CONNECTED

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 cantons 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*

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 could 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)

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

PARENT TO PARENT: IMPORTANT SCHOOL STUFF

If you are a new parent, we know that you will have information coming 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 for your personal situation. So here are a few important hints and tips from one parent to another!

Your paragraph text

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. Make sure to make your contact information available in the directory if you want to be visible to other parents.

Lunch Programme (Zug Campus)

To load up your childs' 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 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 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 Whiteline courts in Meierskappel.

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 within 12 months. Read more here about how to obtain a license.

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 to travel with their parents (or other named adult) for free.

Waste Disposal. Purchase the appropriate waste disposal bags (Gebührenkehrichtsäcke) 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 (online store) 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.lättich-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 adrenaline 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/

EXTERNAL COMMUNITY & BUSINESS LISTINGS

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

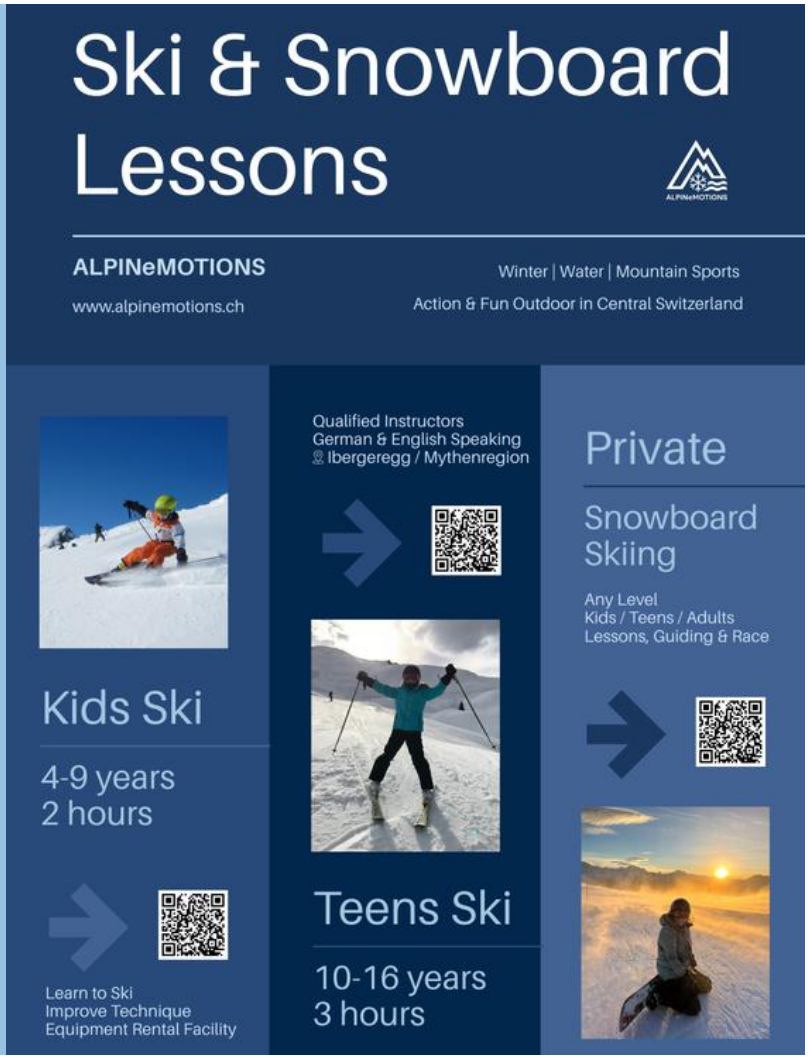
Also see our Education, Language and Learning section, as many language schools also offer after-school clubs and activities

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 organise 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



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.

BALLET
THE DANCE SCHOOL

REGISTERED ROYAL ACADEMY OF DANCE TEACHER

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

D-Schule

German & English Support for Kids
D-Schule supports children with their current schoolwork in German or English. Lessons are based on what they are learning at school, including homework, test preparation and extra practice. With experienced teachers and personal guidance, children gain a better understanding, more confidence and the secure feeling of being well prepared – without pressure and without cramming. Private, Semi-Private lessons or small groups are available.

D-SCHULE

CHF 200 OFF FOR ISZL STUDENTS & FRIENDS
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

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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 are covered. As a non-profit, the club is always on the look out for parents who like to coach - get in touch!

