

# C PARENTS ASSOCIATION CONNECTED

*Getting the most out of Zug life*



## INTRODUCTION TO OUR MAGAZINE

### 2025–2026 Academic Year

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

We warmly welcome the new additions to our listings, and we are committed to ongoing updates throughout the year. If you own a business or know of one that you believe ISZL parents would find valuable, please don't hesitate to reach out. Your contributions will greatly enhance our resources.

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

**AUGUST 2025**

# CONTENTS

1

THE ISZL PARENTS' ASSOCIATION

2

PARENT TO PARENT! IMPORTANT STUFF TO  
KNOW ABOUT SCHOOL LIFE AT ISZL

3

PARENT-LED CLUBS AND INTEREST GROUPS

4

EXTERNAL LISTINGS

# THE PARENTS' ASSOCIATION

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

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

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

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

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

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

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



If you'd like to be part of our team, please reach out to us at [pa@iszl.ch](mailto:pa@iszl.ch)

## A message from the Parents' Association Chair



I moved from the UK with my family (my husband and our three daughters) to Switzerland two years ago. It was our first international move and we were all excited and a little nervous!

We were so grateful for the wonderful introduction to the school community and have made some wonderful friends. The community reps and neighbourhood networks were so kind and helpful and really made us feel welcome and helped us to navigate this new environment.

As our girls settled into school, I started to wonder how to find a different purpose (in addition to learning German). I had already met many parents on the PA and saw how much effort and energy they put into activities and events that enrich the student and parent experience. When applications opened to join the PA team the following year, I volunteered. In 2024/25, I took on the Communications role and this year I am the PA chair. Over the summer, the team has been working hard to create an updated Connected magazine and an exciting Welcome & Connect Expo for our new families and the ISZL community as a whole. We hope you can join us at this whole school event.

As a team, we're looking forward to meeting our new families and are here to offer support and guidance.

The Connected magazine has been designed with the ISZL community in mind, and it's a good resource for any information or services you require.

We wish you all the best for the 2025/26 school year, wherever you are on your ISZL journey!

**Laura Price (and the PA Team)**

# PARENT TO PARENT: IMPORTANT SCHOOL STUFF

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

## Getting information about 'what's going on' at school

- Primary School. Be sure to check the **Parent Portal** for important messages, which is updated daily. The messages often contain crucial updates, sign-ups, and upcoming events that you won't want to miss.
- Middle and High School. The School Bulletin, published twice monthly, serves as the primary source of information for upcoming dates and important details. Schoology is also really important as it's the main tool for your kids too: it contains assignments, grades and lots of information from teachers direct to pupils. Whilst the aim is for Middle and High School students to be more and more self-sufficient, it also helps for parents to be aware of all this information too. You can login to your child's account and see all the information they see, in order to help them get on top of everything that's going on and their academic responsibilities. You can also sign up for daily or weekly summary emails from Schoology - useful for keeping track of any homework!
- The PA Newsletter is also sent to your inbox twice a month to keep you informed of further events and activities!



### A few School Tech Tips!

#### Contact & Directory

Want to find contact information of another parent to arrange a playdate or invite to an event or birthday party? You can find them on the ISZL website. Login to the Parent Portal and search in the **School Directory**.

#### Events & Activities

Want to be informed on what's happening at school? Go to the ISZL website, where you can access the Parent Zone, login to the Parent Portal and check the **School Calendar**. You can even click relevant calendar categories and sync to your personal calendar.

#### Lunch Programme

To load up your child's Zug Campus Lunchcard go to the School Website> sign in to the Parent Portal> Services > Lunch Programme> Zug Campus Lunches> Registering for the Hot Lunch Programme, or Topping Up a Lunch Account>Click the green 'Register / Top Up' button

#### SchoolsBuddy

Want to check out which **clubs** you've signed your child up for or whether they are on this week? Go to SchoolsBuddy (NB there's an app too - it's great!)

#### Buses

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



# PARENT-LED CLUBS & INTEREST GROUPS

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

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

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

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

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

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

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



The Mountain Hiking Group enjoying the Swiss Mountains

## Bel Canto Choir

ISZL's all-female, four-part parent choir meets on Monday evenings during the school term in the Baarburg Theatre.

## Cold/ Open Water Swimming Club

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

## Dads' Club

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

## Höllgrotten Harriers Running Club

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

## International Pickleball Group

A newly formed international group of enthusiastic players! All levels welcome, from teens and up. Games are at White-Line courts in Meierskappel.

## Knitting Group

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

## Moms' Book Club

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

## Mountain Hiking Group

The Mountain Hiking Group meets on Wednesdays at 9:30 for some amazing hikes in the beautiful Swiss mountains.

## Spanish-English Language Corner

A space for native English Speakers to practice Spanish and Spanish speakers to practice English!. Meets Fridays at 9am in the Zug Campus lunchroom.

## Tennis Club

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

# NEW TO SWITZERLAND? READ OUR TOP TIPS!

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

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

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

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

**Public transport** is safe, reliable, and clean. The [SBB app](#) is essential for navigating all public transport. Most riders purchase the SBB Halbtax card, which halves the cost of travel. Junior Travel Cards can be purchased cheaply, so children aged 6 to 16 can travel with their parents for free.

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

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



## Emergency numbers



Ambulance  
**144**



Police  
**117**



Fire Dept  
**118**



Vehicle  
assistance  
**140**



Toxicology  
info centre  
**145**



General  
Emergency  
**112**



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

[Luzern Vet ER](#) 0900 527 575



Mountain Rescue with [Rega](#) 1414

Rega membership (small fee applies)  
is strongly recommended.



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

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

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

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

## Useful websites

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

[Zug 4 You](#) – focusing on Zug

[Swiss Tourism Site](#)

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

# EXPLORING THE LOCAL AREA

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

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



## Your Local Badi

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

## Baar Lättich

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

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

## Höllgrotten Caves

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

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

## HALLE 44

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

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

## Sattel-Hochstuckli

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

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

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



# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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

## Baar Bumblebees

### *Girls Basketball*

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

[www.baarbumblebees.ch](http://www.baarbumblebees.ch) | [contact@baarbumblebees.ch](mailto:contact@baarbumblebees.ch)



## Ballsports Seeblick

### *Basketball, Volleyball and Tennis*

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

[www.bsseeblick.ch](http://www.bsseeblick.ch) | [info@bsseeblick.ch](mailto:info@bsseeblick.ch)

## Dance Zug - Tanzschule Cham

### *Dance School*

A high-end dance school dedicated to providing high quality teaching in a friendly, positive and creative atmosphere. They offer Modern & Contemporary dance, Stage Performance, Ballet courses as well as courses in Acrobatics & Rhythmic Gymnastics. From 5 years old, students develop various important life skills. Instruction in English and German but also French, Italian and Russian spoken.

[www.dancezug.ch](http://www.dancezug.ch) | [info@dancezug.ch](mailto:info@dancezug.ch)

[www.dancezug.ch](http://www.dancezug.ch)

**Dance Zug**  
Tanzschule Cham

**Move. Express. Shine.**

Dance-Ballet-Rhythmic Gymnastics (from 5 yrs)    Modern Contemporary (from 8 yrs + Adults)    Hip-Hop (Teens from 11 yrs)    Young Dance Company (from 14 yrs) – NEW

# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

## Ballet - The Dance School

*Stefania De Prophetis LRAD B.Phil(hons)*

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

**BALLET**  
THE DANCE SCHOOL



[www.ballet-dance-school.ch](http://www.ballet-dance-school.ch) | [info@ballet-dance-school.ch](mailto:info@ballet-dance-school.ch) | 078 860 9603 | Mühlegasse 18, Gebäude M, 6340 Baar



## Ballet - The Dance School

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

Yearly ballet show!

Trial class is free!

Come join us!



# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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

## En Pointe Ballet Studio

### *Ballet Studio for Children*

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



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

[www.enpointemovement.com](http://www.enpointemovement.com) | [natalie@enpointemovement.com](mailto:natalie@enpointemovement.com)

## Gymnastics

### *Gymnastics classes for children*

Recreational gymnastics classes for children aged 4-17 and preschool classes. Taught by qualified coaches in a dedicated studio in Steinhausen. Classes in English. Regular classes, advanced classes, boys' classes, workshops, private lessons, and holiday camps. Preschool offerings include Parent & Child (18 months - 3 years), Independent (3 - 5 years), and Stay & Play (under 5's) drop-in sessions.

