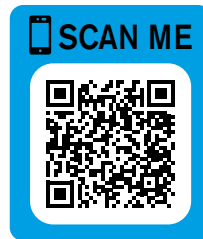


Imprint

2021 edition

This brochure is available in:

- ▶ Albanian
- ▶ Arabic
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- ▶ **English**
- ▶ Italian
- ▶ Kurmanji
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- ▶ Hungarian



It can be downloaded from:
www.migrationsamt.tg.ch/integration



Welcome

We are delighted that you have moved to the canton of Thurgau.

You are relocating to a dynamic canton, which on the one hand is open-minded, but is also attached to its institutions and traditions. Its unspoilt

countryside and favoured situation on Lake Constance, its vibrant and diverse economy and close ties with the neighbouring cantons of Schaffhausen, Zurich and St. Gallen, likewise its proximity to the borders of Germany and Austria, all make Thurgau an attractive place to live and work. We hope that you and your family will quickly feel at home in our beautiful canton. You are warmly invited to get involved in our varied social life and network of clubs.

We are very pleased to say that good relations exist between the different population groups. Thurgau is a peaceful canton where people of different generations, cultural identities and outlooks meet up in friendship. This does not happen automati-

cally and requires flexibility on both sides. Everyone is asked to show tolerance of and consideration for others – these are the basic values in our country and our society.

You will find a lot of information in this brochure about life and opportunities in our canton. Please learn the local language! It is key to your independence and self-reliance. We also invite you to connect with local Thurgauer people. Your experiences will help you to understand your new environment better, to integrate and to feel at home.

Please feel welcome. We hope you make many discoveries and enjoy exciting encounters!

Cornelia Komposch

State Councillor

Department for Justice und Security

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Canton, districts, municipalities

Thurgau is one of the 26 cantons in the Swiss Confederation. It has about 282,000 inhabitants (as of 2020), spread over five districts and 80 municipalities. Its capital is Frauenfeld, with 25,800 inhabitants (as of 2020).

Language

There are four official languages in Switzerland: German, French, Italian and Romansh. The canton of Thurgau is part of German-speaking Switzerland. Standard German is used as the official and written language of the German-speaking part of Switzerland, but Swiss German is spoken as the everyday language. Within German-speaking Switzerland there are many Swiss German dialects which, to an extent, have different vocabularies.

Integration

Integration is a collaborative process based on the rights and obligations enshrined in the Federal Constitution. Its aim is to foster participation in economic and social life for all population groups. Promotion of integration is based on the principle of “promoting and requiring” and it supports, in particular, language learning, career development and social participation.

-
- ▶ www.tg.ch
 - ▶ www.thurgau-bodensee.ch



Non-Swiss population

The proportion of people of non-Swiss nationality in the canton of Thurgau is 25.2%. The non-Swiss population originates from 140 countries, mostly from Europe (94%), and 72% from the EU (as of the end of 2020).

Integration policy

The Thurgau authorities pursue an active integration policy, which promotes co-existence. The majority of Thurgau municipalities are affiliated to regional competence centres for integration. These competence centres advise migrants on language learning and on professional and social integration. They also offer advice on discrimination.

Local information

- ▶ [3] Competence Centre for Integration, Frauenfeld district
- ▶ [4] Competence Centre for Integration, Kreuzlingen district
- ▶ [5] Competence Centre for Integration, Weinfelden district
- ▶ [6] Competence Centre for Integration, Oberthurgau
- ▶ [7] Specialist Integration Unit, Romanshorn
- ▶ [8] Specialist Integration Unit, Amriswil
- ▶ [9] Specialist Integration Unit, Arbon

▶ www.migraweb.ch

▶ www.ch.ch



If you work during your stay in Switzerland, or remain in Switzerland for more than three months, you will require a residence permit. You must apply for this at the Residents' Services Office for your place of residence.



Checklist after entering the canton

Immediately after entry

- ❑ Register at the Residents' Services Office for your place of residence (within 14 days)
- ❑ Pay duty on household effects
- ❑ Register children at the local school
- ❑ Arrange health and accident insurance
- ❑ Open bank or post office account
- ❑ Sign up for a German course

Within the first few months

- ❑ Send proof of health insurance to the Residents' Services Office
- ❑ Check your entitlement to child benefits for children living abroad
- ❑ Sign up for telephone, TV, internet and mobile telephone services

Within a year

- ❑ Exchange driving licence
- ❑ Arrange car insurance
- ❑ Have your vehicle inspected
- ❑ Exchange number plates

Recommended

- ❑ Arrange household contents insurance
- ❑ Arrange personal liability insurance
- ❑ Arrange legal protection insurance
- ❑ Check your entitlement to reduced premiums
- ❑ Obtain information from the municipality about clubs, sporting and cultural activities.

Basic values

One of the canton's main priorities is promotion of the common good and development of the individual. It ensures, in particular, that all relevant laws, the basic values of the Federal constitution, and public order and safety are observed. The canton may only intervene where it is empowered to do so by the constitution or by law. This is based on the principle of the separation of powers.

Sovereignty

The people are sovereign. As a body it exercises its power both directly, by voting on the constitution and laws, and also indirectly, through authorities that it elects. The electorate votes for the municipal authorities, cantonal government (Regierungsrat), cantonal parliament (Grosser Rat), and for the Thurgau representatives in the Federal councils.

Rights and obligations

Everyone living in the canton must fulfil their constitutional and legal obligations: to pay their taxes, send their children to school, etc. At the same time, basic democratic rights such as physical inviolability, equal opportunities for men and women, freedom from discrimination, the right to marry, and freedom of opinion and belief hold true for all residents.

Constitution of the canton of Thurgau and other cantonal laws:

▶ www.rechtsbuch.tg.ch

Federal laws:

▶ www.fedlex.admin.ch



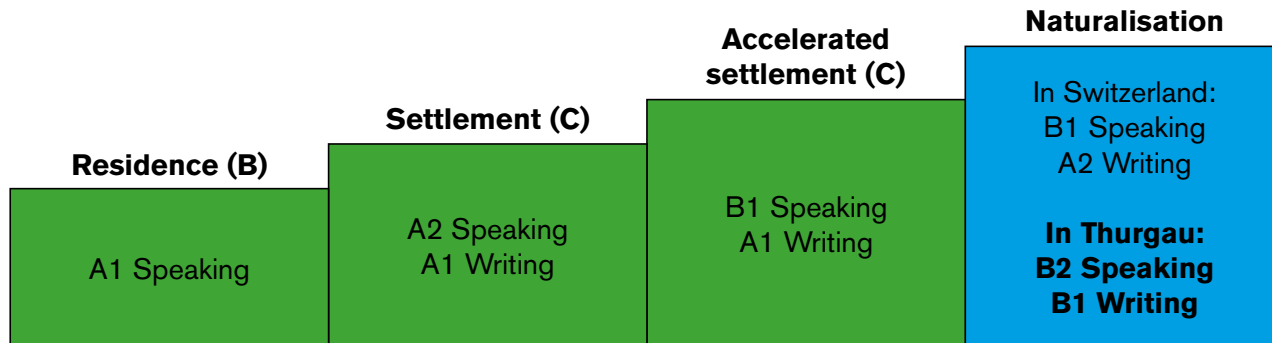
Limitations to rights

Basic rights are not absolute. The canton may limit them in order to guarantee security, order and the common good. Freedom of the individual ends where the freedom of fellow human beings begins. Nobody can invoke freedom of belief in order to break school rules, for example. Freedom of opinion does not permit anyone, for example, to insult a person or a group of people.

Language requirements

► [1]

The Federal Act on Foreign Nationals and Integration (FNIA) sets out the necessary language requirements for residence permits. The Migration Office approves the extent of integration achieved by third country nationals by extending the residence permit (B). Likewise, the FNIA will authorise withdrawal of the settlement permit (C) in the event of inadequate integration.



A list of the various German language courses and German examination centres in the canton of Thurgau and immediate area can be found at: ► www.migrationsamt.tg.ch/integration

Learning German

It is necessary to learn German to be able to move around Thurgau independently and with self-reliance. The German language enables you to communicate more easily with neighbours, your children's teachers, the authorities and other people.

German as a foreign language courses are offered in the canton of Thurgau by various charities, clubs and schools. A part of these courses is subsidised by the state, so is offered at a reduced rate. There are also courses for women only (some with children's crèches included).

Learning Swiss German

► [3], [10]

Spoken languages, such as dialects, are above all learnt through talking with other people. Competent use of a dialect can be very useful, especially at work. There are also Swiss German courses, at the Competence Centre for Integration in Frauenfeld, for example, or at Migros Club School.



Intercultural interpreting

- ▶ www.arge.ch
- ▶ [11]

In certain instances, it is helpful if migrants who do not speak German are assisted by intercultural interpreters. These people are trained to encourage mutual understanding, prevent misunderstandings, and help migrants to integrate into their new environment.

The national telephone helpline for interpreting services - 0842 442 442 - can be called around the clock and provides professional interpreters in over 50 languages over the telephone within a few minutes.

It is strongly advised not to use children as interpreters.