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

Dance Zug - Tanzschule Cham

Dance School: Move. Create. Shine.
Discover the joy of dance at Dance Zug Tanzschule Cham, where high-quality teaching meets a friendly, positive and creative atmosphere. Whether you're a beginner or already love to dance, there's a class to inspire you, build confidence and let you express yourself.
Ages 5–16: Dance · Ballet · Rhythmic Gymnastics
Ages 8+: Modern Contemporary Dance — creative, dynamic and expressive.
Teens: K-Pop & Hip Hop — energetic choreography, great music and plenty of attitude.
Adults: Modern Contemporary Dance — move freely and discover your own style.

www.dancezug.ch | info@dancezug.ch

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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

Kate Michaels Voice & Performance Studio

Voice training for children
Voice lessons are a meaningful way for children to build confidence while strengthening focus, memory, and creativity. Singing provides a safe, encouraging space to express themselves and discover their own unique voice. With over 40 years of experience in teaching, directing, and guiding students of all ages, Kate Michaels helps young singers develop strong vocal skills, lasting stage presence and self-assurance. Whether your child is just beginning their musical journey or preparing for auditions and ABRSM exams, their expert instruction supports every step of their artistic growth. Kateis passionate about helping each student find joy in music—and carry that joy with them through every part of life.

Kate Michaels Bio | +41 78 757 2425 | info@newartsparadigm.ch

ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

Hünenberg Unicorns

Baseball and Softball
Hünenberg Unicorns Baseball and Softball Club offers training for ages 9+ at the Rony Baseball field, just 5 minutes from the ISZL HS campus. Their teams compete in the Swiss Championship and players have the option to travel across Europe for international tournaments alongside Swiss national team players. Joining them is a great way to settle into Switzerland, meet like-minded people, and practice your German.

https://www.unicorns.net/ | office@unicorns.net

InterSoccer

Football Courses, Holiday Camps & Birthday Parties
InterSoccer offers fun, inclusive football for Boys & Girls of all abilities across Switzerland. Their 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, their Holiday Camps offer action-packed football, games & skill development for children aged 3–13.

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

www.intersoccer.ch | info@intersoccer.ch

Simply Theatre

English-speaking Performing Arts school. Located in Zurich and Cham
Weekly courses and holiday camps for 4-18 year olds in drama (acting) and performing arts (acting, singing and dance). Simply Theatre is also a theatre production company putting on academy (student cast) and professional shows in Zurich.

New student trial period until end October - please call to find out more!
www.simplytheatre.com | academy@simplytheatre.com

Whitecross School of Irish Dance

Irish Dance Classes for Children
Taught by Rachel Franzen TCRG, ADCRG, Regional Director for Mainland Europe & Asia. Classes for children in Steinhausen and Baar. With over 30 years of Irish dance coaching experience, Rachel is ready to guide you to your personal level of Irish dance success, whether that be just-for-fun, performance, or competition.

Free trial class for ISZL families
Instagram: @whitecrossid.ch | rachel.franzen@gmail.com

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.

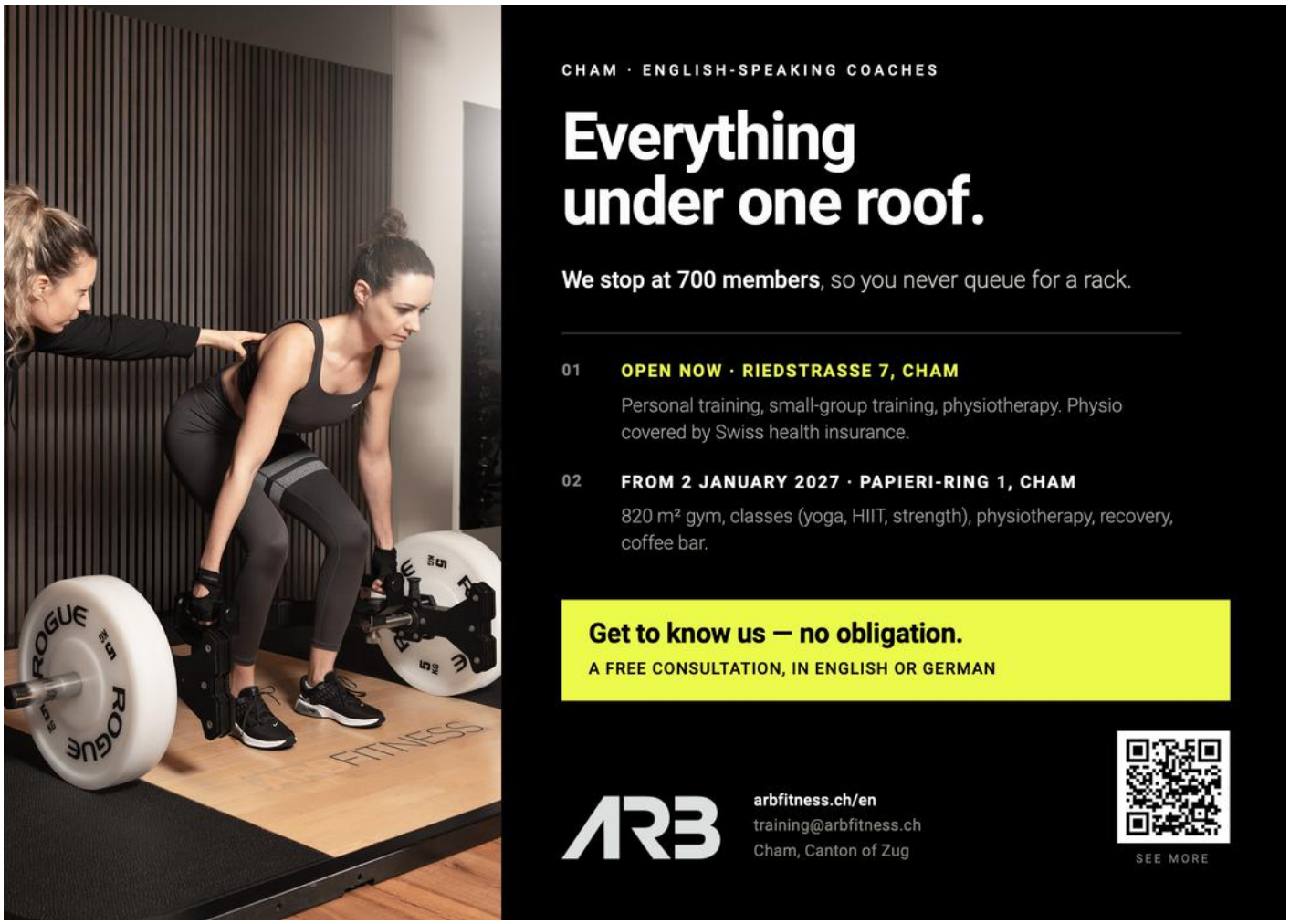
Introduction training available for interested players.
www.zugrugbyclub.com | info@zugrugbyclub.com

