**International**

**Study Guide Series**

**SWITZERLAND**



Montana 4-H Center for Youth Development, Montana State University Extension

MONTANA 4-H INTERNATIONAL STUDY SERIES

The 4-H program has had an active role in Montana youth and volunteer development for almost 100 years. It is most well-known for its local emphasis, but 4-H does exist in a broader context - from a local to an international level.

The ultimate objective of 4-H international and cross-cultural programming is "peace through understanding." Extension Service efforts help young people achieve this overall goal by encouraging them to:

* realize the significance of global interdependency;
* develop positive cross-cultural attitudes and skills that enhance understanding and acceptance of people from other ethnic, social, or economic backgrounds;
* appreciate for the similarities and differences among all people;
* assume global citizenship responsibilities;
* develop an understanding of the values and attitudes of Americans.

Since the introduction of international 4-H opportunities in 1948, the Montana 4-H program has been committed to the goal of global awareness and increasing cross-cultural understanding. Cultures are becoming more dependent upon one another for goods, services, food, and fiber. Montana's role in the international trade arena is ever-growing. The acquisition of increased knowledge of the markets and the people who influence those markets is crucial to the residents of our state.

The 4-H international programs are coordinated by States’ 4-H International Exchange Programs (S4-H) for participating state 4-H Youth Development programs. Funding for the exchange programs is provided on the state level by the Montana 4-H Foundation through private donations and contributions.

Additional information on youth and adult development and international opportunities through the 4-H program are available by contacting your local County Extension Office or the Montana 4-H Center for Youth Development.



The material for this study guide was updated by Carrie Krug, 2016 IPYA Representative to Switzerland and Germany. It has been produced and distributed by Montana State University Extension and the 4-H Center for Youth Development. The publication of this study guide has been made possible by Montana State University Extension and the Montana 4-H Foundation.

**INTRODUCTION**

This International Study Guide has been prepared as an introduction to your upcoming 4-H international experience. This guide is not intended to provide you with a complete study of the country; we've provided you only with basic information to aid in preparation of your study.

The purpose of the study guide is to supplement an international presentation given by an International Program for Young Adult (IPYA) delegate in a classroom environment. The IPYA program is an in-depth cultural exchange program designed for young adults ages 18-30. These individuals live with host families during a 3-6 month exchange in one of over 30 hosting countries. Slide presentations focusing on their experiences and aspects of their host country can be fun and enlightening. They can, however, become much more educational if combined with study and activities included in this study packet.

The following material is provided in advance so classes have the opportunity to learn basic facts about the country. By studying in-depth about an area, youth are not overwhelmed with facts, figures, and details in a classroom presentation. Rather, they can examine the country up close and ask thought-provoking questions. Some adaptation of material may be required to best fit the age and education level of the class.

This country study guide contains:

* background information and questions for thought and discussion
* pre- and post-tests
* additional global awareness activities
* evaluation forms (return to the local County Extension Agent)
* map

**INSTRUCTIONAL APPLICATION**

This study guide approach has varied application possibilities in the classroom. Instructors may choose to present the material to students themselves or may choose a group-study approach. The class can be divided into groups of four to six students with each group studying one section of the handbook (i.e., geography, nation, people, lifestyles and customs).

Each group reads and researches its section, answering selected questions. Upon completion, groups can be assigned to deliver a cooperative report to the class members.

The pre- and post-tests are included to measure the level of learning that takes place during the study of the country. Teachers may desire to use the post-test grade as a portion of the daily grade or simply use it as a guide to what was learned.

As a teacher, you may have other resources and activities to further supplement this study guide. Libraries, travel centers, museums, ethnic restaurants, and international exchange alumni are all sources of information.

***Background Information – Europe***

Europe is the birthplace of Western civilization. No other continent has had such great influence on world history. From the time of the ancient Greeks, European political ideas, scientific discoveries, arts and philosophies, and religious beliefs have spread to other regions of the world. The civilizations of the United States, Canada, Latin America, and Australia/New Zealand developed largely from European civilization.

Europe has been a world leader in economic development. Great manufacturing centers have risen near Europe’s many rich coal and iron deposits. Much of the continent also has rich soil that produces high crop yields. Few parts of Europe remain underdeveloped. As a result, Europeans have a high standard of living compared to that of most other people of the world.

The people of Europe represent a variety of cultural backgrounds. They have spoken different languages and followed different traditions for thousands of years.

Europe occupies the western fifth of the world’s largest land mass. Asia occupies the rest of this land. Europe extends from the Arctic Ocean in the north to the Mediterranean Sea in the south, and from the Atlantic Ocean in the west into Russia in the east.

The 47 countries of Europe range in size from Russia, the largest country in the world, to the Vatican City, the smallest. Compared to the United States and Canada, most European countries are small. However, there are more world powers among the countries of Europe than on any other continent.

***Geography***

**Location**

Switzerland is the focal point of Europe. It is centrally located in Western Europe, with France on its west and northwest border, Germany bordering on the north, Austria on the east, and Italy on the south.

**Size**

Switzerland is a very small mountainous landlocked country consisting of 25,598 square miles (41,288 square km). The State of Montana, at 145,556 square miles (234,345 square km), is 5.6 times larger than Switzerland.

