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Rules for everyday life

The Swiss Federal Constitution is the basic law of Switzerland. It defines the fundamental rights for coexistence that apply to all people in Switzerland.

Important fundamental rights in Switzerland, which are based on human rights:

Respect human dignity

Everyone has the right to be treated with respect and dignity:

- no matter what religion you have
- no matter what country you come from
- no matter what gender you are
- no matter how old you are.

No one may violate the dignity of a human being.

Equality for all people

All people are treated equally - regardless of origin, gender, age, lifestyle, religion and disability.

Contacts for questions about gender equality

- [Information from the Integration and Gender Equality Division of the Canton of St.Gallen](#)
- [Women's Centre St.Gallen](#)
- [ostschweizerinnen.ch Association](#)
- [cfd – The Feminist Peace Organization](#)
- [Protestant Women Switzerland \(EFS\)](#)
- [avanti donne Advocacy for women and girls with disabilities](#)
- [Lesbian Organization Switzerland LOS](#)
- [LGBT+ Helpline](#)
- [männer.ch](#)
- [Pink Cross](#)
- [Queeramnesty](#)
- [Rainbow families](#)
- [Transgender Network Switzerland](#)

Equality between men and women

Women and men have equal rights in Switzerland. Every woman can decide for herself about her life, for example, hers:

- Clothing
- Occupation
- Training
- Leisure

Women and men are allowed to move freely in public spaces.

Men and women are allowed to decide for themselves whether and whom they want to marry. No one may be married against his will. Women and men can live together even if they are not married.

Physical contact only takes place between people who know each other. Both must agree. Sexual violence is prohibited.

⇒ Help with problems in the partnership

📄 Advice from the Department of Integration and Gender Equality of the Canton of St.Gallen

No violence!

Any kind of violence is forbidden. In Switzerland, this also includes threats. Violence in the family is also not tolerated.

Report any incident immediately.

Violence against women and domestic violence

Many women who experience violence often remain silent for a very long time. Get help and go to a counselling centre if you have been subjected to violence.

Examples of domestic violence:

- insult, threaten, intimidate or humiliate
- hitting, kicking, choking or throwing objects
- force sexual acts
- Lock up at home
- contact with family and friends
- Control or prohibit
- force them to marry
- take away wages

If you are at risk, you and all those affected will receive help to protect themselves. If necessary, contact will be established for you with the police and judiciary or other specialist bodies and authorities.

Help:

Victim Support | 071 227 11 00 | info@ohsg.ch | www.ohsg.ch

Child Protection Centre, Counselling | 071 243 78 02 | info.ksz@kispisg.ch | www.kszsg.ch

Women's shelter | 071 250 03 45 | info@frauenhaus-stgallen.ch | www.frauenhaus-stgallen.ch | 24 h

Cantonal Police | 117 | info.kapo@kapo.sg.ch

Short films on domestic violence

📄 Français: Parlez-en, avant qu'il ne soit trop tard! 🌐 françaisch

📄 Albanais: Guxoni të flisni, para se të jetë vonë! 🌐 albanisch

📄 Turc : Çok geç olmadan, konuşmaya cesaret edin ! 🌐 türkisch

📄 Arabe: - تكلم/تكلمي قبل فوت الاوان - 🌐 arabisch

📄 Tigrinya: ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር ክብር :: 🌐 tigrinya

📄 Portugais: Ouse falar sobre isso, antes que seja tarde demais!

Protection against discrimination and racism

There is a law against discrimination in Switzerland. No one should be discriminated against because of:

- of origin
- of skin color
- of age
- religious, ideological or political conviction
- of the way of life
- of the language
- social position
- a physical, mental or psychological disability

Help and advice

 Diskriminierung HEKS Beratungsstelle Ostschweiz  PDF, 633 kB

Free choice of religion and belief

Every person is free to choose his or her religion and philosophical convictions. In Switzerland, no one may be forced to join or belong to a religious community, to perform a religious act or to follow religious instruction.

⇒ Religion in leisure time

Freedom of opinion

In Switzerland, everyone is allowed to form their own opinion and express it out loud.

Unwritten rules and habits



Appointments and deadlines

Agreements, appointments and deadlines are binding. Comply with them reliably and punctually.



Document storage

Writing is of great importance in Switzerland. Keep all written stuff, it may well be that you will need it later.



Consideration and cleanliness

Be sure to be considerate of other people, the environment and nature. No waste is thrown on the street.



Observe rest periods



From 10.00 p.m. the night's rest applies and Sunday is generally considered a day of rest.

Video in other languages

 Safe together in Switzerland  englisch



 Sicuri insieme in Svizzera  italianisch



 Vivre ensemble en toute sécurité en Suisse  françaisch



 İsviçre'de hep birlikte, güvenle yaşayalım  türkisch

  tamilisch







 Обеспечим безопасность в Швейцарии вместе  russisch

 Разом безпечно в Швейцарії  ukrainisch

 Georgian  georgisch

 آمنين معاً في سويسرا  arabisch

  kurmandschi

-  ገብረ ገብረ ገብረ (Switzerland) ገብረ ገብረ ገብረ  tigrinya
-  Si nabadgelyo leh wadajirka Switzerland  somalisch
-  بیلید با هم در سوئیس با خیال راحت زندگی کنیم  farsi

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)

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