Intercultural library

- ▶ [12]

The Library of Cultures club - Bibliothek der Kulturen (VBdK) – contributes to the process of integration by promoting the speaking and reading skills of people who live with two or more languages. Moreover, it provides a meeting place for people of all languages and contributes to intercultural exchange through its varied events. Material from the Library of Cultures is available in the Thurgau cantonal library.



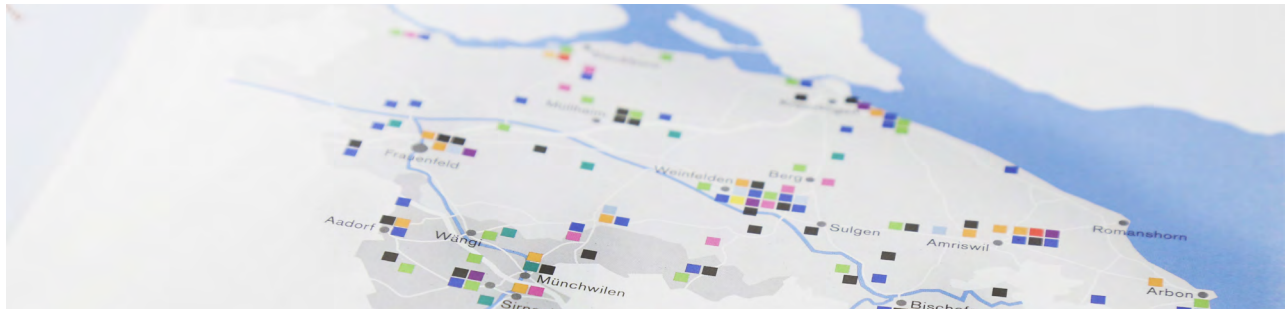
Finding accommodation

You will find rented accommodation advertised in newspapers, on the Internet and through property agencies. To obtain a rental contract you need to fill out a registration form and submit certain documents to the property agency, such as an extract from the debt enforcement register (► www.betreibung-samt.tg.ch), a pay slip, or an employment contract.

Household contents and liability insurance

Household contents insurance provides cover for your private property, particularly your home furnishings (furniture, carpets, etc.), consumer durables (crockery, clothes, television, stereo equipment, etc.), and valuables (jewellery, cash, etc.) in the event of fire, lightning strike, theft, storm, or water damage, etc.

Personal liability insurance is the most important insurance alongside compulsory health insurance. This is obligatory in some rental contracts. If you unintentionally inflict harm on another person, by law you are personally liable without limit. You can transfer this risk of liability on to your insurer for a relatively small sum. Liability insurance also includes cover for damage to rented property and buildings.



Charges for radio and television

► www.serafe.ch

Living in rented accommodation

► [13]

Every household must pay a licence fee for radios and televisions. The Swiss Collection Agency for Radio and Television Fees (Serafe) is automatically sent your address by the Residents' Services Office for your municipality.

All occupants of rented accommodation must follow general rules concerning living together. Excessive noise at night and on Sundays and public holidays is to be avoided, for example. Specific rules concerning use of shared facilities, such as the laundry room, are to be found in the building regulations, attached to the rental contract. Introduce yourself to your new neighbours after you have moved in, they will appreciate it and it will open many doors.

If you experience difficulties with other tenants, then dialogue is the best approach. If need be, you can also speak with the caretaker or the landlord. In the event of disagreements between tenant and landlord, you can seek legal advice from the Tenants' Association, see ► [13].



Cars

- ▶ www.strassenverkehrsamt.tg.ch
- ▶ [14]

Importing private vehicles

Exchanging your driving licence

In Switzerland, a sticker (vignette) must be purchased and stuck on the inside of the windscreen, which permits the use of motorways and other roads. You can purchase the vignette at various sales points (from Customs offices, garages, petrol stations, road traffic departments and post offices) for CHF 40 (2020 price). Vignettes are available for one year at a time (valid from 1st December in the preceding year to 31st January in the following year). The following speed limits are valid in Switzerland: 50 km/h within built-up areas, 80 km/h outside of built-up areas, and 120 km/h on motorways. Within built-up areas there are zones with limits of 30 km/h or 20 km/h. The maximum permitted blood alcohol level is 0.5%.

If you have purchased a car abroad less than six months before your entry into Switzerland, you must pay import duty when you bring it into Switzerland. If the purchase was made more than six months previously, cars are included as a household effect and are duty free. A car or motorcycle registered abroad can be driven for up to one year on condition that indemnity insurance is taken out.

You must exchange your foreign driving licence for a Swiss driving licence within twelve months of entry into Switzerland. Conditions vary depending on the country of origin of the licence. For commercial journeys involving the transport of people or goods, the foreign licence must be exchanged before the first such journey.

Driving licences that were obtained less than one year before entry into Switzerland are subject to a probationary period lasting three years. A further training course must be completed within one year of entry.

Public transport

- ▶ www.sbb.ch

Switzerland has a comprehensive and efficient public transport network. Tickets for trains, buses or ferries are relatively expensive. Swiss Federal Railways (SBB) offers a variety of season tickets which make the use of public transport more affordable, for example the GA (Generalabonnement, or general travel card), Halbtax (half-fare travel card), Monatsabo (monthly travel card), and seven25 travel card.

Children of up to six years old travel for free. Children aged six to 16 accompanied by a parent travel free with a Junior Card (costing CHF 30 per year, 2020 price). Children between six and 16 travelling on their own pay half fare for tickets.

- ▶ www.ostwind.ch

If you plan mostly to use public transport in Eastern Switzerland, you can buy a ticket or season ticket which is valid for certain zones only, or alternatively across all of Eastern Switzerland, from the Ostwind tariff association.

Bicycles and pedestrians

- ▶ www.thurgau-bodensee.ch
- ▶ www.provelothurgau.ch
- ▶ www.ch.ch/de/velofahren-der-schweiz/

Cycling is environmentally friendly, cheap and healthy. The Swiss authorities encourage cycling and walking. Any damage you cause by cycling is covered by your personal liability insurance.



Finding a job

- ▶ www.rav.tg.ch
- ▶ www.bizplus.tg.ch
- ▶ www.ostjob.ch
- ▶ www.arbeit.swiss

Pay

It is recommended you use a combination of different methods in looking for and finding a job. You can apply to job ads in newspapers and on the Internet, send speculative applications to businesses, contact recruitment agencies, and register yourself with the Regional Employment Agency (RAV).

Protection against dismissal

Pre-tax pay is relatively high in Switzerland; however, the same applies to the cost of living. There is no minimum wage that covers all sectors of the economy, but many sectors have collective minimum wage agreements.

The law protects employees against dismissal in the event of sickness, accident, pregnancy and maternity. Any dismissal within such a period is normally invalid. A dismissal is wrongful if it occurs, for example, because someone makes a justifiable claim under the employment contract. Whereas an employee cannot be reintegrated into the organisation following wrongful dismissal, the employee can claim compensation through the courts.



Taxes

- ▶ [20]
- ▶ www.steuerverwaltung.tg.ch > Download eFisc

Private individuals pay tax on income and on assets in Switzerland. Public works are financed by these taxes, carried out at national, cantonal and municipal level. Shortly after your arrival in the canton you will receive a questionnaire from the municipal tax office which will enable your provisional tax contribution to be calculated.

If you do not hold Swiss nationality and do not possess a settlement permit (C), income tax will be deducted directly from your salary (tax at source). If you possess a settlement permit you will receive a tax return form in January. You can fill this in online. If you have any difficulty, you can contact the cantonal tax authority or an accountant (Treuänder).

Disputes in the workplace

- ▶ [21], [22]
- ▶ www.sexuelle.belaestigung.ch

In the event of disputes with your employer or with work colleagues, the Thurgau Trade Union Federation (TGGB) can advise you. Certain patterns of behaviour are forbidden by law, particularly in the workplace. These are, in particular, bullying and sexual harassment, but also words, gestures or actions that humiliate others.



Non-discrimination

The Swiss Constitution states: “No person may be discriminated against, in particular on grounds of origin, race, gender, age, language, way of life, religious, ideological or political convictions”. If you feel disadvantaged in any of these ways, we advise you to contact one of the following Federal organisations:

- ▶ [22] Federal Office for Gender Equality (FOGE)
- ▶ [23] Federal Commission against Racism (CFR)

If you experience racist discrimination, you can also get advice from the regional ▶ [3–9] Competence Centres and Specialist Integration Units.

Working illegally

- ▶ www.seco.admin.ch
- ▶ [24]

Any person who is paid for cleaning, housework, gardening or childcare, even occasionally, counts as an employed person. He or she must accordingly be registered by the employer with the social insurance schemes and the employer must deduct tax at source, otherwise it counts as illegal work, known as “Schwarzarbeit”.

A person who works illegally has no claim to disability pension or unemployment benefit in the event of disability or unemployment and will not be able to draw a retirement pension either. The consequences can be drastic, especially following an accident at work.

Unfortunately, sometimes employers deliberately do not issue pay slips so that they can deny having employed someone in the event of a dispute. In this case, it is virtually impossible for the employee to prove that they were employed, which is necessary, for example, to collect unemployment benefit.

