



Glion  
Student Life  
*Handbook*

2023 EDITION



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# Our committees



Scan the nametags to follow each committee and see the latest events and activities.

# Glion Ambassadors program



In case you have any questions or need guidance, you can talk to a Glion Ambassador. You will recognize them easily; they are the students who are wearing the golden Glion badges.

Scan the nametag to follow Glion Ambassadors and see the latest events and activities.

# Sports facilities

## Fitness center

Open from 06h00 to 00h00  
Based in the main Building



## Gymnasium

Open from 08h00 to 22h00 on week days  
Open from 13h00 to 21h00 on weekends  
**Based in Building 4**

## Glion sports teams

Check your email for information and to register online

Follow us on Instagram:  
**@Glionsport**



## Tennis court

Free entrance with Glion ID  
Rackets available at the Student Affairs B1 office  
(CHF 50.- deposit in cash)

Reservation through the Student Affairs  
**Based in Glion village**

## Olympic-sized swimming pool

Student price is 5.50 CHF per session  
Chemin de la Maladaire 1, 1815 Clarens

**montreux.ch/maladaire**



# Who to contact

## Student Concierge Desk

### How they can help

Assists students with reception services, such as keys, washing machine keys, payments, student ID's and general questions.

Mail and parcels distribution.

**Contact:** [studentconcierge.glion@glion.edu](mailto:studentconcierge.glion@glion.edu)



## Student Affairs

### How they can help

For any query regarding student life, Glion Ambassadors, SGA, committees, sports, excursions or wellbeing in general.

**Contact:** [studentaffairs.glion@glion.edu](mailto:studentaffairs.glion@glion.edu)



## Health & Welfare

### How they can help

Your Health Advisor is available in Building 4 (level-6). She is available to give all medical guidance and help with doctor appointments.

**Contact:** [healthadvisor.glion@glion.edu](mailto:healthadvisor.glion@glion.edu)

# Restaurants on Glion campus

## Maison Décotterd

In September 2021, we welcomed Stéphane Décotterd, a rising star in Swiss gastronomy, and his team to Glion. Situated above Montreux with a panoramic view of Lake Geneva, Maison Décotterd is home to a Michelin-star gastronomic restaurant, lounge bar and contemporary bistro.

**Check the latest menus and reserve your table:**  
[maisondecotterd.com](http://maisondecotterd.com)



### RESTAURANT STEPHANE DÉCOTTERD

The Michelin-star restaurant is situated in a listed historic building and is the perfect blend of modernity, chic and “belle-époque” style. Wherever you are seated, you will enjoy an unrivalled view of the shores of Lake Geneva and the Alps.



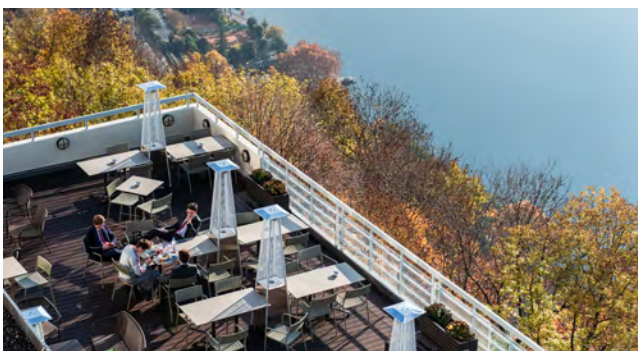
### BISTRO BY DÉCOTTERD

Using the same philosophy and techniques as in a gastronomic restaurant, Chef Stéphane Décotterd chooses products with the same care to create a cuisine that is just as delicious, with a family atmosphere.



### LOUNGE BAR

This magnificent bar is available to enjoy delicious savory dishes and desserts with a selection of wines by the glass. Our talented bartenders can also create a wide selection of cocktails.



## The Club

The Club is the restaurant where students can come to relax and enjoy the spectacular panoramic view of Lake Geneva from the terrace.

# Restaurants in Montreux

## Fast food

### **Aux Plaisirs**

Rue de la Paix, 1820 Montreux

### **Rando Burger**

Rue de la Paix 11, 1820 Montreux

[randoburger.ch](http://randoburger.ch)

### **Subway**

Forum Centre Commercial,  
Place du Marché 6, 1820 Montreux

[subway.com/fr-ch](http://subway.com/fr-ch)

## Asian cuisine

### **Beijing Town**

Avenue du Casino 50, 1820 Montreux

### **Chez Thoa**

Rue des Vergers 1, 1815 Clarens

[restaurantvietnamien.business.site](http://restaurantvietnamien.business.site)

### **Huit Sushi**

Avenue du Casino 17, 1820 Montreux

[huitsushi.ch](http://huitsushi.ch)

