



Les Roches



Congratulations on your acceptance to Les Roches in Switzerland!

This guide is divided into five steps to help you arrive on campus safely and well prepared.

We advise you to complete the steps in sequential order. Each step contains a checklist of tasks, which you can cross off as you complete them.



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Step 1

On receiving your offer of a place at Les Roches Crans-Montana

Apply for your visa

Who needs to apply for a visa?

Depending on your nationality, it is likely that you will need to apply for an entry visa to study in Switzerland. Students who are from the European Union do not need to apply for a visa. If you are unsure whether or not you need to apply for a visa to enter Switzerland, please check with your Educational Counselor or visit the website: sem.admin.ch/content/sem/en/home/themen/einreise/faq.html

If you need to apply for a visa: Please check the visa document received in your acceptance package, or the documents on our website, lesroches.edu/apply/accepted-student-information/pre-arrival-information/

Get familiar with the campus watching our campus tour led by Les Roches students :



Book your accommodation

After the downpayment is made, all students choosing school accommodation will be offered by default a standard single room. You will receive separate instructions by email from the Lodging Department to log on to our online room reservation system and finalize your choice. On-campus accommodation is compulsory for undergraduate students during Semesters 1, 3 and 4, as well as for all undergraduate direct entry and undergraduate exchange students transferring to Les Roches Crans-Montana for the first time. The standard rate covers accommodation in a shared double room for Semester 1 students (single room optional), and a single room for Semester 3 and 4 students. Semester 6 and 7 students may choose to stay in a single room or furnished apartment on campus at an additional cost.

Postgraduate students can choose to live on campus in a single room, or in a furnished apartment, or to find external accommodation to live off campus.

For questions concerning accommodations, please email the Accommodation Department and reply to their emails in a timely manner : lodging@lesroches.edu



Step 2

In the weeks before you leave

Collect your visa when ready

Once you have presented all the documents for the visa, you will have to wait for notification before returning to the Embassy / Consulate to have the original entry visa (sticker) stamped in your passport and to ensure that all formalities have been completed. The final issuance of the visa remains at the discretion of the Swiss authorities regardless of an acceptance decision by the school.

You should receive the original entry visa at the Embassy / Consulate where you applied. However, if you need to pick it up in a different place, you must inform the Embassy / Consulate (as well as your Educational Counselor) when you apply.

Book your flight ticket

After having received your visa to enter Switzerland, you can book your flight ticket if you are travelling by plane.

Arrivals by plane

We look forward to welcoming students at our welcome booth in Geneva Airport between 7:00 am and 5:00 pm, on official arrival days (see your acceptance letter). Students who arrive outside of these times/dates, will have to arrange their own transportation to campus (see below) or stay in a hotel overnight and return during opening hours. This also applies to students whose flights are delayed and arrive after the welcome booth has closed.

Arrivals by train

We can arrange to pick you up at the Sierre train station on official arrival days, during registration hours.

Arrivals by car:

If you are coming by car, make sure to arrive on official arrival days, during registration hours: 08:30 – 18:00.

Campus registration hours

Campus registration is open from 8:30 am to 6:00 pm on official arrival days (see your acceptance letter). Students who arrive outside of these times/dates, will be handed keys to a dorm room upon their arrival and will need to complete their full check-in procedure the following day.

Phone: +41 79 916 15 70

Please take note of this emergency phone number that will only be in service on the arrival days, for you to reach us in case of delays or difficulties.

Complete your arrival information on the applicant portal

After your flight has been booked, you need to complete the arrival form on the applicant portal as soon as possible. This form will allow you to benefit from the pick up service. Following your arrival time, an organized bus will drive you to the campus.

<https://sommateducation.my.site.com/aex2/s/login/>



Connect with us!

Chat with one of our student ambassadors to get an insight into life at Les Roches or to ask any question you want: ambassadors@lesroches.edu

Connect with students from your class by joining the WhatsApp group that will be created right before the semester (you will receive a newsletter with indications on how to join).

Follow Les Roches on Instagram and TikTok. Look for [@lesrochesswitzerland](https://www.instagram.com/lesrochesswitzerland) and [lesroches.edu](https://www.tiktok.com/@lesroches.edu).



