



Getting the most out of Zug life



INTRODUCTION TO OUR MAGAZINE

2026–2027 Academic Year

Zug is a remarkable place on Earth, boasting beautiful lakes and majestic mountains. Alongside these natural wonders, we have an abundance of incredible businesses and opportunities. However, discovering them can sometimes be challenging. That's why we have created this little magazine—to assist both new and seasoned ISZL parents in exploring the countless ways to make the most of life in our extraordinary canton of Zug, Luzern, and beyond!

Profit-making businesses pay a financial contribution to appear in our listings and proceeds go towards PA supported charitable events. Thank you to all our contributors.

AUGUST 2026

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THE PARENTS' ASSOCIATION

The Parents' Association (PA) at ISZL exists to support and build on the strong sense of community spirit here at ISZL. Regardless of whether you have been at the school for years or have just arrived, as a parent you are part of the PA. As a community, we aim to uphold cherished traditions whilst also exploring fresh and innovative ways to support and celebrate our community!

As a PA, we organise and deliver events for all but in addition, we have multiple key channels for you to actively engage with our community.

Our **Country and Language Groups** are there to help connect you to other families from your home or adopted country or language.

Our **Neighbourhood Networks** exist to help you connect to the community where you live.

Our **Class and Grade Rep Network** helps connect you with other families in your child's grade.

Our **Parent-led Clubs and Interest Groups** help connect parents who share similar interests.

"Communication is merely an exchange of information, but connection is an exchange of our humanity."
Sean Stephenson



If you'd like to be part of our team, please reach out to us at pa@iszl.ch

A message from the Parents' Association Chair



I have been the PA treasurer for the last 2 years and I am now taking on the role of PA chair.

My two daughters (the younger one Hannah is in Grade 10 this year) were born in Switzerland and went to local school so I wasn't involved much in their school life. Only when we lived in Madrid in 2019-21 did I get involved as a grade 3 rep and later as treasurer and see how much value is created by a strong parents' association.

Back in Switzerland, I volunteered again. Being in the PA allows me to contribute to the whole community and try to make a difference. Our PA are fortunate to have some truly fantastic 'Event people' to run and support our events, while our 'Welcome people' do a wonderful job with new families. The PA also has a strong charity focus, with our efforts helping people both local and global.

Over the summer the PA team has been working hard; the Welcome and Connected Expo is a whole school event and we hope many people can join us, while the Connected magazine is a great reference and even as a returning parent I always find something new and useful.

We wish you all a big welcome (back) and a wonderful 2026/27 school year.

Iain Cartmill (and the PA Team)

PARENT TO PARENT: IMPORTANT SCHOOL STUFF

If you are a new parent, we know that you will have information from all sides. We've been in your shoes and can relate to the challenge of navigating through it all. While the information is undoubtedly valuable, it's sometimes difficult to decipher what's important to your personal situation. So here are a few important hints and tips from one parent to another!

Information about 'what's going on' at school

- Check the **Parent Portal**, updated daily, for important messages. These often contain crucial updates, sign-ups, and upcoming events that you won't want to miss.
- Want to be informed on what's happening at school? Go to the Parent Portal and you'll find the **My Calendar** icon on the top right of your screen. You can click calendar categories relevant to you / your child and sync to your personal calendar.
- **Toddle** is a secure and user-friendly platform to help parents stay connected with student learning and school life. Access learning materials, class updates, upcoming due dates and important announcements plus communication between teachers, students and parents. Taking a few minutes each week to check the Toddle portfolio, explore shared units and read the weekly Toddle announcements helps us stay informed about what our children are learning, what is coming up and how we can support them at home.
- The **School Bulletin**, emailed twice monthly, serves as the primary source of information for upcoming dates and details.
- The **PA Newsletter** is also sent to your inbox twice a month to keep you informed of further events and activities!



A few School Tech Tips!

If using your mobile phone, download the **My School Portal App** for an improved interface. On a desktop go to <https://portal.iszl.ch/>

Contact & Directory

Want to find contact information of another parent to arrange a playdate? You can find them on the ISZL website. Login to the the Portal > Parent Information> Parent Directory.

Lunch Programme (Zug Campus)

To load up your child's Lunchcard scroll down on the Portal homepage to 'Menu Zug Campus' where you'll find information about the weekly menu and a link to top up your child's account.

SchoolsBuddy

Want to check out which **clubs** you've signed your child up for or whether they are on this week? Go to School Information > After School Activities and Clubs and click the link to SchoolsBuddy.

Buses

If your child takes the school bus, make sure you contact buses@iszl.ch to register for the **bus app**, which will give you live location updates.

PARENT-LED CLUBS & INTEREST GROUPS

We have a wonderful and involved parent community at ISZL. It really is what makes ISZL such a great place to be as a parent!

Clubs are run by parents with a strong interest in a particular sport or hobby. Thank you to all these parents who give up a huge amount of their time to run these clubs.

The Dads' club was re-established 2022 and grew from zero to 170 members over the course of the year!

The Höllgrotten Harriers love to integrate with the Swiss community and actively engage in the local Zuger Trophy every year.

A new Spanish-English Language club was set up by proactive parents in January 2024.

We are always on the look out for more clubs and interest groups – we can help you connect to other parents with a similar interest. So if you have a hobby that isn't represented and you want to share, please don't hesitate to email us at pa@iszl.ch or just grab one of the team!

Find further details and contact information is on our PA Web Pages on the school website:



The Mountain Hiking Group enjoying the Swiss Mountains

Bel Canto Choir

All-female, four-part parent choir meets on Monday evenings during the school term in the Baarburg Theatre.

Cold/ Open Water Swimming Club

A friendly group of parents meeting throughout the year to swim in in our beautiful Swiss Lakes.

Cycling Community

A group where you can arrange rides with likeminded cyclists, whatever your level or cycling interest (road, gravel, shopper).

Dads' Club

The Dads' Club is a social community focused on connecting fathers of children attending ISZL.

Höllgrotten Harriers Running Club

Super friendly and relaxed, open to all levels of runners (and walkers!). Meets Mondays, Wednesdays and Fridays (don't worry, you don't have to come to all sessions every week!).

International Pickleball Group

All levels welcome, from teens and up. Games are at White-Line courts in Meierskapfel.

Knitting Group

Meets twice a month in a cafe for knitting, embroidery and crochet. Beginners welcome.

Moms' Book Club

All Moms who are avid readers are welcome to join this friendly group, meeting regularly for book discussions.

Mountain Hiking Group

Meets on Wednesdays at 9:30 for amazing hikes in the beautiful Swiss mountains.

Spanish-English Language Corner

A space for native English Speakers to practice Spanish and vice versa! Meets Fridays 9am Zug Campus lunchroom.

Tennis Club

Games on Tuesday mornings in Menzingen. Player numbers are limited but get in touch if you're interested in being a sub or want advice on your own tennis group.

