to wish you a very warm welcome to Montreux.

With a population of 26,700, Montreux is the 3rd largest city in the Canton of Vaud. Nestling between the lake and the mountains, Montreux's privileged geographical location has made it a choice tourist and convention resort and the home to many famous residents, festivals and cultural events. Its historical villages, lakeside promenades with their floral displays and venerable trees, its charming *Belle Epoque* hotels, casino, Convention centre and renowned private schools and clinics all contribute to making Montreux a unique spot on the shores of Lake Geneva, a very pleasant place to live. We are delighted to offer you an excellent living environment with high-quality amenities.

This is a practical guide for all newcomers to Montreux. You will find useful information and addresses to help you find your bearings in your new place of residence.

WELCOME TO MONTREUX!

FOR THE MUNICIPALITY

The Mayor

L. Wehrli



The Secretary

O. Rapin

You may also consult www.montreux.ch www.facebook.com/CommunedeMontreux www.twitter.com/communemontreux www.instagram.com/communedeMontreux

CONTENTS

In an emergency	 	 	 		 		 	 	 		 	 		 	 		 	•	•			. 2
Discover your new place of residence Montreux in a nutshell																						
Montreux, is also																						
A little history																						
Guided walks																						
Get to know your local government																						
School holidays, public holidays and																						
Your arrival: what you must do																						. 9
Residence permits																						
Arrival, departure, moving house																						
Insurance																						
Connection to the network																						10
Vehicle registration																						
Register with a telephone provider.																						
Listen to the radio, watch television																						11
Register your dog																						
ID documents																• •		•				11
Find your way around																				. 1	2-	13
Plan of municipal administration	• •																			. 1	2-	13
Transport and mobility																						1 /
By bus, train, funicular railway, boat.	• •	• •	• •	•	• •	•	• •	• •	• •	•	• •	• •	•	• •	• •	• •	• •	•	•	• •	·	14
By bicycle																						
On foot																						
By car																						
30 km/h zones: what you need to k																						
Mobility.																						
Parking																						
Waste	• •	• •	• •	·	• •	·	• •	• •	• •	·	• •	• •	·	• •	• •	• •	• •	•	•	• •	•	16
How to dispose of household waste																						
What is bag tax?																						
Municipal waste disposal site																						
Your nearest mobile waste collection	n po	int	• •	·	• •	·	• •	• •	• •	·	• •	• •	·	• •	• •	• •	• •	•	•	• •	·	17
The Municipalty offers you																					. '	18
Transport and mobility																						18
Culture																						18
Musical and artistic studies																						18
Sustainable development																						19
Sport																						19
Local produce		• •										• •		• •	• •	• •	• •	•	•			19
Healthcare.																						20
Have you got a health problem? The																						
A doctor who speaks your language		an.,	• •	·	• •	·	• •	• •	• •	·	• •	• •	·	• •	• •	• •	• •	•	•	• •	• •	20 20
Pharmacies																						
Home care and home help																						
Family Planning.																						
Maternity and infancy																						
Parent-children groups																						

	Senior citizens										
Far	amily, children and teenagers	23									
	School system										
	Nurseries, playgroups and childminders	23									
	Lunchtime care										
	Youth section of the SFJ department	24									
	Leisure centres	24									
	Community centre Jaman 8	25									
	Holiday activities										
	Toy library										
	Library	25									
Со	Community life and religion										
Inte	ntegration.	07									
inte											
	French courses										
	Reading and writing refresher courses.										
	Psychological support, interpreting service										
	Welcome Café Image: Café-group for senior immigrants										
	Links on the theme of immigration	· · · · · · · · · · · · 20									
	Cantonal office for the integration of foreigners and prevention of facisin (C	01)									
Nei	leighbourhood life										
	Neighbour's Day										
	Neighbourly relations.										
Wo	<i>l</i> ork	30									
	Work permit										
	Job offers										
	Unemployment										
Bud	udget-Finances	31									
	Taxes										
	Manage your budget										
Ho	lousing	32									
	Subsidised flats										
	Individual accomodation assistance	32									
	Swiss Tenants' Association	32									
	Swiss Property Owners' Association	32									
Citi	itizenship and voting rights										
	Foreigners' voting rights	33									
	Who can vote, who can be elected?										
	Naturalisation	33									
Cul	Culture, leisure and sport										
	Sport										
		34									
	Swimming pool enthusiasts										
	Culture	34									
		34									
Be	Culture										
Be	Culture										
Ве	Culture										

DISCOVER YOUR NEW PLACE OF RESIDENCE

DISTRICT	Riviera – Pays-d'Enhaut				
SURFACE AREA	3344 ha				
POPULATION	Just over 26,700, with 53% Swiss nationals and 47% foreigners				
NAME OF RESIDENTS	the Montreusiens and the Montreusiennes				
DISTINCTIVE FEATURE	The Commune of Montreux includes 15 villages and semi-villages.				

Montreux in a nutshell

Montreux, is also...

- > a variety of landscapes stretching from the lake to the mountains, ranging from an altitude of 372 m at the lakeshore to almost 2000 m at the Rochers-de-Naye;
- > twinned with the cities of Menton in France and Wiesbaden in Germany, linked by friendship pacts with Atlanta and Dallas in the United States, Montreal in Canada and Chiba in Japan, and linked to Xicheng in China, Finland, Hungary and many other countries;
- > a generous event offer: Montreux Jazz Festival, Montreux Comedy Festival, Montreux Christmas Market, Saison culturelle, Septembre musical, Montreux Choral Festival, Théâtre Montreux-Riviera, Montreux Art Gallery, Polymanga, Maison Visinand, etc.;
- > a wide offer of both summer and winter sports;
- > kilometers of walks and hikes that will take you to picturesque villages, forests and natural landscapes;
- > and a multitude of attractions and activities that will make you feel like you are on holiday...

A little history

For a very long time, the Montreux region was nothing but a group of little villages and hamlets, some dating from Roman times.

