



Introduction

This chapter gathers together a few useful tools that may assist you in day-to-day life. Additional addresses are also mentioned to facilitate further research.

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- 6.2 Additional useful addresses
- 6.3 Useful internet addresses
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- 6.5 Local holidays in Fribourg



6.1 Conversion charts

Length

1 Inch, in.	=	2.54	cm (Centimeters)
1 Foot, ft. (12 in.)	=	30.48	cm
1 Yard (3 feet)	=	0.91	m (Meters)
1 Mile (1'760 yards)	=	1.609	km (Kilometers)
1 cm	=	0.39	inch
1 m	=	3.28	feet
1 km	=	0.62	mile

Weight

1 Ounce, oz.	=	28.35	g (Grams)
1 Pound, lb. (16 oz.)	=	454	g
1 Pound, lb. (16 oz.)	=	0.454	kg (Kilograms)
100 g	=	3.527	ounces
1 kg	=	2.205	pounds



Simplified weight equivalents for cans, packages, etc

1 oz.	=	28 g
1 lb. (16 oz.)	=	450 g
1 ½ lb.	=	675 g
2 lbs	=	900 g
3 lbs	=	1350 g
10 oz. (most frozen vegetables)	=	280 g
10 ½ oz. (most condensed soup)	=	294 g

Cooking measures

1 Teaspoon, tsp.	=	5	ml (Milliliters)
1 Tablespoon, tbsp.	=	15	ml
Fluid ounce, fl.oz.	=	30	ml
1 Cup, c	=	240	ml
1 Cup, c	=	0.24	L (Liters)
1 Pint, pt. (USA)	=	0.473	L
1 Pint, pt. (GB)	=	0.568	L
1 Quart, qt. (2 pints USA)	=	0.946	L
1 Gallon (USA)	=	3.785	L
1 Gallon (GB)	=	4.546	L
1 Barrel	=	163.6	L

Nota Bene: to make life easier when making culinary delights, it would be wise, when moving, to bring your usual measuring cups/spoons etc. with you.



Temperatures

Formula

Fahrenheit, F	$(F-32) \times 0.55$	=	Celsius, C
Celsius, C	$(C \times 1.8) + 32$	=	Fahrenheit, F

Examples

	F	=	C
Normal body temperature	98.6	=	37
Comfortable room temperature	70	=	21
Boiling point	212	=	100
Freezing point	32	=	0

Some oven temperatures

F	=	C	C	=	F
200	=	93	50	=	122
225	=	107	100	=	212
250	=	121	125	=	257
275	=	135	150	=	302
300	=	149	175	=	347
325	=	163	200	=	392
350	=	176	225	=	437
375	=	190	250	=	481
400	=	204			
425	=	218			
450	=	232			
500	=	260			



Clothing**Women's clothing**

British	10	12	13	16	18	20
American	8	10	12	14	16	18
Continental	38	40	42	44	46	48

Women's shoes

British	4	4 ½	5	5 ½	6	6 ½	7
American	5½	6	6½	7	7 ½	8	8 ½
Continental	36½	37	38	39	39	40	41

Men's shirt collar sizes

British	14	14 ½	15	15 ½	16	16 ½	17
American	14	14 ½	15	15 ½	16	16 ½	17
Continental	36	37	38	39	40	41	42

Men's suits & overcoats

British	36	38	40	42	44	46	48
American	36	38	40	42	44	46	48
Continental	46	48	50	52	54	56	58

Men's shoes

British	6	7	8	9	10	11
American	7 ½	8	8 ½	9 ½	10 ½	11 ½
Continental	40	41	42	43	44	45



Children's clothing

British	16/18	20/22	24/26	28/30	32/34	36/38
American	2	4	6	8	10	12
Switzerland	92	104	116	128	140	152

Children's shoes

British	11	11	12	13	1	2	2	3	4	5	6
American	11	11	12	13	1	2	2	3	4	5	6
Switzerland	29	30	31	32	33	34	35	36	37	38	39



6.2 Additional useful addresses

Most addresses are already included directly in the previous chapters of this guide. In this section we would just like to add a few more contacts that could be useful to you.

www.expats-fribourg.ch

International clubs

Anglo-Swiss Club of Fribourg

This club meets one evening a month. Its goal is to help the integration of English-speakers.

Mrs. Rose-Marie Coombs

La Bataille

CH -1566 St. Aubin

Tel. 026 677 25 67

International English Speaking Women's Club of Fribourg

This club meets once a month for afternoon activities as well as for lunches.

Mrs. Kirsten Ulrich

Route du Roule 21

CH-1723 Marly

Tel. 026 436 29 12

English Speaking Group of the Lake Region

This is a social group for people who want to practice their English with native English speakers in a non-educational, relaxed environment. The organization is open to everybody and you attend the events that suit you.