The country is further divided into 26 cantons or regions three of these cantons are subdivided (cantons are like states in the United States). Names of these cantons or regions are as follows: Aargau, Appenzell Ausser-Rhoden, Appenzell Inner-Rhoden, Basel-Land, Basel-Stadt, Bern, Fribourg, Geneva, Glarus, Graubunden, Jura, Luzern, Neuchatel, Nidwalden, Obwalden, Saint Gallen, Schaffhausen, Schwyz, Solothurn, Thurgau, Ticino, Uri, Valais, Vaud, Zug, and Zurich.

**Land and Climate**

The “roof of Europe” as Switzerland is sometimes called, is the most mountainous country in Europe and is known for its scenic beauty. The Alps run east to west covering more than half (about 60%) of the country. The snowy peaks, deep gorges, and vast glaciers reach their highest elevation at the Dufourspitz peak (15,203 ft) near the Italian border. In the west near Geneva are the Jura Mountains which run north to south covering another 10% of the area. They are sparsely forested, largely covered with fine meadows.

The highest mountain peaks in Switzerland include the Monte Rose 15,209 ft. (4,635 m) and the Matterhorn 14,691 ft. (4,478 m). The mountains are interspersed with green valleys. The Mittelland, or central plateau, occupies the remaining 30% of the country. This rich agricultural area contains most of the country’s economic activities, cities (including Bern, the capital, Zurich, and Geneva) and major lakes.

Swiss waters flow through several main European rivers: The Rhine, Rhone, Po, Adige, Danube, Ticino, and En. The Rhine drains to the North Sea, the Rhone to the western Mediterranean Sea, and the Ticino flows into the Po and then the Adriatic Sea. Some of Switzerland’s main lakes are: Maggiore, Zurich, Lucern, Thun, Neuchatel, Biel, Geneva, and Constance. Forests cover about 25% of the country.

The climate is generally temperate but varies considerably with altitude. It is influenced by the Atlantic, eastern European continental, Mediterranean, and the middle European cyclonal climate types. Summers are generally warm and mild with considerable rainfall. Winters are generally cold with clear cold air and can be long and snowy. In all four seasons, rain falls heavily in most areas, especially the mountains. At elevations above 11,500 ft., all precipitation consists of snow.

There is prolonged sunshine in both summer and winter. During winter months, fog often persists in the valleys, whereas the higher mountain slopes, enjoyed by the skiers, bask in brilliant sunshine. Average annual rainfall varies from 21 inches (533 mm) in the Rhone Valley (southwest) to 114 inches (290 mm) at Santis Mountain (northeast). Zurich’s average temperatures range from -1 degrees C (30 F) in the winter to 16 degrees C (61 F) in summer.

***GEOGRAPHY – QUESTIONS TO THINK ABOUT***

1. What are the four European countries that border Switzerland?

2. How does the size of Switzerland compare with Montana? With your county?

3. How does Montana’s temperatures compare with Switzerland’s in the summer? In the winter?

***The Nation***

Capital: Bern (population: 141,107, 2016)

Other Important Cities: Zurich (396,027, 2015), Basel (175,617, 2016), Geneva (198,072, 2015)

Flag: Red square with white even-sided cross centered

**History**

Switzerland’s history has always been dominated by its geography. Its people are unified despite different languages and regional sub-cultures. Its rugged terrain added to the sense of unity has provided a way to defend their independence against larger and more powerful neighbors. The Swiss take great pride in their history as one of the oldest democracies in the world, maintained for over 700 years.

The area that is now Switzerland was ruled by several different powers. Switzerland was part of the Holy Roman Empire during most of the Middle Ages. The Romans conquered the Helvetii, a Celtic tribe living in the western part of the area, in the 1st century B.C. The Helvetii continued to live there under Roman protection until two Germanic tribes invaded the area in the 5th century A.D. The Burgundian tribes settled in the west and Alemannians in the east. The Franks occupied Switzerland in the 6th century. It became a western outpost of the Holy Roman Empire in the 11th century. From then on, various feudal families ruled Switzerland within the empire, including the rising house of Habsburg.

The founding of the Swiss confederation took place on August 1, 1291, when the three mountain/forest cantons of Uri, Schwyz, and Unterwalden assembled a defensive league and began a revolt against Austrian Hapsburg control by signing the Perpetual Covenant of 1291. Swiss soldiers gained a reputation for their fighting prowess throughout a series of military victories and various other territories (Luzern, Zurich, Bern) were acquired either by single cantons or several together which made the confederation more powerful. Switzerland withstood the turmoil and war of the 16th and 17th centuries and received official recognition in the 1648 Treaty of Westphalie as an independent nation. The country became formally independent of the Holy Roman Empire.

In 1789, under the influence of France, the unified Helvetic Republic was formed. Early in the 19th century, the Swiss proclaimed the Helvetic Republic – Helvetia - and Switzerland became a centralized national state. Failing to satisfy the Swiss, Napoleon Bonaparte, as Mediator, established a new Constitution in 1803, increasing the number of cantons. By 1815 the country’s organization by cantons and its modern boundaries, subject only to very minor changes, had been achieved. In 1815, during a brief invasion by Napoleon, Switzerland became permanently neutral. The perpetual neutrality of Switzerland territory was guaranteed by Austria, France, Great Britain, Portugal, Prussia, Russia, Spain, and Sweden. The Federal Pact between these countries was accepted by the Congress of Vienna.

