

Getting started in Lausanne

Arriving in Lausanne

1. Finding an accommodation
2. Residence permit
3. Health insurance
4. Driving license
5. Mobility

Courses and activities organised by UNIL

1. Courses
2. Sport

Networking and support

1. Networking
2. PhD ambassadors
3. Student associations
4. Finding friends
5. Mental health and support
6. Other contacts
7. Medical treatment and emergencies

Arriving in Lausanne

1. Finding an accommodation

- Facebook page: "Lausanne à louer-bouche à oreille"
- <https://www.chuv.ch/fr/logements/loc-home> (also applicable to UNIL contracts)
- <https://www.retraitespopulaires.ch/immobilier/louer/louer-un-appartement>
- <https://www.lausanne.ch/vie-pratique/logement.html>

2. Residence permit

Within **8 days** upon arrival, you will have to announce your arrival at the immigration office (Contrôle des habitants et bureau des étrangers) and ask for a residence permit. The list of the documents that you will have to provide to obtain the permit is available on the official website of the canton (<https://www.vaud-bienvenue.ch/votre-arrivee>).

Additional information regarding living in Switzerland as a foreign national (everything you need to know about entry, residence and employment. Information about changing residence, land purchases, withholding tax, social insurance, visa requirements for travel to EU member states and special courses for foreign children) can be found on "ch.ch", a website maintained by the Confederation, cantons and communes: <https://www.ch.ch/en/living-switzerland-foreign-national/>

3. Health insurance

Private health insurance is mandatory for all people residing in Switzerland as there are no free state-provided health services. After your arrival, you have up to **three months** to take out the compulsory basic insurance. Note that your accident insurance is included within your work contract. A site that will allow you to compare the prices of the major insurance companies in Switzerland and help you decide.

<https://en.comparis.ch/krankenkassen/grundversicherung/krankensversicherung-auslaender/input/wohnort>

Keep your medical bills! Depending on your insurance you will often have to pay the medical treatments by yourself first and send the bills to your insurance company which will pay you back once your annual medical costs go beyond a certain threshold called "franchise". If you have trouble deciding which franchise is the right option for you, here is a rule of thumb: If you are rarely sick pick the highest franchise (2500 CHF) if you get sick easily or know that you need more doctor visits throughout the year, pick the lowest one (e.g. 300 CHF).

4. Driving license

Within the **first year** of residence in Switzerland you have to change your foreign driving license to a swiss one. The list of the countries from which is it possible to change the driving license can be found here: <https://www.vd.ch/themes/mobilite/automobile/permis-de-conduire/echange-permis-etrangers/pays-ayant-une-convention-de-reconnaissance-mutuelle-avec-la-suisse/>

All the documents that you will have to provide are listed here:

https://www.vd.ch/prestation-detail/prestation/echanger-un-permis-de-conduire-etranger/?tx_vdprestations_pi4%5Bcontroller%5D=Prestation&tx_vdprestations_pi4%5Baction%5D=show&cHash=68dce96f62db17c2261172fea802a036.

For the eye test you can walk into any optician without appointment, do not forget to bring your glasses/lenses with which you normally drive.

5. Mobility

One of the easiest ways to move around Lausanne is by public transportation (metro/bus). Monthly or annual abonnements can be easily bought online on the TL-Shop website (<https://shop.t-l.ch/>) or at the main office at Flon (Rue du point, 1003 Lausanne). For CHUV collaborators (which also include UNIL contracts) there is the possibility to apply for a 15% reduction on the annual public transport plan for Lausanne (<https://www.chuv.ch/fileadmin/sites/carriere/documents/carriere-plan-mobilite.pdf>) There is also the possibility to ask for a parking spot near the institute (free for motorbikes but quite pricey for cars).

Courses and activities organised by UNIL

1. Courses

Useful websites where you can find courses organised on campus:

- Graduate campus (<https://www.unil.ch/graduatecampus/en/home.html>)
- Skills for scientists, courses given on the CHUV/Epalinges campus (<https://www.unil.ch/skillsforscientists/en/home.html>)
- General overview of many UNIL courses (<https://conference.unil.ch/cours/>)
- REGARD, courses dedicated to equality in science (<https://www.unil.ch/egalite/en/home/menuinst/egalite-femmes-hommes/soutien-aux-carrieres-feminines-1/chercheuses/ateliers-regard.html>)

French courses:

- Programme Tandem (<https://www.unil.ch/tandem/fr/home.html>). Free subscription.
- EFLE (ecole de français langue étrangère) provides free classes at the Dorigny campus, currently classes are also given online due to COVID (<https://www.unil.ch/fle/home/menuinst/etudiants/cours-satellites--hep---hes.html>)
- Private teacher on site on the Epalinges campus (baggilucie@bluewin.ch, or Skills for scientists for more information)
- Ecole Club Migros (<https://www.ecole-club.ch>)
- Institute Richelieu Lausanne (<https://www.institutrichelieu.com/>)
- Facebook page: "Lausanne Language Tandem"

2. Sport

The SUL (Sports Universitaires Lausanne) offers different sport activities for UNIL members at the Sportif centre located at Dorigny (<https://sport.unil.ch>).

