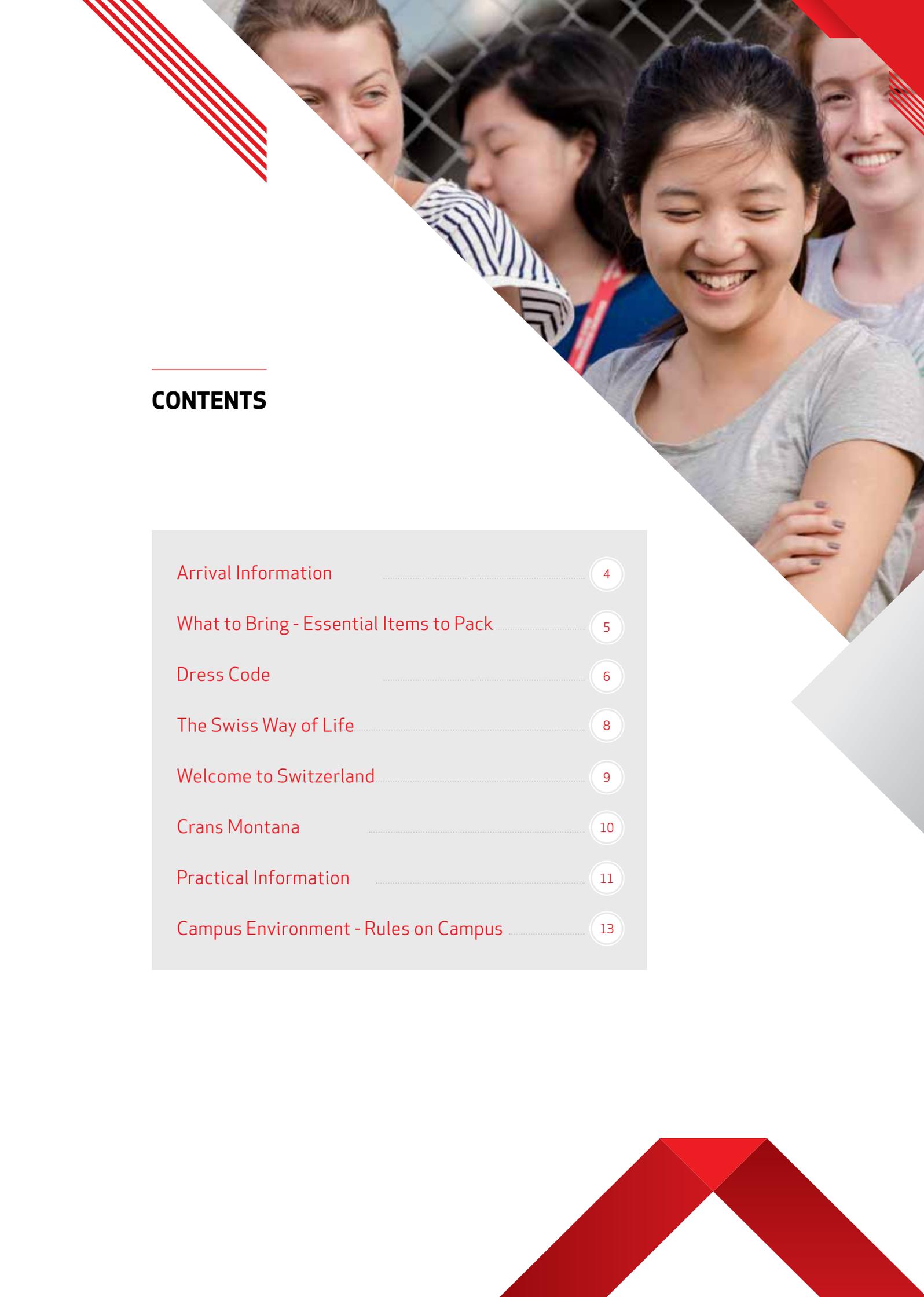


Summer Program

GUIDE
JULY 2019



CONTENTS

Arrival Information	4
What to Bring - Essential Items to Pack	5
Dress Code	6
The Swiss Way of Life	8
Welcome to Switzerland	9
Crans Montana	10
Practical Information	11
Campus Environment - Rules on Campus	13