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/ | training@arbfitness.ch | +41 75 424 02 64.



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

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

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

ADULT FITNESS & EXPERIENCES

HYC Crossfit

CrossFit & HYROX classes and PT
CrossFit box and HYROX Official Lab in the centre of Baar welcomes 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 | **Hyccrossfit@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 (Gewerbestrasse 10, Tues/Thurs 9.15am in term time)
Luzern - Denkalmalstrasse 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. Netball Zug 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. They 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

Odlo Store Hünenberg

Performance from the inside out
Discover Odlo performance sports apparel, built for more enjoyment and experience outdoors. Their Hünenberg store brings together the latest seasonal styles from Odlo alongside an outlet selection with up to 50% off. Explore performance layers for running, hiking, skiing and everyday adventures, plus a selection of base and mid layers for kids.

Enjoy 10% off - when signing up to their newsletter. There's more out there.
Bösch 47, 6331 Hünenberg | odlo.com

SL Training

Personalised Coaching
Experience the ultimate in personalized coaching at SL Training. Every session is tailored to you-your goals, your abilities, and your lifestyle, whether you're 15y or 80y. No matter your starting point, progress is guaranteed in a safe, supportive environment.

With over 10 years of experience, including as a trainer at Fitness Park, and a background in physiotherapy, you're guided by expert care every step of the way. Founded by Sascha Loesche, an ISZL alumnus, Sascha understands the culture of international families. Training takes place at the new air conditioned NonStopGym in central Zug with modern equipment, in fluent English and German.

www.sltraining.ch | sascha@sltraining.ch

ADULT FITNESS & EXPERIENCES

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Whitecross School of Irish Dance

Irish Dance Classes for Adults
Taught by Rachel Franzen TCRG, ADCRG, Regional Director for Mainland Europe & Asia. Classes for adults in Steinhausen and Baar. With over 30 years of Irish dance coaching experience, Rachel is ready to guide you to your personal level of Irish dance success, whether that be just-for-fun, performance, or competition.

Free trial class for ISZL families
Instagram: @whitecrossid.ch | rachel.franzen@gmail.com

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

Alexandra Chris Reiki Practitioner

Reconnect with your inner harmony
Discover the transformative power of Reiki and embark on a path to balance and harmony.
Relax, restore, and realign your energy.
Whether you are seeking relief from stress, anxiety, and physical discomfort or searching for a deeper sense of peace, you will find support you on your journey to wellness and well-being.