Unemployment benefit

- ▶ [16]
- ▶ www.awa.tg.ch
- ▶ www.arbeit.swiss

If a person loses their job in Switzerland, they will normally receive unemployment benefit for a set period of time. A foreigner who has just arrived in Switzerland for the first time is not entitled to unemployment benefit. To be eligible for this, they must possess a valid residence permit and have been in gainful employment for at least 12 months in the two years prior to registering as unemployed. Anyone who loses their job must sign on with the Regional Employment Agency (RAV) as soon as possible in order to receive unemployment benefit. The RAV will provide information about what to do next.

Social welfare

- ▶ [17–19]

Social welfare is supposed to safeguard the existence and promote the economic and personal independence of individuals in need. It is granted when a person is not supported by their family or is unable to claim any other statutory benefits. To apply for social welfare, you should contact social services for the municipality where you live. The ▶[17] Canton of Thurgau's Social Welfare Office runs a coordination centre. The social and debt counselling service provided by charity ▶[18] Caritas Thurgau provides free advice to all in need of help, emergency and interim assistance, and mediates with other organisations and advisory services. The ▶[19] Benefo Foundation runs affordable consultations offering advice on budgeting.

Compulsory contributions

- ▶ [15]

Social insurance protects all who live in Switzerland from risk and safeguards their economic existence. These contributions are compulsory and are deducted directly from the salary (with the exception of health insurance, ▶Health section). Compulsory contributions total about 20% of income.

Pensions and insurance: 1st pillar

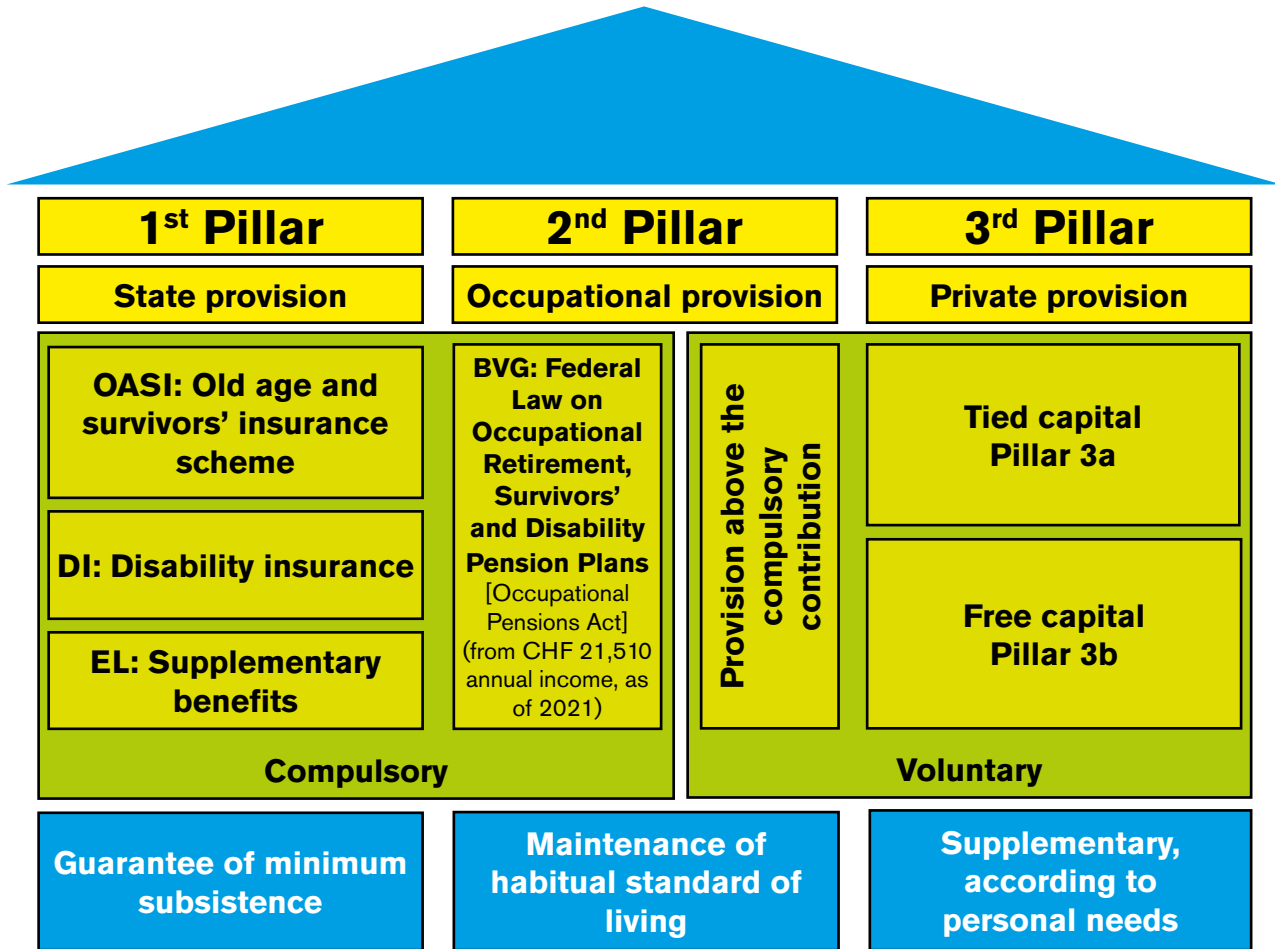
Old age and survivors' insurance (OASI), disability insurance (DI) and income compensation (EO) are part of pillar 1 and therefore the responsibility of the state. In principle, everyone living in Switzerland is subject to OASI, irrespective of nationality and employment. Pensionable age is 65 years for men and 64 years for women (as of 2021). It is possible to take early retirement, in which case the pension is reduced accordingly.

Pensions and insurance: 2nd pillar

Occupational pension schemes (BVG), also widely known as the “pension fund” (Pensionskasse), form part of the 2nd pillar and are therefore the employer's responsibility. Contributions are deducted from the salary from a minimum of CHF 21,510 annual income (as of 2021). Per diem sickness insurance and occupational accident insurance also belong to the 2nd pillar. Each employee must be enrolled in an accident insurance scheme by their employer. If eight or more hours per week are worked, accidents that occur outside of work are also insured, otherwise it is necessary to obtain private accident insurance (►Health section).

Pensions and insurance: 3rd pillar

In contrast to the 1st and 2nd pillars, the 3rd pillar is voluntary and is financed by personal savings. Pillar 3a is a long-term pension scheme, in which capital held for personal old-age pension provision is tied up. Early withdrawals are only possible under certain conditions, however payments into the scheme up to a fixed amount do allow for tax savings. Pillar 3b is free of any state requirements regarding deposits, availability and the timing of any payout.



Health and accident insurance

- ▶ www.bag.admin.ch
- ▶ www.gesundheit.tg.ch

You must arrange this insurance within three months of moving from abroad. If you have moved from another canton, you must present an insurance certificate to your new municipality within 30 days.

Compulsory health insurance provides cover in the case of illness, pregnancy and accident. If you are employed, you are generally insured against accidents by your employer. If this is the case, check that you are not doubly insured against accidents.

Compulsory health insurance provides cover for medical treatment, certain medicines and stays in the general section of hospitals in the canton where you live. In addition, anyone can take out extra insurance on top of this compulsory insurance, which provides further cover, such as for stays in the private section of hospitals.

The state provides insured people, couples and families of modest means with discounted premiums.

Ensure you take advice before you take out insurance cover and compare the products and quotations from several insurance companies.

It is strongly advised that you choose a family doctor as soon as possible. You can contact your doctor whenever you need advice on health matters, medical care and referral to a specialist where necessary.

Doctors

- ▶ www.aerzte-tg.ch

Health promotion and prevention

- ▶ [25–27]
- ▶ www.migesplus.ch
- ▶ www.sozialnetz.tg.ch
- ▶ www.femmestische.ch

Perspektive Thurgau ▶[25] is active in health promotion and prevention. Its scope includes advising mothers and fathers, couples, families and young people, as well as addiction counselling. You can also contact Perspektive Thurgau for questions about sexual health and sexually transmitted diseases, especially HIV and Aids.

Perspektive Thurgau organises ‘FemmesTische’. These discussion groups bring together mostly women with an immigrant background, who chat about issues such as education, bringing up children, daily life and health within a private or institutional framework. In addition, participants receive information about local culture, language courses, nurseries, the Swiss school system and the insurance system, as well as about the various advice centres.

If you are faced with a difficult situation in your life and you would like to talk about it with other people with similar experiences, you can join a self-help group. Self-help Thurgau ▶[26] will provide information about existing self-help groups.



Medical emergencies

- ▶ All regions can be reached on 144.
- ▶ www.stgag.ch

If you cannot contact your doctor in an emergency, you can contact the doctor on duty in your region or in one of the hospitals in the canton.

If the situation is critical, call 144.