The formal recognition by the powers of Europe on March 20, 1815: “that the neutrality and integrity of Switzerland and its independence from any foreign influence rests in the true interests of European policy as a whole.” This statement has remained the basis for Switzerland’s unswerving commitment to neutrality. In 1848, a new Constitution was passed, making it a federal state. This constitution was on May 29, 1874, superseded by the present Constitution. In 1874, direct democracy by the people became an integral part of the constitution.

During the 19th century, Switzerland industrialized the urbanized. While other neutral European nations fell to attacking armies during World Wars I and II, Switzerland, aided by natural geography, remained neutral and was not invaded.

As part of its neutrality, Switzerland is not presently a member of the European Union. Still, it has solid relations with many nations. In August 1991, the Swiss celebrated their 700th anniversary as a federation.

**Government**

Despite the diversity of its society, Switzerland has one of the world’s most stable governments. Switzerland is a federal republic with strongly decentralized democracy. The Swiss republic is a confederation of 23 cantons: three cantons are subdivided, making a total of 26. Most of the power, not specifically delegated to the federal authority, resides in the 26 cantons as well as communities. Each community has its own constitution and laws but is under the supervision of the canton. Each canton also has its own constitution, and has control over such things as school systems, police, welfare, and local issues. At these two levels, decisions are made by the people.

The Swiss constitution only gives the federal government limited powers and a restricted jurisdiction. It has responsibility in national policy matters, such as internal and external security (peace, war, treaties, army regulations), foreign policy, national resources, and public works. It also controls public communications and is responsible for the monetary system (coining money, issuing banknotes, running the Swiss National Bank) and regulating the system of duties and weights and measures. The metric system is the legal system of measurement.

Consent of a majority vote of people and of the cantons is required to pass specific types of legislation, such as constitutional amendments. The government puts reliance upon popular referenda and popular initiative. Executive power is exercised by the Federal Council, a seven-member collegial board elected to a four-year term by the Federal Assembly. Each councilor presides over a federal department, and one of them is elected by the Federal Assembly to serve as president for one year. The president is technically the president of Switzerland (because he holds the highest elected office in the federation).

Legislative power is exercised by the bicameral federal assembly, which includes two houses – the Council of States with 46 representatives directly elected from the cantons (two for each canton and one for each half-canton for a two or three year term) and the National Council with 200 representatives for the people directly elected for a four-year term. The administration of justice is primarily a cantonal function. The Federal Supreme Court is the supreme judicial power. Judicial power is exercised by the federal tribunal.

Suffrage (voting rights) are universal over age 18. Women were granted the right to vote in 1971 at the federal level, and the half-canton of Appenzell Inner-Rhoden gave women the right to vote on local issues in 1991. The major political parties are the Radical Democratic Party, the Christian Democratic Party, and the Social Democratic Party. They are all conservative parties. Small parties, representing localities, or views from extreme left to extreme right also exist.

According to the policy of neutrality, the armed forces exist solely to preserve the independence of the country. Every physically fit male serves in the Swiss Army, and females can serve voluntarily. Military service is served from age 18 to 35, part-time. They train on occasion and keep their gun and uniform at home – always ready to form a militia to defend the country. There are only a few professional officers. With Switzerland’s policy of neutrality, it became unconstitutional for the federal government to enter into political alliances or to make war except in self-defense. The Swiss do occasionally serve abroad as peace-keeping agents.

**Foreign and United States Relations**

Switzerland is democratic and, therefore, has many of the same ideals that the United States has. Switzerland is politically stable with a healthy economy. It holds an important strategic position and possesses relatively strong military capability. All these factors contribute to the well-being of Western Europe.

The policy of the United States toward Switzerland takes these factors into account and cooperates with Switzerland to the extent consistent with Swiss neutrality. The United States is one of Switzerland’s chief trading partners and the most important non-European partner. The first official U.S.-Swiss consular relations were established in the late 1820’s; diplomatic relations were established in 1853.

Switzerland’s neutrality has led numerous international organizations to establish their headquarters in the country. The League of Nations, founded after World War I, was located at Geneva, and by the 1970’s over 150 international organizations had their headquarters there. The European headquarters of the United Nations are in Geneva. The International Red Cross was organized by Genevan Swiss with the support of the federal council in 1864 (the flag of the International Red Cross is based upon the design of the Swiss flag, colors reversed). Neutrality and political independence have enabled Switzerland to play an important role in international banking and finance and permit Swiss diplomats, who often act as intermediaries, to play a key role in relieving international tensions.

Under a series of treaties concluded shortly after World War I, Switzerland assumed responsibility of the diplomatic and consular representation of Liechtenstein, as well as the protection of its borders and the regulation of its customs. Switzerland maintains diplomatic relations with almost all independent states. Switzerland has no major problems in its bilateral relations with other countries. The Swiss have avoided alliances that might involve them in any military, political, or direct economic action against another state or group of states. In recent years, however, the Swiss have broadened the scope of activities sin which they feel able to participate without compromising their neutrality.

In addition, they have adopted a principle of foreign policy – “solidarity and participation.” They see solidarity as a moral obligation to undertake social, economic, and humanitarian activities that will constitute their contribution, as a neutral state, to the task of ensuring world peace and prosperity. Solidarity is manifested in technical and financial assistance to developing countries, readiness to extend good offices, humanitarian assistance, and support for the extension of international law.