Touch Rugby

A new group formed last year. Get in touch to find out more. Find the contact in the QR code to the left.

NEW TO SWITZERLAND? READ OUR TOP TIPS!

Greetings! The Swiss greet strangers with a kind “Grüezi” or “Grüezi mitenand” if greeting more than one person.

Driving in Switzerland. Buy an e-vignette for driving on motorways and switch to a Swiss driving license after one year. [Read more here](#) about how to obtain a license. MB Auto offers “Driving in Switzerland Courses” for ISZL drivers in September. [Click here to find out more.](#)

You’ll usually need to pay for parking. However, if you find a parking space marked with a blue line, it’s free if you follow the rules correctly! Find all parking info [here](#).

If you park in a space marked with a white line, you must pay cash at a meter or pay via a parking app – Easy Park, Parking Pay, or P+Rail (at longer-term train station parking lots.) Also pay via Twint (log in and look for ‘parking’).

Public transport is safe, reliable, and clean. The [SBB app](#) is essential for navigating all public transport. Most 16+ travellers purchase the SBB Halbtax card, which halves the cost of tickets (under 16 fares are automatically half price). Junior Travel Cards can be purchased cheaply, enabling children aged 6 to 16 can travel with their parents (or other named adult) for free.

Waste Disposal. Purchase the appropriate waste disposal bags (Gebührenkehrichtsack) for non-recyclable waste that are color coded by canton. They can be purchased at most supermarkets and are often shelved behind the counter. Ask a checkout person for Gebührenkehrichtsacke or Müllsäcke, which are expensive because they fund non-recyclable, weekly residential waste pickup and help incentivize recycling. Place non-recyclable waste in black bins or simply curbside on your neighborhood waste pickup day.

Recyclables go to a recycling centre, or ‘Okihof’, located throughout the Kantons. [Click here to find your closest one.](#)



Emergency numbers



Ambulance
144



Police
117



Fire Dept
118



Vehicle
assistance
140



Toxicology
info centre
145



General
Emergency
112



[Zug Vet ER](#) 041 780 80 80

[Luzern Vet ER](#) 0900 527 575



Mountain Rescue with [Rega](#) 1414

Rega membership (small fee applies)
is strongly recommended.



Shopping local. There are many grocery shops – Coop and Migros, Lidl, Aldi, Volg and Spar. For bio (organic) foods, try Alnatura and Reformhaus and look for local farm stores (Hofladen) – a wonderful way to access fresh products and support local farmers. Many operate payment via ‘honesty boxes’ (pay by twint or cash). [Click](#) to find nearby farm shops.

Healthcare. Everyone needs at least basic health insurance. Children see paediatricians as opposed to having a GP for the whole family. It is recommended for residents to get vaccinated against **Tick-borne encephalitis**. Vaccines are available at pharmacies as well as Healthcare Centres. Children receive a letter from their Gemeinde for **free dental** checks each year.

The Swiss love **animals** and have rules around owning them. Dogs must be registered with your Kanton and you pay an annual dog tax. To find out more, read this [guide](#) !

Sundays and bank holidays are **designated quiet days** and ‘quiet times’ apply at lunch time (and overnight). This means you cannot make excessive noise (such as mowing your lawn or in an apartment using the washing machine) during these periods.

Useful websites

[Living Swiss](#) – focusing on Luzern area

[Zug 4 You](#) – focusing on Zug

[Swiss Tourism Site](#)

[Swiss Family Fun](#) – local family hikes/days out
www.expatica.com/ch/

EXPLORING THE LOCAL AREA

We live in a beautiful little corner of the world. There are so many things to do and see! You'll quickly discover some great places to explore but here are a few suggestions to get you going!

The Freiruum in Zug, is a popular place for congregating in central Zug. It's free to enter and full of fantastic international food stalls, seating, workspaces, and bars. There's also a great bouldering gym and trampoline park (entrance fees apply for these).



Your Local Badi

During the warmer months, people congregate along the lakes of Switzerland at Badis. Most Badis have restaurants. Some have nominal entrance fees, and some are free. All have water access for swimming, but rarely have lifeguards, so please watch young children. Many have diving boards and paddle board access/ hire.

Baar Lättich

The Lättich swimming pool offers a comprehensive and exciting range of activities all year round for young and old, for families and for athletes.

<https://www.laettich-baar.ch/home>

Höllgrotten Caves

Unique, fabulous and fascinating, this magical underground world is full of small lakes, stalagmites and stalactites. Thanks to cutting-edge LED lighting, visitors can explore the full array of shapes and colours in these natural rock formations.

<https://www.hoellgrotten.ch/en>

HALLE 44

Would you like to explore the beautiful area around Zug with friends by bike? Bicycles are available in HALLE 44 upon reservation (no e-bikes). Whilst you're there, check out their great 'free library' - take up to 10 books for free (and no need to return).

<https://www.halle44.ch/veloverleih-fuer-gruppen>

Sattel-Hochstuckli

Find relaxation, enjoyment and an adrenalin rush crossing the suspension bridge in Summer on the panoramic loop trails and discover a great local place to explore the ski slopes in Winter.

<https://www.sattel-hochstuckli.ch/en/>

**E X T E R N A L
C O M M U N I T Y
&
B U S I N E S S
L I S T I N G S**

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

Also see our *Education, Language and Learning* section, as many language schools also offer after-school clubs and activities

ALPINeMOTIONS

Action and Fun Outdoor

Experience nature in all its splendor!

ALPINeMOTIONS is an association for outdoor activities. The association aims to promote sporting activities through outdoor pursuits in the exciting nature of Central Switzerland. ALPINeMOTIONS improves individual fitness, provides a balance to everyday life, and creates opportunities for you to meet like-minded people.

The goal of ALPINeMOTIONS is to organize mountain, snow, and water activities in the alpine environments and with qualified instructors. The association runs courses, day trips, and multi-day tours to teach sport-specific skills and improve individual techniques.

www.alpinemotions.ch | info@alpinemotions.ch



Hans and Nicole - Founders

Ski & Snowboard Lessons



ALPINeMOTIONS

www.alpinemotions.ch

Winter | Water | Mountain Sports

Action & Fun Outdoor in Central Switzerland



Kids Ski

4-9 years
2 hours



Learn to Ski
Improve Technique
Equipment Rental Facility

Qualified Instructors
German & English Speaking
Ibergereg / Mythenregion



Private

Snowboard Skiing

Any Level
Kids / Teens / Adults
Lessons, Guiding & Race



Teens Ski

10-16 years
3 hours



BALLET THE DANCE SCHOOL



Stefania De Prophetis LRAD B.Phil(hons)

At Ballet - The Dance School, Stefania is dedicated to meeting each students' individual needs. With a passion for teaching, new dancers are welcome to join to the studio.

www.ballet-dance-school.ch | info@ballet-dance-school.ch | 078 860 9603 | Mühlegasse 18, Gebäude M, 6340 Baar

D-Schule

Learn German without cramming

German lessons to help your child develop their German Language in a fun, supportive atmosphere. All courses are on-line and available for all levels. Private, semi-private and group lessons available.

www.d-schule.ch/en/deutsch-sprachkurse | info@d-schule.ch



ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS



Ballet - The Dance School

Express yourself through the art of dance at our ballet school in Baar focusing on ballet, jazz and character dance. We offer classes from 3 year old up to adults, teaching the curriculum from the Royal Academy of Dance (RAD) with a professional qualified RAD dance teacher. Our ballet classes are carefully structured to provide age-appropriate, progressive training, combining a solid technical foundation with an engaging and enjoyable learning experience at every stage.