Emergency doctors	Telephone number
Thurgau West region	052 723 77 77
Thurtal-Untersee region	144
Kreuzlingen region	0900 000 199
Amriswil-Obersee region	0900 000 327
Arbon region	0900 575 420
Romanshorn region	0900 575 460
Bischofszell region	0900 575 422
Rickenbach/Wilen/Busswil/Wil SG/Schwarzenbach SG region	0900 56 85 56

Thurgau AG	Telephone number
Cantonal hospital Frauenfeld	052 723 77 77
Cantonal hospital Münsterlingen	071 686 11 11
St. Katharinental Clinic	052 631 60 60
Thurgau Psychiatric Services	071 686 41 41
Psychiatric Reception and Examination Centre	0848 41 41 41

Dental care

- ▶ www.zahnaerzter-thurgau.ch

Elderly and disabled people

- ▶ www.sozialnetz.tg.ch
- ▶ [15], [28–32]

General dental treatment - for tooth decay and periodontosis, or correcting tooth alignment (dental braces) - is not covered by basic health insurance. You can take out dental insurance before possible problems arise.

Information about the care or support of elderly people is available from the following organisations:

- ▶ [28] Spitex Verband (Association) Thurgau
- ▶ [29] Pro Senectute Thurgau
- ▶ [30] Swiss Red Cross Thurgau

People with a physical or mental handicap, as well as those responsible for them, can obtain advice and support from the cantonal Centre for Disability Insurance (Invalidenversicherungsstelle), from ▶[31] Pro Infirmis or – in the case of children – from the ▶[32] Early Years Special Educational Needs Centre (Heilpädagogischen Früherziehung).



Marriage and subsequent immigration of family members

▶ [33]

▶ www.migrationsamt.tg.ch

Registered partnerships

▶ [33], [34]

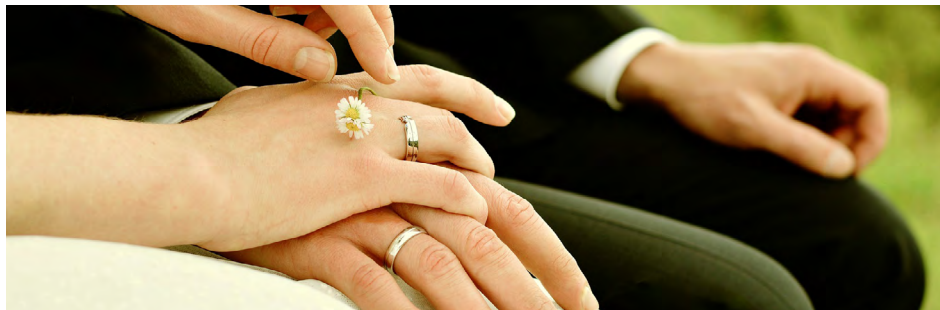
▶ www.zivilstandsamt.tg.ch

▶ www.binational.ch

Anyone wanting to get married in Switzerland must be at least 18 years old. Only marriages conducted in a registry office will be recognised. The ▶[33] Commercial Registry and Civil Status Office (Amt für Handelsregister und Zivilstandswesen) or the registry office for your district will inform you of the requirements to be met and documentation required.

If you are planning for your future spouse or another family member to enter the country, an application for the subsequent immigration of family members must be submitted in advance to the Residents' Services Offices for your municipality. The Migration Office ▶[1] is responsible for granting residence permits. You will find the application forms and a list of the documentation to be submitted on the Migration Office website.

Same-sex couples have the opportunity to have their relationship recognised by registering their partnership. The registry office for the district in which one of the partners lives will provide information about what to do.



Forced marriage

► [19], [35]

Nobody has the right to force a man or woman to marry against their will. Forced marriage is a statutory offence and constitutes severe infringement of personal freedom. It violates basic human rights which are protected by the Federal constitution and by the constitution of Thurgau.

Family planning and information on sex

► [19], [25]

If you have questions concerning family planning, pregnancy (for example pre-natal examinations) or sex life you can contact the ►[19] Benefo Foundation advice centre for family planning, pregnancy and sexuality (Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität). Both your family doctor and ►[25] Perspektive Thurgau can also be contacted for questions concerning sexual health.

You will be able to discuss subjects such as contraception, sexuality, sexual orientation, pregnancy, abortion, sexually transmitted diseases, sexual abuse, emotional wellbeing and relationships with the abovementioned centres. These counselling sessions are free of charge or covered by health insurance and are strictly confidential.

Infant mortality in Switzerland is very low. Free, preliminary medical examinations from the 13th week of pregnancy and for the remaining term of the pregnancy, antenatal classes and breastfeeding advice all contribute to this. Any complications up to the end of the 12th week of pregnancy count as sickness and are subject to a mandatory sharing of costs (excess and franchise). Counselling for mothers, fathers and infants, offered by ►[25] Perspektive and conex familia, is an important, free service.

► www.sozialnetz.tg.ch

► www.conexfamilia.ch

► www.guter-start-ins-kinderleben.tg.ch

Pregnancy and birth

- ▶ [19]
- ▶ www.tageo.ch
- ▶ www.femmestische.ch
- ▶ www.sozialnetz.tg.ch

Maternity leave and benefits

- ▶ www.bsv.admin.ch
- ▶ [15]

-
- ▶ www.perspektive-tg.ch/muetter-und-vaeter-beratung

All births must be registered with the registry office for your district. If the child is born in hospital, the hospital will report the birth to the registry office. If the child is born at home, the parents are responsible for registering the birth. The Residents' Services Office for the municipality where you are living will submit an application to the Migration Office for grant of a residence permit without you having to do anything.

The new-born child has automatic health insurance for three months from its birth. After this point the parents must take out medical insurance in the child's name.

Working mothers are entitled to paid maternity leave of at least 14 weeks following the birth. During this period, they receive up to 80% of their pay. For this, they have to have paid social insurance contributions for the nine months prior to giving birth, and to have worked for at least five months. Insurance contributions already paid in an EU or EFTA country are also included. Since 1st January 2021, working fathers have had the right to two weeks' paternity



leave. The canton of Thurgau's equalisation fund ►[15] can give you more precise details.

Family allowances

► [15]

If you have children who live in the canton of Thurgau, you have the right to claim child allowances. For children up to the age of 16 this amounts to CHF 200 per month, per child. Thereafter, instead of the child allowance there is a (higher) education allowance per month and per child up to when your child completes his/her education, but at most until he/she reaches 25. This entitlement can begin when the child reaches the age of 15 in certain circumstances. Generally, the employer pays the family allowance together with the salary. Under certain conditions, parents who don't work can likewise draw child or education allowances.

The canton of Thurgau equalisation fund ►[15] can provide you with information about this.

Rights of children and young people

► [19], [35]

► www.tschau.ch

Just like adults, children and young people also have basic rights. In particular, they have a right to protection from maltreatment, violence, sexual abuse and exploitation through work, as well as a right to education and a suitable standard of living (accommodation, clothing, food). Parents must not hit children and young people, and they in their turn must not hit anyone. Children and young people have a right to physical integrity and to protection from physical injury.

The cutting of female genitalia is forbidden and will face severe legal punishment, even if conducted within the family environment or during visits abroad.

Problems within couples and families

- ▶ www.paarberatungen-tg.ch

Domestic violence

- ▶ [19], [35–37]

People who have problems with their children or within their relationship as a couple can find help at couples' and family counselling centres. In the case of separation or divorce, the parent who does not care for the children must pay monthly maintenance contributions for the children, and possibly also for the other parent. For information on alimony assistance:

- ▶ www.sozialamt.tg.ch > Sozialhilfe > Alimentenhilfe

When people who are in an existing or dissolved, marital or family relationship or partnership commit or threaten violence of any nature - physical (blows), mental (threats), sexual (coercion, rape) or financial (withholding of money) - it is known as domestic violence. This behaviour can be legally prosecuted, even if the victim fails to file a complaint. The perpetrator must expect severe punishment.

Any victim can receive counselling or assistance from a victim support centre free of charge, in accordance with the Victim Support Act. The staff will guarantee absolute confidentiality.

- ▶ [19] Benefo Foundation, Specialist Unit for Victim Support, Thurgau
- ▶ [35] Advice Centre for Women affected by Violence, Thurgau
- ▶ [36] Specialist Unit for Domestic Violence, Cantonal Police, Thurgau
- ▶ Police (telephone) for emergencies and on-site assistance: 117

Counselling is also offered to people who commit violence or have a tendency to violent behaviour. The staff will guarantee absolute confidentiality.

- ▶ [37] Konflikt.Gewalt – Counselling on violent behaviour for men, women and young people
- ▶ Hotline (telephone) around the clock for people who commit violence: 078 778 77 80

Compulsory education

► www.dek.tg.ch

It is compulsory for children aged four years old at the start of the school year in the summer to attend school (Volkschule). Compulsory schooling (including kindergarten) lasts for eleven years and applies equally to children and young people whose residence status has not been confirmed. Compulsory education is free of charge. The Department for Education and Culture (Departement für Erziehung und Kultur - DEK) is responsible for education in the canton of Thurgau.

Brochure: “Educational opportunities in the canton of Thurgau”

► www.dek.tg.ch > Publikationen und Downloads > Bildung

The “Educational opportunities in the canton of Thurgau” brochure explains the educational system in the canton of Thurgau from the start of school to upper secondary level, and is available in various languages. It contains important information about compulsory education, the vocational education and training system and secondary school. It also gives addresses for advice and contact centres.