From the 19th century onwards, tourism literally took off in Montreux, thanks to the arrival of the railway line and promotion of the region by many famous writers and artists, in particular Jean Jacques Rousseau.

The First World War put an end to this golden age, yet, despite the trials and tribulations caused by both world wars, tourism remained the main local economic activity. Since then, Montreux has greatly diversified and reinforced its offer thanks to the development of the convention sector and the numerous internationally renowned events in its diary.

The commune of Montreux was officially founded on 1st January 1962 with the merger of the communes of Châtelard and Les Planches. Ever since, the commune has always presented itself as a confederation of small villages, each retaining its own identity.

Guided walks

Discover the town on foot with Montreux's local guides. In this brochure you will find **a voucher** for a free visit for your family and yourself. Book your visit at point ① of the Montreux Tourist Office, Place de l'Eurovision. © 0848 86 84 84

Get to know your local government

→ The Municipality

The executive body of Montreux has 7 members. It is elected by the population for a duration of 5 years. The present municipality was elected in the spring of 2016 and will remain in office until June 2012.

It comprises:

>	4 liberal-radicals:	the Mayor, Laurent Wehrli and Councillors Christian Neukomm,
		Pierre Rochat and Jean-Baptiste Piemontesi;

- > 2 socialists: Councillors Jacqueline Pellet and Olivier Gfeller;
- > 1 Green: Councillor Caleb Walther.

→ The City Council

The legislative body has 100 members. It is also elected for a period of 5 years. Presidency changes every year.

City council meetings are open to the public. You are welcome to attend.

www.montreux.ch/conseilcommunal or www.conseilmontreux.ch
 commune@montreux.ch
 © 021 962 77 77

School holidays, public holidays and opening hours

→ School holidays

Schoolchildren have fourteen weeks holiday, spread across the year as follows: 2 weeks in autumn (October); 2 weeks at Christmas/New Year; 1 week in February-March; 2 weeks at Easter; 7 weeks in July-August.

→ Public holidays

Official public holidays in the Canton of Vaud are as follows:

1st and 2nd January, Good Friday and Easter Monday, Ascension Thursday (40 days after Easter) Whit Monday (50 days after Easter), 1st August (National Day), Thanksgiving Monday (3rd Monday in September) and 25th December.

→ Opening hours for shops, post offices and banks

Larger shops and boutiques are open:

 Monday to Friday 8am or 9am-6.30pm or 7pm Saturday till 5pm or 6pm, or 7pm depending on the season. Some shops are closed on Monday morning. Late-night shopping at the Forum Shopping Centre on Friday and Saurday during the tourist season.

Shops are closed on Sunday with the exception of some food shops and boutiques during the tourist season. Information on shops: www.montreux-more.ch

Most banks are open:

() Monday to Friday, 9am-12 noon and 1.30pm or 2pm-4.30pm or 5pm

Post offices are open:

(i) Monday to Friday 8am-12 noon and 2pm-6pm, with the exception of the Montreux 1 office, near the station, which opens from 8am-6pm non-stop Saturday, Montreux 1 open from 8am to 12pm and Montreux 2, Clarens and Chernex form 8.30am or 9am to 11am.

→ Administration

Council offices are open from Monday to Friday.

(i) City Council Office, Grand-Rue 73: 8am-4.30pm non-stop Population Registration Office, avenue des Alpes 18: 8am-4pm non-stop For other offices please consult the communal web site: www.montreux.ch

Council offices are closed at the weekend, on public holidays, from noon on 24^{th} December to 2^{nd} January and from Thursday to Sunday at Ascension.

YOUR ARRIVAL: WHAT YOU MUST DO

Residence permits

If you intend to stay in Switzerland for more than three months, you must have a residence permit. There are three types of permit:

- > short-stay permit (less than one year)
- > limited-stay permit
- > full residence permit (unlimited stay C Permit)
 - (i) www.vd.ch

Arrival, departure, moving house

Consult www.montreux.ch/guichetvirtuel/annonces-et-demandes for the following:

- > arrival
- > departure
- > moving house
 - Population Registration Office Avenue des Alpes 18, case postale 2000, 1820 Montreux population@montreux.ch
 © 021 962 78 50 Opening hours: Monday to Friday 8am-4pm non-stop

Insurance

- → Social insurance deducted from salary
- > pension fund
- > unemployment insurance
- > insurance for senior citizens and invalids

→ Compulsory insurance

- > health and accident
- > liability insurance (RC): vehicle insurance
- > property insurance: if you are a house owner
- > fire and natural elements insurance for property and furniture (ECA).

Connection to the network

>	ELECTRICITY	1	Romande Energie, site de Vevey Quai de Copet 1, 1800 Vevey www.romande-energie.ch info@romande-energie.ch © 0848 802 900 Monday - Friday 7.30am-5.30pm
>	GAS	1	Compagnie Industrielle et Commerciale du Gaz SA Avenue Général-Guisan 28, 1800 Vevey www.holdigaz.ch info@holdigaz.ch © 021 925 87 87
>	WATER	1	SIGE Quai Maria-Belgia 18, 1800 Vevey www.sige.ch accueil@sige.ch © 0848 180 180 Emergency © 0800 711 711 Opening hours: Monday to Thursday 8am-11.30am, 2pm-4.30pm Friday 8am-11.30am, 1.30pm-3.30pm

Vehicle registration

It is compulsory to register all motor vehicles. You can go to one of the two nearest offices or consult the web site:

 www.vd.ch/themes/mobilite Service des automobiles et de la navigation Av. du Grey 110, 1014 Lausanne info.auto@vd.ch
 © 021 316 82 10 (7.15am-12.15pm, 1.15pm-4.15pm) Desks open Monday - Friday 7.15am-4.15pm non-stop

Service des automobiles et de la navigation Centre régional d'Aigle, Sous le Grand Pré 12, 1860 Aigle san.aigle@vd.ch © 024 557 71 30

Register with a telephone provider

For telephone and internet reception you can choose one of the following providers:

- **SWISSCOM:** www.swisscom.ch
- > SALT: www.salt.ch
- > SUNRISE: www.sunrise.ch
- > UPC: www.upc.ch

Listen to the radio, watch television

Radio and television reception is taxed per household. You must register with the Serafe company to pay your licence.