Step 3 Getting ready for departure

Bring your official diploma, final transcripts, English certificate with you

As was requested in your acceptance letter, please bring the **original documents** with you for compulsory verification of authenticity during registration on campus. If they are not originally in English, a notarized/official English translation is also required. You will be asked to present the following documents:

For Undergraduates

High School Diploma, final transcripts, English certificate

For Postgraduates

Bachelor Degree, final transcripts, English certificate

Make sure to bring your passport and visa if needed

Bring with you a valid passport to get your residency permit done when you are on campus.

Your passport has to be valid at least 6 months after your entry in Switzerland. For students requiring a visa, make sure to have your visa properly stamped in the passport you are entering the country with.

Verify your “IT credentials”

A few days before the beginning of the semester, you will receive an email with your “IT credentials”: your personal access information for the school IT services, as well as an “how to” guide covering actions you will need to perform to start using those services. Make sure you try to login before arriving, to ensure the informations are correct.

Important app to download (6 days prior to arrival)

TSM is available by phone (+41 22 819 97 97) 24/7, 365 days a year, to provide you anywhere in the world with security and health advice, as well as immediate and effective assistance.



1. Register to GardaWorld
<https://travelsecurity.garda.com/welcome>
2. When requested, input your contract number:
2000906
3. Once your account has been confirmed download the app



Google Play



App Store

Pack important items in your hand luggage

- Passport
- Any medication you are taking
- Enough money in Swiss Francs for your first few weeks

Pack an international adapter

Make sure to bring an international adapter because Switzerland might not have the same plug as your home. This is the Swiss plug format.



Recommended packing list



Clothing

- 3 White, long sleeved, button down shirts
You can put your initial or name tag on the collar to avoid any confusion when doing laundry
- 1 Pair of black trousers and/or skirts for practical service courses
- 1 Business suit
- 1-2 Ties (for men)
- 5 Shirts: t-shirts, polos, blouses, etc.
- 3-5 Pants/skirts: trousers, khakis, jeans, skirts, etc.
- 5 Sweaters/sweatshirts: light and warm sweaters and sweatshirts, V-necks to wear with suit
- 1-2 Coats: one for rain or wind, one for colder nights
- Sleep wear
- Sports wear
- Swimsuit

Underwear

- 10 Approximately

Socks/stockings

- 10 Approximately (bring at least 5 black pairs for business attire)
Ladies: if you like to wear skirts, bring at least 5 pairs of neutral or black colored tights/pantyhose

Accessories

Hats, scarves, gloves, belts, etc.



Essentials

Towels

One hand towel, a medium towel, a light bathrobe and a towel for the floor (optional).

Personal bathroom supplies

Toothbrush, toothpaste, deodorant, shampoo, conditioner, hair brush, gel, etc.

Miscellaneous

International adapter, hair dryer, small nail clippers, sewing kit, safety pins and ear plugs.



Formal wear

A dress or two for ladies, or nice trousers and a shirt for gentlemen.

All undergraduate Semester 1 students will receive a full set of uniforms as part of their practical arts apparel which is to be worn during the entire first semester. This includes a set of business formal clothing (suit and pants/skirts).



Shoes

- 1 Pair of comfortable black leather shoes for practical courses
- 1 Set of black trainers
- 1 Pair of nice high heels for ladies
- 1 Pair of business shoes for men
- 1 Pair of flip-flops or slippers for walking around your room/ accommodation building



Other goods

- Passport, 2 copies of passport, credit cards and ATM cards
- Driving license (if any)
- Swiss Francs
- Umbrella
- Small bag or backpack for weekend trips/carrying books etc.

Digital goodies

Laptop, MP3/iPod player, camera, etc.

Basic stationary

Notebook, pens, pencil, USB drive.