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 Luzern), 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

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

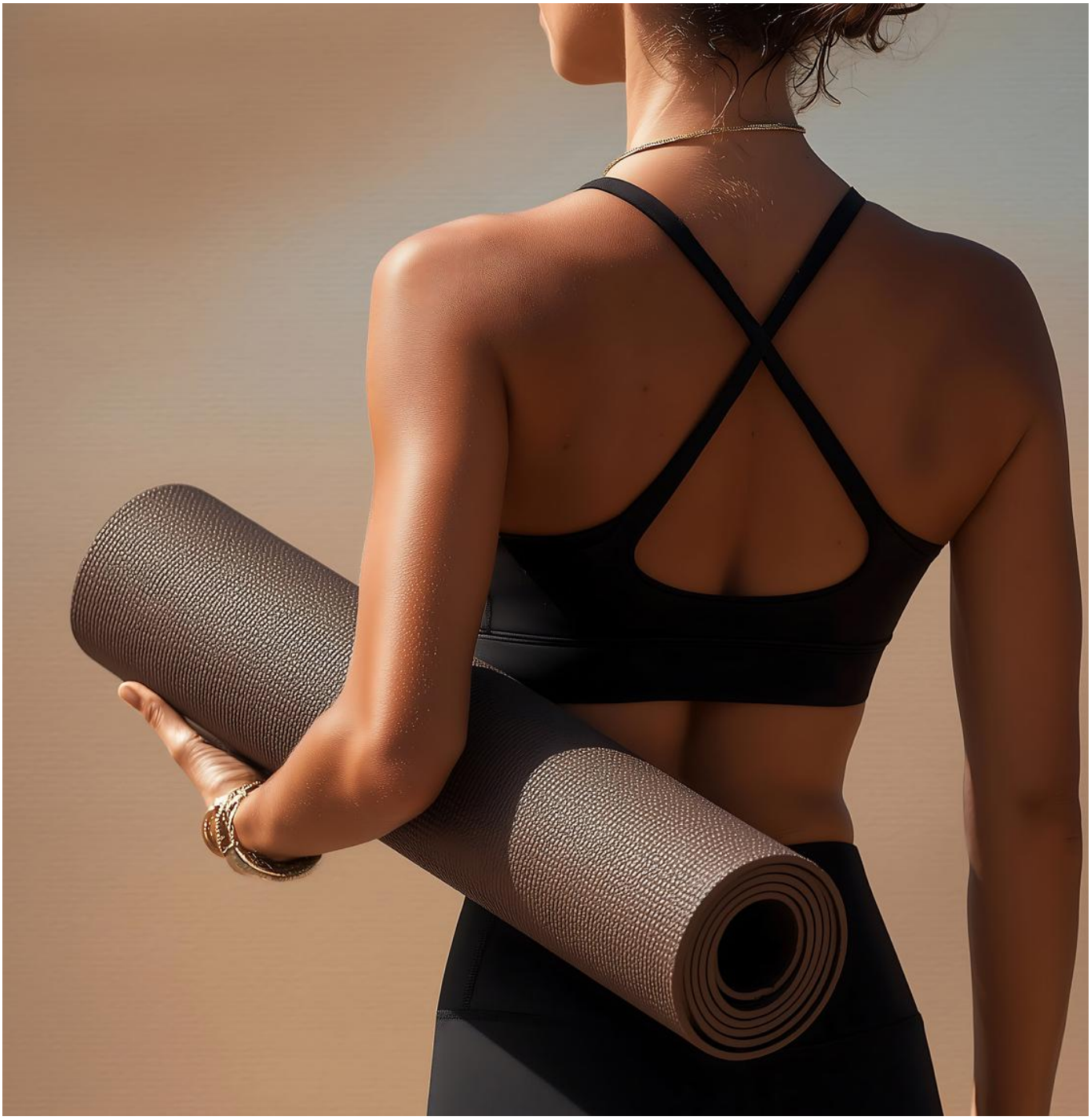
COACHING AND WELLNESS

OASIS Longevity GmbH

Integrated health ecosystem
Oasis Longevity combines a digital platform, a Personal Health Concierge, and a curated network of healthcare and well-being experts. They simplify the complexity of modern healthcare by connecting people with personalised, evidence-informed health journeys that nurture body, mind, and soul. Together, they make healthcare proactive, connected, and deeply personal.

For their partners, OASIS is a powerful platform that enhances visibility, simplifies client management, and integrates their expertise into tailored wellbeing journeys.

10% off 1X Strategic Session with Personal Health Concierge
www.oasis-longevity.ch | info@oasis-longevity.ch



EDUCATIONAL, LANGUAGE AND LEARNING

Bibliothek 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

Bibliotek 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
D-Schule teach everything you need for your naturalization interview – from politics, history and geography to culture, everyday life, your canton and municipality. Practise speaking, applying your knowledge and answering naturally – so you are prepared, whatever they ask. You are not alone. As your learning partner, D-Schule support you all the way to your interview. They do everything they can to help you succeed. No cramming. Understand the bigger picture – and be ready for your interviews.