### **Palais Oriental**

Quai Ernest-Ansermet 6, 1820 Montreux

[palaisoriental.ch/en-1-welcome.html](http://palaisoriental.ch/en-1-welcome.html)

### **Restaurant Royal Palais Indien**

Rue de la Paix 8, 1820 Montreux

[royalpalaisindien.ch](http://royalpalaisindien.ch)

## Italian cuisine

### **La Rouvenaz**

Rue du Marché 1, 1820 Montreux

[rouvenaz.ch/en](http://rouvenaz.ch/en)

### **Il Brigantino**

Avenue des Alpes 102, 1820 Montreux

[ilbrigantino.ch](http://ilbrigantino.ch)

### **Restaurant au Parc**

Grand' Rue 38, 1820 Montreux

[au-parc.com](http://au-parc.com)

### **Restaurant Le Molino**

10% discount for Glion students  
Place du Marché 6, 1820 Montreux

[molino.ch](http://molino.ch)

## Mixed cuisine

### **La Brasserie**

Avenue du Casino 32, 1820 Montreux

[brasseriej5.ch](http://brasseriej5.ch)

## Swiss cuisine

### **Caveau des Vignerons**

Rue Industrielle 30 bis, 1820 Montreux

[caveau-des-vignerons-montreux.ch](http://caveau-des-vignerons-montreux.ch)

### **Grütli**

Rue du Grand Chêne 8, 1820 Montreux



# Directory

## Banking, post office & mobile

### **UBS Bank**

This bank allows you to open an account with your passport (does not require B-permit) + a school certificate that the academic office can provide you with.

Avenue du Casino 41, 1820 Montreux  
+41 (0)21 9667811

### **Post office and PostFinance**

Avenue des Alpes 72, 1820 Montreux

## Mobile phone

### **Salt Store Montreux Forum**

Forum Centre Commercial,  
Place du Marché 6B, 1820 Montreux

## Hospital & pharmacy

### **HRC - Hôpital Riviera-Chablais**

Route du Vieux Séquoia 20, 1847 Rennaz  
+41 (0)58 773 21 12

### **Pharmacie de Montreux Sàrl**

Avenue des Alpes 39, 1820 Montreux

### **Pharmacie Holistique**

Avenue des Planches 22c, 1820 Montreux

## Food grocery

### **Coop**

Rue de la Paix 4, 1820 Montreux

[montreuxriviera.com/en/P10852/coop-montreux](https://montreuxriviera.com/en/P10852/coop-montreux)

### **Denner**

Forum Centre Commercial,  
Place du Marché 6b, 1820 Montreux

### **Migros**

Forum Centre Commercial,  
Place du Marché 6, 1820 Montreux

[montreuxriviera.com/fr/P10849/migros-montreux](https://montreuxriviera.com/fr/P10849/migros-montreux)

### **Müller**

Avenue du Casino 47-49, 1820 Montreux

## Transport

### **Montreux train station SBB/CFF**

Avenue des Alpes 74, 1820 Montreux

[sbb.ch/en](https://sbb.ch/en) or download the 'SBB Mobile' app to plan your journey and buy tickets.

### **Glion funicular**

The Funi is a great option to go down to Montreux and leaves every 15 minutes from Glion train station.

### **Taxi companies**

Maamri  
+41 79 618 61 87

Jet Royal  
+41 79 81 56 617

# Entertainment

## On campus

### **Jam room**

Open from 18h00 to 00h00

Based in Building 2 below the Library

Please call Security to access the Jam room.

## Excursions

Every two weeks you will have the possibility to join a school excursion taking place over the weekends.

## Day time activities

### **Boat trip on Lake Geneva**

CGN SA  
Quai Jean-Pascal Delamuraz 1,  
1006 Lausanne

[cgn.ch/en](http://cgn.ch/en)

*Board in Montreux or Territet*

### **Funplanet**

Route des Deux Chênes 11, 1847 Rennaz

[funplanet.ch/en/rennaz](http://funplanet.ch/en/rennaz)

## Night life

### **Funky Claude's Bar**

Av. Claude-Nobs 2, Montreux

[fairmont.com/montreux/dining/funky-claude-39-s-bar](http://fairmont.com/montreux/dining/funky-claude-39-s-bar)

### **Millesime**

Av. Claude-Nobs 2, Montreux

[millesime-club.com](http://millesime-club.com)

### **Black Pearl**

Grand' Rue 92, Montreux

[leblackpearl.ch/en](http://leblackpearl.ch/en)

### **Lavey les Bains**

Route des Bains 42 Les Bains de Lavey,  
1892 Lavey-les-bains

[www.bains-lavey.ch/en](http://www.bains-lavey.ch/en)

### **Wine tasting in the Lavaux region**

Contact the Tourism Office

Montreux Tourist Office  
Grand-Rue 45, 1820 Montreux

+41 (0)848 868 484

[www.montreuxriviera.com/en](http://www.montreuxriviera.com/en)

