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Swiss passport

New: language test for foreigners

Like a number of other European countries, Berne plans to introduce a "language" passport from 2015 onwards for any foreigner wishing to reside in Switzerland on a long-term basis.

Anyone applying for a C permit, which is available to "settled" foreign nationals who have lived in the country for at least

five years, must prove themselves competent in any one of the country's four national tongues. The choice of language, however, will depend on where they live. This is already a problem in some parts where French-speaking foreign workers, such as Moroccans, living in a German-speaking community must send their children to a German rather than a French-medium school. The concept of a language passport is nothing

new in Europe. Since last week, immigrants to Britain must be checked on their English skills before being allowed to claim income-related benefits. Job interviews will also include "more robust" language aptitude tests. In France, foreign university students are required to take special courses in French

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Le News Happy Holidays!

Our next edition will be out on Thursday 9 January 2014. The team at Le News wishes all its readers a very Merry Christmas and a prosperous New Year.



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This Week in Switzerland

A new juvenile detention centre "Aux Léchaires", built by the Department of Buildings, Heritage and Logistics (SIPaL) was inaugurated this Monday at Palézieux. The first building of its kind, it cost CHF30 million and from spring 2014 will host 36 minors aged 10 and above. It will be part managed by the Prison Service and provides a secure environment for detainees, offering tailored educational facilities and social integration services to prepare them for release.

Contender for the Credit Suisse Sports Awards Lara Gut caused controversy last weekend after narrowly failing to win the award, tweeting that she was "too Ticinese" to win, and that male counterpart Stanislas Wawrinka was "too Swiss-French". The annual awards are presented in Zurich in Swiss-German, and haven't seen a non-Germanspeaking female winner since 1993; a non-German-speaking male winner in 2011 was the first in 20 years. Skier Gut (who even speaks Swiss-German) gained 27.19% of viewer's votes, while orienteer Simone Niggli and gymnast Giulia Steingruber both pipped her to the post with 27.87% and 28.28% votes respectively.



The second stage of the road safety programme Via sicura will be implemented on 1 January. The programme was agreed in June 2012 and the first stage is now in place. Measures in force from next year include a ban on driving under the influence of alcohol for certain groups (such as new drivers) and mandatory daytime use of headlights. This is on the basis that bright sunlight or overcast skies cause poor visibility for both oncoming drivers and pedestrians. Failure to drive using headlights will result in a fine of CHF 40.

Raoul Weil, the 54-year old former UBS wealth management boss arrested in October in Italy has been freed on \$10.5 million bail. After being extradited from Italy last week, Weil appeared in federal court in Fort Lauderdale, Florida. Initially declared a fugitive by the US courts back in 2009, he is accused of helping the bank's American clients conceal approximately \$20 billion of undeclared assets. During his bail he is being tracked by GPS monitors. If convicted, he faces a five-year sentence.

The next parliamentary session of the Senate will no longer use **a show of** raised hands to vote as of March 2014. Next year senators will vote electronically by pressing a button on their individual voting devices.

Organized by the Swiss Army at the end of April, the biennial ski mountaineering race Patrouille des Glaciers in the canton of Valais is one of the hardest skiing competitions in the world. Both military and civilian teams compete and this year a record number of 1,800 teams (an additional 400) will take part in the event. The draw was due to take place in November, but was delayed due to suspected fraud. "Five cases (of fraud) were found," noted spokesman David-André Beeler. Teams, or patrols, consisting of three members usually with significant alpine and ski experience, apply to compete in two races, one of 27km from Arolla to Verbier and the other 53km from Zermatt via Arolla to Verbier.

In 2014, foreign trade statistics will again include a breakdown of gold imports and exports, revealing the **origin of gold imported into**Switzerland. The last time it was covered was in 1981. Hopefully this will contribute to transparency and enforcement of regulations in the industry. The Swiss Society for Threatened Peoples noted that it represents a "small step in the direction of transparency". Currently gold-trade information is released quarterly without reference to its origin.

New language test for foreigners

CONTINUED FROM PAGE 1

For their part, the now more conservative Dutch demand that all foreigners contemplating coming to the Netherlands – even refugees – watch a film depicting Dutch life, including scenes of "open" nudity and gay men kissing.

The Swiss "passport" would indicate the holder's linguistic competence at the time of issue. This would be based on the Council of Europe's Common European Framework of Reference for Languages. It is not clear, however, how such aptitudes would be tested, whether through oral or written exams. Unclear, too, is whether a certain aptitude would be required for a C permit. According to Adrian Gerber of the Federal Office for Migration, recently arrived foreigners seeking shorter residence, notably the annually renewable B permit, would have to

attend special language courses. Swiss authorities would then have the right to test applicants.

In an interview with the NZZ am Sontag, Gerber maintained that the passport would serve as a guide for employees and educational institutions. "Better integration can be achieved through improved language skills," he said. Gerber also argued that this would help outsiders embrace daily life more readily. The proposed language passport, was passed by the Senate last week. The Council began debating conditions for naturalization, residence permits and young foreigners last March, but it was the Senate that demanded that all longer-term permits be granted only to those with appropriate language competence.

Edward Girardet



Regional

LE NEWS IN ENGLISH

Action for the Alps

The grim news that we can expect most of Switzerland's glaciers to disappear by the end of this century raises alarm bells on all fronts. First, it is not just a Swiss phenomenon. Climate change is affecting all mountain ranges from the New Zealand Southern Alps, New Guinea Highlands and Himalayas to the Caucasus, Pyrenees, Rockies and Andes. This means that key watersheds in many parts of the world will lose their principal sources of water, threatening entire economies and livelihoods. The impact on northern India, Pakistan, Bangladesh and Burma alone will prove disastrous as glacial melt during the summer months peters out. Second, for those of us living in the Lake Geneva region, the thought that our children - and their children - will no longer be able to enjoy the Alps as we know them is more than $depressing. \, But \, it \'s \, something \, to \, think \, about \, for \, those \, lucky \,$ enough to head off to their favourite winter stations for the weekend or over the holidays. Disappearing glaciers, of course, are something we have known about for decades, so it should come as no surprise. As a child, my family used to spend the summers in Riederalp in the Valais near the Aletsch Glacier, Europe's largest. Since those days, the glacier has receded hundreds of metres. Returning there today, I can find the spot now simply a barren moraine of rocks - where the hotel porter used to collect 24,000-year-old glacier chunks with his mule for the old wooden grinder to churn out home-made ice cream. The demise of Switzerland's glaciers will not necessarily imply an end to winter sports, but could prevent resorts from producing artificial snow. There will still be snow for skiing or snowboarding, even if the latter is now on the gradual way out with 42% of 14- to 19-year-olds turning to "freeski" compared with 32.6% in 2007. But it will have a profound effect on hydroelectric power, which furnishes roughly 55% of the country's energy needs. Water, if not properly managed, will cause shortages for farming, drinking supplies and industries. Even the level of Lake Geneva can expect to drop. So what can we do? Actually, quite a lot. While efforts are being made to cover glaciers with white awning to slow down the melting process, such mitigation is limited. It does not grapple with the issues at hand. Apart from reducing global greenhouse gases, we need to adopt more efficient processes for dealing with our alpine environment. This is where Switzerland can stand out as a model for mountain regions elsewhere, all of which share similar characteristics and challenges. In 1990, Prince Sadruddin Aga Khan launched Alp Action, an exceptional initiative that brought together governments, corporations, ordinary citizens and communities to preserve mountains in a highly imaginative and effective manner. Until Sadruddin's death in 2003, Alp Action undertook 140 projects ranging from the "Green Roof for Europe" aimed at protecting alpine forests to "gentle" tourism in the Alps and the release of endangered bearded vultures back into the Haute Savoie. The initiative has since faded away. It needs to be revived, but as Alp Action International so that shared solutions can enable us to better manage what is left of our mountain regions worldwide. Not only will Switzerland have lessons to share with them, but they - in turn - will also have lessons for us.