Business Professional Attire Female student



Business Professional Attire Male student



Business Professional Attire Female student

✓ Allowed

Color

Colors may be worn but should be professional and color coordinated pinstripe, plain or plaid

Hairstyle, Make-up, Jewelry

Long hair must be kept neat and tidy

Make-up must be natural and discreet

Non-obtrusive jewelry
(Special rules may apply for Practical Arts courses)

Clothing

Jacket is mandatory unless specified by a formal communication from management

Blouses or tops with long sleeves, short sleeves, sleeveless tops, round and V-neck tops

Blouses should be fitted but not skin tight and no longer than the jacket

Pullover of plain and discreet color worn under a jacket

Fine neck-ties or business scarves worn around the neck

Business trousers full length or just above ankle

Skirts and dresses with a length no shorter or longer than one credit card height (8cm) above the knee

Footwear

Shoes must be polished, professional, closed and limited to these colors (black, brown, grey, navy blue, burgundy)

For Practical Arts, the shoes and socks must be black

✗ Not Allowed

Color

Fluorescent colors

Obtrusive color combinations

Hairstyle, Make-up, Jewelry

Unnatural hair colors

No loose hair in Practical Arts; must be tied back in a bun

Bright unusual lipstick colors

Piercings and other face-jewelry (nose, tongue, lips, brow line)

No name badge for students

Clothing

Cardigan instead of a jacket

Tops with spaghetti straps, with midriff showing, deep V-neck either in front or in the back

Transparent blouses or tops with visible underwear, T-shirt

Woollen or other thick scarves

Skin tight trousers, jeans of any color or leggings, Bermuda shorts, shorts

Mini skirt, skin-tight skirts, long skirts or dresses

Blouse or top hanging below hem of jacket

Ankle socks

Footwear

Boots, sneakers, sports shoes, sandals, slippers, open shoes, flip-flops

Platform shoes or wedge heels

Business Professional Attire Male student

✓ Allowed

Color

Colors may be worn but should be professional and color coordinated pinstripe, plain or plaid

Hairstyle, Make-up, Jewelry

If hair is short, it is to be cut above the collar. If hair is long, it is to be tied in a hair bun/pony tail. Hair needs to be styled and well-kept

Facial hair must be maintained daily

Reasonable length beards, goatees and moustaches are acceptable as long as they show clear signs of daily up-keep (shaved sides, clear lines), and only if grown prior to the start of the semester

Clean shaven if no beard

No beard or ponytail in BBA1

Jewelry must be non-obtrusive, no more than 3 pieces (watch, ring, necklace or bracelet)

Clothing

Jacket is mandatory

Business tie or bow tie is mandatory

Shirt must be discreet pattern, long-sleeved, tucked in, cuffs buttoned, tie well-adjusted

Short sleeved shirts are allowed during hot period (according to communication from management)

Pullover with V-neck collar or a waistcoat worn over a shirt with a tie and under a jacket of plain and discreet color

Pocket handkerchief is allowed

Business trousers are mandatory

Footwear

Shoes must be polished, professional, closed and limited to these colors (black, brown, grey, navy blue, burgundy)

For Practical Arts, the shoes and socks must be black

Mid-calf/crew socks are compulsory

✗ Not Allowed

Color

Obtrusive color combinations

Fluorescent colors

Hairstyle, Make-up, Jewelry

Unnatural hair coloring

Ponytails/buns in BBA1

Facial hair must not be grown during the semester

Beards are not allowed at all when in BBA1

Stubble

Visible piercings

Earrings

Obtrusive jewelry

No name badge for students

Clothing

Cardigan instead of a jacket

Shirts or jacket with Mao collars

Shirts untucked; rolled-up sleeves

Fancy motif ties

Dockers, Bermuda shorts, skin-tight pants, jeans, three-quarter trousers, velvet or corduroy trousers

Turtle neck pullover

No black shirts allowed

Footwear

Sport socks; socks with obtrusive patterns and colors

Boots, sneakers, sports and leisure shoes, flip-flops or sandals

Your laptop

Pack your personal laptop

Students joining Les Roches will need to have individual access to our intranet website, which hosts student information, including support and teaching documents and other learning resources. You will also require access to the Internet which is vital for access to online library resources, email and project research.

You must bring your own laptop, ensuring it meets the school's specifications as outlined below.

Software specifications

- The version of the operating system must be installed in English
- For Windows PC or Mac, Microsoft Office 2019 or later
- Professional Anti-Virus software is recommended

Minimum technical specifications

- Intel Core i5 Processor (or equivalent)
- 8GB RAM
- 100GB hard disk space available.

IT support

It should be noted that Les Roches offers limited support for laptops. The responsibility of hardware maintenance, purchase of all software, upgrades and support rests with the student. Les Roches can provide you with a list of local suppliers who offer these services.