Free trial class

[www.gymnastics.com](http://www.gymnastics.com) | [info@gymnastics.com](mailto:info@gymnastics.com)

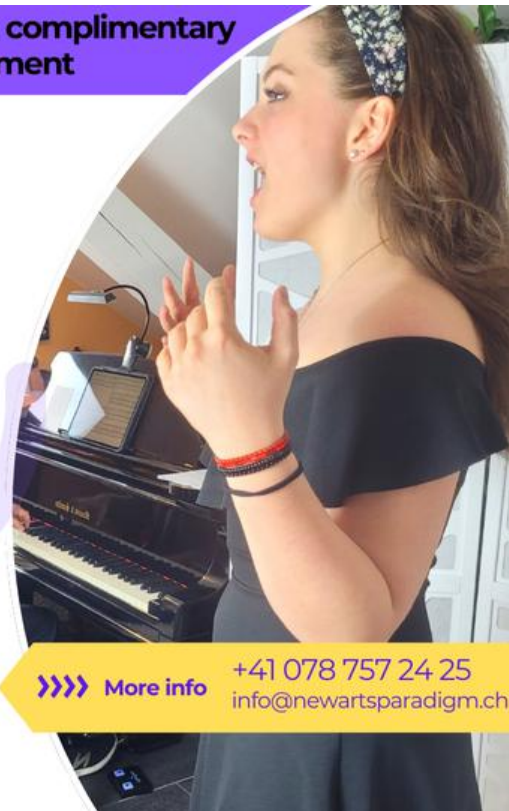
**contact for a complimentary  
voice assessment**

## Voice & Stage Training

### **Audition-ready. Stage-ready. School-ready.**

Professional coaching building confident singers  
—young, experienced and professional alike.

*Trusted by parents and performers in Zug, Basel & beyond*



»»»» More info

+41 078 757 24 25  
[info@newartsparadigm.ch](mailto:info@newartsparadigm.ch)



**Kate Michaels Voice & Performance Studio**  
Bel Canto/Belt/Live Show Production//ABRSM

## Kate Michaels Voice & Performance Studio

### *Voice training for children*

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

**Kate Michaels Bio** | +41 78 757 2425 | [info@newartsparadigm.ch](mailto:info@newartsparadigm.ch)

# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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

## InterSoccer

### *Football courses and camps*

InterSoccer provides fun football courses and camps year-round for boys and girls of all abilities aged 3-13. Courses are geared towards fun and learning new skills in a challenging but safe environment.

Instruction in English, but many coaches also speak German and French.

Code GIRLS20 offers 20% off on all courses and camps for girls.

[www.intersoccer.ch](http://www.intersoccer.ch) | [jonas@intersoccer.ch](mailto:jonas@intersoccer.ch) / [info@intersoccer.ch](mailto:info@intersoccer.ch)



## KiBiZ Kinderbetreuung Zug

### *Childcare*

KiBiZ Kinderbetreuung Zug - an institution of the «Gemeinnützige Gesellschaft Zug GGZ» - has been working on a non-profit basis since 1975 to provide needs-based and affordable childcare in the city and municipalities of the canton Zug. At ten locations KiBiZ provides care for around 310 babies and toddlers up to and including kindergarten in day-care centers (Kitas). An additional 250 childcare places for children from 3 months to 12 years are available in about 80 KiBiZ daycare families.

<https://kibiz-zug.ch/en/> | [info@kibiz-zug.ch](mailto:info@kibiz-zug.ch)



## Simply Theatre

### *English-speaking Performing Arts school. Located in Zurich and Cham*

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

New student trial period until end October - please call to find out more!

[www.simplytheatre.com](http://www.simplytheatre.com) | [academy@simplytheatre.com](mailto:academy@simplytheatre.com)





# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

## NUEJOS CENTER

### *Family and Community Center*

A vibrant hub for youth, families, and working professionals where fun, learning, and connection come together under one roof. Located 5 min drive from ISZL Zug campus.

[www.nuejos.com](http://www.nuejos.com) | +41 41 360 6666 | [info@nuejos.com](mailto:info@nuejos.com) | Instagram: @nuejos | Sihlbruggstrasse 3a, 6340 Baar



# NUEJOS CENTER

Your Home Away from Home



## EARLY LEARNERS PROGRAM (1 - 4 Years)

### **Play / Explore / Learn**

A program designed to develop nine core skills for our youngest students required at each development stage. Our educative and interactive activities invokes curiosity and explores discovery in an engaging fun manner, in partnership with parents. Perfect for children who are not ready for Kita.



## AFTER-SCHOOL PROGRAM (3 - 14 Years)

### **Building Confidence, Self Management & Skills**

**Learning programs** such as Math, Languages and Music Instruments

**Extracurricular clubs** such as sports, chess, art, science, drama and more.

School **bus collection**, **free snacks** and **free childcare** provided as required



## TEEN PROGRAM (12 - 18 Years)

### **Life-skills / Socials / Internships / Work Experience / Jobs**

Designed to equip our youth with confidence, independence, and a sense of responsibility. Through life-skills training, social events, and hands-on experiences, students develop both personally and professionally. Courses also provide the chance to earn certifications, giving teens valuable preparation for future real-world opportunities.



## HOLIDAY CAMPS / WEEKEND CAMPS / CHILDCARE

### **Experience / Evolve / Excel for 2 - 14 years**

Our camps offer days filled with discovery and adventure during the school holidays and festive breaks. We offer a wide spectrum of camps from multi-activity, music theatre, filmmaking and sports to chess, survival camps and more to give every child the chance to pursue their passions, interests and develop lasting friendships. We are here to serve and support you.



## BESPOKE PARTIES & COMMUNITY EVENTS

### **For all ages**

With a variety of bespoke parties, seasonal events, cultural celebrations, and family gatherings, NUEJOS creates opportunities to share traditions, enjoy meaningful experiences, and strengthen the sense of belonging within Zug's international community.



## INDOOR PLAY & FAMILY FUN

### **Something For Everyone**

Families can enjoy indoor play zones designed for all ages — from toddlers discovering the world around them to older children seeking creative challenges. While kids explore, parents can relax in the café or join in the fun, making it a place where the whole family feels at home.



## PARENT CORNER - For All Nations

### **Socials / Network Events / Loyalty Programs - For Our Strong Parent Community**

Bringing together our diverse international community through social gatherings, networking events, and loyalty programs. With free Wi-Fi and fresh snacks, the NUEJOS café has quickly become a favorite gathering spot fostering connection, friendship, and a true sense of belonging for families from all nations.



# ACTIVITIES FOR KIDS & AFTER SCHOOL CLUBS

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

## TAYLOR & MOORE Model Academy Zug

*Mastering the Art of Modeling, Etiquette, Social Skills*

Our academy is committed to nurturing talent and providing aspiring models with the tools and guidance needed to become successful. As part of our team, you will have the opportunity to build and enhance your portfolio with professional photo shoots, creative projects, fashion shows and events.

Weekly classes will cover essential topics such as posing, runway walking, make-up, personal styling, communication skills and social impact.

Registration from 1<sup>st</sup> September; Classes begin 10 September.

[www.zugmodels.ch](http://www.zugmodels.ch) | [mail@taylormoore-models.ch](mailto:mail@taylormoore-models.ch) | +41 79 577 98 08

## Tina's Turtles

*Private Swimming School*

Dive into confidence! Tina's turtles private swim lessons all of the ages. High-quality swim instruction in a safe and fun environment. Certified, English, German, Hungarian -speaking instructor, offering personalized lessons for kids, teens, and adults – from beginners to advanced swimmers in Röhrliberg, Cham. Small class sizes. Focus on water safety and technique. Flexible scheduling, including Saturdays. Trial lesson available.

[tinasturtles@icloud.com](mailto:tinasturtles@icloud.com) | 079 857 7898 | Instagram: [tinas\\_turtles](https://www.instagram.com/tinas_turtles)

## Yuka Flamenco

*Dance School*

Classes for children from 6 years old and Teens. Lessons are held in a purpose built Flamenco studio, with a suspended dance floor that reduces impact on dancers' legs and spine. The dancers have participated in Zug Tanzfest several times. Classes are held in English, Spanish, German and Japanese.

[www.yukaflamenco.ch](http://www.yukaflamenco.ch) | [yuka@ven-paca.com](mailto:yuka@ven-paca.com)

## Zug Rugby Club

*Kids (and adults) Rugby Club*

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

Introduction training available for interested players.

[www.zugrugbyclub.com](http://www.zugrugbyclub.com) | [info@zugrugbyclub.com](mailto:info@zugrugbyclub.com)



# ADULT FITNESS & EXPERIENCES

## ARB Fitness

*Personal training studio in the canton of Zug.*

ARB Fitness helps ambitious and busy people to efficiently and sustainably achieve a powerful, strong body to feel good in the long term.