Edward Girardet

International Geneva's great leap forward

Geneva The expansion of Geneva as the global hub for humanitarian, environmental and security issues is moving ahead. At least the three communes most affected by new construction Pregny-Chambésy, Grand-Saconnex and Geneva - are not opposing a bolstered "International Geneva" spread over 130 hectares. Costing up to CHF 2 billion, this will include major renovation of existing buildings, the construction of new ones, plus housing. important thing is that any future projects will include a certain mix to avoid the quarter turning into an office ghetto," the Tribune de Genève quoted Isabel Girault, head of Geneva's Urbanization Office, as saving.

Current renovation includes the Palais des Nations, ILO, WHO, ITU and WTO. WIPO has just com-



CHF 2 billion will be spent on renovation and construction.

pleted its new Route du Ferney building, and the International Federation of Red Cross and Red Crescent Societies has already undertaken some expansion. Its next step is to replace its old headquarters. Another plan is to extend the tramline to Ferney-Voltaire as well as to create new bike paths to ease growing congestion, but not until 2020. Despite the attractions for local busi-

nesses, residents have expressed concerns. Some fear the quarter will become "too foreign", while others worry about a project to turn the Chateau de Penthes into a Ditchley Park conference centre, making this quiet parkland off-limits, just as happened to the Palais grounds, which the Rockefellers bequeathed to the people of Geneva.

Edward Girardet

Prison for minors set to open

PALÉZIEUX A new prison built to accommodate delinquents between the ages of 10 and 22 was inaugurated on Monday. Mirroring Switzerland's proactive approach to prison practices, the establishment's objective will be to "re-educate young criminals to prevent future recidivism," according to Anthony Brovarone, spokesman for the penitentiary service.

Costing CHF 30 million, the prison will house 36 young criminals from the Romandie and Tessin cantons, with an option to increase the intake to 54. The project was catalyzed by the 2007 penal code reform, which implements a tailored and personalized approach towards delinquents between the ages of 10 and 18.

Dr Heller, a psychiatrist in Geneva's University Hospital, stressed the importance of a "protracted treatment encompassing the relevant teams as well as the youth's family to address the psychological disorders 80% of

young offenders suffer from". This mirrors the centre's underlying rationale: to sanction while offering help. Not only will it protect society, but it will ensure that young felons are given the necessary tools to find a new and positive direction in their lives. The centre will receive its first intake of young offenders during spring 2014.

Christopher Woodburn



IMPRESSUM



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National

Glaciers: going, going....



Disappearing glaciers: Photographs of the melting Aletsch Glacier taken in 1979, 1991 and in 2002.

SION Swiss glaciers, particularly in the Valais, will be largely gone by the end of this century if current melting rates continue, notably retreats of between five and 30 metres a year.

his means that glaciers will lose up to 90% of their volume by the end of this century due to rising temperatures, an average of 0.6 degrees Celsius in the 20th century. Given the crucial importance of glaciers as a watershed for the Alpine region, this could cause severe economic and environmental havoc not only to Switzerland, but also neighbouring countries. The Rhine, Rhône, Po, Inn and even Danube rivers all have principal or tributary sources emerging from the Alps.

In the Valais alone, 680 glaciers cover 15% of the canton. Since 2009, scientists have been measuring – with the help of special radar – the ice masses of 120 Swiss glaciers, 45 of them in the relatively "dry" Valais, to determine how fast they are disappearing and the affect of this on water supplies.

The results are expected in 2014. "This is a phenomenon that needs to be analysed in greater detail if we are to adopt more responsible water-use policies," noted Jacques Melly, head of the Canton of Valais' Environment Department.

ITERAMA, a public-private publishing partnership in the Valais, has brought out a new illustrated book, Adieu glaciers sublimes, to help the public better understand what is happening. One of its authors, Charly Wuilloud, former head of the Valais natural disaster department, maintained that making studies is not enough. "I wanted to sound the alarm. We need to be aware of the consequences and the dangers that the melting of our glaciers will have on our infrastructures as well as mankind," he stressed.

The rapid melting of glaciers will have a serious impact on numerous aspects of Swiss life, notably tourism, hydroelectricity, transport and agriculture – including vineyards. It also threatens to provoke more natural disasters ranging from avalanches and landslides to torrential flooding. In

1965, more than a million cubic metres of ice collapsed on the workmen's barracks of the Mattmark Dam burying 81 people, recalls Wuilloud. "We tried to rescue them with shovels, but we were helpless."

To gauge these dangers, some glaciers are being monitored, such as the Weisshorn where two full-time cameras and alarm mechanisms have been installed. Past flooding and erosion in the Valais alone has caused billions of Swiss francs worth of damage through rising rivers, road and rail collapses and the undermining of buildings. The real question, however, is what will happen to the Alps' water resources. While spring snowmelts provide a major portion of water, glaciers ensure a constant flow in the rivers. When these are gone, massive drops in water levels are expected, including in the Rhône, which flows through the Lake Geneva basin and eventually into the Mediterranean.

Edward Girardet

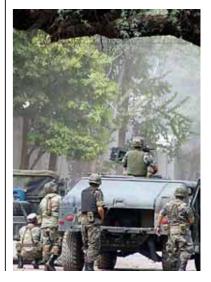
Defining war: more than just a clash?

GENEVA Was the attack at the Westgate Mall in Nairobi last September an act of war? Is the United States really engaged in a "war" on terrorism, or is this a convenient label to justify its launching of pilotless drone assaults against insurgents in Pakistan? What about Mexico's drug wars?

From its vantage point at the new Maison de la Paix, part of the city's global hub for humanitarian and security issues, the Geneva Academy of International Humanitarian Law and Human Rights last week launched The War Report. The first in a series of unique annual studies of armed conflicts, the report provides a picture of least 38 situations in 2012 that could be classified as wars under international law, notably Afghanistan, Mexico and Palestine. Iraq is not mentioned as a war zone - according to head of research, Stuart Casey-Maslen, there has to be a significant amount of organized armed violence involving clashes.

While war may seem more widespread, the Geneva Academy has been cautious in its determinations of what constitutes war. "Saying that Westgate is part of the Somali conflict would be opening a dark door," said Casey-Maslen. The War Report stresses the need for more war crime investigations and highlights the pervasive spread of rape and sexual violence. "Most perpetrators remain at large and enjoying impunity," noted Alice Priddy, a researcher at the Academy.

Edward Girardet



Business & Economy

SNB sees property bubble risk

urich The Swiss National Bank reiterated its pledge last week to intervene in currency markets to prevent the Swiss franc from strengthening beyond its 1.20 cap per euro, saying the floor remained the "right tool" to curb upward pressure on the currency. "For 2014, we expect the SNB to keep the exchange rate floor unchanged," Credit Suisse economist Maxime Botteron said.

The SNB kept its 2013 forecast for growth unchanged, saying it expects economic expansion of between 1.5% and 2 %. For 2014, it predicts an increase of about 2% in gross domestic product. Switzerland's real-estate market, driven by cheap mortgages, is experiencing its biggest boom in two decades. As of September, banks have been required to hold a capital buffer equivalent to 1% of mortgage-related assets, which can be raised up to 2.5%.



