



Advice on Everyday Issues and Integration

I've got a few general questions on living in Switzerland or would like to know more about a specific topic. Where can I turn to?

Do you have any specific questions on language? On marriage, partnership and family? Domestic violence? Schools and work? Finances, law and health? Dealing with the authorities? Immigration and old age? Or discrimination and racism?

The contact offices for integration matters (*Ansprechstellen Integration / Antennes d'intégration*) provide advice for foreigners on all everyday issues and questions relating to integration. As required, these offices can also refer you to other, specialised organisations.

City of Bern:
Kompetenzzentrum Integration der Stadt Bern (City of Bern Centre of Competence in Integration)
Effingerstrasse 33, 3008 Bern
Tel. 031 321 60 36
Email integration@bern.ch
www.bern.ch/integration

Region of Emmental – Mittelland – Oberaargau:
**Informationsstelle für Ausländerinnen-
und Ausländerfragen (isa Information
Office for Foreigners' Affairs)**
Speichergasse 29, 3011 Bern
Tel. 031 310 12 72
Email beratung@isabern.ch
www.isabern.ch

Region of Bernese Jura-Seeland-Biel
**Fachstelle Integration / Service
spécialisé de l'intégration**
Bahnhofstrasse 50 / Rue de la gare 50,
2501 Biel/Bienne
Tel. 032 326 12 17
E-Mail integration@biel-bienne.ch
www.biel-bienne.ch/integration_beratung/
www.biel-bienne.ch/integration_conseil

Region of Thun-Oberland:
KIO Centre of Competence in Integration
Uttigenstrasse 3, 3600 Thun
Tel. 033 225 88 00
Email kio@thun.ch
www.thun.ch/kio

You will find a list of other advisory
centres and offerings at
www.integration-be.ch



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