CHF 200 OFF FOR ISZL STUDENTS, PARENTS, FAMILY & FRIENDS
www.d-schule.ch/en/deutsch-sprachkurse | info@d-schule.ch

EDUCATIONAL, LANGUAGE AND LEARNING

EDUCATIONAL, LANGUAGE AND LEARNING

Foundation Nederlandse School De Alpentulp

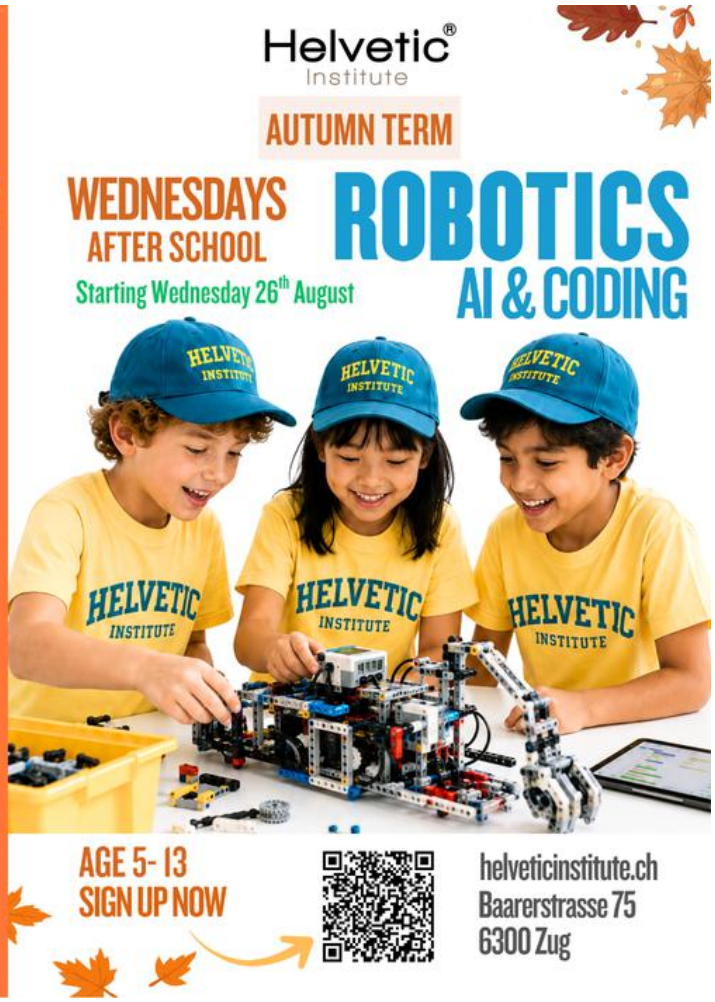
Dutch language School for children
De Alpentulp is a Dutch language school and organises Dutch language (mothertongue) and culture lessons for children from the ages of 4-18 years old.

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

EDUCATIONAL, LANGUAGE AND LEARNING

Professional Language Center GmbH

Language Centre

A professional language center offering language lessons, exam preparations and translation services. They cater to 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

EDUCATIONAL, LANGUAGE AND LEARNING

Soft Landing 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, Soft Landing 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 | +41 41 740 11 44

fide test

softlanding language school

Zugerberg Finanz AG

ZUGERBERG FINANZ

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

EXPAT INTEGRATION AND NETWORKING

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.

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

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

EXPAT INTEGRATION AND NETWORKING

Professional Women's Network, Zug & Zurich

PWN Zug & Zurich brings together curious professionals who want to learn, build meaningful relationships, and contribute to a movement for balanced leadership. Through events, mentoring, and shared experiences, they create opportunities for personal growth, stronger leadership, and lasting impact.

PWN Zug & Zurich aspires to cultivate a community in which curiosity serves as a catalyst for growth, diverse viewpoints foster innovation, meaningful connections motivate actions, and everyone has the opportunity to contribute and lead.

Part of a global community across 26 cities, they offer inspiring events, enriching programmes and meaningful connections – locally and globally.

www.pwnglobal.net/c/pwn-zug-zurich | linkedin.com/company/pwn-global-zug-zurich-chapter/ | president@pwnzugzurich.net

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.

Take a brewery tour, participate in their Alcohol-Free Hiking Challenge, or join their Braui Wurf & Bierfest! Explore other events featured on their Events page.