Ms. Anna Galvani

a.galvani@freesurf.ch

American Women's Club of Lausanne

Located on the Riviera, this club offers a wide range of activities.

American Women's Club of Lausanne

Av. Eglantine 6

1006 Lausanne

Tel. 021 320 26 88

www.geocities.com/awclausannenews

Unesco Club of Fribourg

This club aims at promoting Unesco's ideals by appreciating and also through contacting the different cultural groups in Fribourg.

Mrs Monika Thiébaud

Avenue des Vanils 7

1700 Fribourg

Tel. 026 322 11 30

monika.thiebaud@mxco.ch

or

Mr Jean-Baptiste de Weck

1723 Pierrafortscha

Tel. 026 322 15 87

jean-baptiste.de.weck@bluewin.ch

International associations

You will also find local or area sections of international associations, such as Rotary, Ambassadors, Kiwanis, etc.

Check in the phone book to obtain the exact contact information in your region.



Economic organizations and associations

Fribourg Development Agency

Avenue de Beauregard 1

CH-1700 Fribourg

Tel. 026 425 87 00

Fax 026 425 87 01

www.promfr.ch

Fribourg Chamber of commerce, industry and services

Route du Jura 37

CH-1706 Fribourg

Tel 026 347 12 20

Fax 026 347 12 39

www.cfcis.ch

Fribourg International

Route du Jura 37

CH-1706 Fribourg

Tel. 026 347 12 20

Fax 026 347 12 39

www.fribourg-international.ch

Import-Export Club

P.O. Box 775

CH-1701 Fribourg

Tel. 026 477 11 50

Fax 026 477 31 31

iec@amail.ch



Religions and churches

Roman Catholic

Evêché de Lausanne, Genève et Fribourg

Rue de Lausanne 86

CH-1700 Fribourg

Tel. 026 347 48 50

Fax 026 347 48 51

In the canton of Fribourg, mass can be found in French, German, Spanish and Portugese. The closest mass in English occurs in Berne every Sunday at 10:00am in the crypt of the Bruder Klaus church:

Bruder Klaus Kirche

Segantinistrasse 26

3006 Berne

Tel. 031 350 14 14

Fax 031 350 14 16

The contact person is Mr. Peter Bürgi (Tel. 031 352 46 86), president of this English speaking community.

Protestant

Rue des Ecoles 1

CH-1700 Fribourg

Tel. 026 322 86 40

Fax 026 322 86 70



Freie Evangelische Gemeinde Düdingen - Freiburg

Bonnstr. 18

3186 Düdingen

Tel. 026 322 79 62

www.feg-duedingen-freiburg.ch

The office occurs every Sunday at 10:00am in German but is simultaneously translated in English. There is also an english "Bibel Group" (cell-group) every week. For more information, please call *Esther Köppel*, 079 263 75 27.

Jewish synagogue

Rue Joseph Piller 9

CH-1700 Fribourg

Tel. 026 322 16 70

Islamic (association islamique)

Rue de l'Industrie 2

CH-1700 Fribourg

Tel. 026 424 62 98

Orthodox

Case Postale

CH-1701 Fribourg

Tel. 026 684 15 94



6.3 Useful internet addresses

Out of the numerous websites providing information about different activities and interests, here after you will find a short selection of websites which could be used as doors to obtain more information about any specific topic.

Information on Switzerland

www.schweiz-in-sight.ch	General knowledge about Switzerland
www.MySwitzerland.com	Swiss national tourist office site
www.admin.ch	Swiss Federal government and administration
www.parliament.ch	Swiss Federal parliament
www.customs.admin.ch	Swiss Customs site
www.locationswitzerland.ch	Establishing a business in Switzerland
www.swissemb.org	Swiss Embassy in the U.S.
www.osec.ch	Swiss office for trade
www.zefix.admin.ch	Swiss central index of business names
www.bwo.admin.ch	Housing in Switzerland

Information on Fribourg

www.fr.ch	Cantonal government and administration
www.pays-de-fribourg.ch	Cantonal tourist office site
www.fribourgtourism.ch	City of Fribourg tourist office site
www.la-Gruyere.ch	Gruyère region tourist office site
www.cfcis.ch	Fribourg Chamber of commerce, industry and services



www.promfr.ch
www.expats-fribourg.ch
www.freebourg.ch or
www.fribourg.ch

Fribourg Development Agency
 General information for expatriates
 Miscellaneous information about
 activities in Fribourg