Yearly ballet show!

Trial class is free!

Come join us!

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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079 730 52 35



info@d-schule.ch



www.d-schule.ch

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

Also see our Education, Language and Learning section, as many language schools also offer after-school clubs and activities

Baar Bumblebees

Girls Basketball

Based in Baar, covering the age groups between 7 and 14. Primarily delivered in Swiss-German but among the coaches, English, Serbian, German, Hungarian and French languages covered. As a non-profit, the club is always on the look out for parents who like to coach - if you're interested do get in touch with them!

www.baarbumblebees.ch | contact@baarbumblebees.ch



Ballsports Seeblick

Basketball, Volleyball and Tennis

Before-school and after-school ball sports training for both boys and girls at locations in Hünenberg and Cham (mostly at ISZL High School). Ballsport Seeblick is not just about competition, their aim is also to create a close-knit community of sports enthusiasts.

www.bsseeblick.ch | info@bsseeblick.ch



En Pointe Ballet Studio

Ballet Studio for Children

En Pointe Ballet Studio is a fun, friendly professional ballet studio providing Classical Ballet and Modern Dance lessons for children and adults. Their studio follows the Royal Academy of Dance syllabus and the students are offered various performance and examination opportunities throughout their training.

5% discount offered on your 1st semester (please mention ISZL Connected Magazine)

www.enpointemovement.com | natalie@enpointemovement.com



ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

Also see our Education, Language and Learning section, as many language schools also offer after-school clubs and activities



InterSoccer

Football Courses, Holiday Camps & Birthday Parties

InterSoccer offers fun, inclusive football for Boys & Girls of all abilities across Switzerland.

Our Autumn Football Courses run after school & on weekends for children aged 3–12, with age-appropriate groups, qualified bilingual coaches & a Free Trial available.

During the school holidays, our Holiday Camps offer action-packed football, games & skill development for children aged 3–13.

We also offer Football Birthday Parties, with fun football activities, games & mini matches tailored to the birthday child.



www.intersoccer.ch | info@intersoccer.ch



Zug Rugby Club

Kids (and adults) Rugby Club

Zug Rugby Club is a family-friendly rugby club based in Zug. All age groups are represented from under 6 to under 19.

Introduction training available for interested players.

www.zugrugbyclub.com | info@zugrugbyclub.com



ADULT FITNESS & EXPERIENCES

ARB Fitness

Personal Training, Small Group Training, Physiotherapy and Gym

Everything under one roof in Cham! ARB Fitness has run a personal training studio and physiotherapy in Cham since 2016. On 2 January 2027 they open a new 820m² gym in the Papieri quarter: open gym, personal training, physiotherapy, recovery and group classes plus a coffee bar and somewhere to sit. They cap membership at 700, so you never queue for equipment. Physiotherapy is covered by Swiss health insurance with a doctor's referral. Their personal training studio on Riedstrasse is already open – you can start now.



Offer: free consultation with a coach in English or German, no obligation.

www.arbfitness.ch/en/ | info@arbfitness.ch.



OPENING 2 JANUARY 2027 · CHAM · ENGLISH-SPEAKING COACHES

Everything under one roof.

A personal training studio and an active physiotherapy in Cham. In January we add a gym. **We stop at 700 members**, so you never queue for a rack.

01 OPEN NOW · RIEDSTRASSE 7, CHAM

Personal training, small-group personal training and physiotherapy – covered by Swiss health insurance with a doctor's referral.

02 FROM 2 JANUARY 2027 · PAPIERI-RING 1, CHAM

820 m² open gym, personal training, physiotherapy, recovery and group classes – small-group PT, yoga, HIIT, strength. Plus a coffee bar and somewhere to sit.

Get to know us – no obligation.

A FREE CONSULTATION, IN ENGLISH OR GERMAN



arbfitness.ch/en
training@arbfitness.ch
Cham, Canton of Zug



SEE MORE

Core Physio

Physiotherapy Massage, Group Classes, Gym Membership & Personal Training

Core Physio believe that taking a holistic approach to the body is vital. With over 30 years of experience and an understanding of both Eastern and Western medicine, they provide for all your health, fitness, and rehabilitation needs. They offer Physio and Massage therapy treatments, a fully equipped Gym, and a weekly programme of group classes, including Back to Fitness, Yogalates and Men's Core & Stretch classes at their clinic in Unterägeri. English, German, French, Danish & Dutch spoken.



First class is free for ISZL parents

www.corephysio.ch | info@corephysio.ch

ADULT FITNESS & EXPERIENCES

Crossfit Zug (CFZ GmbH)

CrossFit, HYROX, Personal Training and Nutrition Coaching.

Situated close to the High School Campus in Hünenberg, Crossfit Zug offers effective group fitness training for everyone, no matter of your current fitness level, age and sports background. Instruction in English and German.

www.crossfitzug.ch | startnow@crossfitzug.ch



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ZUG

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JUST 500M FROM ISZL !

GET A FREE CONSULTATION!

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ZUG

Bösch 41
6331 Hünenberg



En Pointe Ballet Studio

Ballet Studio for Adults

En Pointe Ballet Studio is a fun, friendly professional ballet studio providing Classical Ballet and Modern Dance lessons for children and adults. Their studio follows the Royal Academy of Dance syllabus and the students are offered various performance and examination opportunities throughout their training.

5% discount offered on your 1st semester (please mention ISZL Connected Magazine)

www.enpointemovement.com | natalie@enpointemovement.com

En
Pointe

English Theatre Group of Zug

Celebrating Theatre and Music in Zug Since 1987

The English Theatre Group of Zug (ETGZ) has been part of the local arts community since its founding in 1986. ETGZ has staged more than 50 productions— plays, classic musicals, British pantomimes, and smaller off-Broadway shows. The group also includes the Zug Show Choir, a lively ensemble that brings show tunes to life! ETGZ is a non-profit association made up of amateur performers and dedicated supporters who share a passion for live theatre and musical performance.

www.etgz.ch | events@etgz.ch

 **ETGZ**
The English Theatre Group of Zug

ADULT FITNESS & EXPERIENCES

HYC Crossfit

CrossFit & HYROX classes and PT

CrossFit box and HYROX Official Lab in the centre of Baar ZG welcoming everyone who wants to improve their fitness and have fun along the way. They offer a variety of classes to meet your fitness goals. Try 7 days for free to see what class suits you best! English and Italian spoken.