**Economy**

The majority of Switzerland’s trade is with the countries of the European Union, which it is surrounded by. Switzerland has long been one of the most prosperous and, in income per capita, one of the wealthiest countries in the world. Measured in Gross Domestic Product (GDP), the country produces $647 Billion (US Dollars, 2016) annually. The GDP per capita was $81,663 in 2015.

Despite a lack of natural resources, Switzerland has one of the strongest economies in the world. Switzerland’s natural resources are waterpower, timber, and salt. Raw materials are imported, and high-value finished products are exported. Switzerland has a developed market economy based largely on international trade and banking, as well as light and heavy industries. The economy is heavily dependent on foreign workers, who represent roughly 25% of the workforce. Agriculture employs about 3.5-4% of the work force. Only 10-25% of the land is arable, pastures cover 40% of the land, and forests cover 25%. Agricultural products include dairy, livestock, grains, fruit (especially apples, cherries, and pears), vegetables, potatoes, and wine. Switzerland is a food importer.

Switzerland is highly industrialized with high-quality export products. Industry depends heavily upon the export of its specialized products. Manufacturing industries together with mining industries employ about 30-55% of the work force. Leading in manufacturing is machinery, precision instruments, clocks, watches (95% exported), drugs, chemicals, paper, textiles, tourism, banking, insurance, and processed foods (cheese and chocolates). Electricity is chiefly generated from hydro-electrical and nuclear sources.

Switzerland is known as the banking and finance capital of the world, an industry that has fueled economic success. Behind New York City and London, Zurich is the third most important financial center in the world. Tourism is also a very important part of the economy and is vigorously promoted; it helps to offset Switzerland’s usually unfavorable balance of trade.

The currency is the Swiss franc (CHF). The legal coins are 5, 2, 1, and ½ franc, 20, 10, and 5 centimes (Rappen in German). Notes are for 1,000, 500, 100, 50, 20, and 10 francs.

Eight percent of Switzerland’s imports come from the European Union. The usually high value of the Swiss franc has tended to keep prices of imports low. The EU also accounts for 60% of Swiss exports. Germany is the most important trading partner, accounting for 25% of Switzerland’s exports and 1/3 of its imports. Other important trading partners are France, Italy, the United States, and the United Kingdom. Inflation (-1.1%, 2015) and unemployment (3.3%, 2015) are both low and labor relations are excellent. The strong economy has allowed the Swiss to build a nation that is nearly free of poverty. Switzerland donates money to various development projects around the world.

**Employment**

Swiss workers, in general, are technically trained and highly skilled. There is a serious shortage of unskilled labor that has led to a large number of temporary immigrants. Their presence has created social tensions so attempts have been made to pass legislation limiting the number of foreign workers in the country.

Labor unions are small and fragmented and there are separate organizations for Roman Catholics, Protestants, white collar workers, and bureaucrats. Foreign workers come primarily from the former Soviet Union nations at this time; in the past there have been workers from Italy, Germany, France, Austria, and Spain.

The average farm in Switzerland is around 14.2 hectares (25 acres). It is estimated that one out of three farmers worked part-time in a different job outside the home. Almost 50% of farms are in the mountain area. Farmers have sheep and goats to graze in these areas where the cows cannot reach. The production of milk, eggs, meat, and other animal products accounts for 2/3 of animal culture. Cattle count for half the money in Swiss agriculture. Simmental and Brown Swiss are the most popular breeds. Milk is the foremost agricultural product in Switzerland. 80% of the milk is processed into cheese, butter, cream, yogurt, and/or milk powder. Pork is the Swiss people's favorite meat. There are several crops that are in restricted, small areas. Some of these crops are vegetables, potatoes, and cereals. There are over 80 kinds of vegetables which cover 60% of Switzerland’s needs.

**Business Hours**

Business hours are generally from 8:00 am to Noon and from 2:00 to 6:00 pm, Monday through Friday. Large stores do not close at midday. Some stores in larger cities remain open later in the evening, or just on certain nights. More stores are beginning to be open on Saturdays due to tourism, but there is currently a law restricting businesses to open on Sundays and a debate as to whether grocery stores should be allowed to stay open. There are some stores that are starting to open on Sundays but are usually open for the mornings and close at midday.

**Transportation and Communications**

In spite of Switzerland’s rugged terrain, a network of excellent, all-weather roads form a well-developed public transportation system, which is necessary for Switzerland’s small land area and high population density. Buses, streetcars, and trains form the backbone of the transportation network. Most families have cars. The fast electrified railroad system is also used frequently. Domestic air transportation is insignificant but Switzerland has international airports that have regular flights to most parts of the world. Switzerland also has a large shipping port at Basel on the Rhine River.

The communications facilities are completely modern. Switzerland has a free, diversified, generally high-quality press. Most newspapers are regional or local in content but the Neue Zurcher Zeitung and others are international. Radio and television broadcasting are supervised by the private Swiss Broadcasting Corporation. Three distinct communication systems serve the country’s three main language groups.