ARRIVAL INFORMATION

MEET & GREET / TRANSFER ASSISTANCE

When you arrive in Switzerland on Sunday 14th July 2019 (2 weeks in Switzerland) or on Sunday 21st July 2019 (1 week in Switzerland), we will greet you in the arrivals hall of Geneva International Airport. We will have transportation arranged to take you to our campus, provided you have confirmed your arrival details with us in advance, using the online form: <https://www.lesroches.edu/admissions/accepted-students/arrival-form/>

Upon arrival at Geneva International Airport, you should proceed to the baggage claim area to retrieve your luggage. Continue through customs, exit into the arrival area and look for our Welcome booth with the “Les Roches” sign displayed on screen. Our Welcome Team will sign you in and assist you with your transfer to the school.

If any question, please send an email to the Arrival team:

arrivals@lesroches-admissions.com.

LOST LUGGAGE

Should you lose your luggage, you should report this to the authorities within the airport immediately as per their standard procedure. You must provide them with the name, phone number and address of the school campus where you will stay, so that they can deliver the luggage directly to you once it has been retrieved. Should you need assistance, our Welcome Team will be happy to assist you.

WHAT TO BRING - ESSENTIAL ITEMS TO PACK

SUGGESTED ITEMS TO BRING

We recommend that you come prepared for all weather, as conditions in the Alps during the summer can vary quite widely from hot sunshine to cool wind and rain.

We advise that you bring the following:

- ▲ Plenty of layers rather than thick clothing as this will be more versatile to you. If it gets too hot or cold, it is easy to add or remove an additional layer rather than changing.
- ▲ Ensure you have a good pair of shoes that will be comfortable to wear all day.
- ▲ A waterproof coat is essential.
- ▲ Pack a towel.
- ▲ We have a swimming pool on campus and aqua activities are planned, so you should bring a bathing suit.
- ▲ Suncream - the sun can be very strong, so it is advisable to bring suncream to protect yourself when outdoors.
- ▲ Various sporting activities are planned as part of the program. Please ensure that you have adequate trainers and sporting clothes (i.e., not jeans).
- ▲ Electrical items such as hairdryers are not provided. If you need to use any electrical items, please bring them with you, along with the correct plug adapter if needed.

LAUNDRY

In case of emergency we do have laundry facilities on campus where you will be able to wash your clothes.

INTERNET ACCESS

During the summer program, you will have access to our Wi-Fi in all areas of the campus.

DRESS CODE

UNIFORM - THEORY CLASSES

The school does not provide a uniform for the summer program students; however, it is compulsory to dress professionally. Students must bring business attire following the criteria below:

Ladies

- ▲ Plain black classic trouser or skirt
- ▲ White shirt (long or short sleeves)
- ▲ Comfortable black shoes (no flip flops)

Gentlemen

- ▲ Plain black classic trouser
- ▲ White shirt (long or short sleeves)
- ▲ Comfortable black shoes (no flip flops)
- ▲ Professional neck tie

Jackets and blazers are not compulsory.