In each campus building, you will have Wi-Fi access.

You are also encouraged to save your files on a cloud solution (Dropbox, iCloud, Google Drive, OneDrive, etc), external hard disks or USB keys, it is recommended that all devices are checked for viruses on a regular basis.

In order to make the check-in process as efficient as possible we would like to draw your attention to the points below and we would ask that you use this checklist to prepare your computer for the process and assure you don't have anything missing once you arrive:

- Take a copy of your invoice that states the date of purchase and warranty conditions.
- Make sure your computer has all the security patches for your operating system by selecting 'Windows' > 'Update' on your computer.
- Make a back-up copy of all your personal files and documents to an external hard disk, or cloud solution.
- If necessary, purchase an "international travel plug adapter" for your computer power cord.

For more information, you can contact your future IT support team directly.

itsd@sommet-education.com

Helpdesk Number +41 21 989 2727

You can find all information about the computer policy here: <https://lesroches.edu/apply/accepted-student-information/computer-policy/>



Step 4

Arriving in Crans-Montana

Pick up at the airport

Arrival to Geneva International airport on official arrival days – between 7:00 am and 5:00 pm

Meet & greet/transfer assistance

For new students only, we offer a meet & greet/transfer assistance from Geneva International Airport.

Please note that you must register your arrival details on the applicant portal as soon as you have your ticket confirmation in order to benefit from this service.

You'll find the form using the following link: <https://someteducation.my.site.com/aex2/s/login/>



Upon arrival at Geneva International Airport, please proceed to the baggage claim area to retrieve your luggage. Continue through customs and exit into the arrival area where you will see several welcome booths. Please look for the welcome booth marked with Les Roches signage. Here you will be greeted by a member of the Welcome Team who will sign you in and assist you with marking your luggage for transfer to the school. You may have the option to take the train. The Welcome team will provide you with transfer information.

Lost luggage

Should you lose your luggage, you should report this to the authorities within the airport immediately as per their standard procedure. You must provide them with the name, phone number and address of the school campus where you will be, so that they can deliver the luggage directly to you once it has been retrieved. Should you need assistance, our Welcome Team will be happy to assist you.

Arrival on campus & check-in

On official arrival days, you will be guided through the necessary steps to complete the registration process when you arrive on campus. Please be aware that tuition and other fees must be settled in order to be officially registered for the semester.

Registration on campus is open from 8:30 am to 6:00 pm on official arrival days. If you will arrive on campus outside of your official arrival day, please mention this when you complete your arrival form and a member of our team will contact you.

You will receive an orientation guide during the registration process which will give you the necessary information regarding your orientation schedule, the facilities available on campus and how to get around the campus.

The orientation program is mandatory for all new students and is also a great opportunity to meet peers and make friends. Students are expected to be in formal dress code during the orientation unless specified otherwise.

The local currency in Switzerland is the "Swiss Franc" (CHF).

We recommend that you arrive with at least CHF 100 in cash to cover any immediate purchases that you would like to make before boarding the bus. There are cash machines near the Les Roches welcome booth at the airport, as well as a money exchange.

Open a bank account

It is advised that you open a private account at the local bank. An English-speaking representative of the UBS bank will be at school during registration to assist you in this process.

After your account has been set up (this process can take up to 2 weeks), all money (including most foreign currencies) and Travelers Cheques can be deposited safely. The Bank card can be used to withdraw from the account as well as pay for services, just like a regular debit card, both in Switzerland and abroad.

Get a Swiss phone number

During registration, a representative is available to set up mobile phone accounts or offer roaming features which will enable mobile phones users to operate their existing models in Europe.

Calls in Switzerland

The international dialing code for Switzerland is +41 (can be dialed 0041, or 01141 from US numbers) and the first "0" is omitted when dialing from abroad.

Languages in Switzerland

The four national languages of Switzerland are German, French, Italian, and Romansh. Les Roches' campus and administrative offices are located in the French-speaking part of Switzerland.

Time zone

Switzerland operates on Central European Time (CET), which is GMT+1.