The Swiss National Bank is concerned by increasing property prices.

In a statement to the press, the SNB noted, "In an environment of persistently low interest rates, the danger of a further build-up of imbalances on mortgage and real estate markets remains considerable. For this reason, the SNB continues to monitor the

situation very closely, and regularly assesses whether the countercyclical capital buffer should be adjusted."

Moyette Marrett

Zurich Insurance appoints New CFO.

Zurich Zurich Insurance Group, has poached George Quinn, CFO of rival Swiss Re Ltd, filling a position that has been vacant since the death of Pierre Wauthier last August.

Raiffeisen to join US-Swiss tax accord.

Zurich Raiffeisen will work with Washington in a crackdown on Americans evading taxes through hidden accounts, saying it will decide in the "coming months" if it belongs in category 3 or 4 of the programme. "The basis of the decision [to choose] one of these two categories is that Raiffeisen has not systematically or actively helped US clients to evade taxes," the bank said. B PostFinance and cantonal banks such as BCV and BCGE, have registered in category 2, a classification defined by the US for firms willing to share details of their stateside operations and pay penalties.

Patent filings: trolling or innovation?

GENEVA Patent filings worldwide grew at their fastest pace in almost two decades, propelled by China, according to the United Nations agency in charge of protecting inventions, trademarks, copyright and industrial designs. The World Intellectual Property Organization said in its annual report that patent filings rose by 9.2% in 2012, the fastest growth recorded in the past 18 years, with an estimated 2.35 million applications filed. The report stated that for the first time, China tops the ranking for both the source (filing by China) and the destination (filed in China).

"As soon as the Chinese realized the potential sales value of intellectual property, they began churning out new patents at an accelerating rate," said William Dowell, co-author with IMD professor Winter Nie of In the Shadow of the Dragon, a book about the Chinese private sector going global and challenging the established multinationals.

In addition, China's State Intellectual Property Office (SIPO) last year accounted for the largest number of applications received by any single office with 652,777 filings, by residents and non-residents. It was followed by New Zealand, Mexico and the US.



A record number of patents were filed in and by China in 2012.

"There is some question as to what these patents really represent in terms of innovation or value. The suspicion is that the Chinese have been paper milling, essentially granting themselves patents for ideas or gadgets that have little or no real value," Dowell said.

The highest percentage of filings in computer and medical technologies were made in the US and Israel, while Belgium, India and Switzerland saw the biggest gain in organic fine chemistry. "While economic recovery since the 2009 crisis has been uneven and has

failed to bring down unacceptably high levels of unemployment, IP filings have increased at a faster rate than before the crisis," said WIPO Director General Francis Gurry. According to Dowell, more US firms have become "patent trolls", buying patent rights simply to extort money from other companies. "The process works against the philosophy of the patent system, which is to encourage new ideas," he said.

Moyette Marrett



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Business Comment

Avoid competitive irrationality

How hurting your competitor might not help you

agers regularly forfeit absolute profit in exchange for favourable standing. With strategic advancement in mind, they aim for position rather than profit and frequently neglect the financial interests of their companies. Known as competitive irrationality, it is a trap easily fallen into, but just as easily avoided when better understood.

The phenomenon of competitive irrationality is well known and has been extensively documented. To paraphrase a popular idiom, it is a situation in which managers saw off the branch on which their company is sitting in order to prevent competitors from climbing the tree. Individuals engage in often risky behaviour when they deprive themselves of something just to prevent others from gaining it as well. So far, social psychologists and behavioural economists have stopped short of investigating countermeasures to a conduct that is frequently destructive.

In our study "De-biasing competitive irrationality: How managers can be prevented from trading off absolute for relative profit" we have identified and tested specific potential remedies for competitive irrationality.

Relative happiness

The inherent tendency of people to evaluate themselves in comparison to others creates the "positional concerns" that are found throughout



human relationships. According to evolutionary psychology, it is a way to ensure access to scarce resources and mating partners. After all, it is not important to be as strong or smart as humanly possible - it is sufficient to be stronger or smarter than the immediate competitor in order to appease one's hunger or to be successful in a mating contest. From a social psychology perspective, engaging in comparisons has been identified as an efficient tool for self-enhancement and selfimprovement: downward comparisons can boost self-esteem; upward comparisons can help develop new capabilities or procure advancement.

This explains why there are limits to the traditional wisdom and common belief that happiness or success are directly linked to positional advancement. The "Easterlin paradox," whereby making everyone better off does not make everyone happier, reintroduces the notion that subjective well-being remains intrinsically linked to relative position: if others become wealthy, they take away from the happiness that one can derive from being wealthy; relative income, and not purely absolute income, determines one's sense of well-being.

Managers tend to behave likewise. Despite explicit instructions to maximize profit, they frequently make competitively irrational decisions that sacrifice absolute profit for relative position vis-à-vis competitors. They instigate unjustified price wars, overbid during acquisitions processes or refrain from profitable cooperation with competitors. The consequences are rarely positive.

For instance, when the major record companies in Germany decided in the late nineties to protect themselves against illegal file-sharing over the Internet that the MP3 file format had made possible, residual rivalries between the companies slowed down the establishment of an alternative platform named PhonoLine. iTunes came in and took the market by storm, rendering their efforts obsolete. All incumbents lost out on a tremendous business opportunity because everyone was primarily concerned about their relative positions.



Many businesses sacrifice profit for competitive position.

Countering competitive irrationality – three simple measures

The underlying psychological processes and mechanisms that contribute to competitive irrationality have been abundantly reviewed, as have the consequences. Surprisingly, almost no attention has been devoted to possible countermeasures, which was the reason for engaging our study. Through our research, we identified three measures that significantly reduce competitive irrationality. The apparent simplicity of these measures should not detract from their importance, since for competitive irrationality, as is the case for many kinds of irrational behaviour, realization is the beginning of the remedy.

1. Be aware of interfering biases:

Simply being aware of competitive irrationality can reduce its hold on decision-makers. Positional concerns are no longer a question of survival, as they were when resources were scarce, so managers need to step back and resist their natural compulsion to beat the competitor just for the sake of it. In most industries, there is room for a number of competitors.

2. Reduce time pressure:

Our research revealed that time pressure actually amplifies the importance of relative standing, but since decisions that are made at time's gun point are rarely appropriate, such haste makes waste. Remembering that pres-

sure can amplify positional concerns to the detriment of the financial health of a company, several measures can be considered to combat their negative influence: moving deadlines, re-prioritizing tasks or simply temporarily removing the decision-maker from an over-stimulating environment.

3. Expand reference groups:

Finally, it is also essential to reconsider who it is we are comparing ourselves to. Typically, companies have a clearly defined set of competitors that they have been competing with for a long time and, in many cases, the strategic focus revolves around "beating competitors X, Y, and Z" at any cost. As we pointed out above, this competitively irrational behaviour in itself is already problematic. However, in addition this irrational focus on trying to beat a specific set of competitors also often prevents us to look beyond our traditional industry boundaries. As real competition is increasingly starting to take place outside the boundaries of our established reference groups, an overly strong focus is likely to be a recipe for failure. Expanding the reference group can help prevent blind spots, as well as favour or accelerate innovation. Pyrrhus may have won the battle of Asculum, but the victory came at a devastating cost to the winner. Likewise, attempting to contain a competitor might not be to a company's benefit. Managers must be alerted to the potentially harmful effects of such strategies. Our research suggests that $simply\,being\,aware\,of\,the\,limitations\,of$ positional concerns goes a long way to avoiding the traps of competitive irrationality.