Parental responsibility

► www.tageo.ch

As parents, you are responsible for the upbringing and education of your children, so offer your child a secure and stimulating environment from birth! Mobility, social contact with children of the same age and with children who speak the local language are very important for your child’s development. Parental education will help you to manage the challenging task of parenting. You, as parents, can also contribute much to the academic development of your child: make efforts to create a collaborative relationship with the school and ensure that your child attends class well rested, well fed and on time. If you are invited by the school to a discussion or to a parents’ evening, you are required to attend.

Childcare outside family and school

► www.sozialnetz.tg.ch

Children with a foreign mother tongue

► [12], [40], [2–8]

Talk to me and listen to me

► Brochure in various languages on www.migesplus.ch

65 short films about early years learning in daily life:

► www.kinder-4.ch

Courses in native language and culture:

► www.hsk-tg.ch

The canton of Thurgau offers various options for the care of children whose parents cannot always take care of them, if they are at work, for example. There are different possibilities depending on the age of the children and the extent of care required (mornings, lunchtime, after school). Some services also intentionally help to advance social, linguistic and motor skills. Your municipality will be happy to inform you of possibilities in your region.

With regard to attendance at school, it is important that your child understands the German language and can make themselves understood in German. A good knowledge of German is a prerequisite for successful attendance at school. Attending a play group, crèche (KITA) or childminder provides a good opportunity to learn German before enrolment at school.

Your mother tongue can also contribute to your child's learning of German – offer your child diverse linguistic stimuli from birth. Speak to your child and listen to them, tell them stories or rhymes and sing songs with them. Your child can also attend local language and culture (HSK) classes, offered by your country's consulate or by members of your community. In these lessons your child will expand its mother tongue language skills and gain knowledge of its native culture. Books for children and young people in various languages can be borrowed from the ►[12] Library of Cultures (Bibliothek der Kulturen).

.The municipalities or ►[2–8] competence centres and specialist integration units in your district will be happy to assist you in the search for a suitable option.

Kindergarten (from the age of 4)

► [38]

Kindergarten is the first educational stage, which lasts for two years. Children acquire the skills needed for attending primary school through playful interaction. Social skills are fostered at the same time. In the kindergarten your child will learn how to make contacts and express him/herself in the local language.

Primary school (from age 6 years)

► [38]

Primary school lasts for six years. It imparts basic knowledge and skills, nurtures children's individual cognitive, artistic and physical abilities and teaches them to act independently and responsibly in society. Pupils develop skills enabling them to gather information and learn with increasing independence.

Secondary school I (from age 12 years)

► [38]

Secondary school lasts for three years. At this level the educational content acquired in primary school is deepened and expanded. Young people build up a solid foundation for their professional or academic career. Tuition is provided at differing ability levels.



Advice on careers and studies

- ▶ www.abb.tg.ch
- ▶ [39]

BIZplus help with job applications

- ▶ www.bizplus.tg.ch

Bridge-year courses

- ▶ www.abb.tg.ch
 - > Brückenangebote
- ▶ www.abb.tg.ch > BIZ

-
- ▶ www.berufsberatung.ch
 - > Informationen in anderen Sprachen

At the first level of secondary school (Sekundarschule I) young people investigate educational and career prospects together with their respective requirements and opportunities. The careers and study guidance service helps them with this process. If required, professional advice is also an option.

The BIZplus Careers Information Centre offers free advice in Frauenfeld and Kreuzlingen once per week to all people living in Thurgau. BIZplus specialists will help you put together your application documents and will answer questions on searching for jobs, education and further training, and on possible career pathways.

Young people who don't know immediately what they want to do after the first stage of secondary school can attend a one-year cantonal bridging course. As part of this they receive targeted support with the process of choosing a career. They can extend and deepen their basic academic knowledge and also gather practical experience in a business. The canton's bridging opportunities are divided between those with an academic emphasis (type A) and those with practical orientation (type P).



Integration courses

- ▶ www.abb.tg.ch
 - > Integrationskurse
- ▶ www.abb.tg.ch > BIZ

At the heart of the integration courses run by the canton lies communication in the German language and general education. These courses are open to young people and adults aged between twelve and 34 years, equipping them for secondary school, basic vocational training (VET Certificate or Diploma), or further education. Four different, coordinated courses are offered. The student's level of German determines the choice of course and progression to the next integration course.

Low-threshold educational provision

- ▶ www.abb.tg.ch
 - > Niederschwelliges Ausbildungsangebot
- ▶ www.abb.tg.ch > BIZ
- ▶ www.abb.tg.ch
 - > Niederschwellige Integrationsausbildung

Motivated young people who do not fulfil the necessary requirements for vocational education and training (VET Certificate or Diploma) can attend low-threshold educational provision following the end of compulsory schooling. The training lasts two years and includes both work experience in a business and instruction at a vocational college. A training contract is drawn up between the young person and the company providing the training, which governs the remuneration for practical work, amongst other things.

Low-threshold educational provision is available to migrants with a foreign mother tongue from the age of 18.



At the end of compulsory schooling, young people opt either for vocational training or further education.

Vocational education and training (from 15 years)

- ▶ [39]
- ▶ www.berufsberatung.ch
 > Lehrstellensuche

Around three-quarters of young people complete vocational education and training (an apprenticeship). They acquire the skills necessary for the profession at a placement and attend a vocational school once or twice per week. For the duration of their apprenticeship the young people are given an apprenticeship agreement and are paid for their work. Vocational education and training lasts for two to four years and concludes with the award of a Federal vocational education and training certificate (Berufsattest/EBA) or Federal vocational education and training diploma (Fähigkeitszeugnis/EFZ). These credentials are recognised across Switzerland.

Federal Vocational Baccalaureate

- ▶ [39]

The Vocational Baccalaureate (Berufsmaturität/BM) supplements the VET Diploma with an enhanced general education. It can be obtained during the apprenticeship (BM1) or as an add-on to the VET Diploma (BM2). The Vocational Baccalaureate provides access to study at a university of applied sciences and is thus a preparation for challenging work in business and society. Success in a supplementary examination to this enables study at a university or at a Federal Institute of Technology (ETH). A one-year aptitude course (Passerellenkurs) at the Thurgau-Schaffhausen Baccalaureate School for Adults (TSME) prepares students for this examination.

Upper secondary schools (from 15 years)

- ▶ [41]

After their compulsory schooling, students can attend upper secondary schools, with specialisms such as information technology, or a baccalaureate school. Depending on the type of school, this full-time education offers direct entry either to working life or to universities of applied sciences, universities, Federal Institutes of Technology (ETH) and Universities of Teacher Education.

- ▶ www.amh.tg.ch
 > Mittelschulen

Type of school	Duration	Diploma
Upper secondary specialised school (Fachmittelschule)	3 years	Upper Secondary Specialised Schools Certificate (Fachmittelschulabschluss)
	4 years	Specialised Baccalaureate (Fachmaturität)
Upper secondary IT school (Informatikmittelschule)	4 years	EFZ IT Technician with Vocational Baccalaureate (EFZ Informatiker/in mit Berufsmatura)
Baccalaureate school (Gymnasium)	4 years	Baccalaureate School Certificate (Gymnasiales Maturitätszeugnis)

Thurgau-Schaffhausen Baccalaureate School for Adults (TSME)

- ▶ [43]

Working adults with the required qualifications can obtain the Baccalaureate alongside their professional commitments at the Thurgau-Schaffhausen Baccalaureate School for Adults (TSME). It is possible for those with a vocational and specialist baccalaureate who are well qualified to complete a further year of study (Passerellenkurs). This acts as preparation for the supplementary examination (Ergänzungsprüfung), which is recognised across Switzerland and qualifies the holder for admission to all Swiss universities.



Higher vocational education and training

- ▶ www.sbf.admin.ch
- ▶ www.abb.tg.ch
 - > Bildungszentren

Universities

- ▶ [41]
- ▶ www.abb.tg.ch > Berufs- und Studienberatung

- ▶ www.ecus-edu.ch

Higher vocational education provides the qualifications required for embarking on a demanding and responsible career. It enables specialisation and the broadening of professional skills after acquiring a Federal VET diploma (EFZ) or similar qualifications at upper secondary level (Sekundarstufe II), and can lead to management qualifications. Higher vocational education includes the Federal examinations (the Federal PET diploma and advanced Federal PET diploma) and educational routes to the colleges of professional education and training (HF).

Switzerland offers a variety of universities: classic universities, universities of applied sciences and universities of teacher education. Swiss education can be accessed at many different stages and there are various ways to get on to a university course. Young people who have a vocational (Berufsmaturität) or specialised baccalaureate (Fachmaturität) can study at a university of applied sciences (Fachhochschule). People who have a vocational or specialised baccalaureate can also study at a university or Federal Institute of Technology (ETH) if they take an aptitude test (Passarelle).

Young people who have obtained a Swiss-accredited baccalaureate from a baccalaureate school can attend universities, Federal Institutes of Technology (ETH), universities of teacher education or a university of applied sciences (after a one-year placement).