Public transportation

Switzerland has a great network of public transportation allowing you to get pretty much anywhere in the country. SMC, the local transport company, will be present on check in days to help in the ordering of half fare cards helping to lower the costs of getting around. A very valuable card for all. To start planning your adventures by public transportation, check the website/download the app of the main Swiss provider sbb.ch/en/home.html

Get comfy in your room

Once you have completed your check-in, you can simply get comfortably installed in your room, unpack and explore the campus!

- Place your clothes inside the wardrobe, you will find some hangers inside
- You will find some tags in your room for the luggage (name, student id and room number), it is mandatory to tag them and leave the luggage outside your room so your housekeeper can store it in the store room of your building
- Keep your valuables inside the safe
- Check your room cleaning schedule at the entrance of the building

Get ready for your orientation program

Following your check-in you will embark on a fun filled week of orientation. During this week, you will get to know your peers, the school, the facilities, the programs and much more in a fun, interactive and collaborative environment.

Step 5

Succeeding in your studies

Start your classes

After the orientation week, you will start your classes in earnest and get your Les Roches journey up and running, we hope you will be as excited as we are!

Student portal

We have made it easy for you to find all information you might need in one centralized platform. Through this student portal, we have created a user-friendly way to quickly locate information about all of our campus services. You will find all sorts of useful links, frequently asked questions, and contact details for all of our teams. The portal, which will be just one click away using your attributed IT credentials, will be available throughout your time in Les Roches.

Learning resources

Les Roches Library holds several subscriptions to support your studies and research.

Through our website <https://sommateducation.sharepoint.com/sites/LRCM-StudentPortal/SitePages/Library.aspx>. You'll find online articles, newspapers, trade journals, reports, statistics, country profiles e-books, case studies, etc.

The printed collection holds academics books, periodicals, newspapers related to your studies.

Research computers and about 60 workplaces are also at your disposal to study in a quiet place.

We'll always do our best to help you in your research, so please do not hesitate to ask for assistance by email: library@lesroches.edu or by visiting the library.

Health, safety and wellbeing

Health, safety and wellbeing are certainly the most important ingredients for a successful schooling and beyond!

All Les Roches Crans-Montana students benefit from the presence of a dedicated Health & Wellbeing team available every weekday during business hours. In addition, they are supported by external medical practitioners either directly on site or in the resort.

Outside of these hours, our Security team who are well versed in first aid, are available 24/7.

Medical care, counselling and guidance

The Health & Wellbeing Team plays an important role in coordinating and planning medical care with the best health services nearby. Providing medical care, counselling and guidance about any health enquiries is our goal. This includes, but is not limited to : first Aid Care (physical, mental & social), mental health support, learning differences support, quick check-ups (blood, temperature), advise on addictions, support on stress-related issues, etc.

We value health promotion and preventive actions, therefore many activities are organised throughout the semester to help gain awareness about how best to maintain one's health and wellbeing.

Student counselor's services

The Student counselor's services are available to all students in the Les Roches community. On occasion, we can all experience issues such as anxiety and stress. When facing difficult situations, the best advice is often given by someone who can look at the situation objectively. You will be given guidance and support with a sensitive approach and in a non-judgemental manner, whether the subject is of a personal or an academic nature. This service guarantees complete confidentiality.

Safety and security

Another contributing factor to students' success is a fair balance between social life and safety. The students' education in Les Roches expands beyond its academic requirements; discipline and professional conduct are also part of this journey and Les Roches wants students to lead by example by engaging in constant learning, self-reflection and develop resilience in order to maintain professional integrity. From arrival and up until their Graduation, students will be demonstrated with a series of awareness information on how to lead successfully a responsible and professional behaviour on and off campus and the Les Roches' Security department will ensure this progression at its best.

Les Roches SOS app

It is highly recommended you download the Les Roches SOS app.

"Check-in" feature: allows you to register your current location (e.g. Switzerland when on campus or Seychelles when off-campus on internship)

In case of emergencies (for example terrorist attack abroad), you will receive a push notification from the school to "Check-in" and mark yourself as safe. This will allow you to quickly and efficiently communicate to the school that you are well, and the school to monitor the safety of our students abroad during emergencies.