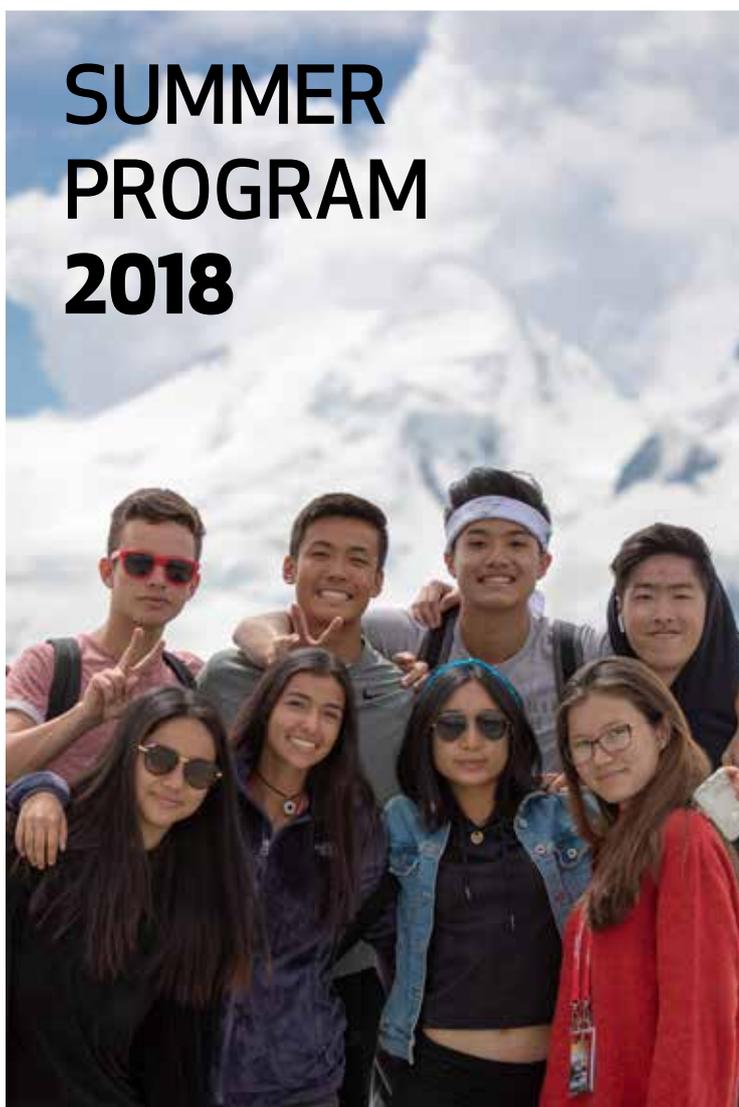
The uniform is to be worn during daytime (08:00 to 17:00 hours) from Monday to Friday, in all areas of the school and during breakfast and lunch from Monday to Friday. Smart Casual attire is requested for dinners.

LEISURE TIME

During weekend meals and leisure activities casual clothes are allowed (jeans, t-shirts, etc.). Swimming suits, shorts, etc. are not allowed. We recommend you to bring lightweight, comfortable and airy clothing to wear during leisure time.