***THE NATION – QUESTIONS TO THINK ABOUT***

1. Compare the Government of Switzerland to that of the United States. What are the similarities or differences?

2. Why is Switzerland a center for international organizations and activities?

3. What is an import? What is an export? Name some of the products that are produced in Switzerland.

***Lifestyles***

**The People**

The Swiss have managed to unify diverse ethnic groups, races, religions and languages. They are general known as clean, neat, orderly and industrious. Switzerland’s population is 8,121,830 (2015 estimate) and is growing at approximately 0.71% annually. Its population density is one of the most densely populated countries in the world at 509 people per square mile (197 per square km). Because high mountains occupy so much of the terrain, the population density of permanently settled territory is more than 600 persons per square mile. About 67% of Switzerland’s population lives in urban areas.

In the east and central cantons, German-speakers dominate and account for 64% of the total population. The French are located mostly in the west and comprise 20% of the population. In parts of the south, particularly the canton of Ticino, most people are of Italian descent and make up 7% of the total. Less than 1% of the population has Romansch ancestry. Many foreign people are currently living in Switzerland from Yugoslavia, Poland, Spain, Greece, Italy, some Middle Eastern nations, and a variety of others. Most of them are guest workers and do not have Swiss citizenship.

**Language**

Ethnic groups are defined by their mother tongue or language. There are four official languages spoken in Switzerland: German, French, Italian, and Romansch. German is spoken in 19 out of 26 cantons. French is spoken in Fribourg, Vaud, Valais, Neuchatel, Jura and Geneva. Italian is spoken in Ticino. Approximately 2% of the population speaks Spanish and only 1% speaks Romansch.

Each canton has the right to declare the language it will use. All street signs are in that language only. Other transportation signs, such as in trains stations, are listed in German, French, Italian and often English as well. In the schools, the language of instruction is the official language of the canton. Students are required to learn one of the other official languages. Many Swiss speak English as well, which is also offered in the schools. There is currently much debate between the French-speaking and German-speaking parts of the country because some of the Germanic cantons are offering English courses before French in the schools.

Although French and Italian are basically spoken as written, there is a difference between written German (standard, or High German) and what is spoken every day by the German Swiss. Their dialect (Schweizerdutsch) is rather unique and difficult for other German-speaking people to understand. Protection of minority languages and relations between the different language groups continue to be important to political issues the federation must address.

**Religion**

The religious affiliations of Roman Catholics and Protestants split Switzerland almost equally at 46% and 40%. Religion is often determined by what canton you live in. Bern, Vaud, Zurich, Thurgau, Neuchatel, and Glarus are strongly Protestant while the Catholic cantons include Valais, Ticino, Uri, Unterwalden, Schwyz, Fribourg, Luzern, Zug and Jura. Switzerland is a secular society and participation in religion is often reserved for special events and holidays.

Switzerland was the center of the Zwingli and Calvin Protestant Reformations of the 16th century and has produced important modern theologians. Swiss Protestant churches are locally controlled and democratic. Both Catholic and Protestant churches have generally worked toward greater harmony. As in other areas of Europe, religion has greater influence in rural areas than in the cities.

**Family Life**

The family unit is the most important social unit in Swiss society. Families are generally small, with only one or two children. The man is traditionally the head of the household. Family privacy is very important. Women often work outside the home. In the rural areas, families tend to be larger (three or four children). Gender roles are much more traditional than in the urban areas.

**Dating and Marriage**

Young people often socialize in groups as early as age 14; they begin dating a few years later. Premarital sex is generally acceptable among the Swiss. Many couples prefer to live together for several years before getting married or in place of marriage. It is often important to finish one’s education or to become financially established before getting married. People often marry in their late 20’s, or more commonly early to late 30’s.

**Diet**

With so many ethnic backgrounds in the country, the Swiss diet is diverse. Breakfast is usually light and might include various types of fresh breads, cheeses, and coffee. The main meal of the day is at midday and usually consists of a hot main dish with meat and some form of potatoes or pasta and salad. A light dinner is served between 6:00 and 8:00 pm; it often consists of open-faced sandwiches. There are numerous regional specialties, including various sausages, leek soup, rich cheeses, fish, special wines, wild game, and pork.

**Health**

Both private and public hospitals exist. Medical facilities and personnel are well trained and offer efficient care. While the government provides for such things as old-age benefits and social welfare, it does not have a uniform system of health insurance. Each canton has different laws regarding insurance, but most people must purchase private insurance. The infant mortality rate is one of the lowest in the world at 3.6 deaths per 1,000 live births. Life expectancy ranges from 81.3 years for men to 85.3 years for women.

The social welfare system provides, almost universally, benefits and subsidized or free health care for sickness, maternity, and temporary disability and survivors. Unemployment insurance is compulsory for all salaried employees. Well-staffed and modern health facilities along with an ample diet contributed to the general health of the population. The pattern of disease compares to that of other developed countries, with heart diseases constituting the main cause of death.

**Education**

Education is controlled by the cantons, which roughly adhere to a national standard. All cantons must provide nursery school (kindergarten) which attending children start at age four. Formal schooling starts at age six or seven with the first class and continues for eight or, more often, nine years. After finishing the 8th or 9th class, students choose between three education options: apprenticeship, vocational, or academic.

The vocational or academic options involve further schooling as a teenager and eventually to a vocational college (for medicine, teaching, etc.), or university. There are nine cantonal universities in the country. Attendance rates are much lower than in the United States, where post-secondary education is required for more career paths. Apprenticeships are given in private companies, during which the trainee also usually attends courses part-time in a college.