App Store



Google Play

Academic support

Academic Support is available to students who have a diagnosed learning difference such as dyslexia, dyscalculia, dysgraphia and ADD. Students are requested to provide documented evidence of a learning difference to the school to access the specialist support. Support can include but is not limited to:

- One to one assistance with study skills
- Organisational skills and time management
- Recording of lectures
- Use of assistive technology

Special accommodations in exams such as extra time, use of a computer, separate room, and a scribe can also be arranged.

It is possible to meet with the Academic Support Coordinator on a regular basis to develop an individual study support plan to help with academic studies, planning and work load.

The Academic Support Coordinator also liaises with faculty to ensure that the relevant level of support is provided to students in class/lectures.



Step 6 Life on and around campus

Student Affairs

The Student Affairs team is here to guide you through your everyday life here in Crans-Montana and assist in making each semester as interactive as possible. You can contact us via our email, phone, the Facebook Bazaar or of course by sitting down with us in our office.

We will assist you with everything relating to your Swiss residence permit as well as many other non-academic administrative procedures. We will keep you up to date about what is going on in school and its surroundings through regular newsletters and emails. We are also heavily involved in the various clubs and societies as well as the many events, activities and outings that take place throughout the semester. So come in and see us any time!

Les Roches is not just a school, it's a way of life. It is a spirit of team work, solidarity and service.

Get involved in campus life

Actively participating in student life will greatly increase your experience on campus.

We boast a wide range of campus facilities as well as many clubs and societies creating events throughout the semester. We have different sports teams, individual sports, fun weekend activities and cultural outings so you can never get bored. Joining the different clubs will increase your learning curve while sports and outings will give you the chance to wind down and give your brain a break.

All these clubs and societies are overseen by the Student Governance Association, a group of dedicated students elected each semester. They are here to ensure good communication between the school and students and help ensure the Les Roches Way of Life. As a school, we promote a healthy lifestyle as we know that good exercise and nutrition have a very positive effect on the brain which, in turn, can increase your success in your studies.

You will also have the opportunity to showcase the Les Roches Way of Life to the outside world (potential students, educational counselors, and more) both online and on campus by becoming a Student Ambassador!

Go on sustainable adventures

Discover the beautiful surroundings of your new "Home away from Home", and the wonders of Switzerland with our shared mobility solution. Book and rent anytime via the app of our partner Activacar one of the fully electric and four-wheel drive Teslas or BMW parked on campus, and create unforgettable memories with your new friends.

Non-smoking campus

The Les Roches Crans-Montana main campus is completely smoke free, including the outside areas. We count on the support of the whole community to help maintain a healthy environment and clean air in this beautiful alpine surroundings. Students wishing to quit smoking will be encouraged to approach our Health & Wellbeing team who will be happy to provide guidance.

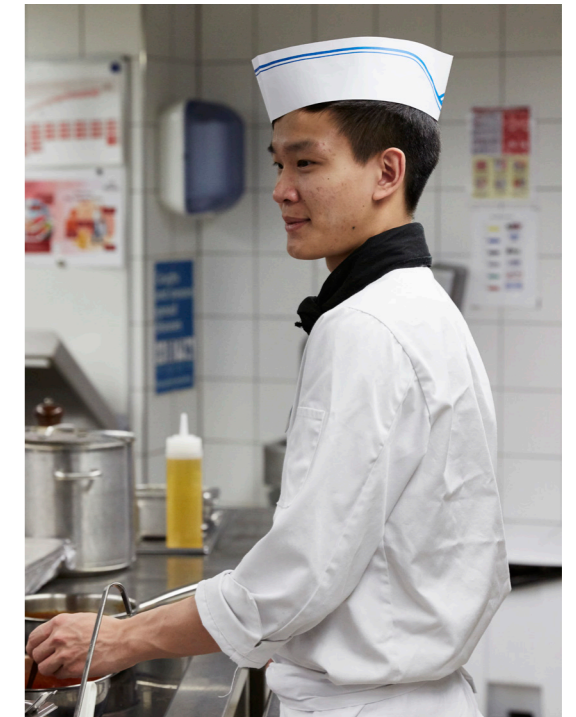


Clubs & Societies

Join an active student life by participating in clubs & societies.

Help create events, gather money for charity, taste wines, learn about sustainability, practice public speaking, explore entrepreneurship and much more.