Albrecht Enders is Professor of Strategy and Innovation at IMD. Lorenz Graf is an Affiliated Research Fellow at IMD. Andreas König is Professor of Technology, Innovation, and Entrepreneurship at the University of Passau (Germany) and an Affiliated Research Fellow at IMD.





Insight

Sport must up its game

yon. To what extent should high profile sporting events, such as the Olympic Games or the 2022 World Cup, be used to remind host governments of their human rights responsibilities? Last week, migration experts Vincent Chetail and François Crépeau addressed concerns regarding migrants in Qatar. Conditions for lower level construction and domestic workers from Nepal, India and elsewhere are often akin to "slavery". Crépeau, a UN Special Rapporteur, exposed the plight migrants face in places like Qatar.

As UN and other human rights officials point out, numerous migrants, who make up 88% of Qatar's population, have their passports confiscated, are not paid on time and are frequently employed under contracts worse than those originally signed. Migrants being jailed solely on the word of their employer is commonplace. While such practices are theoretically illegal, it is the reality of the kafala (sponsorship)



Migrant workers have little protection and few rights in some event-hosting countries.

system that "creates a vulnerability worsened by a lack of workers' unions," said Crépeau.

Officially, most international sporting federations endorse respect as part of an accepted global value system. However, this did not prevent Russia, host of the 2014 Winter Olympics in Sochi, from passing antigay legislation. Switzerland is home to federations such as FIFA, IOC and UEFA. As an international source iterated, "Such organizations often use their apolitical stance as an excuse for

inaction, even if there has been a certain shift in terms of accountability in recent years." Collaborating with FIFA has proved problematic. "The process would definitely benefit from the inclusion of high-ranking officials to denounce basic human rights abuses."

Though boycotting, as France and other countries will do in Sochi, is an option, it is up to the sporting committees to take more proactive approaches. As some critics argue, they should not select host countries that do not meet international standards.

Crépeau stressed that stigmatizing Qatar could be counterproductive. The Doha government accepts international concerns, he said, even if its powerful chamber of commerce does not. The Qatar 2022 Supreme Committee has held talks with Amnesty International, resulting in a Workers' Charter and Workers' Welfare Standards aimed at reducing abuses and acknowledging complaints. These agreements would also make the firms at the top of the pecking-order accountable for the practices carried out by local subcontracted companies. This approach entails genuine joint action between committees in charge of major sports events and the international community to improve the current status quo. Only in this way can organizers - and chambers of commerce - be persuaded to recognize that sports cannot be divorced from human rights.

Christopher Woodburn

Travel

Art: fascinated by vehicles

Ofunique historic value, the Collection de l'Art Brut comprises over 60,000 paintings, drawings, sculptures, fabric works and writings. "Vehicles", the first of a new series of themed exhibitions, addresses means of transport. It brings together over 200 pieces by 42 artists, involving distinctive production modes and various techniques and materials.

Vehicles intended for travel by land, air or water – from the most rudimentary two-wheeler to the latest feat of technological engineering – have long fascinated humans.

Some Art Brut creators take vehicles as their only subject, and all their work involves variations of a single motif. These artists create lists or series in which vehicles are depicted in an orderly and precise fashion, as in the work of Motooka Hidenori, David Braillon and Gregory Blackstock. These creators feel the need to classify objects in a strict and obsessive way that reveals their basic need to organize or even take possession of the world.

Others are attracted by the wider world of transport, a theme inextrica-

bly linked to the idea of travel, synonymous with discovery and experience but also with danger. The work of Willem Van Genk falls into the first category, whereas the pieces by Loma Hylton and Shi Yi Feng allude to the threatening side of vehicles, the disturbing chaos generated by a multitude of moving engines.

This excellent exhibition, running until 27 April 2014, also features pieces by André Robillard and Eric Zablatnik, which show futuristic constructions, flying machines and engines featuring propellers or motors. Driven by their dreams, these artists use their creation as a vehicle to escape the reality of their day-to-day existence.

Brief artist biographies, in French and English, are displayed alongside the art. Free guided tours are sometimes available at weekends (book online). Guided tours for groups and classes are also available in French, German, English and Italian on request.

1 pass, 470 museums

LAUSANNE The annual Swiss Museum Pass promises to provide not only an informative or artistic festive weekend but also a whole year of entertainment for the family. The pass grants access to over 470 museums in Switzerland (and one in Liechtenstein if you fancy the ride), temporary exhibitions included. Around since 1996, the pass aims to promote cultural diversity and education by facilitating access to a broad range of exhibitions. A year's individual pass costs CHF 155, with up to 5 children CHF 188, and a family pass (2 adults and children) CHF 277. This may seem steep, but the cost is easily recouped during a year's worth of visits given that the average museum entry fee is around CHF 20 per adult. You can order passes online and find more information on www.museumspass.ch.

This season's exhibitions include a thematic collection – entitled

"Vehicles" – the amazing works of artists with no formal training at Lausanne's Musée de l'Art Brut;

"Méditerranée", a photography exhibition by Léonard Gianadda at the Fondation Pierre Gianadda, Martigny



– where you can also admire the gleaming vintage cars; and, alongside the permanent collection of Swiss cultural history at the Chateau de Prangins, "Swiss Press Photo 13" featuring the best photos of the events that marked 2012.

In terms of transport, check out the "two-for-one" SBB/CFF Daily Duo Travel card, available from La Poste shops and online until 5 January 2014 (valid for travel until 31 January). This lets two adults travel around the country for a day – by train, bus or boat – for the price of a one-day ticket (carte journalière). Have a great day out with the whole family over the holiday period.

Jennifer Rose

Lifestyle

Finished off



Business manners are on the curriculum

Switzerland's last traditional finishing school has decided that in the 21st century young men as well as women need to be "finished" to prepare them for life.

In the past, when the rich sent their daughters to be "finished" in Switzerland for a year, the Institut Villa Pierrefeu quickly developed its reputation by "preparing" the daughters of princes, sheikhs and presidents and even the niece of the Japanese emperor.

Viviane Néri, whose grandmother founded the Institute, believes that fewer girls today want to end up as a housewife but instead seek a career in business. Néri, the school's principal, said a young participant once remarked that it was a shame there was no finishing school for men because young women often hope to find a "perfect gentleman" educated in the finer aspects of art, culture, wining and dining.

Néri had already realized there was also a growing awareness in the business community that good manners are useful for business and she decided to accept men for the first time this year. In January the Institute accepted five men from Lebanon, Mexico, France, Britain and Germany. So far, four men have been accepted for an intensive one-week course beginning

Applicants may take part in two- or six-week courses in the European Art of Dining or in International Etiquette and Protocol. Some young women continue to request the original "finishing programme" which includes cooking, the art of being a good hostess, table decoration, floral art and international etiquette. Instruction is in French or

English but participants are encouraged, under professional supervision, to speak French at all times. "What we offer is a Swiss sense of etiquette with greater attention given to the manners and customs of different cultures."

According to Néri, clients want les bonnes manières. "Businessmen realize we are also judged by our manners," she said. Respect for people of other nationalities, religion and philosophy is more important these days and the Institute's curriculum reflects this. The cost of being "finished" is between US\$2,100 and \$2,800 per week for either 26 or 40 periods of class, including room and board. Néri said the Institute still receives its share of royals. "But they are incognito and to integrate them into the group, they are introduced only by a first name."