**Recreation**

The Swiss enjoy vacationing, either within their own country or abroad. They love nature and the outdoors and enjoy hiking, cycling and skiing. Mountain climbing is a favorite for some. In addition to soccer and cycling, the most popular sports, the Swiss have a few of their own games. For example, the Swiss have a unique type of wrestling (Schwingen). It is similar to Greco-Roman wrestling and involves a pair of trunks that are worn over the pants. The Swiss also enjoy taking walks, watching movies, and attending cultural events.

***LIFESTYLES – QUESTIONS TO THINK ABOUT***

1. What kind of differences would you expect to find in a country with such a high population density compared to Montana’s low population density of six people per square mile?

2. English is the language nearly all Montana citizens speak. In a country with three predominant languages like Switzerland, what types of difficulties in communications would you expect to arise? What are the four national languages of Switzerland? What are some of the different languages spoken within the United States?

3. How many years of schooling are compulsory for Swiss youth? For Montana youth?

***Culture: Customs and Courtesies***

The complexity of Switzerland’s ethnic and linguistic divisions has prevented the development of a distinctive national culture. Many national and regional folk festivals are held each year, partly in response to a desire to preserve ancient peasant costumes and folklore, and partly to serve as attractions for Switzerland’s booming tourist industry. The emphasis is on traditional costuming, folk music, yodeling, folk dances, and a wide variety of athletic competitions. Ultimately, however, it is the old sections of cities such as Basel, Bern, Fribourg, Luzern, and Schaffhausen that provide the greatest cultural attractions in Switzerland. Switzerland also has an impressive list of contributors to the arts and sciences.

**Greetings**

A handshake is appropriate for men and women. When meeting someone for the first time, you say your name as you shake hands. Greetings tend to be formal, even among family members. When someone arrives at a social gathering individuals move around the room and greet each other. The French custom of kissing alternating cheeks is quite common between friends, especially among Swiss youth.

When entering a store, most Swiss exchange simple greetings, even among strangers. Because the Swiss Federation is a multilingual society, actual verbal greetings vary. They also vary according to the time of day and the situation. It is most polite to address another person by their title and surname. Although the youth use first names, adults generally reserve first names for close friends and family members. While the Swiss appreciate foreign visitors who speak (or try to speak) the language, most also understand English and English greetings are acceptable.

**Visiting**

It is polite for guests to wipe their feet or remove their shoes before entering the home. Visitors often bring candy, flowers or wine to the hosts, especially if visiting for the first time. When leaving a home, or any other social event, it is customary to shake hands with all members or a family or group.

**Holidays**

The most important holidays in Switzerland include: New Year’s Day, Easter, Labor Day (May 1), Ascension, Whit Sunday and Whit Monday, National Day (August 1), Federal Day of Prayers (a Thanksgiving-type holiday in mid-September), and Christmas. Christmas is the biggest celebration of the year. Gifts are exchanged on Christmas Eve, when the family gathers for a large meal. The family relaxes on Christmas Day and visits friends on December 26th. New Year’s Eve is a time for parties and fireworks.

In addition to national holidays many regional holidays are celebrated by canton. Many areas have a local hero from history that a day honors, and the Catholic areas celebrate local patron saints. It is common for cantons to have official holidays in addition to national holidays where shops are allowed to be closed and a holiday is called for government workers.

**Eating**

In the home, a family waits to begin eating until one of the parents begins. The continental style of eating is followed with the fork in the left hand and the knife remaining in the right. The best compliment one can give on the cooking is to take additional helpings. It is often considered an insult if someone asks for salt or pepper because it implies the food is improperly spiced. When a person is finished eating, the utensils are placed side by side on the plate. If they are placed another way, it may mean the person wants to eat more. During a meal, hands (not elbows) are always kept above the table. In restaurants, service charges (tips) are usually included in the bill, which is paid at the table.

**General Attitude**

The Swiss have a high regard to nature and beauty, and are very proud of their efforts to protect the environment. Citizens are very conscious of human impact on the environment and take action accordingly. In the home it is important to conserve all resources and limiting waste through recycling, compost production, and reusing items is considered necessary rather than optional. Their attitudes have been influenced by the majestic mountains and beautiful lakes found throughout Switzerland.

The Swiss also value hard work, sobriety, thrift, and independence. They prize tolerance, punctuality, and a sense of responsibility. A favorite saying claims that if a person is late, he is either not wearing a Swiss watch or did not ride a Swiss train. Another key to Switzerland’s strength is their federal system that unites different groups into one country. The national motto is “Unity, yes; uniformity, no.”

***CULTURE – QUESTIONS TO THINK ABOUT***

1. How do you think attitudes and customs in Switzerland compare to and differ from those in the United States? Can you identify some general U.S. values (attitudes and beliefs) that are important? Do they differ within the State of Montana?

2. People in Switzerland eat continental style with the knife in the right hand and the fork in the left at all times. Would you feel comfortable eating this way? Why or why not?

3. What are some of the holidays that are celebrated in Switzerland that are not in the United States? What are the holidays that we celebrate that are not celebrated in Switzerland? Why is this?

***QUESTIONS FOR ADDITIONAL THOUGHT AND STUDY***

1. What are the major tourist attractions in Switzerland? In what cities/regions are they found?

2. What does the Swiss flag look like? What does it symbolize?

3. Who can vote in Switzerland? Does more or less of the percentage of the population vote than in the United States? In Montana?