(i) **REGISTRATION** www.serafe.ch

Register your dog

All dogs must be registered and pay a licence. You can do this online:

() www.montreux.ch/guichetvirtuel/annonces-et-demandes

or at the Finance Department at the Council offices:

 Avenue des Alpes 18, 1820 Montreux finances@montreux.ch
 © 021 962 77 90 Opening hours: Monday to Friday 8am-11.30am and 2pm-4.30pm

ID documents _

For Swiss nationals:

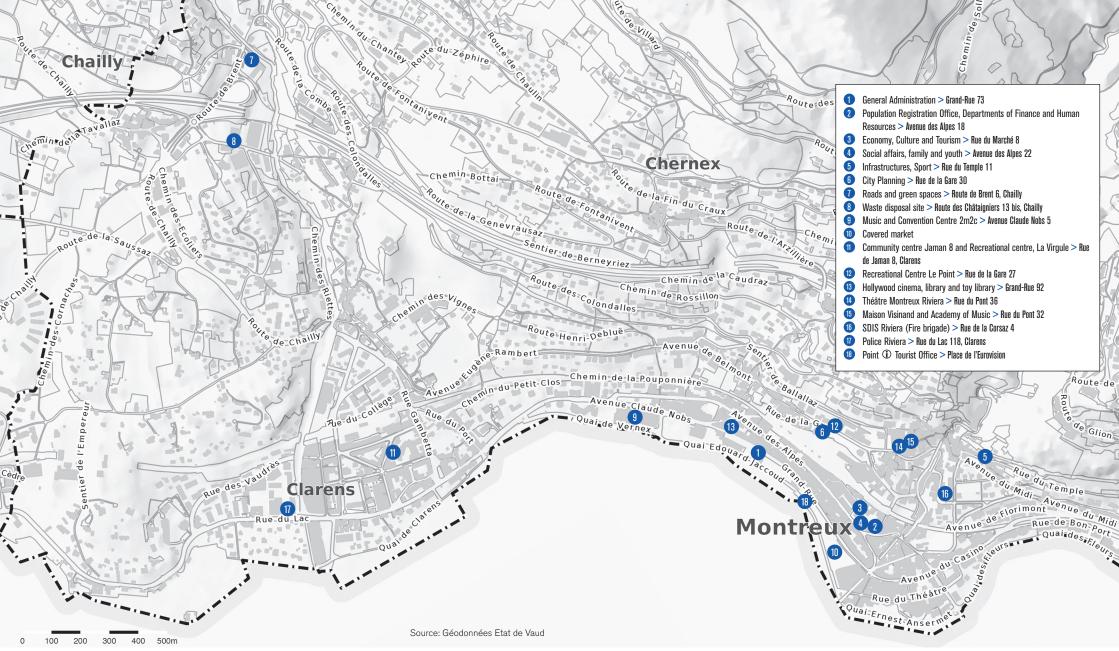
- > Identity cards can be ordered directly at the Population Registration Office. Approximately 15 days wait before issue
- > Biometric **passports** can be obtained at the Centre de biométrie, voie du Chariot 3, 1003 Lausanne Flon.
 - www.biometrie.vd.ch info.passeport@vd.ch
 © 0800 01 12 91
- > The Centre de biométrie also offers a package with an identity card and a passport.
 - www.montreux.ch/population/documents-didentite or at the Population Registration Office (see address on page 9) population@montreux.ch

For other nationalities please contact your consulate or embassy.

FIND YOUR WAY AROUND

Plan of municipal administration





TRANSPORT AND MOBILITY

By bus, train, funicular railway, boat

Montreux has an extensive public transport network:

→ CFF Station

 Av. des Alpes 74, 1820 Montreux www.cff.ch

→ Mountain trains and funicular railways MOB SA

 Rue de la Gare 22, case postale 1426, 1820 Montreux www.mob.ch
 © 021 989 81 81

→ Bus VMCV SA

Rue du Lac 116, case postale 531, 1815 Clarens www.vmcv.ch

→ Boat CGN SA

 Compagnie Générale de Navigation www.cgn.ch

A useful tip ____

If you buy a "Mobilis" ticket you can use it across the entire Mobilis fare network area. You can combine all types of public transport within the zone system and the period of validity.

(i) www.mobilis-vaud.ch

By bicycle

→ Leisurely bike rides along the lakeside

Cyclists are permitted to use the lakeside walks in Montreux, however priority is given to pedestrians.

A map of regional cycle paths can be found on

(i) www.cartoriviera.ch

→ Self-service bicycles

8 Pick-up points along the lakeside

() http://velospot.ch and www.montreux.ch/mobilite

→ Purchase an electric bike

The Municipality offers a subsidy to all residents who wish to purchase an electric bike.

() www.montreux.ch/mobilite/a-velo

On foot

Montreux offers a wide range of walks and hikes. Whether it be a gentle stroll or a more demanding hike, there is something to suit everyone. More than 70 km of footpaths await you, not forgetting the famous lakeside promenades.

www.montreuxriviera.com www.randonner.ch www.swissmobile.ch www.idrando.ch

By car

The speed limit is usually 50 km/h in the city or 30 km/h in certain neighbourhoods and villages. Drivers must always stop to let pedestrians cross the road at marked crossings! A road tax sticker is compulsory to drive on the motorway. It can be purchased for CHF 40.– in post offices and some shops.

30 km/h zones: what you need to know_

Give way to the right must be applied at all junctions with the exception of property exits and in the case of a sign-posted change of right-of-way. Pedestrians may cross the road wherever they wish. For this reason, there are usually no marked pedestrian crossings in 30 km/h zones.

() www.montreux.ch/mobilite/en-voiture/zones-30

Mobility

Would you rather not have the burden of a private car? Mobility allows you rapid, self-service access to a vehicle at all times:

www.mobility.ch

Parking

You have a choice of several paying car parks and parking spaces. You can also park free of charge in designated areas for a limited duration and with a parking disc.

