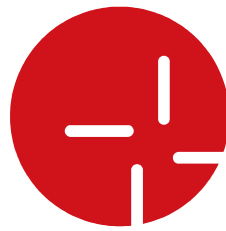


PRO FAMILIA
SCHWEIZ
SUISSE
SVIZZERA

UKRAINE: Finding Help and Contact Points

OVERVIEW OF USEFUL WEBSITES FOR
UKRAINIAN REFUGEES IN SWITZERLAND



The following document contains an overview of useful websites where Ukrainians in Switzerland can find information on various topics.

Table of Contents

1. General Information and Finding Help
2. Hotline
3. Cantonal Contact Points and Information
4. Contact Points and Information in Municipalities
5. The Protection Status S
6. Finding Accommodation
7. Education and Profession
8. Languages
9. Sports
10. Social Exchanges
11. Health
12. Parent, Children, and Youth Counseling
13. Life in Switzerland



1. GENERAL INFORMATION AND FINDING HELP

- Answers to questions regarding the Ukraine crisis can be found on the federal government website on sem.admin.ch.
- [Swiss Refugee Council](#) provides useful information for those seeking protection.
- Valuable hints and tips for a successful start in Switzerland can be found on helloukraine.ch.
- Information on insurances in Switzerland is available from the [Federal Social Insurance Office](#).
- General useful information about your stay and everyday life in Switzerland can be found on helpful.redcross.ch.
- [Caritas Switzerland](#) supports refugees from Ukraine in the following areas: Registration, legal protection, assignment to host families, measures to promote integration, social and legal counseling, psychological assistance, clothing and food aid distribution.
- The HEKS legal advice offices offer legal advice and support for refugees in various areas. If you need legal advice, contact the [HEKS legal advice office](#) in your region.

2. HOTLINE

If you have any questions about Ukraine, please contact the Ukraine hotline of Swiss Refugee Aid: +41 31 370 75 90



3. CANTONAL CONTACT POINTS AND INFORMATION

Contact points and general information (on registration, accommodation, support, language courses, etc.) can be found directly on the website of your canton:

With a simple click, you will be redirected to the section "Ukraine" of the following cantonal websites.

[Aargau](#)

[Appenzell Outer Rhodes](#)

[Appenzell Inner Rhodes](#)

[Bern](#)

[Basel-City](#)

[Basel-Landschaft](#)

[Freiburg](#)

[Geneva](#)

[Glarus](#)

[Grisons](#)

[Jura](#)

[Lucerne](#)

[Neuchâtel](#)

[Nidwalden](#)

[Obwalden](#)

[St. Gallen](#)

[Schaffhausen](#)

[Solothurn](#)

[Schwyz](#)

[Thurgau](#)

[Ticino](#)

[Uri](#)

[Vaud](#)

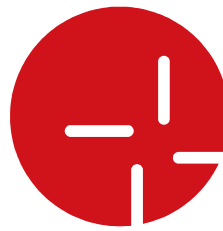
[Wallis](#)

[Zoug](#)

[Zurich](#)

4. CONTACT POINTS AND INFORMATION IN MUNICIPALITIES

A lot of information can be obtained directly from your municipality of residence. For example, questions regarding the enrollment of children in school or childcare can be addressed directly to the municipal/city administration of your place of residence.



5. THE PROTECTION STATUS S

- You can apply for the protection status S. The protection status S grants you a right of residence, allows your family members to join you and entitles you with an access to accommodation, support and medical care. You will need it if you want to work in Switzerland and want your children to go to school. The S permit is valid for a duration of one year but can be extended.
- For more information on the protection status S, see [this fact sheet](#).
- You can submit the application for protection status S [online](#). You will then receive an appointment at one of the federal asylum centers. You will then be assigned to a canton. This canton will register you - from the date of submission of your application - with a health insurance company.
- For general questions about the protection status S, email: ukraine@sem.admin.ch

6. FINDING ACCOMMODATION

Federal asylum centers have accommodation available and will assist you in finding one.

Information on the registration process and accommodation search can be found on ukraine.campax.org.

After registration for the protection status S, you will be assigned to a canton. This canton will arrange an accommodation for you.

Information on private accommodation for refugees from Ukraine can be found [here](#).



7. EDUCATION AND PROFESSION

Pro Familia Switzerland's [Guide for the job search](#) can help you find a job in Switzerland.