4. What does “culture” mean? What kinds of things influence a country’s culture? Describe Montana’s culture.

5. What is the Swiss currency called?

6. What is the capital of Switzerland? When and why did this city become the capital?

7. How do Swiss clothing styles compare to ours in the United States? In Montana?

8. Discuss the importance of providing foreign languages in Swiss schools. Compare this with American schools. Give reasons for your responses.

9. What role do the major parties play in the political system in Switzerland? How often are elections held?

10. What kind of wildlife can be found in Switzerland?

Answers to Pre- and Post-Test

1-a, 2-c, 3-c, 4-d, 5-c, 6-b, 7-d, 8-b, 9-a, 10-b

***PRE AND POST TEST ON SWITZERLAND***

1. Switzerland is a country located on which continent?

a. Europe c. South American

b. Asia d. Africa

2. What type of land would you least likely find in Switzerland?

a. Forests c. Deserts

b. Lakes d. Rivers

3. What is the name given to the currency in Switzerland?

a. Swiss Gilder c. Swiss Franc

b. Dollar d. Pound Sterling

4. What is the most common means of transportation in Switzerland?

a. Private Automobiles c. Trains

b. Buses d. All of the above

5. Which climate best describes that of Switzerland?

a. Hot and dry c. Temperate, varying

b. Mild and rainy d. Cold and dry

6. Which of the following countries does not border Switzerland?

a. France c. Italy

b. Belgium d. Austria

7. What are the two main religions of Switzerland?

a. Roman Catholic and Jewish

b. Protestant and Lutheran

c. Lutheran and Roman Catholic

d. Protestant and Roman Catholic

8. What form of ruling government is found in Switzerland?

a. Constitutional Monarchy

b. Decentralized Democracy

c. Socialist

d. Monarchy

9. What language is not one of the national languages of Switzerland?

a. Swiss

b. French

c. German

d. Italian

10. The Swiss economy is not largely based on which of the following?

a. Clocks and Watches

b. Nuclear Warfare

c. Cheese and Chocolates

d. Banking and Tourism

***GLOBAL AWARENESS ACTIVITY***

**Purpose:**  To clarify students’ understanding of countries and cultures of the world through their knowledge of geography.

**Ages:** Most suited for older students who have studied world geography.

**Time:** 30 minutes, minimum to 50 minutes

**Materials:** Poster paper or butcher paper and markers; world map or globe (should be available to students at all time)

**DESCRIPTION OF ACTIVITY**

a) Divide the class into small groups of 4-6 students.

b) Give each group a sheet of poster or butcher paper and markers, assigning each group a different country.

c) Ask each group to draw an outline of the country they were assigned and to note its continent.

d) Ask groups to fill in their country outlines and provide them with a list of items possible for inclusion: rivers, oceans, mountains, deserts, natural resources, industries, customs, foods. Ask each group to include current events and the names of political leaders associated with their assigned country.

e) Give one minute’s notice before the end of the work time (15-25 minutes, depending on the group needs).

f) Ask one person from each group to explain their map or allow groups to move around the room to look at each other’s maps.

Optional discussion ideas:

What did you focus on when you filled in your country outline?

Did news stories you found influence how you filled in your map?

What did you learn about the country you were researching?

What surprised you about the country you were researching?

Options to expand on the activity:

* Adapt the activity to: world map, state map, continent, etc.
* Expand the activity by supplying background information on the country/countries. Provide international music, foods, games or speakers that are relevant to the students’ learning.

***PLANNING A TRIP TO…***

**Purpose:** Students will develop a better understanding of another country while improving skills in planning and organization. This activity could be used to help young people understand what an international guest will experience when visiting the U.S.

**Ages:**  All ages

**Time:**  The length of the activity can be adapted.

**Materials:** Minimal – described below

**DESCRIPTION OF ACTIVITY**

a) Students will choose a country to visit. This country may be correlated with a talk from a guest speaker or a visit from an international exchange guest.

b) Students should gather information about the aspects of their imaginary trips, including:

* Destination/location/longitude/latitude
* Date of departure/date of return
* Air transportation needed (cost of round-trip fare/domestic and international)
* Time of departure/arrival (am or pm) accounting for time zone changes
* After consulting a globe, list the countries and oceans that are flown over
* Types of clothing needed (give the season; watch the season reversal when traveling to the southern hemisphere)
* Passport – how to secure a passport and items needed to complete an application
* Visa – is a visa (government approval for a special visit and specified time) needed?
* Money – name of currency and current exchange rate (U.S. dollar = ?)
* Tourist attractions or national sites to see
* Are there any national holidays falling during the visit?
* What is the language? How are common courtesies said, such as hello, thank you, please, goodbye, etc.?

c) Students may want to visit with a travel agent or other traveler. A field trip to the travel agency could be planned.

d) A collection/booklet could be made of pictures of items such as stamps, coins, and currency, maps, interesting and unusual artifacts or sights one might see while traveling through the country.

Students can create a presentation of their trip or complete a trip portfolio.