To park without time restriction in the free parking areas of your neighbourhood you can buy a parking badge. Annual tax: CHF 150.– (+ CHF 20.– charges). Warning: the badge does not guarantee a parking space.

To obtain a badge:

www.securite-riviera.ch info@police-riviera.ch
 © 021 966 83 00

There are also several public and private car parks available.

All car parks on the Riviera and their occupancy on www.cartoriviera.ch

WASTE

How to dispose of household waste

The Municipality encourages residents to sort waste and has adopted the "Bag tax". Glass, paper, compost and plastic etc. should be sorted for recycling. Ordinary household waste is incinerated. **Please note: you must only use taxed white and green bags with the inscription "Trier, c'est valoriser".** You can purchase them in shops, at the cash desk or the information desk. They come in 17, 35, 60 and 110 litre sizes.

Taxed bags are collected by the refuse service twice a week. If your building does not have a refuse container, you can leave your bag in the street. Please leave it before 6am on collection day. The household waste brochure in your Welcome pack gives you all the information about collection days in your neighbourhood.

(i) www.montreux.ch/dechets

Paper and compost are collected once a week. You do not require to use a taxed bag for paper. Compost must be placed in a special container or in a compost bag which can be purchased in supermarkets.

Other waste to be sorted – glass, plastic, metal, bulky waste, etc. – must be taken to the permanent waste collection site or itinerant waste collection point. Some items such as glass can be brought to your nearest ecopoint.

What is bag tax?_

Montreux applies bag tax in order to encourage improved waste management, to protect the environment and to conform to federal and cantonal recommendations.

The principle:

- > Bags for incinerable household waste are taxed (for example CHF 1.95 per 35 litre bag).
- > Other waste must be sorted and brought to collection points.
- > Each region has its own bags. The communes of Corsier-sur-Vevey, Corseaux, Chardonne, Jongny, La Tour-de-Peilz, Montreux, Veytaux and Vevey belong to the same zone.
- > You will find all necessary information concerning the list of waste to be sorted and collection points on www.montreux.ch/dechets or in the waste disposal brochure in your welcome pack.

Municipal waste disposal site

A permanent waste disposal site is available near the motorway access road at Chailly

Route des Châtaigniers 13 bis, 1816 Chailly

Please note: you need a magnetic card to access the site. It confirms that you are a resident of the commune. You will find it in your Welcome pack. Keep it safe!

OPENING HOURS OF THE WASTE DISPOSAL SITE Tuesday, Thursday and Friday: 9am-12noon and 2pm-6pm Wednesday: 9am-12noon and 2pm-7pm Saturday: 9am-4pm non-stop Sunday and Monday, and holidays: closed Closed at 4pm the day before public holidays

Your nearest mobile waste collection point

Mobile waste collection points are available on certain dates on Wednesday afternoons and Saturday mornings in neighbourhoods and villages.

Precise dates and locations in your welcome pack, on

() www.montreux.ch/dechets and www.memodechets.ch

or from the roads and green spaces department:

 Route de Brent 6, 1816 Chailly-Montreux vev@montreux.ch
 © 021 989 87 20

A useful tip _

A new lease of life for objects in good condition

At the waste collection site in Chailly you will find a "second life" corner where residents can deposit and choose various used objects which are still in good condition. An excellent way to promote recycling!

THE MUNICIPALITY OFFERS YOU

Residents of Montreux can benefit from various communal reductions, rebates and subsidies. Most requests can be made online on the municipal web site

(i) www.montreux.ch

Transport and mobility

→ CFF 1-day travel passes

Every day, 5 CFF 1-day travel passes are available at the Montreux Tourist Office. They are reserved for residents of Montreux, cost CHF 45.–, and are valid on the entire Swiss public transport network, including navigation companies. The 1-day passes can be obtained at the Montreux Tourist Office on the lake promenade near the jetty. Proof of residence is required.

www.montreux.ch/mobilite/en-train
 © 0848 86 84 84

→ Subsidised travel pass

To encourage the regular use of public transport, Montreux offers its residents a CHF 300.– subsidy for the purchase of an annual public transport travel pass (or 12 consecutive months).

() www.montreux.ch/mobilite/en-train

Request form on the municipal web site, at CFF desks or from

 Service des domaines et bâtiments, sport, rue du Temple 11, 1820 Montreux subventions.tp@montreux.ch
 © 021 962 78 15

Culture

→ Activity cheques

The cheque book includes 3 annual cheques, each offering a 50% reduction on a ticket for a cultural or sports event (concert, play, match, etc.). This is reserved for residents of Montreux who benefit from health insurance subsidies.

 www.montreux.ch/aides-subventions-et-rabais/subventions-et-rabais/culture Agence d'Assurances sociales, rue Claude Nobs 14 aasriviera@aras.vd.ch
 © 021 962 78 37

Musical and artistic studies

The Municipality can make a contribution to tuition fees for musical or artistic studies for children who have been resident in the commune for at least one year.

www.montreux.ch/aides-subventions-et-rabais/subventions-et-rabais/culture
 Direction Economie, culture et tourisme, Grand-Rue 73
 ect@montreux.ch
 © 021 962 78 26

Sustainable development

Montreux has been classed "City of energy GOLD". The fund for sustainable development supports projects such as the purchase of an electric bike, the installation of solar panels and the analysis of the energy performance of buildings.

www.montreux.ch/fdd
 Service des domaines et bâtiments, sport
 © 021 962 78 00

Sport

→ Ski for CHF 18.-

Schoolchildren over the age of 16, apprentices and students can ski at the Rochers-de-Naye, Jaman and Caux for CHF 18.– per day, including the train fare. Pass on sale from December onwards at stations in Montreux, Glion and Caux.