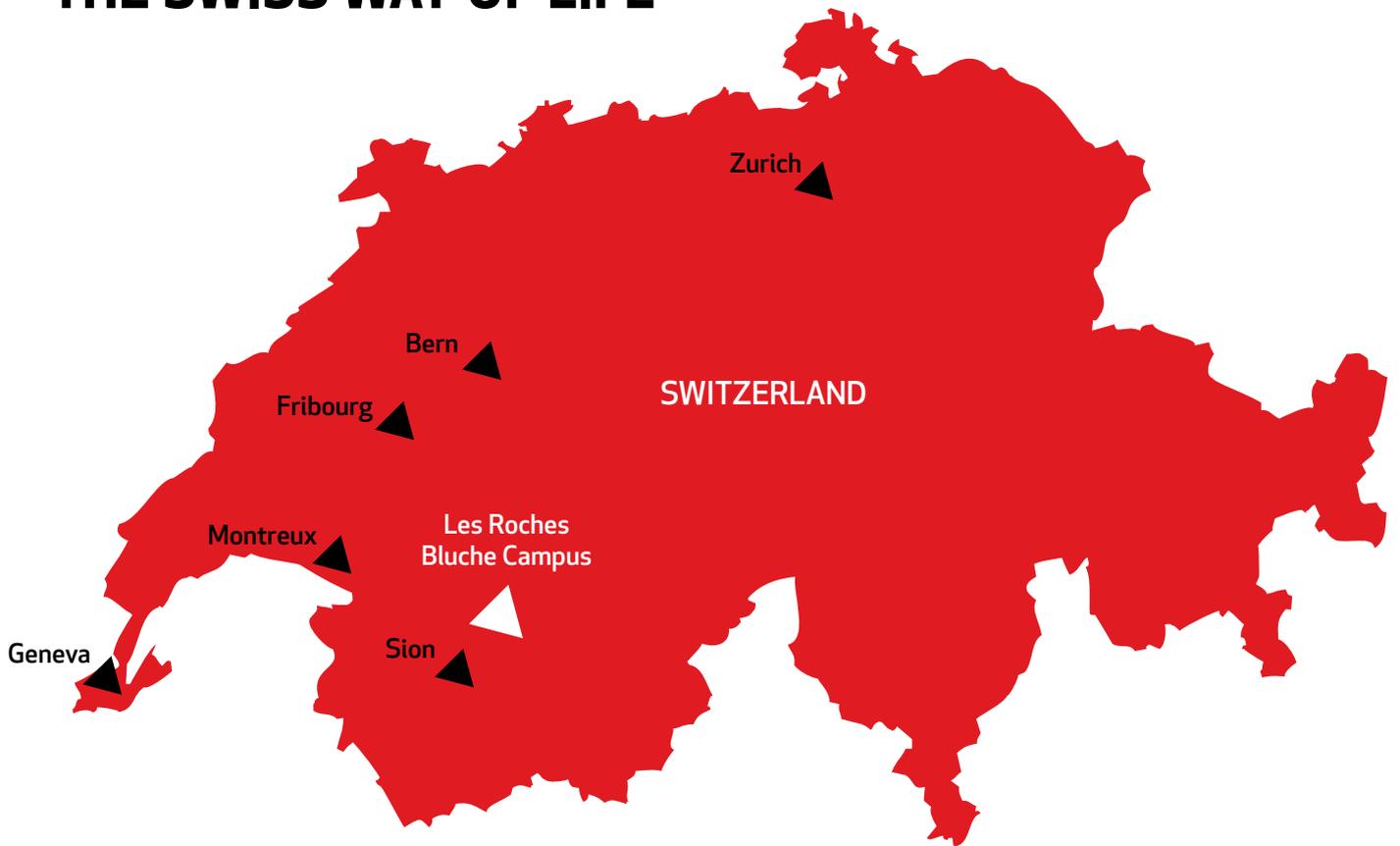


SUMMER PROGRAM 2018





THE SWISS WAY OF LIFE





WELCOME TO SWITZERLAND

Switzerland - Just the mention of this beautiful land can evoke a myriad of images: snow-capped mountain peaks, placid lakes and emerald-hued upland meadows that display colored alpine flowers each spring. Nature seems to have a special fondness for this bit of central Europe! Century-old cities and picturesque, charming villages complete this amazing scenery.

Nestled within the breathtaking natural landscape is a spectacular cultural landscape. Baroque monasteries, Gothic abbeys, castles and many other historical structures found at every turn are reminders of Switzerland's past. The remains of a Roman amphitheater, the painted houses, and the chapels that you'll find along roads of antiquity stand as silent witnesses to the many people and cultures who have left their mark throughout the course of time. Roads used by ancient Romans as trade routes, taken by pilgrims on religious journeys, and traveled by artists bringing Romanesque, Gothic and Baroque influences into Switzerland are now yours to travel as you discover the beauty the history and the thousands of joys that Switzerland has to offer.

Switzerland benefits from an ideal central location in Europe. The Swiss terrain dips from the world's highest alpine peaks to verdant valleys and lakes. The northern borders are shared with Germany; France lies to the west; Italy is immediately to the south; and Liechtenstein and Austria form the eastern frontiers.

The central part of the Alps provides the dramatic scenery for most of the country. The Rhône Valley splits the canton of Valais, which has a temperate climate that permits vineyards to flourish on its slopes. The Upper Rhine River runs through the eastern section, forming the border with Germany. In the west of the country is the Jura region, the most heavily forested area of Switzerland. More than half of the total land area is used for agriculture, forests cover one-quarter of the space, and the remaining quarter is made up of glaciers, rocks and lakes.