Miscellaneous

www.swissinfo.ch News
www.post.ch Swiss Post
www.swisscom.com Swiss telephone company
www.rail.ch Swiss railroad information
www.tpf.ch Fribourg regional transportation
www.acs.ch Driver association
www.tcs.ch Driver association
www.rail-info.ch Guide to narrow gauge Swiss trains
www.search.ch Swiss search engine
www.comparis.ch Engine to compare prices
www.pagesblanches.ch Swiss telephone directory
www.pagesjaunes.ch Yellow pages
www.meteoswiss.ch Swiss weather information
www.swissdeluxe-hotels.ch Swiss luxury hotels
www.bnb.ch Bed and Breakfast in Switzerland
www.backpacker.ch Low cost Swiss Travel
www.sac-cas.ch Swiss Alpine Club
www.gva.ch/en Geneva airport arrivals and departures
www.unique.ch Zurich airport



www.alpar.ch	Berne airport
www.airport.ch	Airports
www.kids.ch	Activities for kids
www.laliberte.ch	Fribourg newspaper incl. useful links
www.freiburger-nachrichten.ch	Fribourg newspaper in German
www.lagruyere.ch	Gruyère region newspaper
http://bern.usembassy.gov	U.S. embassy in Switzerland
www.figf.ch	Fribourg International Festival of guitar



6.4 Emergency phone numbers

Please do not forget that the up-to-date contact information on social service agencies, as well as associations, is published in the local newspaper. For example each Friday in the weekly supplement, *mémento hebdomadaire / Agenda*, of the local newspaper *La Liberté* and *Freiburger Nachrichten*, a complete list of local services and associations is provided. You can also consult their website, www.laliberte.ch and www.freiburger-nachrichten.ch.

Police emergency	Tel. 117
Fire	Tel. 118
Ambulance / Paramedics	Tel. 144
Doctor on duty	Tel. 026 300 21 20
Dentist on duty	Tel. 026 322 33 43
Poison center (ingestion of toxic substance), Zurich	Tel. 145

Telephone services

Swiss inquiries	Tel. 111
Telegrams	Tel. 110
International inquiries	Tel. 191
International operator	Tel. 114

Miscellaneous

Helping hand	Tel. 143
Emergency repair service for stranded motorists	Tel. 140
24-hour locksmith, <i>Schlüsselservice</i> in the region of Fribourg	Tel. 026 322 85 75



6.5 Local holidays in Fribourg

Fribourg is a traditional Roman Catholic Canton. Consequently the holidays in Fribourg are based on the Roman Catholic calendar. Hereunder, we have listed the official holidays stipulated for the Canton in 2005 and 2006.

2007

New Year's Day	<i>Nouvel-An</i>	<i>Neujahr</i>	January 1
Good Friday	<i>Vendredi Saint</i>	<i>Karfreitag</i>	April 6
Ascension Day	<i>Ascension</i>	<i>Auffahrt</i>	May 17
Corpus Christi	<i>Fête Dieu</i>	<i>Fronleichnam</i>	June 7
Swiss National Day	<i>Fête nationale</i>	<i>Nationalfeiertag</i> <i>(Bundesfeier)</i>	August 1
Assumption	<i>Assomption</i>	<i>Mariä</i> <i>Himmelfahrt</i>	August 15
All Saints Day	<i>Toussaint</i>	<i>Allerheiligen</i>	November 1
Immaculate Conception	<i>Immaculée conception</i>	<i>Mariä</i> <i>Empfängnis</i>	December 8
Christmas Day	<i>Noël</i>	<i>Weihnachten</i>	December 25

Although not official, the following days are often holidays for most people:

The day after New Year	<i>Lendemain de Nouvel-An</i>	<i>Berchtoldstag</i>	January 2
Easter Monday	<i>Lundi de Pâques</i>	<i>Ostermontag</i>	April 9
Whit Monday	<i>Lundi de Pentecôte</i>	<i>Pfingstmontag</i>	May 28
Boxing Day	<i>Saint Etienne</i>	<i>Stefanstag</i>	December 26

Please note that only some of these days are holidays for all Switzerland



2008

New Year's Day	<i>Nouvel-An</i>	<i>Neujahr</i>	January 1
Good Friday	<i>Vendredi Saint</i>	<i>Karfreitag</i>	March 21
Ascension Day	<i>Ascension</i>	<i>Auffahrt</i>	May 1
Corpus Christi	<i>Fête Dieu</i>	<i>Fronleichnam</i>	May 22
Swiss National Day	<i>Fête nationale</i>	<i>Nationalfeiertag (Bundesfeier)</i>	August 1
Assumption	<i>Assumption</i>	<i>Mariä Himmel- fahrt</i>	August 15
All Saints Day	<i>Toussaint</i>	<i>Allerheiligen</i>	November 1
Immaculate Conception	<i>Immaculée conception</i>	<i>Mariä Empfängnis</i>	December 8
Christmas Day	<i>Noël</i>	<i>Weihnachten</i>	December 25

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Easter Monday	<i>Lundi de Pâques</i>	<i>Ostermontag</i>	March 24
Whit Monday	<i>Lundi de Pentecôte</i>	<i>Pfingstmontag</i>	May 12
Boxing Day	<i>Saint Etienne</i>	<i>Stefanstag</i>	December 26

Please note that only some of these days are holidays for all Switzerland