<https://www.hyccrossfit.ch> | Hycrossfit@gmail.com



Lanagan Pilates

Matwork Pilates: Small Groups in English

Taught in English by Certified Pilates teacher with Dipl. in Physiotherapy. All levels welcome. New classes start end August 2026. Block / Drop-In options during term time, 25CHF / 30CHF respectively.

Venues: Cham (Gewerbstrasse 10, Tues/Thurs 9.15am in term time)
Luzern - Denkmalsstrasse 19. Saturday 11.15am.

Free trial for ISZL parents.

moiralanaganpilates@gmail.com | 079 644 8675 | Instagram/FB LanaganPilates



Montanara Bergerlebnisse

Guided Mountain and Outdoor activities in Summer and Winter

Summer: Guided hikes, glacier hikes, climbing, abseiling, mountaineering, climbing courses for groups, families, or individuals. Winter: Snowshoe tours, freeriding, off-piste skiing, ski touring, off-piste skiing courses, avalanche courses. Tailor-made events for families and groups.

Mention ISZL for possible discounts

www.montanara.ch, www.bergerlebnisse.ch | info@montanara.ch



Netball Zug

Fast, Fun, and Fierce – Join Netball Zug

Played in over 80 countries, netball is a fast-paced team sport with a strong tradition of empowering female athletes. Our club welcomes players aged 18+, with opportunities for 14–18 year-olds to join with parental consent.

Competitive players can take part in friendly matches and tournaments across Switzerland and Europe—participation is flexible. We focus on confidence, connection, and the joy of sport.

Most of all the aim is TO HAVE FUN!

netballzug.com | netballzug@outlook.com | Instagram @netball_zug



ADULT FITNESS & EXPERIENCES



ZugDIYParkRun

Weekly 5km fun run

A free, and very much family running event in Zug every Saturday (the event has run since 17 October 2020, more than 200 runs - and counting!). Parents bring kids in pushchairs, on scooters and on bikes so the whole family can take part. A great community atmosphere. Join the group for coffee and chat after the run. It is OK to run a shorter distance if 5km is too much. This is not an official parkrun but is inspired by it.

www.zugparkrun.wordpress.com | anna_spooner@hotmail.com

Zug Rugby Club (adults)

Adults (and kids) Rugby Club and Touch Rugby

A family-friendly rugby club based in Zug. The men's and women's rugby teams play in Swiss national leagues. Their Touch Rugby section offers a non-contact, co-ed option and plays regularly in Swiss Cup tournaments. They even have a Vets' group for those who can't shake the habit!

www.zugrugbyclub.com | info@zugrugbyclub.com



COACHING AND WELLNESS

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- ★Relieves stress & tension
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- ★Increases mental clarity

Book your Reiki session today!



www.zugreiki.com [@zugreiki](https://www.instagram.com/zugreiki) alexandra@zugreiki.com [+41 79 864 1804](tel:+41798641804)

Alexandra Chris Reiki Practitioner

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www.zugreiki.com | alexandra@zugreiki.com



Augenblick Coaching

Coaching for children, teenagers, parents and teachers

Individual coaching for children and adults who wish to (re)discover their inner strength. Children and teenagers are supported in a safe and trusting environment – whether dealing with school stress, concentration issues, or emotional blocks. Initial consultation in person (in Lucerne), followed by tailored coaching online or in person. Uses a solution-focused approach to guide with empathy, helping to build confidence, resilience, and personal responsibility.

www.augenblick-coaching.ch | koller.valentina99@gmail.com



COACHING AND WELLNESS

Caring for Families

Therapy and Coaching

Supporting adults, young people, children and their families in achieving optimal health and well-being. The Caring for Families team delivers an English speaking range of psychological supportive services at home, school or in their Zug based office. Services also available in Italian. Home visits available throughout the Cantons of Zug, Schwyz, Luzern, and Zurich.

www.caringforfamilies.ch | info@caringforfamilies.ch



EDUCATIONAL, LANGUAGE AND LEARNING



Bibliotek Zug

Library in the heart of Zug Town with long opening hours

The Zug Library (Bibliothek Zug) offers a wide range of media and events for adults and children, free of charge. Resources include English books, eBooks, multilingual story times, and workshops on new technologies. Media and events are available in various languages, such as English, French, Spanish, Italian, Russian, Ukrainian, Chinese and Tamil. Anyone who lives, works or studies in the canton of Zug can register free of charge.



www.bibliothekzug.ch | St.-Oswalds-Gasse 21, 6300 Zug

Bibliothek and Ludothek Baar

Community Library

With a collection of approximately 30,000 media items and 750 square meters of space spread over four levels, the library is available to the entire community.

Toy Library

The Baar Ludothek opened in 1995 with a stock of around 600 toys. Since then, the selection has been steadily expanded, and today there are over 2,800 items to choose from. As a member of the Association of Swiss Ludotheques (VSL), the Ludothek Baar regularly exchanges experiences with ludotheques throughout Switzerland.

bibliothek.baar.ch | bibliothek@baar.ch

D-Schule

Swiss Citizenship Preparation and Support

Do you need support preparing for your naturalization?

With D-Schule, you will learn everything you need for your naturalization interviews – from politics, history, and geography to culture, everyday life, and everything important about your municipality, canton, and Switzerland. They can expand your naturalization vocabulary and practice interview simulations together. No cramming. No memorizing. They help you understand the bigger picture.

www.d-schule.ch/en/deutsch-sprachkurse | info@d-schule.ch





Would you like
to get your
SWISS
PASSPORT?

You need to prepare.

We know what you need to know.

Knowing is not enough.
You also need to be able
to say it in German.