All Clubs & Societies will present themselves at the beginning of the semester and organize activities throughout the year. If you don't want to miss out on the fun, make sure to keep an eye on the different students' communication channels: Moodle, Student Portal, Campus screens, and your email inbox.



Have a sneak peek at the Les Roches Crans-Montana student life :



Highlights on campus



ShiftIn' & Innovation Summit Spring

Mixing the topics of innovation & sustainability, this event is all about understanding how to use in the Hospitality Industry to create a more sustainable present and future. Through multiple speakers and panelists from different academic and public institutions, tech companies and key hospitality players, students are able to learn about how the industry has had to adapt and evolve using innovative technologies, including AI and grassroots solutions, to help overcome new challenges in such a rapidly shifting environment in trying times.



Cultural night Spring & Autumn

Cultural night has been going almost as long as Les Roches. It's an amazing experience - a feast of the different cultures represented on campus. There's dance, music, color and, of course, delicious international cuisine.



Connect & Recruit - Career Days Spring & Autumn

At Les Roches we host two Career Days per year. More than 80 international companies from all hospitality and experience economy sectors - retail, luxury, travel, tourism, finance, real estate, digital & experiential - come and recruit Les Roches students. Students from all programs will join, looking for internships, management trainings, jobs or even management positions.



Spark Innovation Sphere Spring & Autumn

Through Spark, we're building a global sphere to foster hospitality innovation, including pre-incubation and incubation services for startups which are bringing disruptive thinking to our industry and inspiration to our students. We're inviting students, alumni and industry partners to develop and test new hospitality solutions in living laboratories on campus. Spark is also being embedded across our entire academic curriculum, putting innovation and entrepreneurship at the heart of the Les Roches Way of Life.



Spring

ShiftIn' & Innovation Summit



Spring & Autumn

Cultural night



Spring & Autumn

Spark Innovation Sphere



Spring & Autumn

Connect & Recruit - Career Days

Crans-Montana campus



In Crans-Montana we have four seasons:

Autumn

	September	October	November
Avg High Temp C °	20	14	7
Avg Low Temp C °	7	2	-1
Avg Monthly Rainfall (mm)	45	46	52

Winter

	December	January	February
Avg High Temp C °	3	3	6
Avg Low Temp C °	-3	-5	-3
Avg Monthly Rainfall (mm)	60	52	46

Spring

	March	April	May
Avg High Temp C °	11	16	20
Avg Low Temp C °	0	3	7
Avg Monthly Rainfall (mm)	40	36	39

Summer

	June	July	August
Avg High Temp C °	23	25	24
Avg Low Temp C °	10	11	11
Avg Monthly Rainfall (mm)	47	49	63

Remember to dress comfortably for travelling. Bring something warm to wear for when you get off your flight, like a warm jacket and shoes – not sandals (for winter intake).

Examples of events in the region



February-March

Carnival Parade



February

Crans-Montana Audi FIS Ski World Cup



Image credit: Maudie Rion

August

Omega European Golf Masters

Don't miss

- January
Mauler Cup
- April
Xtreme Verbier
Caprices Festival
- July
Weekend au bord de l'eau
- July-August
Couleur Pavé
- 1st August
Swiss National Day
- August
Cirque au Sommet
International Fiat 500 Meeting
Verbier E-bike Festival
- August-September
Vinea
- September
Marche des Cépages
- September-October
Foire du Valais
- November
Braderie de la Sainte-Catherine

Trust us, you'll never get bored :



- Summer activities**
- Walking routes for everyone
- Water sports in the lake (wakeboard, stand up paddle)
- Canyoning and rafting
- Alpine flights/ helicopter
- Paragliding
- Paintball/ fun forest
- Minigolf/ golf
- Scooters/ dirt scoot
- Beach volleyball
- Winter activities**
- Skiing/ snowboarding
- Ice skating
- Cross country skiing
- Snowshoeing trail
- Sled dog ride
- All year-round activities**
- Bowling
- Tennis
- Indoor golf
- Climbing center
- Gym/ fitness
- Indoor skate park
- Surfing in artificial surf pool

Many activities will be arranged by the School Students Affair Department throughout the semester. For more details about these activities, please visit the official website of Crans-Montana: crans-montana.ch/en/

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