The International Etiquette and Protocol course was designed for the international career woman but it now welcomes men. Course work covers the customs and manners of 20 countries as well as business and social skills. With the disappearance of Swiss finishing schools, rival institutes are springing up in the BRICS countries to cater to the tastes of their emerging upper middle classes. This year, for example, a former student launched a Chinese finishing school in Beijing that has attracted US executives from Fortune 500 countries interested in its Chinese etiquette course.

But Néri is not worried by such challenges. "It's like the watch industry. If you want the highest quality, you stick with Swiss." The heyday of European aristocrats sending their daughters to finishing schools in Switzerland may be over, but the Institut Villa Pierrefeu realizes that whether in business, politics or ordinary life, "manners maketh man".

Pamela Taylor

Plugged in



Start a business!

You don't need a degree or years of professional experience to start your own business. All you need is a solid idea, maybe some funding and most importantly, a lot of determination. So if you have already had your eureka moment for a new money-spinner – read on!

Go over your idea with your parents, a teacher, or a close friend. Their fresh insight and experience will allow you to develop your idea – and check that is hasn't been done before. But remember not to go off and tell your whole class – you don't want anyone pinching your idea! Consider joining forces; if you are a tech wizard and your best friend has the gift of the gab, you may make the perfect combo.

Other things to consider are market research, business plans and protecting your idea. If you are serious about launching a product you are going to need to hit the books or even take some classes to get business savvy. Preparation is key. Market research involves looking at what is out there on the market already – what sets your product apart from those already available? Make a business plan – this involves defining your goals and how

you can reach them. Who are you selling to and what do they want? What resources do you need? Where do you want to be in a year's time?

Venture Kick, part of Fondation des Fondateurs, is a great place to start for young entrepreneurs. Apply to pitch your business idea to a jury of entrepreneurs and investors to compete for CHF10,000 of funding to get your plans off the ground. If successful, you can compete for further funding. Whatever the outcome, Venture Kick is a great opportunity to network and learn about starting a business from scratch.

Of course not all business projects need to be the start of a career or a full-time occupation. The scale starts from a lemonade stand and could be as simple as selling home-made snacks at your local cinemas at a profit. Think about making the link between supply and demand. Who needs what? How can I provide it? Remember age and experience shouldn't limit you — as long as you are willing to learn (especially from the many mistakes you will inevitably make) and work hard— there is really nothing stopping you but yourself.

Jennifer Rose

Cool in sites

If you just can't stay awake after too much eating and merriment then waitinginline3d.com will perk you up for as long as you can stand punching yourself.

And if you want to build up some aged relative's confidence to use the internet, or if you're a self-confessed idiot, then **idiotproofwebsite.com** is for you.

Christmas Shopping

Multicultural Christmas – picking and choosing

Every country or region in the world has its individual take on Christmas.

oming from a complex, multicultural background I've come to witness this first hand, but it has also made me realize that Christmas is more about family than cultural tradition. Where you are from or what passport(s) you have really doesn't matter. Born in Switzerland, I grew up in France with an American mother, a German father and a Swiss-American stepfather, who is more British than Swiss or American, I have no idea what a "traditional" Christmas actually is. Nor do many of my friends who live in the Lake Geneva region, including "la France voisine", all who have similarly mixed backgrounds. This includes a South-African friend, who is also Swiss and now studying at a hotel school above Lausanne, or one of my British university friends, who is Eritrean-French.

Every year my mother, who takes her holidays and family events – Thanksgiving, Easter or birthdays – seriously, cooks an amazing Christmas Eve dinner with foie gras, duck à l'orange, wine and a bûche de noel, which for me couldn't be more French. So is the Châteauneuf-du-Pape, which has been my parents' favourite wine since they first met. We may open one or two presents, just to keep my stepfather happy – given that this is how he

was brought up by Swiss parents who, even though they lived around the world, insisted on celebrating Christmas both on the 24th and the 25th. Christmas Eve is also the time when I call my German family to wish them the best and to hear about their meal. As with most Germans, but also Swiss, they celebrate on the 24th. As my father is now married to a Swiss, they follow their own German-Helvetic tradition.

However, we still wake up very early on the 25th, sit lazily in front of the overly bright and decorated Christmas tree eating blueberry pancakes smothered in maple syrup and drinking eggnog. Eggnog is my thing, an American tradition that I've embraced even though I have never really lived in the US. For my family, this is what a traditional Christmas entails. Any other way is just strange. I travel to Basel or Germany to visit my Dad a few days before Christmas every year and I'm always surprised at how different his way is of celebrating the holiday. My grandmother's Christmas tree is usually blue and silver with minimal decoration, whereas mine usually holds every single decoration ever bought in the last 20 years, ranging from Indonesian to Californian, creating an explosion of multi-coloured lights and

In Germany (where the Christmas tree originated) the most important time is Christmas Eve: people enjoy a



There are more than enough christmas specialities to keep you full all year round!

tasty but low-key meal. This may be roast goose or pork with roast potatoes, red cabbage and brussels sprouts, followed by Christstollen for desert. Presents are opened the same night and by noon on the 25th, the holiday is pretty much over, although my grandmother always insists on serving anyone who stops by with cake and coffee. $\,$ Everything stays perfectly humble. That said, I am not at all opposed to the German way of celebrating, I've just never been exposed to it. This is why I believe in the notion of "family tradition". Even though I am also a German national, I can never imagine myself celebrating Christmas the way my father does. This is simply because I have never spent the holiday in Germany and have grown accustomed to my mother's way of things, which is neither fully American, nor fully French

We have created a new tradition,

unique to my family, where there is no allegiance to any country whatsoever. Nowadays, Christmas is more about spending time with one's family and keeping everybody happy. We call friends and relatives in the US or wherever they happen to be to share our experience. Cultural traditions and what every country considers the "right" way of celebrating Christmas don't exist anymore. Maybe we've all becoming more international or as some call us, "third culture" kids, brought up in different parts of the world, but with the ability to pick and choose what they consider right. Some may fear "immigration", if that is indeed the right term - we just think of ourselves as being new-generation internationals - but this mix of cultures without doubt creates a richer and far more interesting array of traditions that we can call our own.

By Elisa Schmidt



Christmas Shopping

Useful tips for useless shoppers

here are two ways of looking at the whole "Christmas shopping" thing. Most people's way – which is thoughtful and well planned. The other way is defamed as "useless shopper panic". As any useless shopper will attest, last-minute Christmas shopping is great. Some think that at 18.30 on 24 December shops sell everything off at less than half price.

However this strategy can come off the rails. Simply put, leave it late and you can get into serious cost overruns. Your wallet takes a major hit as prices do not go down or worse, most shops are sold out and you are left with no option but to go to fiendishly expensive shops staffed by sadistic assistants bent on exacting revenge for their under-cherished "brothers or sisters".

So if you're reading this and haven't bought your gifts yet, understand the following: you're too late to buy physical gifts online and a lot of stuff has sold out. Now while the options available to you might seem highly limited there are clever ways forward. Give a donation to a charity in your partner's name. Funding livestock for someone in the developing world can be a real winner and gives lots of scope for tailoring an appropriate gift. Try: sendacow.org.uk. Another idea is to fund a supply of fresh water for a child or family. Other gift donation sites are: Helvetas – monsouhait.ch; Unicef – inspiredgifts.unicefusa.org; WWF – gifts.worldwild-life.org, and Kiva – kiva.org.

Other ways of saving your skin are: e-books; digital music or movies; digital music subscriptions; and monthly wine subscriptions (try wiine.me, a Swiss company).