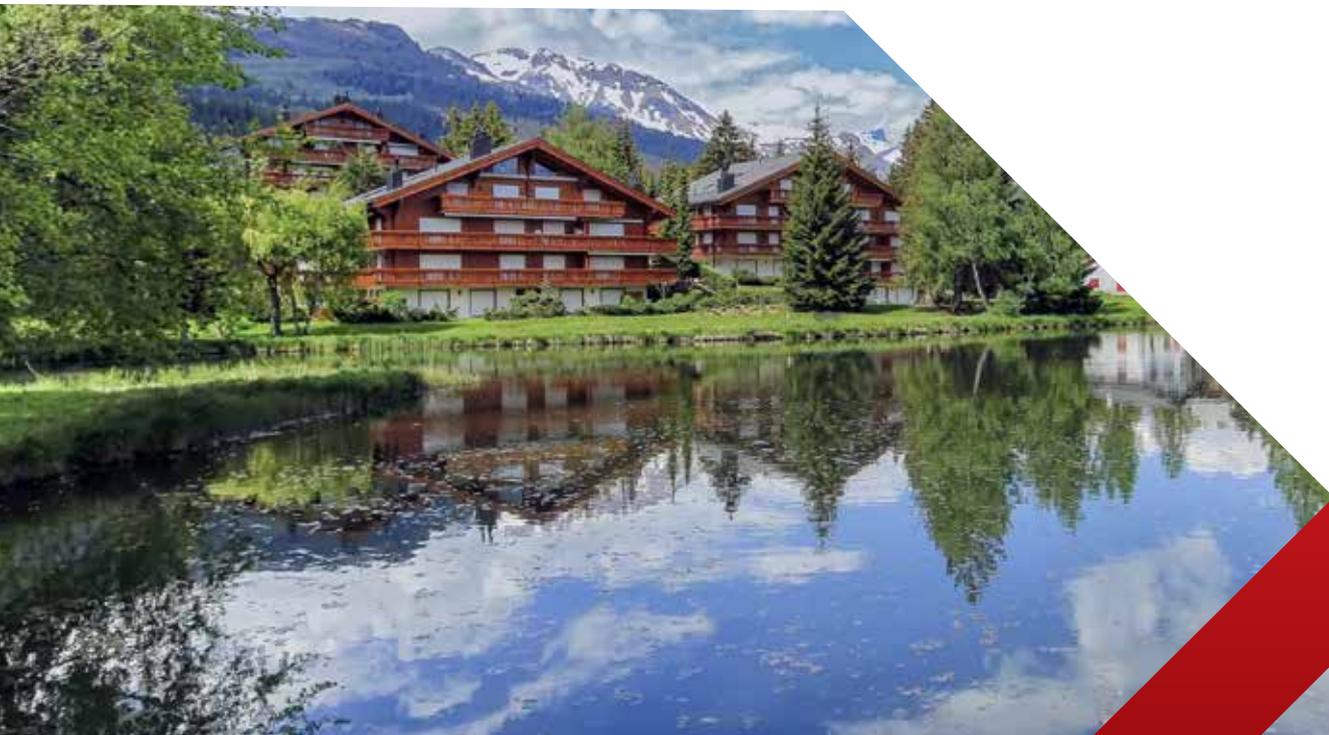
For more information visit: [MySwitzerland.com](https://www.myswitzerland.com)

CRANS MONTANA

Crans-Montana, situated in the heart of the Alps at an altitude of 1,500m, is a modern and fashionable ski resort set on a handsome plateau where the air is said to be “lighter than champagne”.

The resort is composed of two village hearts, Crans which is where most of the shopping is located and Montana where sports and other activities are located. In summer golfing, hiking and mountain biking and many other sports can be enjoyed. Winter offers skiing, winter sports and splendid winter walks. Crans-Montana is a second residence to many famous celebrities and diplomats.

The quality and quantity of gourmet-restaurants in Crans-Montana are exceptional. More than 80 restaurants pamper the guest’s palate with culinary delights. The gourmets will not be the only guests to come back again and again. The choice of restaurants is really international. There are of course plenty of restaurants offering typical Swiss dishes.