www.brauereibaar.ch | info@brauereibaar.ch

BAARER BIER

- seit 1862 -

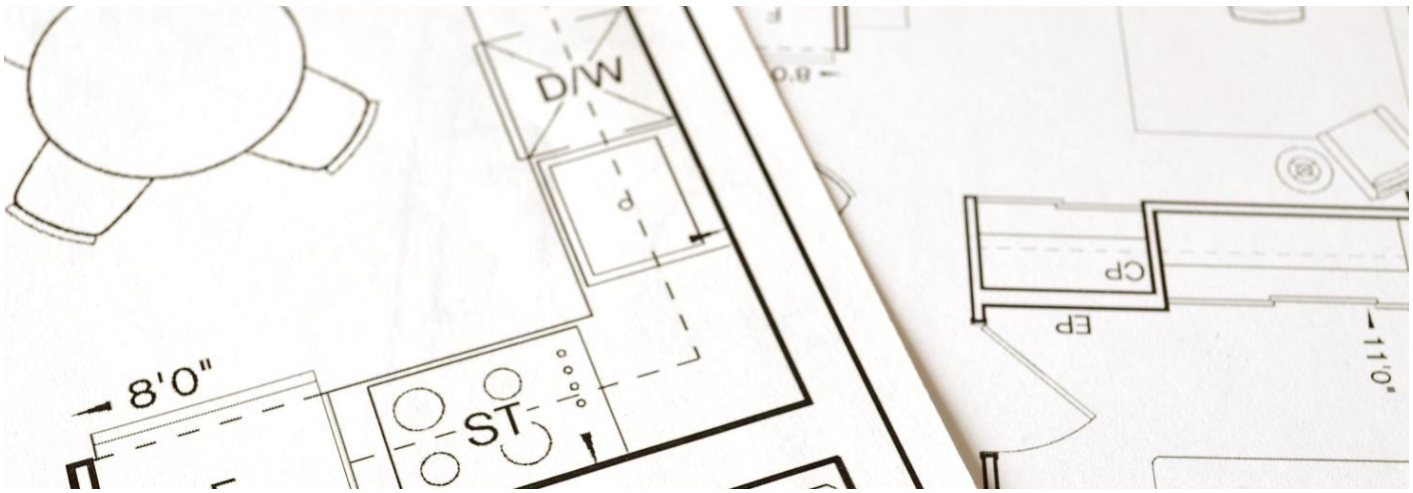
FOOD, DRINK AND FUN

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



FOOD, DRINK AND FUN

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

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

HAIR, BEAUTY, AND FASHION

The Taç AG

Aveda Exclusive Hair Salon
The Taç, located in the centre of Zug, provides natural High Performance Hairstyling. Stylists at the salon speak a wide range of languages in addition to German and English. Exclusive Hair and Scalp treatments on a HeadSpa Shampoo-Bed available only at the Taç Hair Salon.

www.thetac.ch | info@thetac.ch

the taç

Time to Feel Good

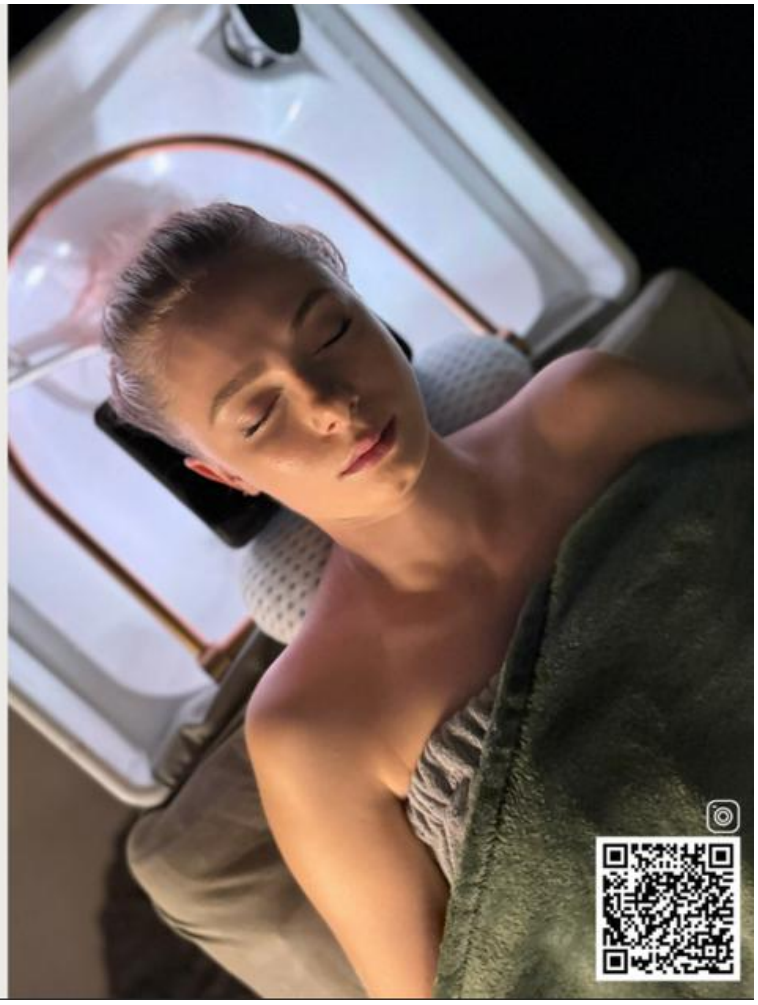
As a small thank you for all that you do, "the taç" is gifting you a CHF 20 voucher toward a relaxing AVEDA HeadSpa Treatment at the salon!