All you need is permission from the kids to access the iPad for a couple of minutes plus your credit card. Tap "Submit" and suddenly we are not such useless shoppers after all.

Le News

Last minute X-mas shopping



A Nordic giff & inferior shop in Bassins. Great ideas for presents from toddlers to grown ups.

19th: Glågg/Vin Chaud
20th: Girls Night out, Bubbles @18:00
21st: Last minute shopping

22nd: Last minute shopping 23rd: Last minute shopping 24th: Merry Christmas, Closed

opening hours: 14h-19h, Thursday 19 DEC 14h-21h

More info visit:

www.spiceyourlife.ch

Boufique: Rue de Raulan 11, 1269 Bassins. Tel: 079 632 32 64

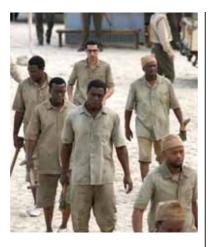


FILM REVIEWS

MANDELA - LONG WALK TO FREEDOM

Release: 18/12

Three excellent films (this one, Fruitvale Station, and 12 Years a Slave) about the agonies of Black history are coming out this season, all competing for prizes in the pre-Oscar awards' race. This one, about the last moral giant of both the 20th and 21st centuries, tries to put the turbulent life of this great man into context within some two and a half hours. It's a daunting task, to which many critics have not been kind – unfairly. English director Justin Chadwick has had a penchant for both history and justice in his previous films, so the life of Mandela was a natural for him. He treats it with great dignity, trying to clarify the various phases of his strug-



gle, from childhood through his years as a lawyer, his womanizing, his conversion to a freedom fighter, his 27-year imprisonment and his peaceful and triumphant return as the first black president of South Africa. British actor Idris Elba conveys well the mental power, confidence and dignity of Mandela, and has already been nominated for best actor in the Golden Globe awards.

*** WALKING WITH DINOSAURS

Release: 18/12

Here's a fun and informative film for the whole family, giving us a bird'seye view (literally) of the world of dinosaurs as it was in prehistoric times. Little Patchi is the runt of his dinosaur family, and his adventures, his first love and his coming-of-age are sweetly and ingeniously presented in this animated film that will have you feeling fully immersed in his realm of survival-of-the-fittest. It's exciting, funny and endearing for the curious kid in us all.

By Neptune

Walking with Dinosaurs: Geneva Pathé Balexert (VF) 15:15 3D17:15 3D19:20 3D

Mandela- Long Walk to Freedom Geneva Pathé Balexert (VO) 17:15 (VF) 20:30



Christmas Cuisine

Bûche de Noël or Yule log

A sensational change from Christmas pudding is the bûche de Noël.

he traditional bûche is made from a genoise or other sponge cake baked in a large, shallow Swiss roll pan, then rolled to form a cylinder and iced on the outside. The most common combination is a basic chocolate sponge cake, frosted and filled with chocolate buttercream, but many variations exist.

Bûches are often served with one end cut off and set on top of the cake or protruding from its side to resemble a chopped off branch, and bark-like texture is often produced in the buttercream by dragging a fork through the icing. The cake is then decorated with fresh berries and mushrooms made of meringue, and powdered sugar to resemble a log covered in snow.

Ingredients

Chocolate sponge: 4 large eggs, 100g caster sugar, 65g self-raising flour*, 40g cocoa powder.

Chocolate cream topping: 300ml double cream, 300g dark chocolate broken into small pieces.

Cream filling: 300ml whipped double cream.

Decoration: icing sugar for dusting, a sprig of holly.

*Tip: To make your own self-raising flour, add 2 tsp baking powder to 225g plain flour, about ½ a level tsp for this recipe.

Method

For the sponge, whisk the eggs and sugar in a large bowl until the mixture is pale in colour, light and frothy. Sift the flour and cocoa into the bowl and carefully cut and fold together until all the cocoa and flour are incorporated into the egg mixture. Preheat the oven to 200C. Lightly grease a 33 x 23cm Swiss roll tin and fully line with baking paper.



Pour the mixture into the baking tin and spread evenly into the corners. Bake for 7–11 minutes – until it rises, is firm to the touch and the sides have pulled away from the edge of the tin.

Place a piece of baking paper that is larger than the Swiss roll tin on the counter top. Dust liberally with icing sugar. Carefully turn the cake upsidedown onto the paper and peel off the lining paper. With a knife, quickly cut shallow lines every 2.5cm across the sponge from short edge to short edge. This will let you roll the sponge without it breaking up. Take the short edge of the sugar-dusted paper and roll up the sponge tightly, with the paper inside. Set aside to cool.

For the chocolate cream topping, gently warm the cream in a pan without letting it boil. Remove from the heat and stir in the chocolate until it has melted. Cool and refrigerate until thick enough to pipe.

Whip the cream. Unfurl the sponge roll. Throw away the paper. Spread the whipped cream over the surface and tightly re-roll. Cut a quarter of the cake

off from the end (at a 450 angle). Place the cake on a large serving plate and then put the cut portion on top to depict a branch.

Pipe long thick lines of chocolate

icing along the cake, covering it entirely. Fork it to give the appearance of tree bark. Dust with icing sugar and decorate with holly. Serve and bow to loud applause.







Classifieds

LE MOTOR SELL



Motorbike for sale

Yamaha Fazer 600 cc. Silver. 30,500 km, 1st registered in May 2008, expertisé in Dec 2011. Price CHF 3,000.

Contact : lan@scotskirklausanne.ch or tel 021 323 98 28

4 Wheel-Mounted Winter Tyres for Sale

Michelin radial 195/60 R15. Used for 4 months only. 130 euros for all 4 of them Pick up from Divonne, France. Contact Nick Jeffreys, 00 41 79 254 68 27

LE MISCELLANEOUS

Spice Your Life! A Nordic gift & interior shop in Bassins

Great ideas for presents from toddlers to

grown ups. Spicy events coming on with the build up to Xmas, Friday 13th Wine tasting @ 5pm, Saturday 14th Santa is visiting @ 5pm & lots more. visit:

www.spiceyourlife.ch or 079 632 3264 L'EDUCATION

English tutoring

Experienced English native tutor for children and adults. Preparation for exams, conversational practice or structured lesson plan possible. Rates negotiable. Email jacrose6562@gmail.com.

GENERAL

Lutheran Church of Geneva

Switzerland's only English-speaking Lutheran Church is located in Geneva's Old Town on the Place Bourg-de-Four at 20, rue Verdaine. Worship Sundays at 11h00. Worship, Bible studies, children's education, retreats and more. www.genevalutheran.ch 022 310 50 89 pastor@genevalutheran.ch



LE LOVE TO MEET

Someone special still missing?

Contact Trea Tijmens of SuccessMatch. ch (personalized and confidential dating & matchmaking) during the first week of January and find out how she can introduce you to that special lady before Valentine's Day. trea@successmatch.ch / call 022 784 6591



LE BEAUTY & WELLNESS

Style Intellect, styling solutions for women

Style Intellect offers a range of styling solutions for women, helping them to have greater confidence, make a bigger impact and create a very positive first impression! Know what to wear, which colours will

make you look radiant and how to have a wardrobe full of clothes that you love to



LE WANT TO SELL STUFF

Wooden push-bike for 2-4 year old. Fr 40.- Tamaradaniel@bluewin.ch

LE WANT TO BUY STUFF

Looking for a second hand flat screen TV for kids playroom.

Please SMS details: 079-7027329

Le News classifieds: advertise to thousands of English-speakers.