→ Urban Training and Zumba

Urban Training: free fitness training every Monday evening from May to September. Meeting point: Place du Marché (Market Square). Two sessions: 6pm and 7pm. Duration: 1 hour. Compulsory inscription on www.urban-training.ch Iessons free of charge at the covered market, on Mondays from 7pm to 8pm in May, June and September.

→ La Maladaire swimming pool

Reduction for residents of the commune. See page 34.

Local produce

→ Wine

Every spring, residents of Montreux can order red and white wines produced with grapes from the communal vineyards at a special price from the Cave Vevey-Montreux. You will receive an order form to this effect in your mail box.

→ Wood

The commune owns several forests and invites you to order your firewood directly. Home delivery is included in the price.

 Information and subscriptions for wine and wood Service des domaines et bâtiments, sport (Infrastructures and sport)
 © 021 962 78 00

Halls for hire

Opportunities to hire halls or a chalet from the council.

() www.montreux.ch/guichetvirtuel/locations

HEALTHCARE

Have you got a health problem? Then call...

- > Firstly and during working days and hours, your family doctor (GP) (consult the attached list).
- > If your family doctor is absent: © 0848 133 133, call centre for duty doctors.
- > In an emergency: © 144, an ambulance will be sent out if judged necessary. Please note: the patient has to pay part of the ambulance fees.
- > You can also go to the 24-hour emergency department of the Riviera Chablais Vaud-Valais Hospital in Montreux or Vevey, depending on the type of emergency:

Hôpital de Montreux: for adult surgical problems

 Avenue de Belmont 25, 1820 Montreux reception.montreux@hopital-riviera.ch
 © 021 966 66 66

Vevey-Samaritain: for paediatric, gynaecological, obstetrical and medical emergencies

 Boulevard Paderewski 3, 1800 Vevey reception.samaritain@hopital-riviera.ch
 © 021 923 40 00

A doctor who speaks your language

On our web site you will find a list of doctors and dentists with practices in Montreux and the languages spoken by the doctor and his staff.

(i) www.montreux.ch/sante-et-securite

Pharmacies

There are a dozen pharmacies in Montreux with the same opening hours as shops. The pharmacies in the Riviera area (Vevey, La Tour-de-Peilz, Montreux) operate a rota duty pharmacy service with the following opening hours:

- > working days, open till 8pm.
- > Sundays and holidays: 10am-12.30pm and 4pm-8pm.

Outside these hours the duty pharmacist can be contacted for emergency prescriptions only. In this case you must first contact the Centrale des Médecins on 0848 133 133.

(i) duty pharmacies: www.pharmacies-riviera.ch

Home care and home help

Have you got infants, are you ill, handicapped or do you have age disabilities? Are you coming home after a stay in hospital? Home help can be arranged by your doctor with the Montreux CMS Medical-social Centre. The wide range of services includes nursing care, hot meals, health and housekeeping advice. For information please contact

 CMS Montreux-Veytaux, av. du Casino 26, 1820 Montreux
 © 021 966 04 88 Monday to Friday 8.30am-12 noon and 1.30pm-5.30pm

Family Planning

The PROFA Foundation offers advice and counselling in the following domains: sex education, sexual health, family planning, sexology and couple counselling.

 Fondation PROFA, av. du Général-Guisan 30, 1800 Vevey www.profa.ch
 © 021 631 01 62

Maternity and infancy

Paediatric nurses provide free counselling, home visits and any other useful information. Contact

For perinatal advice (pregnancy and first days of life) you can also contact

 Fondation PROFA, av. du Général-Guisan 30, 1800 Vevey www.profa.ch
 © 021 631 01 55

Parent-children groups

Every Thursday from 3.30pm to 5.30pm at the Medical-Social Centre (CMS), at avenue du Casino 26 in Montreux. For parents of children from birth to age 4. The meeting is facilitated by nurses.

① © 021 925 09 80

→ Useful links

- > Swiss Federation of midwives: www.sage-femme.ch
- > SOS future mothers Riviera-Veveyse: info@sosmaman.ch @ 0844 222 333
- > Association for young parents: www.jeunesparents.ch
- > Twins Association Riviera: www.jumeaux.com
- > Ligue la Lèche LLL: www.allaiter.ch

Senior citizens

The commune offers a number of activities and benefits for senior citizens. Some of these are the responsibility of the municipality while others are organised by various associations.

() www.montreux.ch/seniors

A useful tip ____

Under certain conditions, the Municipality may contribute towards dental and orthodontic treatment bills for children.

Affaires sociales, familles et jeunesse, av. des Alpes 22, 1820 Montreux sfj@montreux.ch
 © 021 962 78 30

FAMILY, CHILDREN AND TEENAGERS

School system

→ Compulsory education

In the canton of Vaud, compulsory education begins in the year that a child turns 4 before the 31 st July. Parents must enrol their child for this date.

() www.vd.ch/themes/formation/scolarite-obligatoire

→ How to enrol your child

You can enrol your child at the public school in your place of residence. Pupils from the communes of Montreux and Veytaux are grouped in two schools:

- > Etablissement primaire et secondaire de Montreux-Ouest (EPSMO) for pupils from Clarens and Chailly
 - Chemin des Vignes 12, 1815 Clarens eps.montreux-ouest@vd.ch
 © 021 557 48 50
- > Etablissement primaire et secondaire Montreux-Est (EPSME) for pupils from Montreux, Les Avants, Vallon de Villard, Brent, Chernex, Glion, Collonge, Etraz, Vernex and Veytaux
 - Rue de la Gare 33, 1820 Montreux eps.montreux-est@vd.ch
 © 021 557 17 70

Each school has primary and secondary classes and all the lower-secondary ability streams in their school buildings.

- () www.montreux.ch/ecoles
- → Non-French-speaking pupils

Welcome insertion classes permit the integration of non-French-speaking pupils. Information is available at the above-mentioned school offices.

Nurseries, playgroups and childminders

Do you work? Montreux offers many childcare facilities adapted to your children's age:

- > creches and nurseries offer day-care for babies and pre-school children;
- > playgroups for infants aged from 2 and a half to school age are open in the morning;
- > childminders care for babies and children up to the age of 12 all day in their homes;
- > child supervision centres (UAPE) provide before-school, after-school and lunchtime care for schoolchildren.