Get to know them in 30 days at a special price

[www.arbfitness.ch](http://www.arbfitness.ch) | [info@arbfitness.ch](mailto:info@arbfitness.ch)

# ARB FITNESS

## Core Physio

*Physiotherapy Massage, Group Classes, Gym Membership & Personal Training*

Core Physio believe that taking a holistic approach to the body is vital. With over 30 years of experience and an understanding of both Eastern and Western medicine, they provide for all your health, fitness, and rehabilitation needs.

They offer Physio and Massage therapy treatments, a fully equipped Gym, and a weekly programme of group classes, including Back to Fitness, Yogalates and Men's Core & Stretch classes at their clinic in Unterägeri. English, German, French, Danish & Dutch spoken.

First class is free for ISZL parents

[www.corephysio.ch](http://www.corephysio.ch) | [corephysio@hin.ch](mailto:corephysio@hin.ch)



## Crossfit Zug (CFZ GmbH)

*CrossFit, HYROX, Personal Training and Nutrition Coaching.*

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

[www.crossfitzug.ch](http://www.crossfitzug.ch) | [startnow@crossfitzug.ch](mailto:startnow@crossfitzug.ch)



# YOUR CROSSFIT & HYROX GYM

**JUST 500M FROM ISZL !**

**GET A FREE CONSULTATION!**

**Bösch 41  
6331 Hünenberg**

# ADULT FITNESS & EXPERIENCES

## En Pointe Ballet Studio

### *Ballet Studio for Adults*

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

5% discount offered on your 1<sup>st</sup> semester (please mention ISZL Connected Magazine)  
[www.enpointemovement.com](http://www.enpointemovement.com) | [natalie@enpointemovement.com](mailto:natalie@enpointemovement.com)



## English Theatre Group of Zug

### *Celebrating Theatre and Music in Zug Since 1987*

The English Theatre Group of Zug (ETGZ) has been part of the local arts community since its founding in 1986. ETGZ has staged more than 50 productions—including plays, classic musicals, British pantomimes, and smaller off-Broadway shows. The group also includes the Zug Show Choir, a lively ensemble that brings show tunes to life!

ETGZ is a non-profit association made up of amateur performers and dedicated supporters who share a passion for live theatre and musical performance.

[www.etgz.ch](http://www.etgz.ch) | [events@etgz.ch](mailto:events@etgz.ch)



## Lanagan Pilates

### *Matwork Pilates: Group and Private Classes*

Taught in English by Certified Pilates teacher with Dipl. in Physiotherapy.  
All levels welcome.

Venues: Cham (Gewerbstrasse 10, Mon/Thurs 9.15am)

Luzern - Denkmalsstrasse 19. Tues 12.15pm.

New classes start September 2025. Block / Drop-In options during term time.  
22CHF / 27CHF respectively.

Free trial for ISZL parents.

[moiralanaganpilates@gmail.com](mailto:moiralanaganpilates@gmail.com) | 079 644 8675 | Instagram/FB LanaganPilates





# ADULT FITNESS & EXPERIENCES

## Netball Zug

*Fast, Fun, and Fierce – Join Netball Zug*

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

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

Most of all the aim is TO HAVE FUN!



[netballzug.com](http://netballzug.com) | [netballzug@outlook.com](mailto:netballzug@outlook.com) | Instagram @netball\_zug



## Energie Medizin

Experience the benefits of  
energy medicine during a visit to  
our practice in Hünenberg

*10% discount on all courses for the  
ISZL community*

Your competence center for energy medicine



Rothusstrasse 9, 6331 Hünenberg | Armin 079 215 72 72

## Praxis für Energie-Medizin

*Medical Tai Chi and Meditation*

For enhanced focus, resilience, health and well-being. From stress reduction to more joy and higher performance: Tai Chi stimulates the metabolism, helps you to relax and creates clarity of mind. Sifu René Kneubühler has 35 years of experience, from nine years of studying in China and the Philippines to successfully practicing with over 1000 clients in his own academy. Courses in German and English. Mon - Thu 19:15 - 20:15.



10% discount on all courses for the ISZL community.

[info@praxis-fuer-energiemedizin.ch](mailto:info@praxis-fuer-energiemedizin.ch) | Rothusstrasse 9, 6331 Hünenberg



# ADULT FITNESS & EXPERIENCES



## We Can. We Do. We Care.

### *Experiences and Events*

Bringing women and their families together through unique outdoor experiences and events. From Sunset Hikes to Overnight Escapes (Mother and Daughter Reconnect Experience or Weekend Fitness Retreat), they design bespoke experiences and events introducing you to everything Switzerland has to offer.

Moonlight hike offer in the Aegeri Valley: welcome gift special rate for ISZL family CHF 20.

[www.WeCanWeDoWeCare.com](http://www.WeCanWeDoWeCare.com) | [WeCanWeDoWeCare@gmail.com](mailto:WeCanWeDoWeCare@gmail.com)

## Yuka Flamenco

### *Dance School*

Yuka trained for many years in Madrid and Sevilla and has experience in teaching since 1998 in Japan. The purpose built dance studio opened in Baar in 2019. Yuka looks forward to sharing her passion for flamenco with you! You may have seen their performances at Zug Tanzfest. Lessons also in Spanish and Japanese.

[www.yukaflamenco.ch](http://www.yukaflamenco.ch) | [yuka@ven-paca.com](mailto:yuka@ven-paca.com)

## ZugDIYParkRun

### *Weekly 5km fun run*

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

[www.zugparkrun.wordpress.com](http://www.zugparkrun.wordpress.com) | [anna\\_spooner@hotmail.com](mailto:anna_spooner@hotmail.com)

## Zug Rugby Club (adults)

### *Adults (and kids) Rugby Club and Touch Rugby*

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

[www.zugrugbyclub.com](http://www.zugrugbyclub.com) | [info@zugrugbyclub.com](mailto:info@zugrugbyclub.com)





# COACHING AND WELLNESS

## Reiki Healing Sessions Realign your energy, body & mind



ALEXANDRA CHRIS  
Reiki Practitioner

Reiki helps ease tension, balance emotions, clear the mind, and restore your natural energy flow.

- ★Relieves stress & tension
- ★Improves emotional balance
- ★Increases mental clarity

Book your Reiki session today!



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

### Alexandra Chris Reiki Practitioner

*Reconnect with your inner harmony*

Discover the transformative power of Reiki and embark on a path to balance and harmony. Relax, restore, and realign your energy.

Whether you are seeking relief from stress, anxiety, and physical discomfort or searching for a deeper sense of peace, you will find support you on your journey to wellness and well-being.

[www.zugreiki.com](http://www.zugreiki.com) | [alexandra@zugreiki.com](mailto:alexandra@zugreiki.com)



### Ashley Ringger – helping you navigate change successfully

*Registered Coaching Psychologist, HR/People professional, ISZL Alumna Staff*

Change happens – do you know what to do about it? Whether life, career or otherwise, Ashley Ringger partners in turning uncertainty into clarity. A previous client shares: “Working with Ashley impacted me in ways others were able to see. I panic when things are uncertain, and Ashley helped me remain balanced and stable by guiding me to see situations differently.” Contact Ashley to gain confidence in managing your situation.

ISZL families, staff and alumni are entitled to a one-time 20% discount.  
[www.ashleyringger.ch](http://www.ashleyringger.ch) | [hello@ashleyringger.ch](mailto:hello@ashleyringger.ch)



### Augenblick Coaching

*Coaching for children, teenagers, parents and teachers*

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

[www.augenblick-coaching.ch](http://www.augenblick-coaching.ch) | [koller.valentina99@gmail.com](mailto:koller.valentina99@gmail.com)



# COACHING AND WELLNESS

## Caring for Families

### *Therapy and Coaching*

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

[www.caringforfamilies.ch](http://www.caringforfamilies.ch) | [info@caringforfamilies.ch](mailto:info@caringforfamilies.ch)

## Laura Simkiss Coaching

### *Executive Recruitment and Placement to HR support | Transformation Coaching | Menopause Support Coach*

HR coaching for professionals and Menopause support coach for women. Laura Simkiss is passionate about helping individuals thrive through life's transitions. With 15 years in executive HR and qualifications including an MBA and chartered MCIPD membership, Laura brings professional expertise and genuine empathy to her coaching practice. It is not just about getting through change—it's about thriving.

Quote "NEWCHAPTER" for 15% off coaching packages.