People arriving from abroad are not automatically admitted to higher education, even if they are able to access a university in their home country. Supplementary examinations can be taken, if necessary, to study at a university in Switzerland.

Contributions towards education and study

- ▶ www.stipendien.tg.ch
- ▶ [42]

Recognition of foreign diplomas and educational qualifications

- ▶ www.sbf.admin.ch
- ▶ [44]
- ▶ www.heks.ch/mosaiq-ostschweiz

Further education for adults

- ▶ www.abb.tg.ch
> Bildungszentren
- ▶ www.weiterbildung.ch
- ▶ www.ausbildung-weiterbildung.ch

In certain circumstances grants or loans may be made available for training or study. Information about this can be found at the ▶[42] Secondary School and University Grants Department (Abteilung Ausbildungsbeiträge des Amtes für Mittel- und Hochschulen).

The State Secretariat for Education, Research and Innovation (SERI) is responsible for recognising vocational qualifications awarded abroad. The university in question is responsible for admission to its courses.

You may possibly have more than five years' work experience. In this case, under certain circumstances, you can have your experience credited and can obtain professional certification that is recognised in Switzerland. The ▶[44] Centre for Vocational Qualifications for Adults (Fachstelle Berufsabschluss für Erwachsene/BAE) will gladly inform you about this.

The HEKS MosaiQ Ostschweiz centre (Office for Qualified Migrants, Eastern Switzerland) offers advice and mentoring for well-qualified migrants (for example in matters such as recognition of diplomas and adult education).

Many adults in Switzerland attend further education courses to improve their vocational knowledge or to acquire new knowledge. These courses are financed in part by the employer. Someone who undertakes further training throughout their career has better prospects of finding a satisfactory job and of staying in work long term. Ask your employer about this, or enquire at one of the training centres in Thurgau.

Conservation of the countryside

As a major producer of food, Thurgau contributes significantly to safeguarding the food supply in Switzerland. The agriculture industry employs about 8,000 people, so forms an important part of Thurgau's economy. Its diverse and ecologically valuable countryside needs to be nurtured and protected. Our nature, forests and water must be carefully utilised and both laws and prohibitions must be obeyed. It is forbidden, for example, to walk across fields, damage trees, startle animals, or to leave rubbish behind in the countryside.

Respect for public spaces

Each municipality has regulations which provide information about codes of behaviour in public. These will tell you that rubbish must be disposed of in a rubbish bin, that it is forbidden to make unnecessary noise, or about measures that can be taken to prevent pets causing a disturbance. You can request a copy of the regulations from the Residents' Services Office.

Waste collection

Switzerland collects and recycles 95% of its glass (350,000 tonnes per year), 90% of aluminium (13,000 tonnes), 80% of plastic bottles (40,000 tonnes) and 80% of paper (1.2 million tonnes).

Waste recycling

Households sort their waste carefully into rubbish for incineration, recyclable materials, and hazardous waste (toxic substances). Every municipality has collection points, such as depots, regional collection centres (RAZ) or private disposal companies, where the collected and sorted waste is delivered: glass, paper and cardboard, plastic bottles, mixed plastics, metals such as aluminium and tin cans, green waste, electrical goods, and hazardous waste such as batteries, oils and poisonous products. Individual items, such as electrical goods, batteries and plastic can be returned to the point of sale. Almost half the waste collected is recycled in this way.

Non-recyclable waste

► [45]

Rubbish, meaning waste that cannot be recycled, is collected and burnt in a waste incineration plant in a way that is as environmentally friendly as possible. The incineration process produces heat and electricity, which can be gainfully used. It is strictly forbidden to leave or store any waste in public spaces, or to burn it in one's own oven or in the open air. It is also prohibited to dispose of liquid or solid waste in the toilet.

The waste disposal calendars on the KVA Thurgau and ZAB Associations' websites provide guidance on the waste collection days in each municipality. There you will also find out where to obtain waste disposal sacks and when to bring them to the waste collection point. It is mandatory for rubbish to be collected in the official KVA Thurgau or ZAB rubbish sacks. These must be paid for as disposal of household waste in the canton of Thurgau is financed by this charge. Fee stamps are available for bulky refuse.

For advice on waste and multilingual waste calendars, dates of special collections:

- www.kvatg.ch
- www.zab.ch



Culture

- ▶ [46]
- ▶ www.museen.tg.ch
- ▶ www.thurgaukultur.ch

The canton of Thurgau is characterised by its diverse, locally based cultural scene. Culture can be found throughout the canton: numerous castles, palaces and ruins, monasteries, churches and chapels, also the remains of old craft and industrial activity. You can find testament to every aspect of past life in the historical collections of Thurgau's museums.

Contemporary art also flourishes in Thurgau, in the galleries and art museums of Kreuzlingen, Arbon, Frauenfeld, and at the former Kartause Ittingen monastery, for example.

Thurgau's music scene is also lively. Cultural centres like the Dreispitz, the Trösch and the Bodensee-Arena in Kreuzlingen, the Pentorama in Amriswil or Fischingen Abbey put on concerts, from classical to musicals. The "Generations" international jazz festival attracts jazz fans to Frauenfeld. The biggest hip-hop festival in Europe - Openair Frauenfeld - is also held there.

Theatre lovers can go, for example, to Theaterhaus Thurgau in Weinfelden, Theater an der Grenze in Kreuzlingen, Theaterwerkstatt Gleis 5 in Frauenfeld, or visit one of the many open-air stages.



Sport

- ▶ [47]
- ▶ www.vtstg.ch

Hiking, cycling, skating

- ▶ [48]
- ▶ www.thurgauer-wanderwege.ch
- ▶ www.thurgau-bodensee.ch

Thurgau possesses about 860 sports clubs. A wide range of sporting activities are on offer, be it for children, young people, adults, or older people. You can get more information from the tourist office for your region, from your municipality, or from the addresses given here.

Hiking is the most popular sport in Switzerland, and it allows both old and young to relax and get to know the different regions of the country. There are 1,000 kilometres of marked paths in Thurgau, which are reserved for the exclusive use of hikers.

Additionally, Thurgau encourages the use of a total 900 kilometres of marked and safe cycling routes to explore the most beautiful areas, such as the Lake Constance cycle path along the shores of the lake. Thurgau also offers optimal conditions for inline skating. Ask about the various opportunities at Thurgau Tourismus.



Clubs

- ▶ www.thurgaukultur.ch
- ▶ www.vtstg.ch
- ▶ www.tarjv.ch

Three-quarters of the Swiss population over 15 years old are members of a club or charitable organisation. Those who are active in clubs wish to come together voluntarily, with others, to

- ▶ share common interests: sport, culture, leisure, etc.
- ▶ raise an issue: parents of school children, migrants, elderly people, etc.
- ▶ get involved in social and commercial life: unions, professional associations, interest groups, etc.

Switzerland is a country of associations and clubs. There are tens of thousands across the country and some hundreds of them in Thurgau. Clubs play a central role in the canton's daily life. There are, for example, sport clubs, cultural societies and migrants' associations engaged in a wide range of activities.

Membership of a club is very conducive to integration in local life and to making contacts with the people of Thurgau. Clubs are open to all who are interested. Contact your municipality or consult their website for further information on locally based clubs.

Charity work

- ▶ [18], [30], [49–51]
- ▶ www.benevol-jobs.ch
- ▶ www.netzwerk-asyl-tg.ch
- ▶ www.migrationsamt.tg.ch/integration

Charity work can help you to expand your social network and directly influence your environment. You can get involved with organisations over the long term, or with individual projects.

Voluntary work in Thurgau is coordinated by ▶[49] Benevol. In addition, you can find out information from ▶[30] Swiss Red Cross, ▶[18] Caritas or ▶[50] HEKS. If you wish to get involved with refugees, contact the support groups from the Thurgau Asylum Network (Netzwerk Asyl Thurgau).

You will find an overview of the provision for social integration in the field of

migration/asylum on the website of the cantonal ►[2] Specialist Integration Unit (Fachstelle Integration).

Religion

The Swiss Federal Constitution and the constitution of the canton of Thurgau guarantee freedom of belief and conscience. Every person can freely decide if they wish to be a believer and which religion they wish to practise. Religious freedom is therefore an individual right which each person freely exercises according to their personal convictions. The authorities recognise the important role played in society by the churches and religious communities. After Catholicism and Protestantism, Islam is the third biggest religious community in the canton. Other confessional groupings exist alongside these. All of these communities share the resolve of the authorities to nourish dialogue and to safeguard peace between the faiths.

- Catholic Church Thurgau: www.kath-tg.ch
- Evangelical Church Thurgau: www.evang-tg.ch
- Umbrella Organisation of Islamic Communities of Eastern Switzerland: www.digo.ch
- Swiss Federation of Jewish Communities: www.swissjews.ch



Direct democracy

There is hardly a democracy in the world where participation is as wide as in Swiss democracy. Political rights, also known as the people's rights, are far-reaching: voting right, electoral right, right to introduce legislation and referendum right. People who have the right to vote can suggest a change to the constitution (right to introduce legislation) or can reject a law that has been drafted by Parliament (referendum right). When the term 'sovereign' is used in Switzerland, it refers to Swiss citizens.