Wintersports: UNIL provides weekends both at Diablerets and Verbier to learn to ski and snowboard (<https://sport.unil.ch/?mid=90&aid=154>). Additionally, discounted ski passes for Verbier and Bruson can be purchased (cash payment only).

Watersports: UNIL has a watersport centre where watersport courses can be taken (April-October; <https://www2.unil.ch/sportres/nautique/login.php>)

And many other sports!

Networking and support

1. Networking

- **Beer o'clock:** informal meetings organised by PhD students for PhD students, the perfect occasion to meet new people (once every 1-2 months). Keep track of your email for the invitation.

- **PhD retreat:** a joint EPFL-UNIL PhD retreat for PhD students of the "Cancer and Immunology" program at UNIL and the "Molecular Life Sciences" program at EPFL. A weekend taking place in "Les Diablerets", in which both scientific and social events will be organised (<https://wp.unil.ch/phdretreat/>)

- **Ski camps and weekends** organised by UNIL sport

- **Graduate Campus "Meet and Greet"**, a unique event to discover all activities offered for PhD students at UNIL

<https://www.unil.ch/graduatecampus/en/home/menuinst/ateliers-et-formations/meet-greet.html>

2. PhD ambassadors

The FBM doctoral program "Cancer and Immunology" has several PhD ambassadors, who are there for you in case you run into any problems during your PhD. The PhD ambassadors are senior PhD students from different departments, that are already familiar with the doctoral program and can give you advice or direct you to the right source of help if needed. Additionally, the PhD ambassadors attend the PhD Programme Committee, where they can transfer any problems encountered by the students on campus.

As a PhD student of the Cancer and Immunology program, you can always contact us for work-related or unrelated problem, for suggestions to improve the program or to give feedback!

<https://www.unil.ch/cancer-immunology/home/menuinst/introduction/ambassadors.html>

3. Student associations

- BSNL (BioScience Network Lausanne) <https://bsnl.ch>
- ADAS (Association des Doctorants et Assistants en Sciences) <https://wp.unil.ch/adas/>
- ACIDUL (association du corps intermédiaire et des doctorant(e/s) de l'université de Lausanne) <https://wp.unil.ch/acidul/>

4. Finding friends

The online world has plenty of opportunities to find people with similar interests. A few websites that are active in Lausanne

- Meetup: <https://www.meetup.com/> Meetup is a service used to organize online groups that host in-person and virtual events for people with similar interests. – free to join
- Glocals <https://www.glocals.com/> Glocals is a service that targeted expats and organizes local activities for them.

Facebook: there are plenty of activity groups and expat groups on Facebook that you can join.

5. Mental health and support

Psychotherapeutic consultations

The University of Lausanne offers a psychotherapeutic consultation service staffed by psychiatrists and psychologists from the Department of Psychiatry at Lausanne University Hospital (CHUV). Students and PhD students who are suffering from mental health problems, whether these are linked to their university studies or not, are entitled to temporary medical support. The first consultation is free and the remainder are covered by basic health insurance under the Federal Health Insurance Act (LAMal).

<https://www.unil.ch/sasme/en/home/menuinst/soutien-aux-etudiantes/consultation-psychotherapeutique.html> .

Mediation in case of bullying/harassment/discrimination in the work environment

If you have experienced bullying, harassment (physical and/or psychological) or discrimination or have observed this happening to someone else in the work environment, you can reach out the UNIL's advice and mediation office. They will try to help by providing advice and if wanted (this is not obligatory) set up a mediation meeting.

To contact the mediator, Luc Wenger:

+41 079 240 42 46

contact.mediation@unil.ch

To contact the alternate mediator, Raymonde Richter:

+41 079 643 24 16

rr@etuderichter.ch

More information can be found on the following websites below:

<https://www.unil.ch/graduatecampus/en/home/menuinst/doctorantes/pendant/besoin-daide.html>

<https://www.unil.ch/help/en/home.html>

6. Other contacts

- Programme director: Prof. Fabio Martinon (fabio.martinon@unil.ch)
- Programme coordinator: Fanny Dubois (fanny.dubois@unil.ch)

7. Medical treatment and emergencies

You can get fast treatment in Epalinges at the **Urgences Centre Médical d'Epalinges**

Route de la Corniche 1, 1066 Epalinges, Phone: 021 525 80 00. You also have the **CHUV Emergency** at Rue du Bugnon 44, 1005 Lausanne, 021 525 80 00.

General emergency numbers: 144. Ambulance, 117. Police, 118. Fire