Take a moment just for yourself – you deserve it:

- *Revitalize Scalp Health*
- *Enhanced Hair Growth*
- *Detoxify and Cleanse*
- *Strengthen and Protect Hair*
- *Nourish with Natural Ingredients*

Mention "ISZL" when booking online or calling 041 711 07 07

www.thetac.ch | @thetac.ch | Zug, Switzerland



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

HEALTHCARE

Gyn-zentrum

Gynaecologist Practice
An international team of more than 12 gynaecologists in Canton Zug and Luzern 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

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

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.
They speak your language: English, German, Romanian, Albanian, Tigrinya, Turkish.

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

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

House to Home

IMPLEMENTING THE VISION FOR YOUR SPACE, WHEN TIME IS PRECIOUS!

Let us take the stress out of your move
A service designed for busy lives

Walk into your new home, without having waited in for a delivery, opened a box or hours of searching for those finishing touches !

- Spatial Planning
- Design, Sourcing & Styling
- Unpacking & Organising
- Turn Key Service
- Finishing Touches

Contact us for a free, no obligation consultation
info@housetohome.ch
www.housetohome.ch

Swisspro AG

Electrical Contractor
Swisspro is an established provider of innovative solutions in the fields of electrical engineering, ICT, and automation. They offer customised services and are a leading partner for small and large companies, the public sector, and private individuals. From planning and implementation to maintenance and service – they provide you with expert support and help you realise your visions.
Services provided in English and German.

www.swisspro.ch | baar@swisspro.ch

INTERIOR DESIGN AND HOME IMPROVEMENTS

Within Interior Design Studio

Design and Styling of Personal Libraries
Interior design studio specialised in the design and styling of personal libraries in homes and travel havens.

www.withindesign.ch/ | frederique@withindesign.ch

within
INTERIOR DESIGN

within
INTERIOR DESIGN

Design and styling of personal libraries in homes and travel havens

Imagine a place at home gathering your books, treasured objects, personal collections and travel memories.
What would it feel like?

A personal library - whether a dedicated room, a library wall or a reading nook - is more than just a place for books. It's a thoughtful canvas for the things you love, reflecting who you are, no one else, and creating a deep sense of home. Creating personal libraries is my way of bringing character into homes.

From focused coaching to a complete start-to-finish collaboration, choose the level of support that suits your project.

Styling
Arranging and styling existing libraries

Bespoke design
Full design and styling, from concept to completion

Curation
Curating book collections and library decor

Get in touch!
frederique@withindesign.ch
withindesign.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

@PAWSIBLE.CH

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

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.

www.fernwealth.ch | alastair@fernwealth.ch

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. Commited.
Welcome to Zugerberg Finanz.

Introduction Event
21 October 2026
Register here

Tania Mobayed
BrandAmbassador
mobayed@zugerberg-finanz.ch

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

Zug Estates Group

Real Estate
The Zug Estates Group conceives, develops, markets and manages properties in the Zug region. The two main sites (Suurstoffi, Rotkreuz and Metalli, Zug) offer living space for around 2,400 people plus more than 4,300 jobs. Through its subsidiary Garden Park Zug AG, the Zug Estates Group runs a city resort that consists of the two leading business hotels Park Hotel Zug and City Garden and includes serviced city apartments and a comprehensive range of restaurants.

zugestates.ch | info@zugestates.ch

RELIGIOUS ORGANISATIONS

Fatih Cami Zug

Mosque
A community center where people can learn more about and practice Islam. They also offer a wide range of educational, sports, and cultural activities across the community. They are involved in youth, senior citizen, and integration work. Their 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, they 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

SHOPPING / LEASING

Emil Frey AG, Sihlbrugg

Zug's official Range Rover, Defender, Discovery and Jaguar Retailer
Emil Frey can support you in all mobility needs; in sales and in after-sales. Perhaps you had a little scrape in the car park? They can fix that for you too, with their car body repair shop. If you are in urgent need of a new car in a new country with their Abo-Solution, Emil Frey Move, you can easily book a car up from just a few days to several months - even online. They also offer vehicle solutions and servicing at their Sihlbrugg location for Citroen, DS, Opel & Kia.

www.emilfrey.ch/de/sihlbrugg | Leo.Betschart@emilfrey.ch

RANGE ROVER | Emil Frey AG, Sihlbrugg

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.