Political rights are exercised at three levels of the state: confederation, cantons and municipalities. The Swiss people are called on to vote several times a year; cantons and municipalities normally hold their votes at the same time as the confederation. The Federal Council, which serves as the Swiss government, is elected by Parliament. Parliament is elected by the people and comprises of two councils: the National Council and the Council of States.

Political bodies

Elected bodies often carry the name 'council'. Their function is to consider, debate and propose motions which the people can either accept or reject.

Three political levels

The people of Thurgau are called on to decide on issues on the three political levels about four times per year:

- ▶ Municipal level (for example construction of a theatre)
- ▶ Cantonal level (for example construction of a cantonal road)
- ▶ Federal level (for example a change in the Federal law on disability insurance)

Every four years, representatives are elected to the parliaments and governments at municipal, cantonal and federal level, as well as judges to the district courts.

Political level	Parliamentary level	Governmental level
Thurgau municipalities	Municipal Assembly	Municipal Council
Canton of Thurgau	Cantonal Council	Governing Council
Swiss Federation	National Council and Council of States	Federal Council

Political rights of foreign nationals

► [33]

If you are not of Swiss nationality, you have no voting or electoral rights in the canton of Thurgau or in its municipalities. Individual municipalities enable foreigners to take part in the municipal assembly in an advisory capacity. Catholic churches are an exception, where people of non-Swiss origin can apply for a voting right. You can apply to participate in school communities in an advisory capacity.



Other forms of political participation

► [51]

There are many other ways of taking part in public life and of helping to shape the future of the community, aside from political rights. An individual can, for example, be active in a neighbourhood or local association, in a professional organisation, a sports club, an advisory body or political party.

A non-Swiss adult or minor possesses the right of petition in the same way as Swiss people do. The right of petition gives everyone the opportunity to direct requests, suggestions, criticism, or complaints to the authorities. In this way, rulings made by the government bodies can possibly be influenced.

Naturalisation

► [33]

Every year between 800 and 1,000 people in the canton are naturalised and are thereby given the option of full political participation in the form of voting and electoral rights at municipal, cantonal and federal level. 12% of the Swiss population of 15 years or older in the canton of Thurgau have dual nationality. Acquiring Swiss citizenship is a personal decision and an expression of one's will. The precondition is good integration into local, cantonal and Swiss life. A minimum condition of naturalisation in Thurgau is a certificate confirming B2 level in spoken German and B1 in written German. You will find a list of providers of German courses and recognised certificates on:

► www.migrationsamt.tg.ch/integration

Your municipality will be happy to inform you about the conditions for naturalisation.

The following institutions can provide more details on the topics in this brochure and are indicated by the respective ► numbers in the sections.

- [1] **Migrationsamt des Kantons Thurgau (Canton of Thurgau Migration Office)**
Langfeldstrasse 53a
8510 Frauenfeld
Tel. 058 345 67 67
migrationsamt@tg.ch
www.migrationsamt.tg.ch
- [2] **Fachstelle Integration des Kantons Thurgau (Canton of Thurgau Specialist Integration Unit)**
Bahnhofplatz 65
8510 Frauenfeld
Tel. 058 345 39 88
integration.mia@tg.ch
www.migrationsamt.tg.ch/integration
- [3] **Kompetenzzentrum Integration Bezirk Frauenfeld (Competence Centre for Integration, Frauenfeld District)**
Kasernenplatz 4
8500 Frauenfeld
Tel. 052 724 56 60
agi@stadtfrauenfeld.ch
www.agi.frauenfeld.ch
- [4] **Kompetenzzentrum Integration Bezirk Kreuzlingen (Competence Centre for Integration, Kreuzlingen District)**
Marktstrasse 4, 8280 Kreuzlingen
Tel. 071 677 62 34
zejka.blank@kreuzlingen.ch
- www.kreuzlingen.ch
- [5] **Kompetenzzentrum Integration Bezirk Weinfelden (Competence Centre for Integration, Weinfelden District)**
Pestalozzistrasse 14,
8570 Weinfelden
Tel. 071 622 04 06,
andrea.keller@koibw.ch
www.koibw.ch
- [6] **Kompetenzzentrum Integration Oberthurgau (Competence Centre for Integration, Oberthurgau District)**
Hauptstrasse 12
9320 Arbon
Tel. 071 454 77 56
franziska.schoeni@oberthurgau.ch
www.oberthurgau.ch
- [7] **Fachstelle Integration Romanshorn (Specialist Integration Unit, Romanshorn)**
Konsumhof 3, Postfach 36
8590 Romanshorn
Tel. 058 346 83 31
marian.brenner@romanshorn.ch
www.romanshorn.ch
- [8] **Fachstelle Integration Amriswil (Specialist Integration Unit, Amriswil)**
Arbonerstrasse 2
8580 Amriswil
Tel. 071 414 12 34
- integrationsstelle@amriswil.ch
www.amriswil.ch
- [9] **Fachstelle Integration Arbon (Specialist Integration Unit, Arbon)**
Wallhallastrasse 2
9320 Arbon
Tel. 071 447 61 63
lukas.feierabend@arbon.ch
www.arbon.ch
- [10] **Klubschule Migros (Migros Club School)**
Bahnhofplatz 70–72, Passage
8500 Frauenfeld
Tel. 058 712 44 50
www.klubschule.ch
- [11] **ARGE Integration Ostschweiz (ARGE Integration, Eastern Switzerland)**
Rorschacherstrasse 1, Postfach 61
9004 St. Gallen
Tel. 0848 28 33 90
verdi@arge.ch
www.arge.ch
- [12] **Bibliothek der Kulturen (Library of Cultures)**
Promenadenstrasse 12
8510 Frauenfeld
info@bibliothekderkulturen.ch
www.bibliothekderkulturen.ch

- ▶ [13] **Mieterinnen- und Mieterverband Ostschweiz (*Tenants' Association, Eastern Switzerland*)**
Webergasse 21
9000 St. Gallen
Tel. 071 222 50 29
ostschweiz@mieterverband.ch
www.mieterverband.ch/mv-os.html
- ▶ [14] **Strassenverkehrsamt des Kantons Thurgau (*Canton of Thurgau Road Traffic Office*)**
Moosweg 7a
8500 Frauenfeld
Tel. 058 345 36 36,
www.stva.tg.ch
- ▶ [15] **Sozialversicherungszentrum Thurgau (*SVZTG*) (*Social Insurance Centre Thurgau, SVZTG*)**
St. Gallerstrasse 11
8501 Frauenfeld
Tel. 058 225 75 75
info@svztg.ch
www.svztg.ch
- ▶ [16] **Amt für Wirtschaft und Arbeit des Kantons Thurgau (*Canton of Thurgau Department for Economy and Labour*)**
Promenadenstrasse 8
8510 Frauenfeld
awa@tg.ch
www.awa.tg.ch
- ▶ [17] **Sozialamt des Kantons Thurgau (*Canton of Thurgau Social Security Department*)**
Promenadenstrasse 16
8510 Frauenfeld
Tel. 058 345 68 20
info.soa@tg.ch
www.sozialamt.tg.ch
- ▶ [18] **Caritas Thurgau (*Caritas Thurgau*)**
Franziskusweg 3
8570 Weinfelden
Tel. 071 626 11 81
thurgau@caritas.ch
www.caritas-thurgau.ch
- ▶ [19] **Benefo-Stiftung (*Benefo Foundation*)**
Zürcherstrasse 149
8500 Frauenfeld
Tel. 052 723 48 20
benefo@benefo.ch
www.benefo.ch
- ▶ [20] **Steuerverwaltung Thurgau (*Thurgau Tax Authority*)**
Schlossmühlestrasse 15
8510 Frauenfeld
Tel. 058 345 30 30
info.sv@tg.ch
www.steuerverwaltung.tg.ch
- ▶ [21] **Thurgauer Gewerkschaftsbund (TGGB) (*Thurgau Federation of Trade Unions, TGGB*)**
Hohenzornstrasse 4
8500 Frauenfeld
Tel: 052 720 50 15
info@tggb.ch
www.tggb.ch
- ▶ [22] **Eidgenössisches Büro für die Gleichstellung von Frau und Mann (EGB) (*Federal Office for Gender Equality, EGB*)**
Schwarztorstrasse 51
3003 Bern
Tel. 058 462 68 43
ebg@ebg.admin.ch
www.ebg.admin.ch
- ▶ [23] **Eidgenössische Kommission gegen Rassismus (EKR) (*Federal Commission against Racism, EKR*)**
Inselgasse 1
3003 Bern
Tel. 058 464 12 93
ekr-cfr@gs-edi.admin.ch
www.ekr.admin.ch
- ▶ [24] **Arbeitsinspektorat des Kantons Thurgau (*Canton of Thurgau Work Inspectorate*)**
Bahnhofplatz 65
8510 Frauenfeld
Tel. 058 345 56 30
arbeitsinspektorat@tg.ch
www.awa.tg.ch
- ▶ [25] **Perspektive Thurgau (*Perspective Thurgau*)**
Schützenstrasse 15, Postfach 297
8570 Weinfelden
Tel. 071 626 02 02
info@perspektive-tg.ch
www.perspektive-tg.ch