Interview Preparation in German

Online Citizenship Interview

Preparation Courses

German Courses

Speaking Practice

Domenika Hüsser



Swiss Citizenship Interview Preparation Expert



Professional German Teacher



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079 730 52 35



info@d-schule.ch



— *www.d-schule.ch* —

EDUCATIONAL, LANGUAGE AND LEARNING

Foundation Nederlandse School De Alpentulp

Dutch language School for children

De Alpentulp is a Dutch language school and organizes Dutch language (mothertongue) and culture lessons for children from the ages of 4-18 years old.



www.dealpentulp.ch | Info@dealpentulp.ch

Helvetic Institute

After-School Courses in Central Zug

Trusted by international families for over 13 years. Support your child's learning in a warm, focused setting just minutes from Zug station. They offer: English & German as a Second Language; Phonics & Literacy (UK curriculum, starting from age 4); Robotics – now with a new 16:30–18:00 Wednesday session, perfect for ISZL's full-day schedule. Classes are small, hands-on, and taught by experienced educators who understand the needs of international students. Many families first discover them through their much-loved Summer Camps.

www.helveticinstitute.ch | Erica@helveticinstitute.ch



ISZL Multilingual Academy

Language School on ISZL Campus for Children and Adults

The ISZL Multilingual Academy provides language lessons for ISZL community adults, and children in the ISZL community and other local schools in a range of languages from beginner to advanced. Lessons are provided at the ISZL campuses in Baar and Hünenberg.

www.iszl.ch/learning/extended/multilingual-academy | multilingual.academy@iszl.ch



EDUCATIONAL, LANGUAGE AND LEARNING

Let's Get Learning

English and Maths Tutoring for Primary Aged Children

A private tuition company offering small group tuition classes to children from 4 to 12 years old, outside school hours. They specialise in English Literacy support, English as an Additional Language, Maths Mastery and English for Young Learners. They seek to provide inspiring, high-quality education in their safe and secure classrooms in central Luzern and the curriculum combines the American Core Standards, the UK National Curriculum and the Swiss Lehr Plan 21.



letsgetlearning.org | clara@letsgetlearning.org



Let's Get Learning

*Helping children grow
in skill, confidence and
independence.*

**After-school tuition that helps
children thrive.**

**Expert support for children in
Kindergarten to Grade 6**

Give your child the support, challenge and confidence they need to thrive. Our expert small-group English and Maths tuition is designed to accelerate progress, strengthen skills and help every learner achieve more.



**Reading,
Writing &
Spelling
Support**



**English
Grammar
Classes**



**Maths
Support**



**Small
Group
Sessions**



**Fully
Qualified
Teachers**



**Based in Luzern and
Rotkreuz**

Experienced in supporting bilingual,
multilingual and neurodiverse learners.



Scan the code for more information.



Book a consultation or find out more
Personalised support. Proven results.



EDUCATIONAL, LANGUAGE AND LEARNING

Professional Language Center GmbH

Language Centre

A professional language center offering language lessons, exam preparations and translation services. They cater for both children and adults and are conveniently located in Baar & Zürich city center.

All ISZL families have an exclusive 10% discount on all services.

www.languagecenter.ch | info@languagecenter.ch



- ✓ German lessons for adults
→ on the IZSL campus!
- ✓ Telc exams
→ for Swiss Permit & Passport!
- ✓ German lessons for children
- ✓ Translations



Contact Us



+41 (0)43 443 16 16



info@languagecenter.ch



www.languagecenter.ch



EDUCATIONAL, LANGUAGE AND LEARNING

Softlanding Language School

Language School for children and adults

Learning German Made Fun. Whether you are new to Switzerland, renewing your residence permit or preparing for citizenship, Softlanding will help you meet the language requirements.

From your first German lesson to official fide testing and citizenship support, you'll find everything under one roof.

They also offer English, French, Italian and other European language courses for adults and children of all ages.

www.softlanding.ch | contactus@softlanding.ch
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**Every piece
of your language journey.**

Learn German
Practical courses with our own in-house learning materials.

Official fide Tests
Accredited testing with expert preparation.

Citizenship Support
Seminars, interview preparation and experienced guidance.



www.SoftLanding.ch
contactus@softlanding.ch
+41 41 740 11 44



Zugerberg Finanz AG

Empowering the Next Generation with Financial Knowledge

Zugerberg Finanz offers engaging, educational workshops in finance, business, and economics for young people aged 13 to 17.

These workshops bring complex economic topics to life in an accessible and relatable way.

The next workshops will be held on March 6 & 13, 2027 (limited to 26 participants per session).

Workshops are conducted in Swiss German. [Click here to register.](#)

Free for partners and customers of Zugerberg Finanz (Including ISZL students)

www.zugerberg-finanz.ch/en/about-us | mobayed@zugerberg-finanz.ch

ZUGERBERG FINANZ

EXPAT INTEGRATION AND NETWORKING

Aegeri High Heels

Giving international families access to a supportive & informative community as they transition into life in Aegeri
Aegeri High Heels Community (AHH) supports international families in the Aegeri Valley. AHH believe the key to any successful international relocation is establishing new friendships, learning about your new culture and making connections. Founded in 2012, AHH has developed a strong community of people who willingly share their knowledge, experience and friendships with those who need it - whether you have been in Ägeri for 5 minutes, or 5 years.

www.WeCanWeDoWeCare.com | WeCanWeDoWeCare@gmail.com

American International Club of Zurich

International Networking Organisation

An international expatriate club based in Zurich - open to all ages, nationalities, genders and professionals. The AICZ has no political affiliations or objectives. Events take place in English but attendees are from all nationalities, thus free to speak in whatever language they are most comfortable.

www.aicz.ch | info@aicz.ch



American Women's Club of Zurich

Volunteer organisation sharing American Traditions

The American Women's Club of Zurich connects English speaking women for community, leadership and philanthropic opportunities in the greater Zurich area.

www.awczurich.org | President@awczurich.org



FM Zug

Canton Zug's advice and information service for Residents and Employees of Canton Zug.
FMZ is the contact point for the foreign language speaking population in Zug. They provide information and guidance on all aspects of life in Zug. They are a non-profit government funded service and answer your questions professionally and confidentially. They organise information and events in English (and other languages) and are the German language test centre for Goethe and fide, which are both accepted by the Dept. for Migration.

FMZ
Fachstelle Migration Zug

New arrivals receive a free welcome consultation to help with settling in and get answers to questions.

www.fmzug.ch/en | Contact 041 531 5000 | cathy.newman@fmzug.ch

International Men's Club of Zug

Mens international social club in Zug

The IMCZ is a social club open to men of all ages with international interests and a relationship (business or personal) to the Canton of Zug. With over 100 members representing over 20 countries (including Switzerland) and many different walks of life. Regular gatherings as well as unique events such a Scottish Whiskey Tour. Membership fees apply but prospective members are welcome to come along to find out more at a regular weekly meet up.



www.imcz.club | info@imcz.club



EXPAT INTEGRATION AND NETWORKING

International Parents and Kids Club Zug

A Zug based social and professional network

The International Parents and Kids Club is a non-profit, social organisation whose purpose is to support and lead activities for English speaking families with young children. They welcome parents from all countries. IPKC provides a supportive environment with other parents and children, especially for families who are new to the area. Playgroups are run at different times for different age groups, please see their website for up to date meeting times and places.

www.ipkc.ch | ipkczug.info@gmail.com



Professional Women's Network Zug & Zurich

Professional Women's Networking

A global network of people supporting women to thrive in confidence in their career through professional development programs and connecting them with in-person events and networking opportunities.

www.pwnglobal.net/c/pwn-zug-zurich | president@pwnzugzurich.net



Looking to network, grow & connect? We could be the answer!