LeNews.ch

Christmas Photo Competition

Le News is offering a Payot book token worth **CHF 50** and the chance to be published to the photographer who submits the best photograph and caption on the subject of:

"Christmas in Switzerland"

Email your entry to **competition@lenews.ch** by **3 January 2014**.



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Building on the Rock and not on the sand

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Regional Events

Lausanne, VD, THE OLYM-**PIC MUSEUM**

21 December

After 20 months of transformations, The Olympic Museum will be reopening to the public December 21, 2013 withe free entrance until January 23, 2014. With its new exhibition areas, it will encourage visitors to delve into the history, legacy, dreams, challenges and values which have combined to make the Olympic Movement what it is today. In addition to the exhibitions, a variety of cultural programs will be on offer starting in the spring of 2014.

Location

Le Musée Olympique Quai d'Ouchy 1 1006 Lausanne www.olympic.org/museum



Morgins, VS, NIGHTTIME HUSKY SLED RACE

20 December, 20h 21 December, 16h

The most beautiful Swiss husky teams will race on a magical course, starting from the lake. Riders will continue their run in the heart of Vallon de They then onto the heights of the station. The arrival will take place in the center of village

The public can follow the race and mingle with the teams at the start.

Location

Office de Tourisme de Morgins Rte de Bas-Vièze 4 1875 Morgins 024 477 23 61 www.morgins.ch



Geneva, PARC DES BAS-**TIONS, ICE SKATING RINK**

16 November, 2013, through 23 February, 2014

Children and adults of all abilities can indulge in the joys of ice skating on the seasonal rink in a great location. There is also a playground, a great restaurant and snack bar for a hot chocolate. Why not come skate with friends and family, partake in the occasional ice disco, various skating demonstrations, contests or a visit from Santa? Free to use the rink; skates can be rented for Fr. 2.-. Closed Mondays

Location

Parc des Bastions 1204 Genève 079 445 25 64 022 418 45 00 www.ville-geneve.c



Annecy, France, MARCHE DE NOEL DES ALPES

Until 5 January, 2014

Christmas market offering regional crafts and local "produits de terroir" Ice rink at the Villages des Alpes. Numerous activities throughout the month of December and early January, including:

- Christmas parade on 21 Dec.
- Magic Mirrors with Artootem
- Free Christmas concerts at the Imperial Palace
- The Petit Train will lead you from one activity to another.

Location

Opposite the Hotel de Ville (Espace Hôtel de Ville) and on the Place François de Menthon (Espace Village des Alpes) Annecy, France www.annecy.fr/620-noel-des-alpes-



Sion, VS. MARCHE DE NOEL

14-23 December, 2012 Weekday 14h-19h Weekend 11h to

A special program has been put together for the 10th edition of this special event. Singing and music from South American, a Christmas choir, sculpture demos, ice sculptures, crafts demos and sales, in fact, the whole town has something to show or demonstrate, as well as for purchase!

Place du Midi and L'Espace des Remparts Sion, VS www.mdnsion.ch



Lausanne, VD, LAUSANNE **CHRISTMAS MARKETS**

22 November to 24 December, 2013

- Marché de St-François A warm and welcoming traditional market with various Lausanne traders proposing different products, decorative items, food delicacies. There is something for everyone! Come and taste raclette and vin chaud amongst other delights.
- Marché de Pépinet A traditional craft market, with the opportunity to take a break and enjoy some food as well.
- Marché du Flon near the ice rink, you will find whatever you fancy to eat and drink at this animated market including a good raclette!

Various around Lausanne http://noel-lausanne.ch/



Geneva, LUNA PARK

Until 12 January, 2014 30.11.2013 - 12.01.2014

Wednesday, Friday, Saturday, Sunday: from 14h. During the holidays, daily from 14h. Not only will the thrills of the rides, lights, and music enthrall you, but all your senses will be stimulated by the smells of deep-fried carnival treats, popcorn, sausages, and other occasional temptations! Be prepared to spend a certain amount as it is easy to get carried away with one ride after another.

Location

Geneva Plainpalais www.geneve-tourisme.ch

WINTER ACTIVITIES

different to do over the holidays, then plan on booking a snow-shoeing or husky dog sled outing! Most of the ski domains offer this kind of thing. Visit the tourist office who would be more than delighter to set you up with a recommended

SWITZERLAND:

- Crans Montana
- Saignelégier
- Villars
- FRANCE:
- Chamonix - Flaine
- Mégève

If you are looking for something company.

- Moléson
- Verbier
- Avoriaz

CHRISTMAS MARKETS EVERYWHERE

Christmas markets are a great place to go to get a flavor of the local customs and traditions of this region - and of course to buy unique, handcrafted products to send as presents to your folks back home. Most of the markets provide food stalls offering local delicacies, including of course a welcome glass of mulled wine (otherwise known as vin chaud or glühwein). For the children, there are often many activities organized and if they're lucky, Santa Claus may make a surprise visit!

Check this link to see a list of recommended ones: www.knowitall.ch/2013xmasmar-

CHRISTMAS CHURCH SERVICES

If you are interested in attending a Christmas church service then have a look at this extensive list at the link below. Some of them are Frenchspeaking but most are Englishspeaking churches. Please check the websites before setting out, in case any of the times or locations have changed.

www.knowitall.ch/2013festivities











Local Community Groups & Associations

CLUBS AND GROUPS

Lausanne Scots Kirk Art Group

For anyone who wants to improve their artistic techniques from oil pastel to sketching, the Scots Kirk invites beginners to experts to share their knowledge on Tuesday evenings from 7:30pm. CHF5 a session. Visit http://www.scotskirklausanne.ch/?q=node/21 for more information.

Geneva Flamenco Group

This group invites all who love, practice or want to learn about Flamenco and any related techniques. Groups trips to see flamenco shows, ferias and other events. Visit http://www.glo-cals.com/groups/geneva/geneva-flamenco-lovers-group.htm to see upcoming events.

Vaud Classical Music and Art Lovers Group

For classical music fans, this group organizes trips to see recitals, operas and major art shows at venues in Geneva, Zurich, Lausanne and Martigny as well as some jazz and gospel concerts. Visit http://www.glo-cals.com/groups/geneva-classical-music-and-art-lovers-group.htm for more information or to suggest an

Lausanne Badminton Club

event.

Open from Monday to Friday 08:30 to 23:00 and Saturday to Sunday from 09:30 to 20:00 at 12 Chemin du Viaduc, 1008 Prilly. Welcomes a variety of standards and ages. Call 021 624 22 21 or visit web.badmintonlausanne.deciplus.pro for details.

Lausanne/Vaud Plusport Sport Handicap Suisse

Organisation facilitating handicap sports throughout Switzerland in collaboration with Procap Sport, the Swiss Paralympic Committee and the Special Olympics Switzerland. Also offers camps for 1 or 2 weeks. Based at 2 Avenue de Collonges, 1004 Lausanne. Call 021 316 55 32 or visit www.vd.ch/themes/vie-privee/sport/sport-associatif/sport-handicap/ for more information.

Nyon CinéClub

Offers a selection of great international films on Mondays at 20:00. This non-profit club is open to suggestions for possible screenings in its two theatres. At 5 Rue Neuve, 1260 Nyon or find us at informations@cineclubnyon.ch.