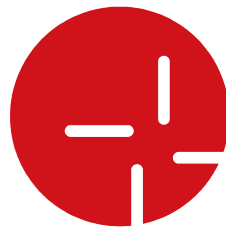
You can find an overview of all aspects of work and tips for finding a job on helpful.redcross.ch.

Information for job seekers as well as employers is provided by work.swiss.

The [Swiss Workers' Relief Organization SAH](#) helps with the professional and social integration of the unemployed.

Information on Swiss universities can be found on swissuniversities.ch.

Information on the Swiss education system for children and teenagers and on the recognition of Ukrainian teachers' diplomas can be found [here](#).



8. LANGUAGES

There are four national languages in Switzerland: German, French, Italian and Romansh. However, a lot of people also speak English.

For translations, you can use, for example, [deepl.com/translator](https://www.deepl.com/translator) as an online tool.

Here you can find a list of different offers to improve your language skills:

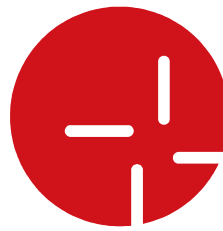
- The [lolingu](https://www.lolingu.com) platform offers free online German, French or English courses.
- [Babbel](https://www.babbel.com) offers free language courses for Ukrainians in German, Polish and English.
- [Mondly](https://www.monfly.com) is a free learning platform that offers courses in German, French and Italian, among others.
- On [youtube.com](https://www.youtube.com) you can find Ukrainian-German learning videos.
- For course offers in your canton, consult your [canton's website](#).

You can find more language learning offers and tips at [helpful.redcross.ch](https://www.helpful.redcross.ch).

The Swiss Workers' Relief Agency SAH organizes language courses, interpreting services and cultural mediation. You can find more information [here](#).

9. SPORTS

If you would like to play sports in a club, you can register at [sport4refugees.net](https://www.sport4refugees.net) to find a sports club.



10. SOCIAL EXCHANGES

[Femmestische.ch](https://www.femmestische.ch) offers multilingual discussion groups on family, health, and integration issues.

Locals and refugees can arrange to eat together on [gemeinsamznacht.ch](https://www.gemeinsamznacht.ch).

On this Swiss map you will find all associations working in the field of migration: [fluechtlingshilfe.ch](https://www.fluechtlingshilfe.ch).

The Swiss Workers' Relief Agency SAH offers children's and youth vacation camps for low-income families: [Children's holiday camps \(sah-schweiz.ch\)](https://www.childrensholidaycamps.ch)

11. HEALTH

Health information for refugees from Ukraine in Switzerland can be found on [migesplus.ch](https://www.migesplus.ch).

Information on pediatric treatments is provided by pädiatrie schweiz: [Migration \(paediatricschweiz.ch\)](https://www.migration.paediatricschweiz.ch)

The [health guide](#) briefly explains the Swiss health care system for migrants in Ukrainian.

Call the Medgate Infoline with medical questions:
+41 58 387 77 20

Further information on the health care system in Switzerland can be found on [bag.admin.ch](https://www.bag.admin.ch).

Information for older refugees can be found at the [National Forum on Age and Migration](#).



12. PARENT, CHILDREN, AND YOUTH COUNSELING

[Projuventute.ch](https://www.projuventute.ch) offers counseling for children, teenagers, and their caregivers. By phone, chat or e-mail you can exchange your experiences, feelings, worries, and fears with qualified counselors in Ukrainian or Russian.

[Support for torture victims](#) provides medical, psychotherapeutic, and psychosocial counseling, treatment, and support for survivors of torture, war, and displacement.

[Psychologie.unibas.ch](https://www.psychologie.unibas.ch) offers free psychological support (via Zoom or in Basel).

The Swiss Workers' Relief Organization SAH offers advice on job search, legal advice on asylum and migration law as well as labor law: [Advice \(sah-schweiz.ch\)](https://www.sah-schweiz.ch)

13. LIFE IN SWITZERLAND

[Ch.ch](https://www.ch.ch) is a general information platform about life in Switzerland (identity cards, documents, political system, rights, etc.).

You can find help on various legal, economic, social, and personal issues relating to the family on our [online](#) family guide. On our "[Cantonal Family Services](#)" directory, you can find out which regional and cantonal contact points are responsible for each topics.

This information does not claim to be complete and only serves as a guide for Ukrainian refugees in Switzerland to find help and useful information more easily.