PWN Zug & Zurich is a volunteer-led network supporting women to thrive with confidence.

We are part of a global community across 26 cities, offering inspiring events, enriching programmes and meaningful connections - locally and globally.

Whether you're growing your career, in transition or simply seeking community, we have something for you.

To Discover more

Follow us on [LinkedIn](#), or

simply reach out to president@pwnzugzurich.net



scan here to discover more

Zug International Womens Club

A Zug based social and professional network

ZIWC's mission is to connect the women of Zug, to promote both social and professional networking as well as encouraging the free exchange of information and resources among members.

www.ziwc.ch/ | marketing@ziwc.ch



FOOD, DRINK AND FUN

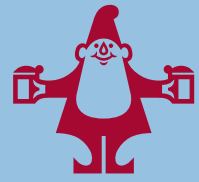
Brauerei Baar

Your local Hometown brew

Baar Brewery is known for its balanced, flavorful beers and commitment to quality. A wide variety of drinks can be ordered in the [online shop](#) or found in one of the [Braui Märkte](#).

Visit us for a [brewery tour](#), participate in our [Alcohol-Free Hiking Challenge](#), or join our [Braui Wurf & Bierfest!](#) Explore other events featured on our [Events](#) page.

www.brauereibaar.ch | info@brauereibaar.ch



BAARER BIER

- seit 1862 -



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6340 Baar

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6312 Steinhausen

Braui Markt Ennetsee
Chamerstrasse 44
6331 Hünenberg

brauimarkt.ch



FOOD, DRINK AND FUN

Sense of Delight

From Tokyo & Paris – Right to Your Table

Looking for something extraordinary? Visit the Sense of Delight Showroom and discover a carefully curated selection of the world's finest gourmet specialities. Premium Kaviari caviar, exquisite truffle products and authentic Japanese delicacies.

www.senseofdelight.ch - info@senseofdelight.ch - +41 79 922 41 50 Jürg Kappeler



We
bring
the
You bring the cheer
sparkle



Treat yourself or surprise someone special with an unforgettable gourmet experience. Holiday offers **NOW** available for the ISZL family with code **ISZL_4ever**.



Sense of Delight - where exceptional taste becomes tradition
www.senseofdelight.ch - Brummatt 16, 6330 Cham - +41 41 780 0073



Lift Cafe

Cafe open on Wednesdays 09:00 until 12:00

A non-profit cafe located inside Lift Church that through volunteer bakers provides coffee, baked goods and savoury delights on a Wednesday morning. Large indoor play area available for mothers to bring babies and children!

All proceeds go to support different organisations working with disadvantaged children in South Africa and Thailand.

www.swissenglishchurch.com/our-ministries | lift.church@gmail.com



MAKE A WEDNESDAY MORNING OF IT!

LOVE ON A HANGER (with hanger icon) • **LIFT CAFE** (with coffee cup icon) • **DEUTSCH STUNDE** (with German flag icon)

PRE-LOVED WITH PURPOSE (with hanger icon)
Women's + children's clothing 0-5 years
All shop proceeds support projects for vulnerable children.

COFFEE • CAKE • SOMETHING TO EAT (with coffee cup and cake icon)
Come in, meet people & stay awhile.

DEUTSCH STUNDE GERMAN HOUR (with speech bubble icon)
WEDNESDAYS 10:00-11:00
♥ FREE
♥ WITH NATIVE SPEAKERS
♥ OPEN TO ALL LEVELS

LOVE ON A HANGER OPEN
WEDNESDAY 09:00-12:00
FRIDAY 11:00-13:30
LIFT CAFE / LIFT INTERNATIONAL CHURCH
Sihlbruggstrasse 3A, Baar

Discover more! (with QR code icon)

Good company. Great conversation.
Lovely finds. Meaningful impact.

HEALTHCARE

Zahnärztliche Familienpraxis Dr. Lea Recoder

Family Dentist

Located in Baar, Dr Lea Recoder provides dental services in English, French, Spanish, Slovak, Serbian and Albanian. Services include: Implants, Crowns & Bridges, Prostheses, Invisalign, Cosmetic procedures, Children's First Visit & more!

www.dentist-baar.ch | Info@familien-zahnarzt-baar.ch



Zahnärztliche Familienpraxis
DR. LEA RECODER



Family Dental Practice
Dr. Lea Recoder
Inwilerstrasse 3
6340 Baar

T +41 41 761 27 41
info@familien-zahnarzt-baar.ch
www.dentist-baar.ch



Gyn-zentrum

Gynaecologist Practice

An international team of more than 12 gynaecologists in Canton Zug and Lucerne offering medical assistance in women's health. Gynaecological and pregnancy check-up, contraception, as well specialised counselling in endometriosis, breast cancer, gynaecological malignancies. Services provided in Portuguese, Italian, French, Spanish, Polish, Mandarin as well as English and German.

Fees of services covered by Health Insurance

www.gyn-zentrum.ch | info@gyn-zentrum.ch



HEALTHCARE

Zahnarztpraxis Cristian Kun

Beautiful teeth. Confident smile.

Cutting-edge technology meets compassionate care – so your dental visit feels effortless. Our skilled team provides personalised treatments for every age in a calm and welcoming environment.

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www.zahnarztck.ch | +41 41 740 24 45 | info@zahnarztck.ch



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Proudly caring for families from the ISZL community since 1997.

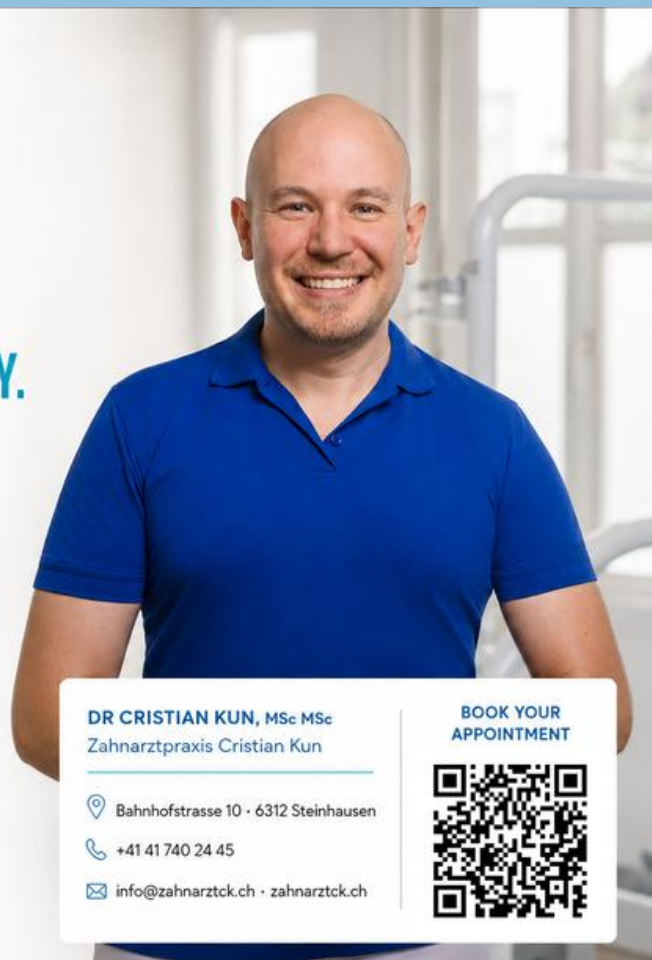
Modern, personal dental care for every generation of your family.