- ▶ [26] **Selbsthilfe Thurgau (Self Help Thurgau)**
Freiestrasse 10, Postfach 429
8570 Weinfelden
Tel. 071 620 10 00
info@selbsthilfe-tg.ch
www.selbsthilfe-tg.ch
- ▶ [27] **Amt für Gesundheit des Kantons Thurgau (Canton of Thurgau Public Health Department)**
Promenadenstrasse 16
8510 Frauenfeld
Tel. 058 345 68 40
gesundheit@tg.ch
www.gesundheit.tg.ch
- ▶ [28] **Spitex Verband Thurgau (Spitex Association Thurgau)**
Freiestrasse 6
8570 Weinfelden
Tel. 071 622 81 31
info@spitextg.ch
www.spitextg.ch
- ▶ [29] **Pro Senectute Thurgau (Pro Senectute Thurgau)**
Rathausstrasse 17, Postfach 292
8570 Weinfelden
Tel. 071 626 10 80
info@tg.prosenectute.ch
www.tg.prosenectute.ch
- ▶ [30] **Schweizerisches Rotes Kreuz Kanton Thurgau (Swiss Red Cross, Canton of Thurgau)**
Rainweg 3
8570 Weinfelden
Tel. 071 626 50 80
geschaeftsstelle@srk-thurgau.ch
www.srk-thurgau.ch
- ▶ [31] **Pro Infirmis Thurgau-Schaffhausen (Pro Infirmis, Thurgau-Schaffhausen)**
Marktstrasse 8
8501 Frauenfeld
Tel. 058 775 22 35
thurgau@proinfirmis.ch
www.proinfirmis.ch
- ▶ [32] **Heilpädagogische Früherziehung Thurgau (Early Years Special Educational Needs Service Thurgau)**
Thundorferstrasse 3
8500 Frauenfeld
Tel. 052 722 20 17
info@hfe-tg.ch
www.hfe-tg.ch
- ▶ [33] **Amt für Handelsregister und Zivilstandswesen des Kantons Thurgau (Canton of Thurgau Commercial Registry and Civil Status Office)**
Bahnhofplatz 65
8510 Frauenfeld
Tel. 058 345 70 70
sekretariat.hz@tg.ch
www.hz.tg.ch
- ▶ [34] **HOT Homosexuelle Organisation Thurgau (HOT Homosexual Organisation Thurgau)**
Wilerstrasse 3
9545 Wängi
info@hot-tg.ch
www.hot-tg.ch
- ▶ [35] **Beratungsstelle für gewaltbetroffene Frauen Thurgau (Advice Centre for Women affected by Violence, Thurgau)**
Oberstadtstrasse 7, Postfach 1002
8500 Frauenfeld
Tel. 052 720 39 90
kontakt@frauenberatung-tg.ch
www.frauenberatung-tg.ch
- ▶ [36] **Fachstelle Häusliche Gewalt (Domestic Violence Specialist Unit)**
Kantonspolizei Thurgau
Dunantstrasse 14
8570 Weinfelden
Tel. 052 728 24 50
fachstellehg@kapo.tg.ch
www.kapo.tg.ch
- ▶ [37] **Konflikt. Gewalt – Gewaltberatung für Männer, Frauen und Jugendliche (Counselling on violent behaviour for men, women and young people)**
Gaswerkstrasse 15
8750 Weinfelden
Tel. 078 778 77 80
kontakt@konflikt-gewalt.ch
www.konflikt-gewalt.ch
- ▶ [38] **Amt für Volksschule des Kantons Thurgau (Canton of Thurgau Department of Education)**
Spannerstrasse 31
8510 Frauenfeld
Tel. 058 345 57 70
info@av.tg.ch, www.av.tg.ch

- ▶ [39] **Amt für Berufsbildung und Berufsberatung des Kantons Thurgau (*Canton of Thurgau Department for Vocational Training and Advice*)**
Grabenstrasse 5, 8510 Frauenfeld
Tel. 058 345 59 30
abb@tg.ch, www.abb.tg.ch
- ▶ [40] **Kontaktstelle Heimatliche Sprache und Kultur (HSK) des Kanton Thurgau (*Canton of Thurgau Contact Centre for Local Language and Culture*)**
Amt für Volksschule
Spannerstrasse 31, 8510 Frauenfeld
Tel. 058 345 58 14
priska.reichmuth@tg.ch
www.av.tg.ch
- ▶ [41] **Amt für Mittel- und Hochschulen des Kantons Thurgau (*Canton of Thurgau Department for Secondary and Higher Education*)**
Grabenstrasse 11
8510 Frauenfeld
Tel. 058 345 58 30
amh@tg.ch, www.amh.tg.ch
- ▶ [42] **Amt für Mittel- und Hochschulen des Kantons Thurgau- Abteilung Ausbildungsbeiträge (*Canton of Thurgau Department for Secondary and Higher Education*)**
Grabenstrasse 11
8510 Frauenfeld
Tel. 058 345 58 38
amh@tg.ch
www.stipendien.tg.ch
- ▶ [43] **Thurgauisch- Schaffhauserische Maturitätsschule für Erwachsene (*Thurgau-Schaffhausen Baccalaureate School for Adults*)**
Neuhauserstrasse 7
8500 Frauenfeld
Tel. 058 345 51 00
administration@tsme.ch
www.tsme.ch
- ▶ [44] **Fachstelle Berufsabschluss für Erwachsene (BAE) (*Centre for Vocational Qualifications for Adults, BAE*)**
Amt für Berufsbildung und Berufsberatung
Grabenstrasse 5
8510 Frauenfeld
Tel. 058 345 59 55
bae@tg.ch, www.abb.tg.ch
- ▶ [45] **Amt für Umwelt des Kantons Thurgau (*Canton of Thurgau Department for the Environment*)**
Verwaltungsgebäude
Promenadenstrasse 8
8510 Frauenfeld
Tel. 058 345 51 51
umwelt.afu@tg.ch
www.umwelt.tg.ch
- ▶ [46] **Kulturamt Thurgau (*Thurgau Department of Culture*)**
Grabenstrasse 11
8510 Frauenfeld
Tel. 058 345 73 73
kulturamt@tg.ch
www.kulturamt.tg.ch
- ▶ [47] **Sportamt Thurgau (*Thurgau Department of Sport*)**
Zürcherstrasse 177
8510 Frauenfeld
Tel. 058 345 60 00
sportamt@tg.ch
www.sportamt.tg.ch
- ▶ [48] **Thurgau Tourismus (*Thurgau Tourism*)**
Friedrichshafenerstrasse 55a
8590 Romanshorn
Tel. 071 531 01 31
info@thurgau-bodensee.ch
www.thurgau-bodensee.ch
- ▶ [49] **Benevol Thurgau (*Benevol Thurgau*)**
Freiwilligenzentrum
Freiestrasse 10
8570 Weinfelden
Tel. 071 622 30 30
info@benevol-thurgau.ch
www.benevol-thurgau.ch
- ▶ [50] **HEKS - Hilfswerk der Evangelischen Kirchen Schweiz (*HEKS – Protestant Churches of Switzerland Relief Organisation*)**
Regionalstelle Ostschweiz
Weinfelderstrasse 11
8580 Amriswil
Tel. 071 410 16 84
heks_ostschweiz@heks.ch
www.heks.ch

▶ [51] **Politische Parteien im Kanton Thurgau** (*Political parties in the Canton of Thurgau*)

▶ Christlichdemokratische Volkspartei (CVP)
-*Christian Democratic People's Party (CVP)*
www.cvp-thurgau.ch

▶ Sozialdemokratische Partei (SP)
-*Social Democratic Party (SP)*
www.spthurgau.ch

▶ Freisinnig-Demokratische Partei (FDP)
-*Free Democratic Party/the Liberals (FDP)*
www.fdp-tg.ch

▶ Schweizerische Volkspartei (SVP)
-*Swiss People's Party (SVP)*
www.svp-thurgau.ch

▶ Bürgerliche Demokratische Partei Schweiz (BDP)
-*Conservative Democratic Party of Switzerland (BDP)*
www.bdp.info/tg

▶ Die Grünen
-*The Greens*
www.gruene-tg.ch

▶ Grünliberale Partei (GLP)
-*Green Liberal Party (GLP)*
www.tg.grunliberale.ch

▶ Eidgenössisch-Demokratische Union (EDU)
-*Federal Democratic Union (EDU)*
www.edu-tg.ch

▶ Evangelische Volkspartei (EVP)
-*Evangelical People's Party of Switzerland (EVP)*
www.evp-thurgau.ch

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Emergency numbers for Switzerland

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Toxicological information centre (Poisoning).....145

Children's and young people's helpline 147

In an emergency:

- ▶ Stay calm.
- ▶ Identify the dangers.
- ▶ Ensure you are safe.
- ▶ Inform the emergency services.
- ▶ Give help.