Free chemistry call 20-minute. Please mention ISZL Connected Magazine

[simkisslaura@gmail.com](mailto:simkisslaura@gmail.com)

## Stimulus by Loredana Hadar

### *Family Therapy*

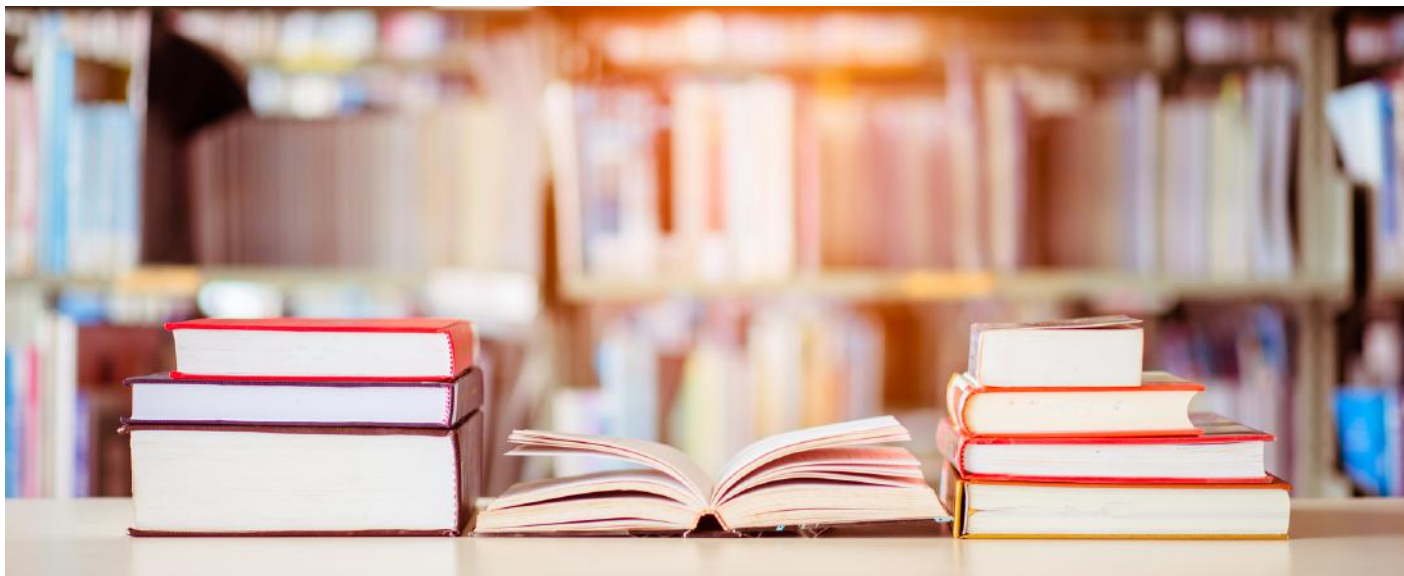
Cultivate a thriving family life with expert guidance on strengthening relationships. As a communication specialist, Stimulus show you how nurturing bonds between loved ones lays the foundation for raising confident, emotionally-healthy children. Unlock the path to a harmonious home and empowered future generations. Services also provided in Romanian.

10% discount to all ISZL families. Contact Stimulus directly for full details.

[www.stimulus.ch](http://www.stimulus.ch) | [welcome@stimulus.ch](mailto:welcome@stimulus.ch)



# EDUCATIONAL, LANGUAGE AND LEARNING



## Bibliothek Zug

*Library in the heart of Zug Town with long opening hours*

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



[www.bibliothekzug.ch](http://www.bibliothekzug.ch) | St.-Oswalds-Gasse 21, 6300 Zug

## Bibliothek and Ludothek Baar

*Community Library*

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

*Toy Library*

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

[bibliothek.baar.ch](http://bibliothek.baar.ch) | [bibliothek@baar.ch](mailto:bibliothek@baar.ch)

## Foundation Nederlandse School De Alpentulp

*Dutch language School for children*

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



[www.dealpentulp.ch](http://www.dealpentulp.ch) | [Info@dealpentulp.ch](mailto:Info@dealpentulp.ch)

## Helvetic Institute

*After-School Courses in Central Zug*

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



[www.helveticinstitute.ch](http://www.helveticinstitute.ch) | [Erica@helveticinstitute.ch](mailto:Erica@helveticinstitute.ch)



# EDUCATIONAL, LANGUAGE AND LEARNING

## ISZL Multilingual Academy

*Language School on ISZL Campus for Children and Adults*

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



[www.iszl.ch/learning/extended/multilingual-academy](http://www.iszl.ch/learning/extended/multilingual-academy) | [multilingual.academy@iszl.ch](mailto:multilingual.academy@iszl.ch)

## Let's Get Learning

*English and Maths Tutoring for  
Primary Aged Children*

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

[letsgetlearning.org](http://letsgetlearning.org) | [clara@letsgetlearning.org](mailto:clara@letsgetlearning.org)



Let's Get Learning GmbH

## Let's Get Learning English and Maths Tuition

**Build Confidence in English & Maths.  
Personalised Learning for Every Child**



**Small group classes or  
One-to-one tuition (ages 4- 12)**

**Our classes cover**

- English Literacy and Language: Reading, Writing, Spelling and Grammar.
- Maths Mastery for all.
- Relocating to the U.K. catch up sessions.
- Specialist support for Bilingual & Neurodiverse learners.
- Holiday and Weekend courses.

All our classes are led by qualified, native English-speaking teachers with over 14 years of experience.

Email [clara@letsgetlearning.org](mailto:clara@letsgetlearning.org) to find out more.



Vonmattstrasse, Luzern



[www.letsgetlearning.org](http://www.letsgetlearning.org)



## One-on-One Tutoring

*Maths tutoring for Middle and High School Students - for the IB, AP and SAT*

Success in mathematics is dependent on self-confidence. It takes courage to keep trying, thinking of new approaches and looking for clues when a question throws you something a little different. Individual tutoring is highly effective in improving student performance in mathematics. Once you've tried it, you'll be convinced of the benefits!

[lisahorsington.wixsite.com/one-on-one-tutoring](http://lisahorsington.wixsite.com/one-on-one-tutoring) | [lisa.horsington@gmail.com](mailto:lisa.horsington@gmail.com) | 079 871 7694



*For your toolkit of strategies!*



# EDUCATIONAL, LANGUAGE AND LEARNING

## Professional Language Center GmbH

### Language Centre

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

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

[www.languagecenter.ch](http://www.languagecenter.ch) | [info@languagecenter.ch](mailto:info@languagecenter.ch)



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



### Contact Us



+41 (0)43 443 16 16



[info@languagecenter.ch](mailto:info@languagecenter.ch)



[www.languagecenter.ch](http://www.languagecenter.ch)

## Softlanding Language School

### Language School for children and adults

Softlanding Language School provides skilled and effective language learning services for adults and children. Group and one-to-one lessons available, ensuring that learning is enjoyable and effective. Lessons available in German, Swiss German, Italian, Spanish, English and French. Softlanding also provides Swiss Citizenship courses.



[www.softlanding.ch](http://www.softlanding.ch) | [contactus@softlanding.ch](mailto:contactus@softlanding.ch)

## Zugerberg Finanz AG

### Empowering the Next Generation with Financial Knowledge

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

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

The next workshops will be held on 7 and 14 March 2026 (limited to 26 participants per session).

Workshops are conducted in Swiss German. Stay tuned for registration details—spaces fill quickly.

# ZUGERBERG FINANZ

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

[www.zugerberg-finanz.ch/en/about-us](http://www.zugerberg-finanz.ch/en/about-us) | [mobayed@zugerberg-finanz.ch](mailto:mobayed@zugerberg-finanz.ch)



# EXPAT INTEGRATION AND NETWORKING

## Aegeri High Heels

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

[www.WeCanWeDoWeCare.com](http://www.WeCanWeDoWeCare.com) | [WeCanWeDoWeCare@gmail.com](mailto:WeCanWeDoWeCare@gmail.com)

## American International Club of Zurich

*International Networking Organisation*

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

[www.aicz.ch](http://www.aicz.ch) | [info@aicz.ch](mailto:info@aicz.ch)



## American Women's Club of Zurich

*Volunteer organisation sharing American Traditions*

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

[www.awczurich.org](http://www.awczurich.org) | [President@awczurich.org](mailto:President@awczurich.org)



## FM Zug

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

**FMZ**  
Fachstelle Migration Zug

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

[www.fmzug.ch/en](http://www.fmzug.ch/en) | **Contact 041 531 5000** | [cathy.newman@fmzug.ch](mailto:cathy.newman@fmzug.ch)

## International Men's Club of Zug

*Mens international social club in Zug*

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



[www.imcz.club](http://www.imcz.club) | [info@imcz.club](mailto:info@imcz.club)