At Zahnarztpraxis Cristian Kun, long-standing local trust meets advanced digital dentistry. Our English-speaking, multilingual team provides comprehensive care in one modern practice in Steinhausen – from prevention and routine dentistry to complex restorative, aesthetic and surgical treatments.

OUR SERVICES

- | | |
|---|---|
|  Dental hygiene and preventive care |  Root canal treatment |
|  Restorative and aesthetic dentistry |  Dental implants and oral surgery |
|  Crowns, bridges and veneers |  Advanced digital diagnostics and treatment planning |
|  Clear aligner treatment | |

ENGLISH-SPEAKING · MULTILINGUAL · NEW PATIENTS WELCOME



DR CRISTIAN KUN, MSc MSc
Zahnarztpraxis Cristian Kun

 Bahnhofstrasse 10 · 6312 Steinhausen

 +41 41 740 24 45

 info@zahnarztck.ch · zahnarztck.ch

**BOOK YOUR
APPOINTMENT**



Zugham.ch

Database of local Doctors

ZUGHAM is the association of general practitioners in the Canton of Zug, i.e., specialists in internal medicine, general medicine and paediatrics. They provide a list of local doctors and their availability for taking on new patients.



www.zugham.ch/en



INTERIOR DESIGN AND HOME IMPROVEMENTS

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www.housetohome.ch



NON-PROFIT ORGANISATIONS

Association Communitylinks

Non-profit organisation supporting local Refugees

Communitylinks is a local association organising a Christmas party and other events for the children and families of asylum seekers and refugees within the canton of Zug.

www.communitylinks.ch | contact@communitylinks.ch

Familienhilfe Kanton Zug

Support for families and individuals

Familienhilfe is a non-profit charitable association founded in 1954. Their assistance and support services are aimed at individuals and families residing in the Canton of Zug who are facing challenging life circumstances. Today, more than 3,000 members and benefactors contribute to the Familienhilfe Kanton Zug.

familienhilfe-zug.ch/en | info@familienhilfe-zug.ch | 041 511 15 08



OUR FURRY FRIENDS

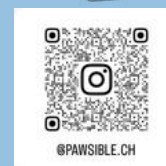
PAWsible

Puppy and Dog Training

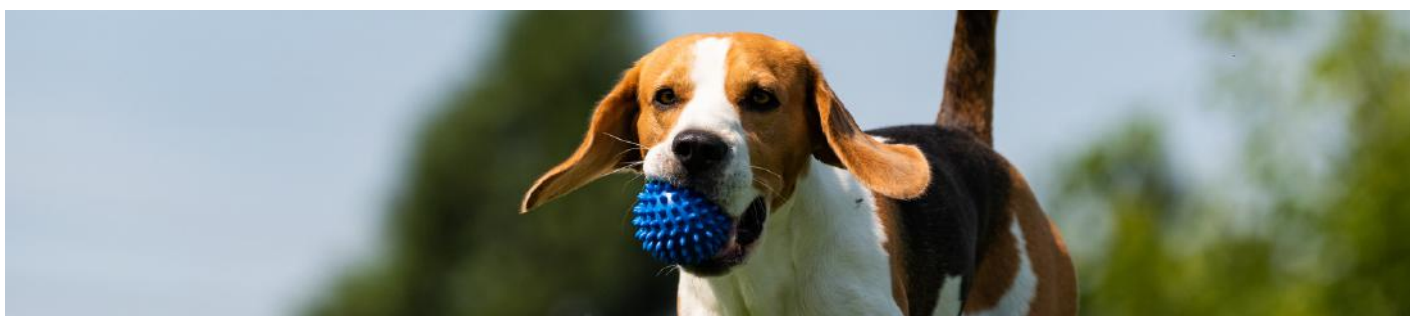
PAWsible's goal is to support you as a dog guardian in setting your dog up for long-term success by building a strong, trusting relationship and helping you better understand and guide your dog's behavior.

Whether you're looking to improve communication, address behavioral challenges, manage everyday situations, relocating your dog or welcome a new dog into your family, their aim is to make life with your dog more stress-free, enjoyable, and rewarding. All dogs can learn. 'Make it PAWsible'

www.pawsible.ch | dittebuchard@gmail.com | +41 79 838 36 08



If you know of any organisations that provide services for pets and their owners that you think would like to advertise here please email us at pa@iszl.ch



PROFESSIONAL SERVICES

Financial Services

Fern Wealth AG

Strategic Wealth Management for Expats

Fern Wealth AG Strategic Wealth Management for Expats. Whether you're growing your savings or protecting your assets, Fern Wealth offer a steady, guiding hand backed by decades of industry experience. Founded in 2016 and now over 10 years strong, with offices conveniently based in Zug.

FERN
WEALTH

www.fernwealth.ch | alastair@fernwealth.ch



PROFESSIONAL SERVICES

Zugerberg Finanz AG

Asset Management

Founded in Zug, for Zug & Swiss residents, in 2000. Established Expats benefit with affordable entry levels for active management, English Events & Swiss pension expert advisory. Services available in French and Italian and English. The organisation also contributes to Zug through community based events to endorse education, health and commitment. [Click here for the next complimentary event.](#)

www.zugerberg-finanz.ch/en/about-us | mobayed@zugerberg-finanz.ch



ZUGERBERG FINANZ

Asset management with vision

We support both private investors and institutional

investors of all sizes with their investments. In doing so, we rely on active, independent asset management with a strong domestic focus and trust in our own expertise. We buy all the securities also for ourselves transparently.

Independent. Active. Committed.
Welcome to Zugerberg Finanz.