To enrol your child in one of these day-care facilities, contact the "Réseau Enfance Montreux et Environs" (REME):

by email on coordination-reme@montreux.ch

or

Please note that there are also private nurseries. List on

(i) www.montreux.ch

Lunchtime care

→ APEMS – Lunchtime care for schoolchildren

Lunchtime care for school children in Primary 1 to Primary 6 (1P to 6P). Every day except Wednesday and only during term time. Meals, games and homework supervision.

Facilities at: Montreux centre, Chailly, Chernex, Collonge-Veytaux, Glion and Clarens.

Rates according to parents' income. apems@montreux.ch © 021 962 78 30

→ School canteens

Each school offers a canteen for secondary school pupils. Information from school secretariats.

Youth section of the SFJ department (Social, family and youth)

By organising activities, camps, recreation centres and taking part in various regional festivities and events, the Youth section of the Commune of Montreux aims to promote the development and social integration of young Montreusiens.

 Direction des affaires sociales, familles et jeunesse Avenue des Alpes 22, case postale 2000, 1820 Montreux sfj@montreux.ch
 © 021 962 78 30

Leasure centres

Le Point and La Virgule are two recreation centres for pre-teenagers and teenagers who are residents of Montreux. Most activities are free of charge. Supervision by professionals.

(i) Le Point

Rue de la Gare 27, 1820 Montreux lepoint@montreux.ch

(i) La Virgule

Rue de Jaman 8, 1815 Clarens lavirgule@montreux.ch

Community Centre Jaman 8

Open to the local population, the Community Centre offers a wide range of socio-cultural activities for all ages. The full programme is available on www.montreux.ch/jaman8

 Community Centre Jaman 8 Rue de Jaman 8, 1815 Clarens jaman8@montreux.ch
 © 021 962 80 20 (Monday-Friday from 2pm to 6pm)

Holiday activities

→ Open air activities La Foge

For schoolchildren aged 5 to 12 during the summer holidays: in a leafy setting with outdoor swimming pool, schoolchildren in classes 1P to 6P can take part in activities every afternoon from 2pm to 6pm. Supervised by activity leaders, modest fee.

 Z.I. de la Foge, 1816 Chailly epa@montreux.ch
 © 021 962 78 44

→ Holiday camps

During the February, summer and autumn holidays, camps are organised by the commune of Montreux for children aged 6 and over.

 www.montreux.ch/camps
 Ø 079 479 82 51 all day Monday or camps@montreux.ch

→ School Holiday Passport

Two weeks in July, from Monday to Friday, morning, afternoon or full-day activities.

www.montreux.ch/passvac
 © 021 962 80 20 (Monday-Friday from 2pm to 6pm) or passvac@montreux.ch

→ Dates of school holidays in the canton of Vaud

(i) www.montreux.ch/vacances

Toy library_

Hire of toys for children. Open on Monday from 4pm to 6pm and on Wednesdy from 2.30pm to 5.30pm.

(i) Cité Centre, Grand-Rue 90, 1820 Montreux © 079 627 18 67

Library

See information on page 35.

COMMUNITY LIFE AND RELIGION

→ Eglise réformée Région Riviera – Pays-d'Enhaut (Reformed Church)

(i) www.eerv.ch

CLARENS parish secretary © 021 964 30 30 Church at av. Eugène-Rambert 30 and Brent Chapel, route de la Chapelle 1, Brent

MONTREUX parish secretary © 021 963 29 02 Saint-Vincent's Church at rue du Temple, Montreux; Chernex Church at route de l'Arzillière; Glion Church at route de Valmont; Caux Church; Avants Chapel at avenue des Narcisses; Veytaux Chapel at chemin de la Chapelle

DEUTSCHSPRACHIGE REF. KIRCHGEMEINDE (GERMAN-SPEAKING REFORMED CHURCH) www.kirchemontreux.ch Church at Grand-Rue 104, Montreux © 021 331 57 76

→ Catholic Church – Eglise catholique Unité pastorale Riviera – Pays-d'Enhaut

(i) www.cath-vd.ch

CLARENS parish secretary © 021 964 64 77 Sainte-Thérèse Church, avenue Vinet 34, Clarens

MONTREUX parish secretary © 021 963 37 08 Sacré-Cœur Church, at avenue du Casino 32, Montreux; Glion Chapel; Notre Dame des Narcisses Chapel, in Les Avants

→ Synagogue of Lausanne

(i) Avenue Juste-Olivier, 1003 Lausanne www.cilv.ch @ 021 341 72 40

→ Anglican Church

Saint John's Anglican Church, avenue de Chillon 92, Territet www.anglican.ch
 © 021 963 43 54

→ Chapelle évangélique de Clarens (FREE)

(i) www.chapelledeclarens.org © 021 964 32 38 Church at rue William-Thomi 1, Clarens

→ Eglise évangélique de Montreux (Evangelist Church Montreux)

- (i) Avenue des Alpes 94, Montreux www.eemontreux.ch © 079 385 60 68
- → Eglise adventiste du septième jour (Seventh-Day Adventist Church)
 - (i) Rue de Jaman 14, Clarens clarens.adventiste.ch © 076 520 85 72
- → Centre Socioculturel des Musulmans de la Riviera (Sociocultural Muslim Centre)
 - () Grand-Rue 3, Montreux © 021 961 28 62
- → Other religions: L'Arzillier Maison du dialogue
 - () Avenue de Rumine 62, 1005 Lausanne www.arzillier.ch comite@arzillier.ch

INTEGRATION

Montreux has a high foreign population (almost 50% of residents). The Municipality wishes to promote the integration of foreign citizens in the local community and to achieve this it has set up a committee presided by a member of the Municipality.

© 021 962 78 30

French courses

For those of you who would like to learn French and discover local customs. You may also consult the brochure "Welcome to the canton of Vaud".