**Traditional Swiss Dishes**

**Swiss Rosti**



***Ingredients***

2 Tbsp butter

4.5 cups potatoes

1.25 cup oil

Pinch of salt

3 cup water

1 onion

***To prepare***

* Wash potatoes, boil in salt water and peel. Cool completely, ideally overnight. Then grate the chilled potatoes.
* Peel the onion, finely chop and mix with the potatoes and salt.
* Heat the oil in a frying pan and pour the potato mass into a cake.
* Cook until the bottom is crisp brown.
* Put rösti on a plate and fry on the second side. Serve while still hot

**Cheese Fondue**

This is a dish made with melted cheese. Usually bread is dipped in the cheese, however you can dip whatever you would like in the cheese. Try dipping apples in the cheese for a lighter, sweet taste. Fondue can also be made using chocolate.



**Raclette**

This is a special kind of cheese made in Switzerland; the cheese tends to be a soft, easy-melting cheese. This cheese dish is most commonly eaten with potatoes and meat. Use a raclette grill.

**Bűndnernusstorte**

This dish is a sweet desert enjoyed by many people in Switzerland. It is like a pie only filled with a caramelized nut filling (usually walnuts).

2016 IPYA Representative Presentation, Evaluation Page 1

Name of Presenter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Country Presented: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of students: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Was the packet used? Yes \_\_\_\_ No\_\_\_\_

MSU Extension faculty members continually seek to improve the quality of their educational programs. You can assist with this by completing this questionnaire. Thank you in advance for your candid evaluation.

Directions: Circle the number of the following items that indicates how you would rate the program and prepared materials, with 5 being excellent and 1 being poor.

Evaluation of educational packet:

1. Was of educational value 1 2 3 4 5

2. Content was relevant 1 2 3 4 5

3. Packet was easy to use 1 2 3 4 5

4. Presenter is well prepared and organized 1 2 3 4 5

5. How did you use the packet with your class?

6. Do you feel the packet could be used as an educational resource without an IPYA presentation?

Yes \_\_ No \_\_ (Comments)

7. Average score on post-test, if used: Post test\_\_\_\_\_

8. Suggestions for improvement or implementation (use back):

2016 IPYA Representative Presentation, Evaluation Page 2

Name of Presenter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Country Presented: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of students: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your assistance in evaluating the classroom educational presentation is greatly appreciated. Responses will be used for future programs and may be shared with state sponsors.

PRESENTATION OF MATERIAL:

Please rate the following items, with 5 being excellent and 1 being poor.

Delivery 1 2 3 4 5

Quality of Presentation 1 2 3 4 5

Organization 1 2 3 4 5

Length 1 2 3 4 5

Topics Covered 1 2 3 4 5

Interest Generated 1 2 3 4 5

Enthusiasm Demonstrated 1 2 3 4 5

Other comments.

EDUCATIONAL VALUE:

Do you feel that one area should have been covered in greater (or less) detail to make this presentation more educational? Any other comments or suggestions:

Please return to:

Your County 4-H Agent or

Stephanie Davison

210 Taylor Hall

Bozeman, MT 59717

***MONTANA 4-H IS…***

4-H is a division of the Montana State University Extension Service cooperating with the United States Department of Agriculture and your local county government. 4-H members are those boys and girls who participate in Extension-sponsored educational programs that are open to all youth regardless of race, creed, color, sex, handicap or national origin. Rural and farm youngsters have long enjoyed the benefits of Extension programs. Most people think that to participate in 4-H a youngster must live on a farm. However, 4-H has broadened its scope over its long history and rural youth are not our only audience. In fact, 4-H is active in every city and town in Montana, and well over half of all 4-H members live in urban areas.

The mission of Montana 4-H youth programs is to educate youth and adults for living in a global world through experiential programs using the resources of the Land Grant University and the U.S.D.A. Cooperative Extension Service’s programming. Staff is mandated to serve all youth in Montana.

4-H is a voluntary, informal educational program designed to meet the needs and interests of all boys and girls in Montana. Its purpose is to help youth develop to their full potential and to develop a positive image of themselves. Thus, 4-H is a human development program and seeks to teach five pro-social skills:

* Fostering positive self-concept
* Learning decision-making and responsibility for choices
* Developing an inquiring mind
* Relating to self and others
* Acquiring a concern for communities – local and global

The emblem of 4-H is well-known: a green four-leaf clover with a white “H” in each leaf. The letters in the emblem stand for Head, Heart, Hands, and Health. As a teacher/leader of this program, you will help your youngsters develop their:

**HEAD:** Learning to think, make decisions, understand the “whys”, gaining new and valuable insights and knowledge

**HEART:** Being concerned with the welfare of others, accepting the responsibilities of citizenship in local and our global communities, determining values and attitudes by which to live, and learning how to work with others

**HANDS:** Learning new skills, perfecting skills already known, developing pride in work, and respect for work accomplished

**HEALTH:** Practicing healthful living, protecting the well-being of self and others, making constructive use of leisure time

This four-fold development is vital to every individual. All four of the “H’s” should become an important part of the goals youngsters identify as they participate in 4-H sponsored activities and programs.

The program you are about to participate in is a part of Montana 4-H’s School Enrichment Program. The purpose of school enrichment programs is to make our educational resources available to youth and adults all across Montana. As a recognized leader in curriculum development, 4-H is able to provide a variety of programs that can enhance and enrich school programs.

You are invited to consider 4-H School Enrichment programs for part of your curriculum and youth activities. This program is just one example of the many different kinds of programs that are available through your local County Extension Office. We encourage you to contact your local Montana State University County Extension Agent to find out about the other programs 4-H can offer.