# EXPAT INTEGRATION AND NETWORKING

## International Parents and Kids Club Zug

*A Zug based social and professional network*

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

[www.ipkc.ch](http://www.ipkc.ch) | [ipkczug.info@gmail.com](mailto:ipkczug.info@gmail.com)



## Professional Women's Network Zug & Zurich

*Professional Women's Networking*

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

[www.pwnglobal.net/c/pwn-zug-zurich](http://www.pwnglobal.net/c/pwn-zug-zurich) | [president@pwnzugzurich.net](mailto:president@pwnzugzurich.net)



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

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

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

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

**To Discover more**

Follow us on [LinkedIn](#), or

simply reach out to [president@pwnzugzurich.net](mailto:president@pwnzugzurich.net)



scan here to discover more

## Zug International Womens Club

*A Zug based social and professional network*

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

[www.ziwc.ch/](http://www.ziwc.ch/) | [marketing@ziwc.ch](mailto:marketing@ziwc.ch)



# HEALTHCARE

## Dr. Lea Recoder Zahnärztliche Familienpraxis

### *Family Dentist*

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

[www.dentist-baar.ch](http://www.dentist-baar.ch) | [Info@familien-zahnarzt-baar.ch](mailto:Info@familien-zahnarzt-baar.ch)



Zahnärztliche Familienpraxis  
DR. LEA RECODER



Family Dental Practice  
Dr. Lea Recoder  
Inwilerstrasse 3  
6340 Baar

T +41 41 761 27 41  
[info@familien-zahnarzt-baar.ch](mailto:info@familien-zahnarzt-baar.ch)  
[www.dentist-baar.ch](http://www.dentist-baar.ch)



## Gyn-zentrum

### *Gynaecologist Practice*

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

*Fees of services covered by Health Insurance*

[www.gyn-zentrum.ch](http://www.gyn-zentrum.ch) | [info@gyn-zentrum.ch](mailto:info@gyn-zentrum.ch)





# HEALTHCARE

## Dental Practice Cristian Kun

*Beautiful teeth. Confident smile.*

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

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

[www.zahnarztck.ch](http://www.zahnarztck.ch) | +41 41 740 24 45 | [info@zahnarztck.ch](mailto:info@zahnarztck.ch)



## Your Smile. Our Passion.

State-of-the-art dentistry in the heart of Canton Zug,  
where precision meets genuine care.

From preventive care & aesthetics to aligners & surgery,  
your one-stop clinic for all dental needs.

- Gentle, stress-free care for your smile
- Ask us about same-day tooth replacement!

**Book your appointment today**



Dr. Cristian Kun MSc MSc

📞 041 740 24 45 🌐 [www.zahnarztck.ch](http://www.zahnarztck.ch) 📍 Bahnhofstrasse 10, 6312 Steinhausen

### Welcome gift for new patients

Free digital X-rays with your first consultation.\*  
\*Mention "GSZ" when booking.

## Zugham.ch

*Database of local Doctors*

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

[www.zugham.ch/en](http://www.zugham.ch/en)



# FOOD, DRINK AND FUN

## Brauerei Baar

*Your local Hometown brew*

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

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

[www.brauereibaar.ch](http://www.brauereibaar.ch) | [info@brauereibaar.ch](mailto:info@brauereibaar.ch)



## BAARER BIER

- seit 1862 -



# Your beverage world nearby



**Braui Markt Baar**  
Langgasse 41  
6340 Baar

**Braui Markt Steinhausen**  
Eschfeldstrasse 2  
6312 Steinhausen

**Braui Markt Ennetsee**  
Chamerstrasse 44  
6331 Hünenberg

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

## Lift Cafe

*Cafe open on Wednesdays 09:00 until 12:00*

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

All proceeds go to support different organisations working with disadvantaged children in South Africa and Thailand.  
[www.swissenglishchurch.com/our-ministries](http://www.swissenglishchurch.com/our-ministries) | [lift.church@gmail.com](mailto:lift.church@gmail.com)

## Real Wines

*Wine merchants*

Real Wines are premium wine retailers specialising in organic/biodynamic wines from family producers in France, Italy, New Zealand and Australia specifically. The goal of Real Wines is to introduce you to wonderful, new and exciting wines you would not discover elsewhere. Wines can be bought online and will be delivered to your door, or join the Master's Nose Club and receive 6 surprise bottles of wine each quarter. Real Wines also run wine-related events.

50% off your first 6 bottle mixed case when you join our Master's Nose Wine Club by 31.12.2025  
[www.realwines.ch](http://www.realwines.ch) | [nicky@realwines.ch](mailto:nicky@realwines.ch)

# Real Wines





# FOOD, DRINK AND FUN

We  
bring  
the *You bring the cheer*  
sparkle



Treat yourself or surprise someone special with an unforgettable gourmet experience. Holiday offers **NOW** available for the ISZL family with code **ISZL\_4ever**.



Sense of Delight - where exceptional taste becomes tradition  
[www.senseofdelight.ch](http://www.senseofdelight.ch) - Brunnmatt 16, 6330 Cham - +41 41 780 0073



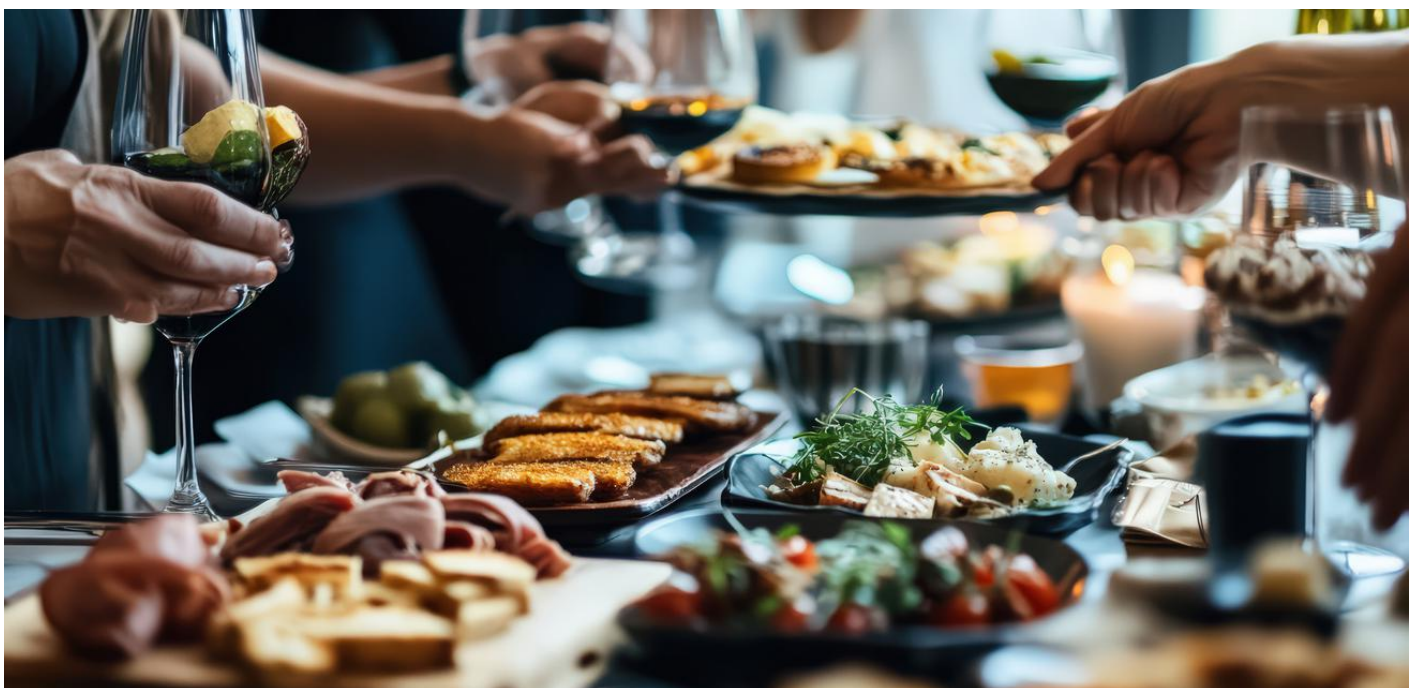
## Sense of Delight

*For Palate and Soul*

Are you looking for something extraordinary? Sense of Delight also includes a restaurant with a "Chef's Table" featuring a Michelin-starred chef and caviar lounge. Or simply a stylish location for your private party, tasting, or training? Get in touch with us!