Association for French in Clarens

French courses for adults, preparation for naturalisation and various social activities in French.

 1815 Clarens www.francais-clarens.ch info@francais-clarens.ch
 079 228 62 16

Français en Jeu Riviera

French courses and an introduction to the school system in Clarens and Montreux. Information and enrolment:

 FEJ Riviera, Collège Charlemagne, rue des Remparts 7, 1814 La Tour-de-Peilz www.francaisenjeu.ch riviera@francaisenjeu.ch
 © 021 977 03 51

Reading and writing refresher courses

For those of you who speak French but have difficulties with reading and writing.

Lire et Ecrire Riviera-Chablais

Grand-Rue 50, 1814 La Tour-de-Peilz
 www.lire-et-ecrire.ch
 riviera@lire-et-ecrire.ch
 021 922 46 10

Psychological support, interpreting service

Individual consultations for Swiss and immigrant women who are in precarious social, economic, psychological or physical situations.

Appartenances

 Rue des Communaux 2a, 1800 Vevey www.appartenances.ch Espace-femmes@appartenances.ch
 © 021 922 45 22

Welcome Café

For immigrant women with pre-school aged children who would like to meet women in similar situations and be introduced to French. Free of charge.

 Every Friday morning from 9am to 11am (excepting school holidays) Maison de Quartier, Jaman 8, 1815 Clarens
 © 078 845 86 18

Café-group for senior immigrants

Collège d'Etraz in Montreux: meetings for Albanian immigrants over age 55. Dates on

www.montreux.ch/agenda
 Mme Luljeta Hajzerai © 077 498 35 70 luljeta.hajzeraj@eper.ch

Links on the theme of immigration

Federal Office for Immigration	www.bfm.admin.ch/bfm/fr/home/ueberuns/kontakt.html
Canton of Vaud	www.vd.ch/themes/population/integration-des- etrangers-et-prevention-du-racisme
Confederation	www.ch.ch
Promotion of intercultural cohabitation	www.contakt-citoyennete.ch

Cantonal office for the integration of foreigners and prevention of racism (BCI)

(i) Rue du Valentin 10, 1014 Lausanne info.integration@vd.ch

NEIGHBOURHOOD LIFE

Neighbour's Day

Every year on the last Tuesday in May, residents have the possibility to organise a street party so that neighbours can get to know each other better. The Municipality contributes to these parties with posters, leaflets, benches and tables.

() www.montreux.ch/fetedesvoisins from April onwards

Neighbourly relations

Observation of the following guidelines will promote neighbourly relations. For example:

- > avoid making noise (music, shower, dishwasher, etc) between 10pm and 7am;
- > respect the allotted times for use of the laundry;
- > maintain friendly dialogue with neighbours...
- ... and in general, conform to the specific instructions for each apartment building.

WORK

Work permit

If you are not a Swiss national, please contact the cantonal authorities:

Service de l'emploi
 Rue Caroline 11, 1004 Lausanne
 www.emploi.vd.ch info.sde@vd.ch
 © 021 316 61 04

Job offers

Are you looking for work? Here are a few tips:

- > Job offers in the Commune of Montreux
 - () www.montreux.ch/habiter-et-decouvrir/travailler
- > The daily newspaper 24 heures publishes an employment supplement every Thursday.
- > Specialised web sites (jobup.ch, jobs.ch, monster.ch, etc.).

Unemployment

To qualify for unemployment benefit you must fulfil certain conditions which can be found on www.vd.ch/themes/economie/emploi-chomage.

If you do not meet these conditions you may be eligible for an "Insertion Income" (RI). Contact

 Centre social Régional Riviera/site de Montreux Avenue Claude Nobs 14, 1820 Montreux csrriviera@aras.vd.ch
 © 021 962 78 60 8am-11.30am and 2pm-4pm

BUDGET-FINANCES

Taxes

An income tax return form must be filled in anually. It can be completed and sent on internet: www.vd.ch/impots

The communal tax rate is fixed at 65% of the cantonal base tax.

Foreigners pay withholding taxes (deducted from their salary by their employer), excepting permit B holders who earn more than 120,000 Swiss francs per annum, permit C holders and people married to a Swiss national.

Administration cantonale des impôts
 www.vd.ch/impots info.aci@vd.ch
 @ 021 316 00 00
 or
 Office d'impôt du district de la Riviera - Pays-d'Enhaut
 Rue du Simplon 22, case postale 1032, 1800 Vevey 1
 @ 021 557 10 00
 Opening hours: 8.30am-11.30am and 1.30pm-4.30pm

→ How to complete your tax return

Under certain conditions you can obtain help in completing your tax return.

AVIVO
 © 021 923 56 87 (7pm-9pm)

Manage your budget

It is not always easy to manage your budget. The Canton of Vaud has set up a help line:

(i) INFO BUDGET © 0840 4321 00 Monday to Friday from 8 30am to 1pm (free call

Monday to Friday from 8.30am to 1pm (free call from landline) www.vd.ch/dettes

HOUSING

Subsidised flats

A list is available at the communal accommodation office, however you must have been a resident of Montreux for a minimum of 5 years to qualify for subsidised accommodation.

Individual accomodation assistance

Under certain conditions, residents of Montreux can benefit from direct financial assistance for the part-payment of their rent. You must have lived in Montreux for at least 2 years in order to qualify. Requests can be made on

www.montreux.ch/guichet-virtuel/subventions-subsides-rabais

 Office communal du logement Avenue des Alpes 22, case postale 2000, 1820 Montreux office.logement@montreux.ch
 © 021 962 78 42

Swiss Tenants' Association

You must be a member to benefit from these services.

Asloca-Montreux-Est Vaudois
 Case postale 1024, 1820 Montreux
 Telephone help line, every morning except Friday
 www.asloca.ch
 © 021 963 34 87

Swiss Property Owners' Association

 Chambre vaudoise immobilière Rue du Midi 15, 1002 Lausanne www.cvi.ch
 © 021 341 41 41

CITIZENSHIP AND VOTING RIGHTS

Foreigners' voting rights

In the canton of Vaud, foreign citizens can vote and stand for election in communal level.