**And many more, please contact the Tourist Office in Montreux for more activities.**



# Student discount

## Car rental

### Elite Rent-a-car

10% discount

[elitedrivingtours.com](http://elitedrivingtours.com)

## Hair salon

### Atelier Coiffure NA

10% discount

Rue du Marché 3, 1820 Montreux

## Entertainment

### Musique Club Montreux

5% discount

Rue Industrielle 22, 1820 Montreux

### Sport 2000

10% discount

Rue Igor-Stravinsky, 1820 Montreux

### Virtual Reality Montreux

15% discount

Grand Rue 90, 1820 Montreux

## Fashion

### Boutique Liberty Montreux

10% discount

Grand Rue 24, 1820 Montreux

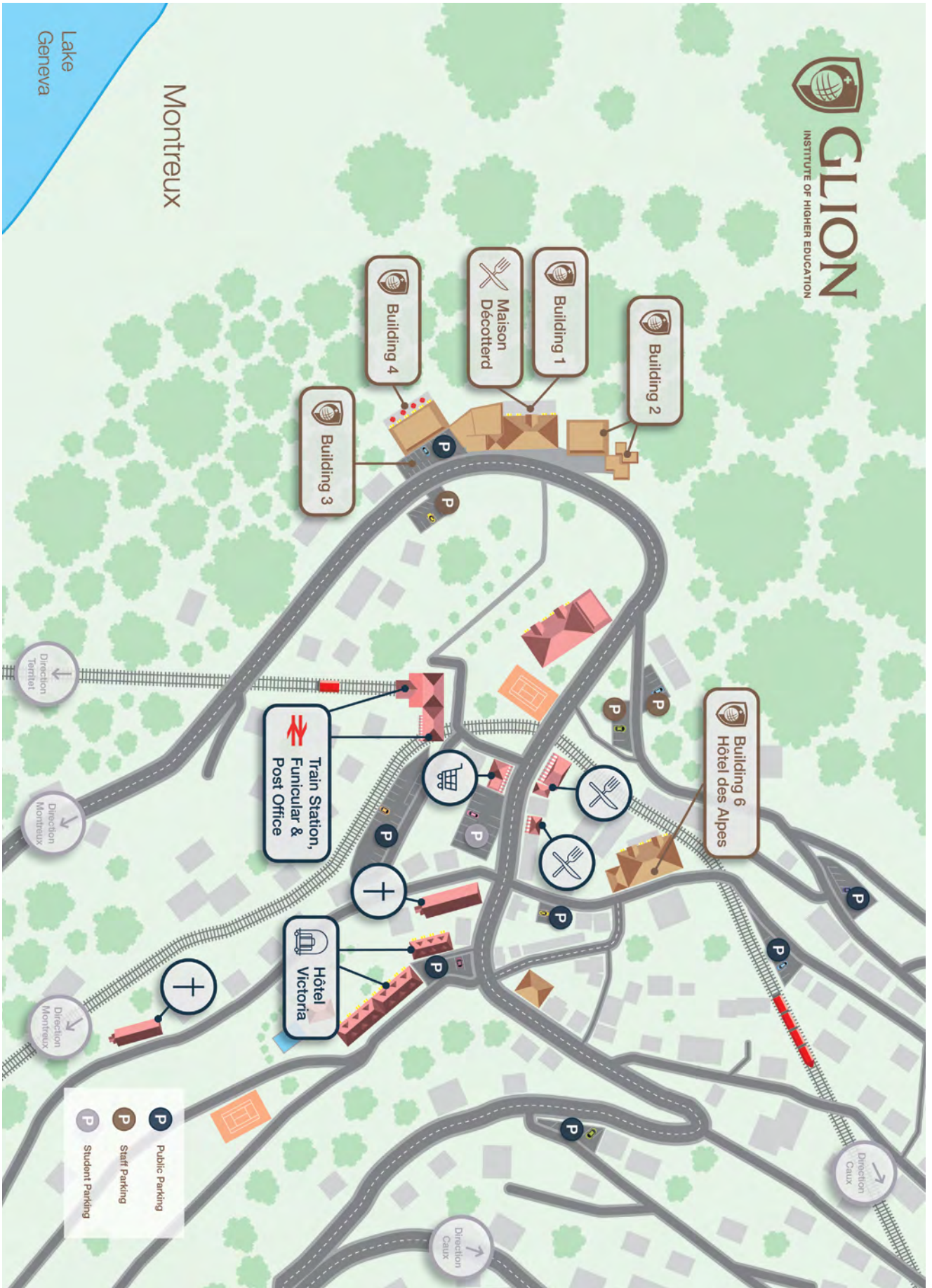
### Boutique Jazz 32

10% discount

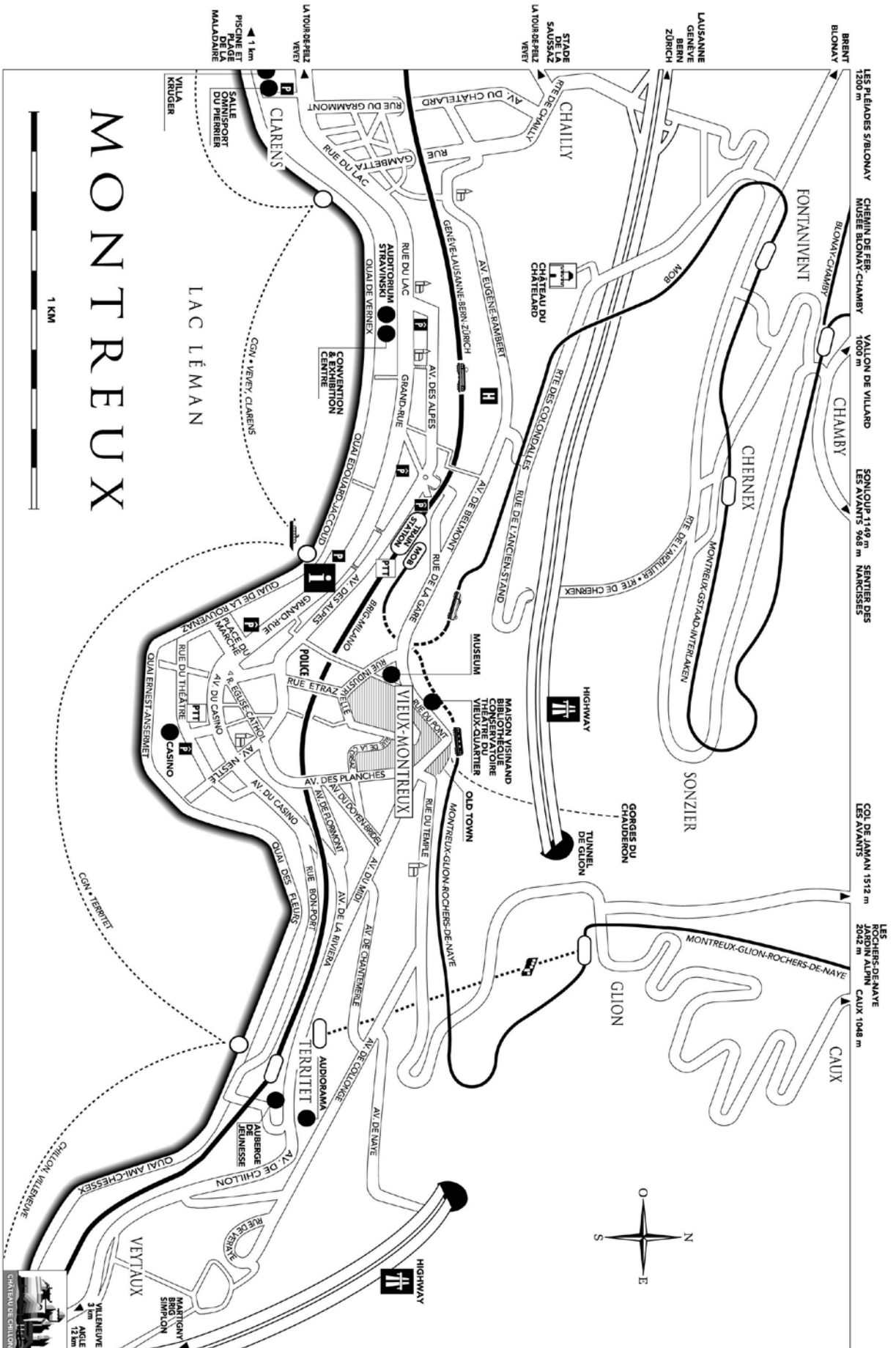
Grand Rue 32, 1820 Montreux



# Campus map



# Montreux map





# Download the Glion apps

## Glion Student Life app



Search:  
Glion



Search:  
Glion

### APP FEATURES:

- Latest news, events activities, discounts and apartment offers
- Study room reservation
- Sports
- Event photos

## Glion Safe app



Search:  
Glion Safe



Search:  
Glion Safe

### APP FEATURES:

- **Safety notifications:** receive instant notifications and instructions from campus safety when on-campus emergencies occur
- **Emergency help:** contact campus safety staff quickly for help in an emergency
- **Campus safety resources:** access all important safety resources in one convenient app





### GLION CAMPUS

Glion Institute of Higher Education  
Route de Glion 111  
1823 Glion sur Montreux  
Switzerland

 @glionhospitalityschool

 Glion Institute of Higher Education

 [blog.glion.edu](http://blog.glion.edu)

 @glion.edu

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