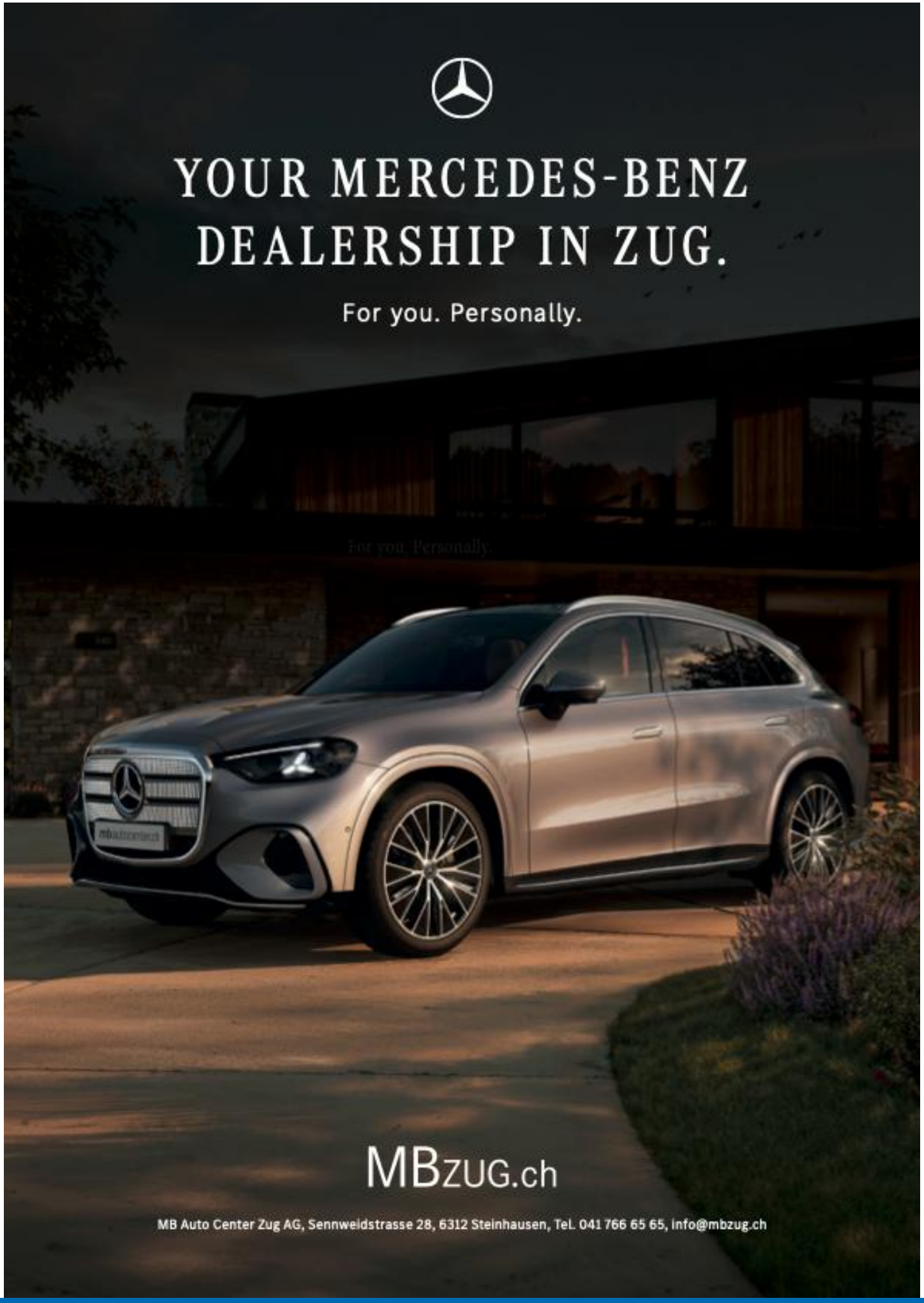
Consider donating your loved items too! For first time visitors: for every bag donated, choose an item for free!
www.facebook.com/Loveonahangerbaar | Jenniwallace69@gmail.com

MB Auto Center Zug AG

Sales, Rentals (short- and long-term), Service and Body Shop
Mercedes-Benz Passenger Cars and Vans, smart Cars such as Volvo and BYD. Located in Steinhausen, the MB Auto Center staff will gladly converse in English, Italian, and Spanish. Their management team are Canadians and were also ISZL parents. They are happy to help you in any way they can to get you settled into life in Switzerland.

MBZUG.ch
Steinhausen

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


YOUR MERCEDES-BENZ
DEALERSHIP IN ZUG.
For you. Personally.
MBZUG.ch
MB Auto Center Zug AG, Sennweidstrasse 28, 6312 Steinhausen, Tel. 041 766 65 65, info@mbzug.ch

SHOPPING / LEASING

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 their website you can find events, offers and more.
www.metalli.ch

Discover over 50 shops and restaurants in the middle of Zug

METALLI

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.