[www.senseofdelight.ch](http://www.senseofdelight.ch) | [info@senseofdelight.ch](mailto:info@senseofdelight.ch) | +41 41 780 00 73



# HAIR, BEAUTY, AND FASHION

## The Taç AG

*Aveda Exclusive Hair Salon*

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



[www.thetac.ch](http://www.thetac.ch) | [info@thetac.ch](mailto:info@thetac.ch)



### *Time to Feel Good*

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

Take a moment just for yourself – you deserve it:

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

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

[www.thetac.ch](http://www.thetac.ch) | [@thetac.ch](https://www.instagram.com/thetac.ch) | Zug, Switzerland



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



## HAIR, BEAUTY, AND FASHION



### TAYLOR & MOORE Model Academy Zug

*Mastering the Art of Modeling, Etiquette, Social Skills*

Our academy is committed to nurturing talent and providing aspiring models with the tools and guidance needed to become successful. As part of our team, you will have the opportunity to build and enhance your portfolio with professional photo shoots, creative projects, fashion shows and events.

Weekly classes will cover essential topics such as posing, runway walking, make-up, personal styling, communication skills and social impact.

Registration from 1<sup>st</sup> September; Classes begin 10 September.

[www.zugmodels.ch](http://www.zugmodels.ch) | [mail@taylormoore-models.ch](mailto:mail@taylormoore-models.ch) | +41 79 577 98 08





# INTERIOR DESIGN AND HOME IMPROVEMENTS



## ALPINE SHINE

WINDOW CLEANING

info@alpineshine.ch

+41 78700 2144

Crystal Clear Views



### Alpine Shine

*Crystal Clear Windows, Crystal Clear Views*

Our trusted professionals deliver spotless results with the precision and care. With Alpine Shine, there is a crystal-clear difference. Drop us a line!

alpineshine.ch | info@alpineshine.ch | +41 78 700 2144

### Composil

*We care for spaces that care for people*

We don't just clean floors. We take care of the entire lifecycle of carpets and textile furniture – from cleaning and maintenance to recovery, reuse, and recycling – caring for materials and people's health, while driving sustainability forward. With our premium care services for carpets and textiles, we create lasting solutions for cleaner spaces.

shop.composil.eu/ | sl@composil.ch | +41 77 221 2333

**composil**

Premium Care Services For Your Carpets

#### Three services. One seamless cycle. Full impact

Certified by every major European carpet manufacturer, Composil's unique methodology deep-cleans, improves air quality, and enhances acoustics—keeping carpets pristine and workspaces healthier.

Webshop

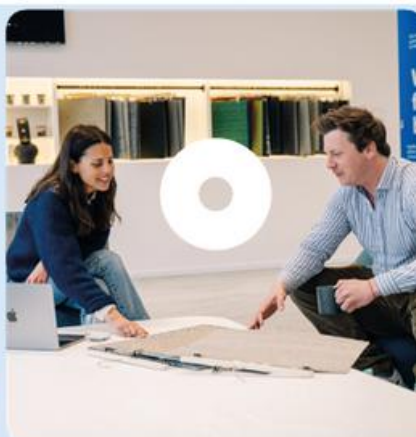
Contact



#### Use >

Clean **smarter**. Breathe **better**.

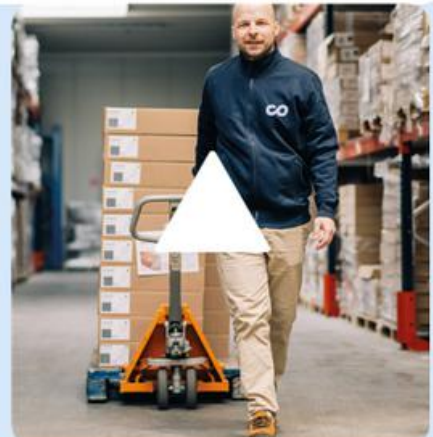
Manufacturer-certified cleaning that extends carpet life while purifying your workspace.



#### ReUse >

Restore. Refresh. Repeat.

Why replace when you can renew? We restore worn carpets to like-new condition—saving you money and resources.



#### Recycle >

Out with the old, in with the renewed.

When it's finally time, we recycle your old tiles into new materials—nothing goes to landfill.

Contact Us: +41 77 221 23 33 sl@composil.ch

# INTERIOR DESIGN AND HOME IMPROVEMENTS

## House to Home

*Unpacking, Home planning and Styling*

House to Home provide services in Unpacking & Organising, Spatial Planning, and Design, Sourcing & Styling to make your new property feel like home. They collaborate with you to implement your vision, when time is precious. Services also provided in Italian and French. Get in touch for a free initial consultation.

*House to Home*

IMPLEMENTING THE VISION FOR YOUR SPACE, WHEN TIME IS PRECIOUS

[www.housetohome.ch](http://www.housetohome.ch) | [info@housetohome.ch](mailto:info@housetohome.ch)

## Swisspro AG

*Electrical Contractor*

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



[www.swisspro.ch](http://www.swisspro.ch) | [baar@swisspro.ch](mailto:baar@swisspro.ch)

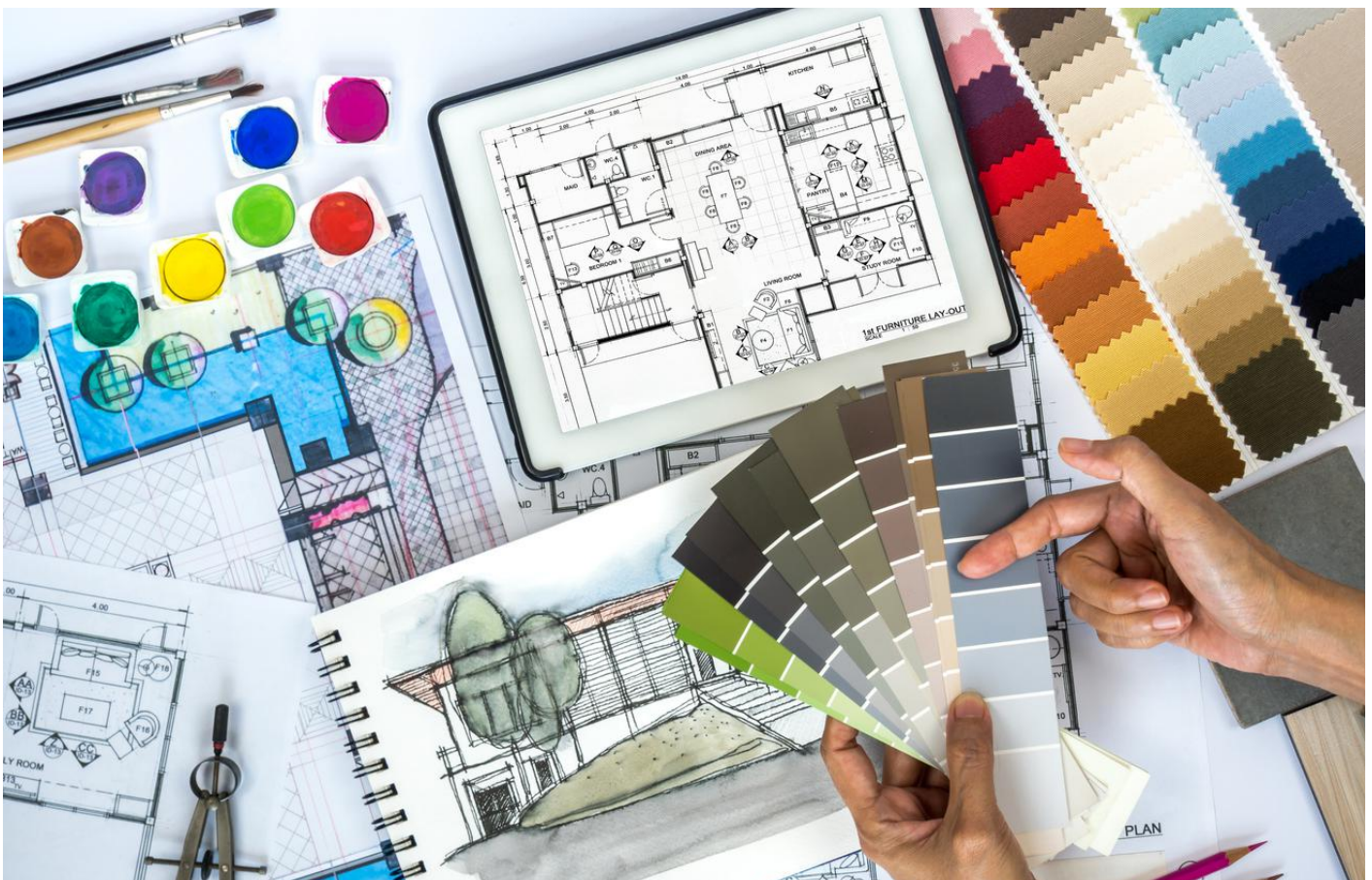
## Thalie Interiors

*Interior Design, spatial planning, styling services, sourcing*

Big or small, Thalie Interiors are happy to support you with your project. Thalie Interiors is about creating spaces where you feel comfortable and inspired. May it be your home or your office, they believe that your surroundings influence your mood, your creativity, your self-esteem and investing in a surrounding that represents your personality is investing in yourself.