Tania Mobayed
Brand Ambassador
mobayed@zugerberg-finanz.ch

Introduction Event
21 October
2026
Register here



Zugerberg Finanz · Phone +41 41 769 50 10 · info@zugerberg-finanz.ch · www.zugerberg-finanz.ch

PROFESSIONAL SERVICES

Events and Creative

Huber Event AG

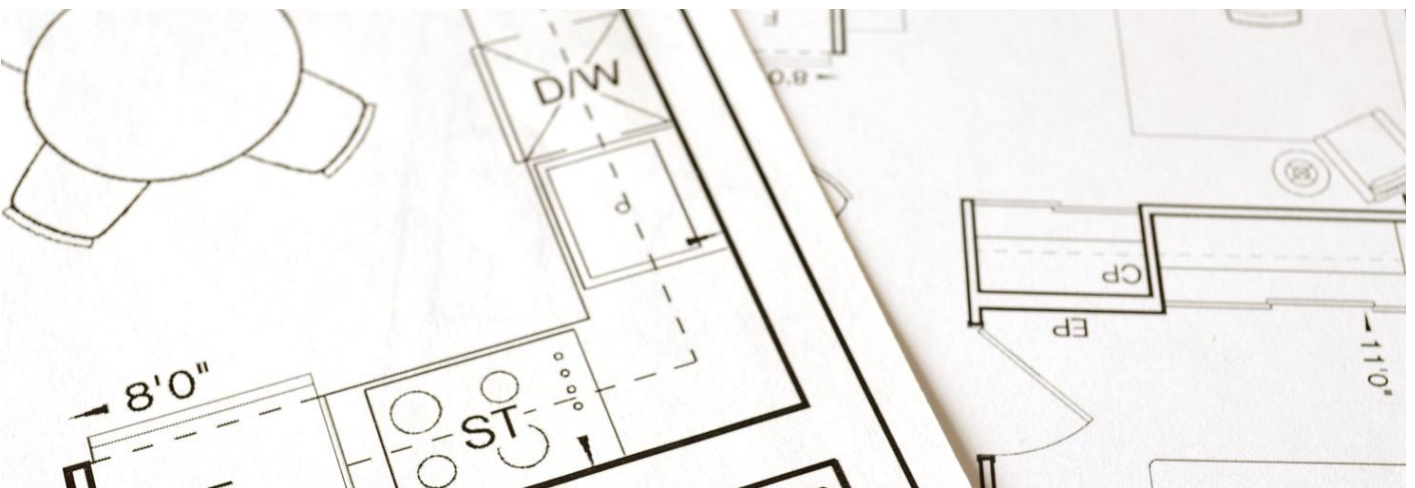
Tent and Equipment Rental - over 40 years experience

Huber Event specialises in tent and marquee rental, construction and festival furniture. They are also very strong in the area of exclusive tent construction. They have been our valued partner for many years for International Day and are excellent to work with.

- Custom tent and furnishing planning in 2D and 3D visualizations
- Extensive range of rental furniture, tent fabric lining and accessories
- All-round service including transport, assembly and dismantling

ISZL families receive a 10% discount on rental equipment (excl. transport & table linen)

www.huberzelte.ch/ | info@huberzelte.ch



RELIGIOUS ORGANISATIONS

Fatih Mosque Zug

Mosque

Our house is a community center where people can learn more about and practice Islam. We also offer a wide range of educational, sports, and cultural activities across the community. We are involved in youth, senior citizen, and integration work. Our doors are open not only to people of Turkish descent, but to all interested people of any background, race, or religion. This is in keeping with the words of the Sufi poet and teacher Mevlana Rumi: "Come, come, whoever you are, come!"

www.fatihcamizug.ch | info@fatihcamizug.ch | Instagram @fatihmoscheezug

Good Shepherd

Catholic Church

Catholic Church and Community offering a spiritual home in the English language. Good Shepherd provides direction and support for newcomers. The church also serves the Spanish and Croatian communities.

www.good-shepherd.ch | hello@good-shepherd.ch

Lift International Church

Inter-denominational Christian Church

Lift International church is an English speaking congregation that meets at 10am on Sundays. They are an inter-denominational church and have many different cultures. A warm, friendly Christian community!

www.swissenglishchurch.com

Zug Anglican Church

Daughter Community of St Andrew's, Zurich

A service of Holy Communion is held on the 4th Sunday of the month, 17:30 at the Reformed Church, Alpenstrasse, Zug. Families with children and members of all denominations are welcome. For more information, feel free to contact their Assistant Chaplain Revd Jackie Sellin, +41 (0) 44 252 6024.

www.achurchnearyou.com/church/8584 | Email: zurich@anglican.ch

Zug Chabad Learning Center

Jewish learning opportunities for adults as well as for children

Situated in the city center, we give you the opportunity to connect with like minded people, while enjoying authentic Jewish experiences in a joyful environment. You are welcome to stop by at any time for your Jewish needs or simply for a coffee and chat with the Rabbi.

www.chabadluzern.com | 041 361 17 70 | info@chabadluzern.com





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Located in Steinhausen, the MB Auto Center staff will gladly converse in English, Italian, and Spanish. Our management team are Canadians and were also ISZL parents. We are happy to help you in any way we can to get you settled into life in Switzerland.

Mercedes-Benz



MBZUG.ch

MB Auto Center Zug AG, Sennweidstrasse 28, 6312 Steinhausen, Tel. 041 766 65 65, info@mbzug.ch

SHOPPING / LEASING

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www.mbzug.ch info@mbzug.ch

MBZUG.ch
S t e i n h a u s e n

www.mbzug.ch | Justin.Nesbitt@mbzug.ch

Metalli

Welcome to the shopping mall Metalli

In the heart of Zug, one of Europe's longest open-air yet covered shopping arcades awaits you. A visit is worthwhile for the unique ambiance alone, but also, of course, for the fantastic selection of our 60 shops, restaurants, and service providers. Located conveniently next to the Park Hotel Zug, Metalli also offers over 600 underground parking spaces for convenient city center access.

On our website you can find events, offers and more.

www.metalli.ch



Discover over 50 shops and
restaurants in the middle of Zug

METALLI

SHOPPING / LEASING

Love on a hanger and Love on a Little Hanger

Women's and children's - 0-5 years - pre-loved clothing

High quality and carefully selected pre-loved clothing. All proceeds from the shop go to supporting vulnerable children in the world. Combine a visit to their shop with a coffee and cake in the Lift Cafe. Open Wednesdays 9am until 12pm and Fridays 11am until 1.30pm. Located at Lift International Church in Baar.

Consider donating your loved items too! For first time visitors: for every bag donated, choose an item for free!
www.facebook.com/Loveonahangerbaar | Jenniwallace69@gmail.com

**PROFIT-MAKING ORGANISATIONS FEATURED IN
THIS MAGAZINE HAVE KINDLY CONTRIBUTED A
SMALL FEE.**

**ALL PROCEEDS WILL BE DONATED TO PA-LED
CHARITABLE CAUSES IN 2026-27.**

**THANK YOU TO ALL OUR CONTRIBUTORS FOR
THEIR KIND DONATION.**

**IF YOU RUN OR KNOW AN ORGANISATION THAT
WOULD BE A GOOD ADDITION TO THESE
LISTINGS, PLEASE EMAIL US AT PA@ISZL.CH.**