Geneva Aqua Zumba

Aquatic fitness class based on the popular Zumba programme in a 34°C swimming pool aims to improve your cardiovascular fitness and toning. Choreographed to Salsa, Merengue, Chachachá, Samba, Tango, Flamenco, Calypso, Hip Hop, Reggaetton and Soca beats – this class promises an engaging and entertaining way to stay healthy! Classes held on Tuesdays from 19h30 - 20h20 at Avenue de Beauséjour 26, 1206 Genève. Visit www.ecoleclub.ch/Offre/Aqua-Zumba to sign up!

Geneva International Ski Club of Geneva

As well as offering all types of ski and alpine activities, ISC hosts ski fitness classes to prepare for the winter season to improve performance and reduce the risk of accidents. Classes are held from 18h00 to 19h00 and 19h00 to 20h00 every Tuesday from September to March at the physical education school room Sismondi, aveinue de France 30 1202 Genève. Subscription from January 2014 is CHF 90 and for one session CHF 10. Call Raffaele Moresino on 0793368228 or email scigraffaele@bluewin.ch more more information.

Lausanne The Open-Minds: book club, creative writing, philosophy

This is a club for those who share a love of words, a love of stories and ideas in English. It hosts a book club, a writing workshop to practise and experiment new writing techniques, and a philosophy cafe to debate interesting ideas over a cup of coffee. Based on the traditional concept of Café Philo by Marc Sautet. Visit www.glocals.com/groups/lausanne-openminds-group for more information.

HELP AND SUPPORT

Website Depression Understood

The website offers a supportive network from those suffering from depression and anxiety. It provides a platform through which which likeminded people can communicate and offer peer support to one another. Crisis hotline:143. Visit www.depression-understood.org to get involved.

Vaud Association of Diabetes

As a member of the Swiss Association of Diabetes, this group provides information that helps improve the quality of life of people with diabetes with special diabetes focused consultations and information sessions. Based at Avenue de Provence 12, Lausanne call 021 657 19 20 or e-mail info@diabetes-vaud.ch for more information.

Vaud abC Centre anorexia bulimia

Provides specialty care and support for adolescents and adults with

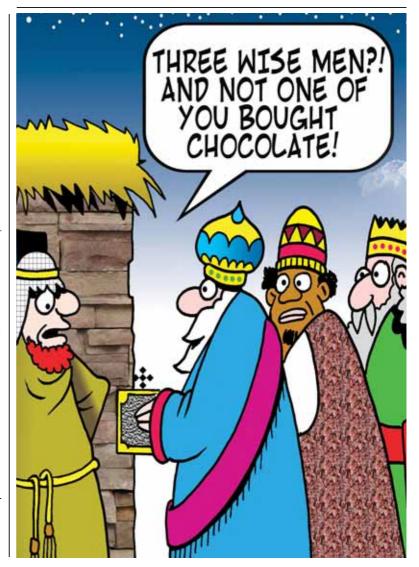
anorexia nervosa and/or bulimia and those with anxiety or obsession concerning food consumption. An interdisciplinary team tackles psychological, physical, nutritional and social aspects of these complex conditions to provide personal care. Call 0848 282 282 or visit www.chuv.ch/abc for details.

Parspas Suicide Support

If you are in distress and looking to talk to someone or need information, the relative of a person in distress or hav e lost a loved one to suicide, Parspas provide a support groups and helpline. Call 0273212121 from 8h00 to 20h00 or email aide@parspas.ch. Individual meetings on request. Visit www.parspas.ch for more information.

Helpline Mental Health: La main tendue

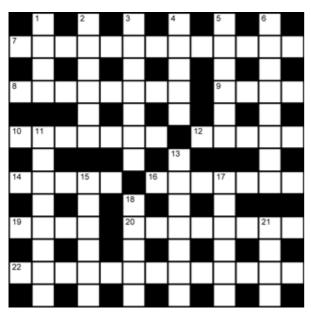
Swiss equivalent of the Samaritans, providing help and support to those in need. Listeners are available 24/7 in English and now in Spanish and Portuguese. Call 143.



New Groups and Associations

Any group that wishes to raise its profile is welcome to submit an entry for free to Le News on a first come first served basis. Only entries from charities and not for profit organisations will be accepted. Entries must be no more than 50 words long and they must not fundraise, sell or promote events. Priority will be given to new organisations.

Puzzles



QUICK CROSSWORD

ACROSS

- Considerations (13)
- Elevation (8)
- Eagerly disposed (4)
- 10 To sincerely flatter (7)
- 12 The boot of Europe (5)
- 14 Painfully severe (5)
- 16 Complete set of silverware (7)
- 19 Cause to stumble (4)
- 20 Grovelling to one (8)
- 22 Governing body (13)

SUDOKU

Enter numbers into the blank

column and 3x3 box contains

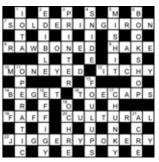
spaces so that each row,

the numbers 1 to 9

DOWN

- Plough (4)
- Handwriting (6)
- An adequate or inadequate quantity (7)
- Not the same one or ones (5)
- A piece of chivalry (6)
- Characteristic of metal (8)
- Learn by heart (8)
- 13 On account of (7)
- 15 Reiterate again (6)
- 17 Numbers of pages bound together (6)
- 18 Ordered series (5)
- 21 Cardinal number (4)

Last Week's solution



26

3 2 3 9 4 2 4 7 5 6 7 9 4 2 6 5 6 3

CODEWORDS

Each letter has been replaced by the same number throughout the puzzle. Simply decide which letter is represented by which number and complete the puzzle. To start off we're given you the first three letters.

1	2	3	4	5	6	7	8	9	10	11	12	13
								-			P	
14	15	16	17	18	19	20	21	22	23	24	25	26
						Y						J

What's On

Solothurn Art Supermarket

The Swiss Art Supermarket in Solothurn is a treasure trove for aspiring and experienced art collectors. Spend hours browsing a plethora of works and styles from dozens of different artists. The styles, formats and quality differ enormously, but you are unlikely to leave empty-handed. Over the past few years, the Swiss Art Supermarket has developed its reputation as a national art event. Visitors can sift through a varied selection of 5,500 unique, high-quality paintings, drawings, sculptures and other types of art. Prices are fixed dependent on the size of the picture and the reputation of the artist at: CHF 99.00, 199.00, 399.00, or 599.00.

The supermarket is a Mecca for bargain-hunters; first-time buyers have an ideal opportunity to purchase their first original work, home-makers can find that special picture to coordinate with the colours and textures of their favourite furnishings.

The Solothurn Art Supermarket is held in the centre of the city at the RothusHalle, Schöngrünstr. 2. Travel by train is easy with connexions running regularly from Geneva and



Lausanne. The city also boasts an excellent range of restaurants and bars in which to celebrate the addition of a great oeuvre to your personal art collection.

Opening hours:

Monday to Friday: 14.00 to 20.00 Saturday, Sunday, public holidays: $11.00\,\mathrm{to}\,17.00$

25 December and 1 January: closed 26 December and 2 January: 11.00 to

Friday, 4 January: 11.00 to 16.00

www.kunstsupermarkt.ch

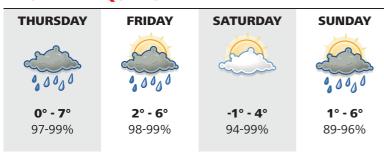
Sudoku: Send us the three numbers in the shaded squares for a chance to win CHF 10.00. The first correct answer drawn will win. Email: prizes@lenews.ch

Codeword: Send us the three letters in the shaded squares for a chance to win CHF 10.00 The first correct answer drawn will win. Email: prizes@lenews.ch

Weather



ARC LÉMANIQUE FOR THE WEEKEND



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