10% discount for ISZL families

[www.thalie-interiors.com](http://www.thalie-interiors.com) | [nc@thalie-interiors.com](mailto:nc@thalie-interiors.com)





# NON-PROFIT ORGANISATIONS

## Association Communitylinks

*Non-profit organisation supporting local Refugees*

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

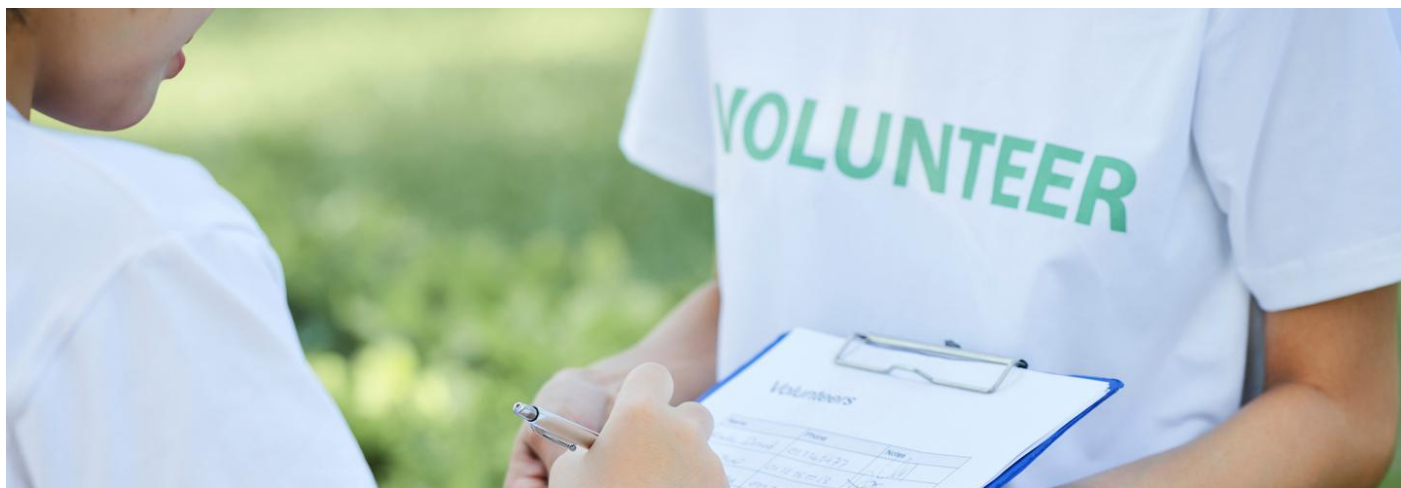
[www.communitylinks.ch](http://www.communitylinks.ch) | [contact@communitylinks.ch](mailto:contact@communitylinks.ch)

## Familienhilfe Kanton Zug

*Support for families and individuals*

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

[familienhilfe-zug.ch/en](http://familienhilfe-zug.ch/en) | [info@familienhilfe-zug.ch](mailto:info@familienhilfe-zug.ch) | 041 511 15 08



# OUR FURRY FRIENDS

## PAWsible

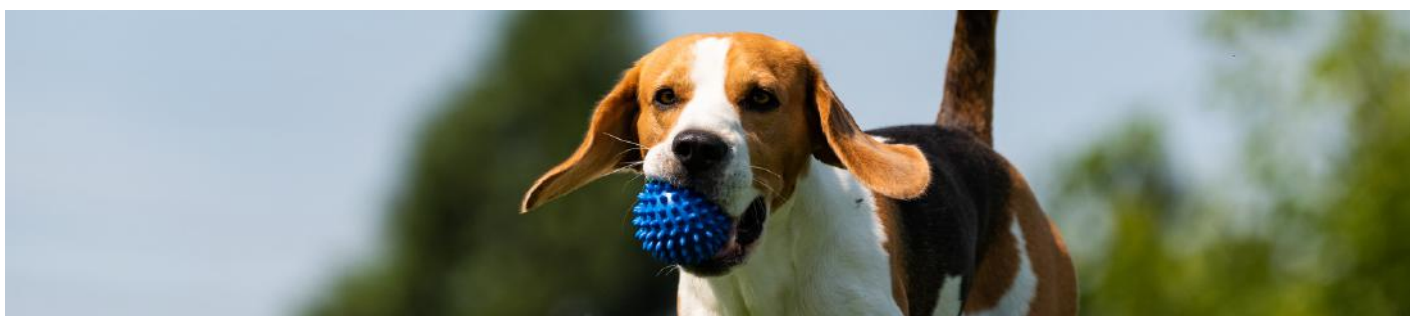
*Puppy and Dog Training*

Bringing a new puppy home, struggling with training or behaviour? PAWsible offer personalised coaching to help you understand your dog, build a strong bond & work with positive reinforcement to achieve results. Good behaviour is PAWsible !

[www.pawsible.ch](http://www.pawsible.ch) (currently under construction) | [dittebuchard@gmail.com](mailto:dittebuchard@gmail.com)



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





# PROFESSIONAL SERVICES

## Financial

### Data4you AG

#### *Accounting and Tax Services*

Data4you offers accounting services, annual financial statements, payroll accounting, VAT declaration, tax returns for companies and Individuals.

[www.data4you.ch](http://www.data4you.ch) | [natalia.wicki@data4you.ch](mailto:natalia.wicki@data4you.ch)



### Fern Wealth AG

#### *Wealth Management*

Providing strategic wealth management for expat investors moving up the corporate ladder and across borders. Whether you need help with increasing your savings or taking care of your assets, they provide a guiding hand and a professional service based on decades of industry experience. Their offices are conveniently based in Zug.

[www.fernwealth.ch](http://www.fernwealth.ch) | [alastair@fernwealth.ch](mailto:alastair@fernwealth.ch)



### HP Consulting GmbH

#### *Tax Advice, Consulting and Real Estate*

HP Consulting offers expert support in international tax advice, business consulting, and real estate services - including company setup and accounting. Services provided in German, English and French.

First meeting is free for ISZL parents

[www.hattemerpartner.ch](http://www.hattemerpartner.ch) | [sandro.hattemer@hattemerpartner.ch](mailto:sandro.hattemer@hattemerpartner.ch)



BASEL ZUG

## HP Consulting GmbH



**HP Consulting** offers expert support in international tax advice, business consulting, and real estate services. Including company setup and accounting.



Initial meeting is free of charge.

Services available in German, English and French.

[www.hattemerpartner.ch](http://www.hattemerpartner.ch) | +41 61 225 20 20

**E-Mail:** [sandro.hattemer@hattemerpartner.ch](mailto:sandro.hattemer@hattemerpartner.ch)

# PROFESSIONAL SERVICES

## Zug Estates Group

### *Real Estate*

The Zug Estates Group conceives, develops, markets and manages properties in the Zug region. The two main sites (Suurstoffi, Rotkreuz and Metalli, Zug) offer living space for around 2400 people plus more than 4300 jobs. Through its subsidiary Garden Park Zug AG, the Zug Estates Group runs a city resort that consists of the two leading business hotels Park Hotel Zug and City Garden and includes serviced city apartments and a comprehensive range of restaurants.

# ZugEstates

[zugstates.ch](https://zugstates.ch) | [philipp.hodel@zugstates.ch](mailto:philipp.hodel@zugstates.ch)



## ZUGERBERG FINANZ

## Asset management with vision

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

Independent. Active. Committed.  
Welcome to Zugerberg Finanz.



**Tania Mobayed**  
Brand Ambassador  
[mobayed@zugerberg-finanz.ch](mailto:mobayed@zugerberg-finanz.ch)

Financial and Pension Planning  
22 October  
2025  
Information Event



Register

**BILANZ**  
Best Asset Manager in Switzerland  
2023, 2020 2019, 2018 (1<sup>st</sup> place)  
2024, 2022, 2021 (3<sup>rd</sup> place)

Proud sponsor of



**MORNINGSTAR**  
5 stars for 10 years 2016–2025

Zugerberg Finanz · Phone +41 41 769 50 10 · [info@zugerberg-finanz.ch](mailto:info@zugerberg-finanz.ch) · [www.zugerberg-finanz.ch](https://www.zugerberg-finanz.ch)

## Zugerberg Finanz AG

### *Asset Management*

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

[www.zugerberg-finanz.ch/en/about-us](https://www.zugerberg-finanz.ch/en/about-us) | [mobayed@zugerberg-finanz.ch](mailto:mobayed@zugerberg-finanz.ch)



# PROFESSIONAL SERVICES

## Olivarius Management Services AG

*We don't just manage your interests. We help you thrive.*

With deep expertise and a personal touch, we deliver management services that keep your finances, people, and structures running smoothly.