PRACTICAL INFORMATION

LANGUAGES

The four national languages of Switzerland are German, French, Italian, and Romansh. However, only German, French, and Italian maintain equal status as official languages within the Federal Administration of the Swiss Confederation.

Native speakers number about 64% for German (mostly Swiss German dialects), 20% for French (mostly Swiss French), 6.5% for Italian (mostly Swiss Italian), less than 0.5% for Romansh and 9% is made up of other languages.

The German region (Deutschschweiz) is in the north and center, the French part (Romandie) in the west and the Italian area (Svizzera Italiana) in the south. There remains a small Romansh-speaking native population in Graubünden in the east. The Les Roches campus is located in the French speaking part of Switzerland.

WEATHER

Temperatures in Bluche vary between -10°C and +15°C in winter (November to April) and between +15°C and +30°C in summer.

TIME ZONE

Switzerland operates on Central European Time (CET), which is GMT+1.

CURRENCY

The monetary unit of Switzerland is the Swiss Franc (CHF), which is divided into 100 cents. While you are in Switzerland, currency can be easily converted at airports, railway stations, local banks and hotels.

The rate of exchange will be best at airports, railway stations and banks; it is lowest at hotels. A fee is often added for the exchange of service – even at banks.

POPULATION

Switzerland has a population of around 7.9 million inhabitants.

SUMMER PROGRAM 2018



CAMPUS ENVIRONMENT RULES ON CAMPUS

INSURANCE, ILLNESS AND ACCIDENTS

In case you fall ill during the program, we have a nurse on campus who can help you and can assist with making a doctor appointment if necessary. It is your responsibility to ensure that you have the correct health and accident insurance to cover any medical costs during the summer program should the need arise.

PROFESSIONAL ETIQUETTE

Our campus community consists of over 1,000 students of over 90 nationalities. While the school has a policy of accepting cultural diversity and lives in accordance with their beliefs and cultural habits, we ask you to respect the diversity of cultures so that their views and personal presentation does not offend others.

You may have to adapt yourself to the demands of a service industry where the impact of their views and personal presentation may be inappropriate if not moderated.

The school seeks to help the students to understand these needs. To lead a decent and proper community life, but more importantly to develop qualities that are essential to hospitality and tourism professions, the management puts a very strong emphasis on student's professional etiquette.

CAMPUS WELL-BEING

In the interest of the health of all students, Les Roches is a non-smoking campus with only certain areas set aside for smokers. We have a strict no-drugs rule, as well as alcohol in moderation philosophy with the aim to keep the students in physical and mental well being and focused on their studies.

DIETARY RESTRICTIONS

If you cannot eat certain foods for medical or religious reasons, please inform the school during registration.

MONEY AND VALUABLES

Personal and private insurance, to cover issues such as damage or theft of personal property are not mandatory but are strongly recommended. The school accepts no liability for valuables left in your bedroom, public areas or in any storage places. We encourage you to put your valuables in the individual safety deposit boxes in your room. You are strongly recommended not to keep large amounts of money in your bedrooms. You should keep your bags in a safe place outside class hours.



CAMPUS ENVIRONMENT RULES ON CAMPUS

ROOM REGULATIONS

You are not allowed to cook in your rooms or to light candles. Tea and coffee making appliances (i.e., kettles) are allowed. No pets or animals are allowed on campus, nor do we tolerate weapons of any kind.

Please note that if you fail to follow the accommodation standards, you may be asked to leave campus accommodation. Please refer to the standards of excellence in the Academic Catalog for further details.

ELECTRICAL APPLIANCES

In Switzerland the electrical outlets require 220 volts and plugs are hexagonal with three pins. You might need a transformer and/or adapter to use electrical appliances. You can purchase them in any shop selling electric appliances.

When leaving the room, please make sure that all electric installations are switched off, including the lights. Saving energy contributes to saving the environment.

SECURITY

The school's Safety Officers patrols the school grounds. They are supported by a private security company. Both are there to ensure your safety.

Your future starts here.

7 WAYS TO CONNECT BEFORE YOU ARRIVE ON CAMPUS



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