Who can vote, who can be elected?

Every individual who fulfils the following criteria can participate in communal votes and elections:

- > Swiss nationals, men and women, over the age of 18, who are residents of the commune and figure in the electoral register;
- Foreigners, men and women, over the age of 18, according to the laws laid down in the Vaud Constitution of 1st April 2003, providing that they fulfil the following conditions and figure in the electoral register:
 - residence in Switzerland for the last 10 years or more (holders of a permit B, C, N, S, F, A or L);
 - residence in the canton of Vaud for the last 3 years or more (holders of a permit B, C, N, S or F);
 - present residence in the commune (holders of a permit B or C).

Ballot papers for each vote or election will be sent automatically to your home address by post.

Naturalisation

Would you like to become a Swiss citizen? Requirements depend on your personal situation. We suggest that you contact the municipal office:

() Grand-Rue 73, Monday to Friday 8am to 4.30pm or © 021 962 77 77

CULTURE, LEISURE AND SPORT

Sport

From rollerskating to skiing, not forgetting swimming, hiking, running, tennis and football etc., you can do all your favourite sports in Montreux.

Everything you need to know about sport on www.montreux.ch/sport Sports clubs and associations on www.montreux.ch/annuaire

→ La Maladaire swimming pool

It is the only olympic-size indoor swimming pool in the Canton of Vaud! The complex includes outdoor pools and a beautiful park. Reduction for residents. Purchase the resident's card at the pool for CHF 5.–.

Resident's rate child: CHF 2.50 (instead of CHF 4.-)

Resident's rate adult: CHF 5.50 (instead of CHF 7.50)

Chemin de la Maladaire, 1817 Clarens-Montreux © 021 964 57 03
 Opening hours: Monday, Tuesday, Thursday, and Friday 8am to 9pm, Wednesday 8am to 8pm
 Weekend and holidays in July and August: 10am to 7pm
 From September to June: 8.30am to 5.30pm

piscine@montreux.ch

→ Other swimming pools

In the summer season, you can visit the outdoor pools at la Foge and Brent free of charge, or the casino swimming pool in Montreux which has an entrance charge. You can also swim in the lake.

Swimming pool enthusiasts _

Purchase the annual or seasonal pass which is valid for all regional swimming pools: La Maladaire in Clarens, Corseaux-Plage in Vevey, Les Marines in Villeneuve and Les Mousquetaires in La Tour-de-Peilz.

() www.montreux.ch/piscines

Culture

→ Cinema

There are two cinemas in the Hollywood complex, Bâtiment Cité-Centre, Grand-Rue 90. Several showings in original version or in French. © 021 965 15 62

On the first Tuesday of every month at 2pm there is a special showing for senior citizens for CHF 12.–, including a snack. Assistance is available at the cinema.

→ Museums

All you need to know about museums in Montreux and the region:

() www.montreux.ch/fr/partager/sortir/musees

→ Public transport free of charge for Saison Culturelle concerts

All Saison Culturelle concert ticket-holders can use public transport in zones 70 to 77 free of charge to go to concerts and return home, 2 hours prior to and 2 hours after the event. Information: lasaison.ch/infos-pratiques

 La Saison culturelle, Avenue Claude Nobs 5 billetterie@montreux.ch
 © 021 962 21 19

→ Municipal library

Loan of books, comic strips, CDs and DVDs (documentaries and fiction) for adults and children. Subscription fee CHF 20.– per adult, CHF 10.– per child. Books also in English, German, Italian, Portuguese, Spanish, Tamil, Croatian, Serbian, Albanian and in Arabic and Russian for children.

 Bibliothèque municipale Montreux-Veytaux Cité-Centre, Grand-Rue 92, 1820 Montreux bibliotheque@montreux.ch www.bibliothequemontreuxveytaux.ch
 © 021 963 33 29 Monday, Tuesday Thursday and Friday 3pm-7pm Wednesday 10am-7pm non-stop and Saturday 9am-12 noon

Sporting and cultural events _

What's on in Montreux this week? To find out, nothing could be simpler: check out the programme of events in the online communal diary on your smartphone or your computer.

 www.montreux.ch/agenda See also under: www.lasaison.ch www.montreuxriviera.com www.2m2c.ch www.sportinforiviera.ch

BE A PART OF LIFE IN MONTREUX

Montreux has a large number of clubs and associations active in a wide range of fields.

Village associations

There are about fifteen village development associations.

() Contacts and addresses on www.montreux.ch/villages

Les Avants

Société des intérêts des Avants (SIA)

- > sia@lesavants.ch
- > www.lesavants.ch

Caux

Société de développement de Caux (SDC)

- > info@ilovecaux.ch
- > www.ilovecaux.ch

Chernex

Société de développement de Chernex

> www.chernex-montreux.com

Glion

Association des intérêts de Glion (AIG)

- > info@glion-village.ch
- > www.glion-village.ch

Tavel

- > info@tavel-montreux.ch
- > www.tavel-montreux.ch

Vallon de Villard

Société des intérêts du Vallon de Villard (SIV)

- > siv@vallondevillard.ch
- > www.vallondevillard.ch

Vernex

Information at council office

Other associations

Montreux has more than 100 associations for sport, music, culture and other fields.

() www.montreux.ch/annuaire

Brent

Société villageoise de Brent et environs

- > info@brent.ch
- > www.brent.ch

Chailly, Baugy, les Crêtes

Association des intérêts de Chailly, Baugy, les Crêtes et environs

> www.chailly-village.ch

Clarens

Association des intérêts de Clarens (AIC)

- > aic@1815clarens.ch
- > www.facebook.com/aiclarens

Montreux-Centre

Association des Intérêts de Montreux-Centre (AIMC)

Territet

Association des intérêts de Territet (AIT)

> www.territet.ch

Vieille-Ville

Association Vieille-Ville de Montreux > www.facebook.com/montreuxvielleville

Edition 2019

www.montreux.ch