Our team specializes in:

- Finance & Accounting – precise, reliable, and tailored to your needs.
- Payroll & Personnel Administration – seamless support for your team.
- Trust & Company Administration – from formation to ongoing growth.
- Tax Consulting – smart strategies for compliance and optimisation.

Whether you're an individual seeking trusted advice or a business looking for complete support, we combine international insight with local know-how—backed by decades of experience and commitment that only a family business can bring.

**OLIVARIUS**  
Management Services AG

[olivariusag.ch](http://olivariusag.ch) | [info@olivariusag.ch](mailto:info@olivariusag.ch) | +41 41 501 42 67



**S43  
45**  
SUURSTOFFI  
RISCH ROTKREUZ



## RELOCATE YOUR BUSINESS TO THE SUURSTOFFI SITE



Find out more



[www.s4345.ch](http://www.s4345.ch)

- Up to 10,000 m<sup>2</sup> of multi-functional business space
- Sustainable construction
- Centrally located site with direct access to SBB train platform

## SURSTOFFI

*Mixed-use business space in the low-tax, business-friendly canton of Zug*

The prestigious office buildings employ a future-focused design. With sustainability in the spotlight, the Suurstoffi site is the first site in Switzerland to be awarded Platinum DGNB certification by the Swiss Sustainable Building Council (SGNI).

The Suurstoffi site is in a central location with excellent transport links.



[www.suurstoffi.ch](http://www.suurstoffi.ch) | [vermarktung@suurstoffi.ch](mailto:vermarktung@suurstoffi.ch)



# PROFESSIONAL SERVICES

## Events and Creative

### Huber Event AG

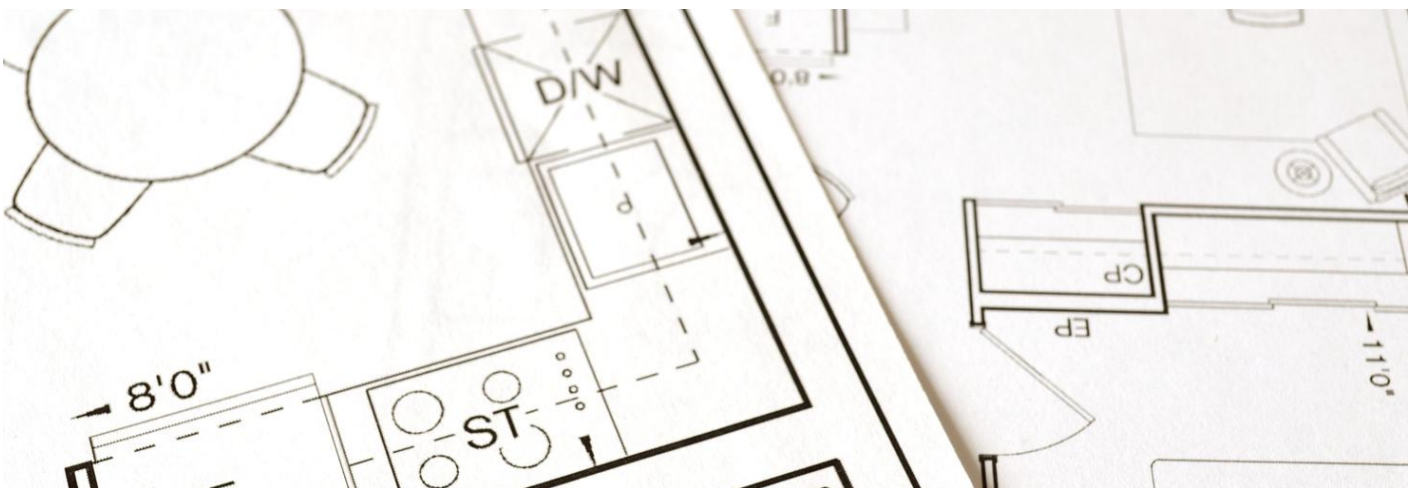
*Tent and Equipment Rental - over 40 years experience*

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

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

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

[www.huberzelte.ch/](http://www.huberzelte.ch/) | [info@huberzelte.ch](mailto:info@huberzelte.ch)



# RELIGIOUS ORGANISATIONS

## Fatih Mosque Zug

### *Mosque*

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

[www.fatihcamizug.ch](http://www.fatihcamizug.ch) | [info@fatihcamizug.ch](mailto:info@fatihcamizug.ch) | Instagram @fatihmoscheezug

## Good Shepherd

### *Catholic Church*

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

[www.good-shepherd.ch](http://www.good-shepherd.ch) | [hello@good-shepherd.ch](mailto:hello@good-shepherd.ch)

## Lift International Church

### *Inter-denominational Christian Church*

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

[www.swissenglishchurch.com](http://www.swissenglishchurch.com)

## Zug Anglican Church

### *Daughter Community of St Andrew's, Zurich*

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

[www.achurchnearyou.com/church/8584](http://www.achurchnearyou.com/church/8584) | Email: [zurich@anglican.ch](mailto:zurich@anglican.ch)

## Zug Chabad Learning Center

### *Jewish learning opportunities for adults as well as for children*

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

[www.chabadluzern.com](http://www.chabadluzern.com) | 041 361 17 70 | [info@chabadluzern.com](mailto:info@chabadluzern.com)





# SHOPPING / LEASING

## Emil Frey AG, Sihlbrugg

*Zug's official Range Rover, Defender, Discovery and Jaguar Retailer*

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

[www.emilfrey.ch/de/sihlbrugg](http://www.emilfrey.ch/de/sihlbrugg) | [Leo.Betschart@emilfrey.ch](mailto:Leo.Betschart@emilfrey.ch)

**RANGE ROVER**



**Emil Frey AG, Sihlbrugg**



## Love on a hanger and Love on a Little Hanger

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

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

Consider donating your loved items too! For first time visitors: for every bag donated, choose an item for free!

[www.facebook.com/Loveonahangerbaar](https://www.facebook.com/Loveonahangerbaar) | [Jenniwallace69@gmail.com](mailto:Jenniwallace69@gmail.com)





# SHOPPING / LEASING

## MB Auto Center Zug AG

*Sales, Rentals (short and long-term), Service and Body Shop. Mercedes-Benz Passenger Cars and Vans, smart Cars, Volvo Passenger Cars.*

Located in Steinhausen, MG Auto Center staff will gladly converse in English, Italian, Spanish++. Their management team are Canadians and were also ISZL parents. They are happy to help in any way they can getting you settled into life in Switzerland.

[www.mbzug.ch](http://www.mbzug.ch) | [Justin.Nesbitt@mbzug.ch](mailto:Justin.Nesbitt@mbzug.ch)



## YOUR MERCEDES-BENZ DEALERSHIP IN ZUG.



**mbautocenter.ch**

MB Auto Center Zug AG, Sennweidstrasse 28, 6312 Steinhausen, Tel. 041 766 65 65, [info@mbzug.ch](mailto:info@mbzug.ch)



# SHOPPING / LEASING

## Metalli

*Welcome to the shopping mall Metalli*

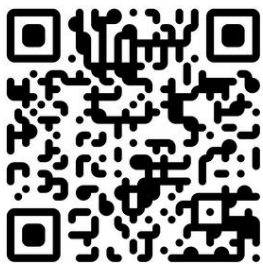
In the heart of Zug, one of Europe's longest open-air yet covered shopping arcades awaits you. A visit is worthwhile for the unique ambiance alone, but also, of course, for the fantastic selection of our 60 shops, restaurants, and service providers. Located conveniently next to the Park Hotel Zug, Metalli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

On our website you can find events, offers and more.  
[www.metalli.ch](http://www.metalli.ch)



**stylish ...**

*... my Metalli*



60 SPECIALIST SHOPS  
[www.metalli.ch](http://www.metalli.ch)

**METALLI**   
EINKAUFS-ALLEE ZUG



*If you know of any businesses that you think would like to advertise here please email us at [pa@iszl.ch](mailto:pa@iszl.ch)*

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

**ALL PROCEEDS WILL BE DONATED TO PA-LED  
CHARITABLE CAUSES IN 2025-26.**

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

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