



Welcome
to Bülach!

Grüezi Bienvenue Welcome Bainvgnü Velkommen Χαίρετε
Vítejte Wamukelekile Dobrodosiel Welkom الواسو Powitanie
Välkommen Bun Venit Benvenuto Bem-Vindo Selamat-Datang
ласкаво просимте Hoşgeldiniz Witamy
Tervetuloa добродождже ยินดีต้อนรับ
Grüezi Bienve... mmen Χαίρετε
Vítejte Wamuk... Powitanie
Välkommen B... Selamat-Datang
ласкаво прос... geldiniz Witamy
Tervetuloa добр... ยินดีต้อนรับ Grüezi
Bienvenue Welc... elkommen Χαίρετε
Vítejte Wamukelekile Dobrodosiel Welkom الواسو Powitanie
Välkommen Bun Venit Benvenuto Bem-Vindo

Stadt Bülach 

Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 17 60, www.buelach.ch

Januar 2023

Bülach – our city	05	For the Tight Budget	32
Counselling	06	Buy at Low Price	32
Counselling for Children, Adolescents and Families	06	Low Priced Meals and Groceries	33
Counselling for Adults	10	Caritas Culture Pass	34
Socialising	14	Support for Disadvantaged Children and Adolescents	34
Family Centre Mamerlapap	14	Healthcare	36
Cultural Centres	14	Emergency	36
National Churches	15	Doctors	37
Markets	17	Care at Home	38
Recreation	18	Hospitals and Other Medical Centres	39
Offers for Children, Adolescents and Families	18	Foundation Senior Citizens Centre	39
Library	21	Childcare	40
Volunteering	21	Day Care	40
Interest Group for Associations in Bülach (IGBV)	23	Private Childminders	41
Music School Zürich Unterland	23	After-school Care Club	41
Local Museum Bülach	23	Subsidies for Childcare	41
Sports Facilities	24	Childcare by the Hour	42
Bülach Observatory	26	Babysitting	42
Trails and Parks	26	School and Education	44
Facilities for Migrants	28	Playgroups	44
Integration Office and Welcome Meetings	28	Kindergarten and Primary School	45
German Courses	29	Secondary School	45
Café Plus	30	Kantonsschule Zürcher Unterland	45
Cocktail Group – International encounters	30	Private Schools	46
Learning Lounge Kloten	31	Vocational School Bülach (BSB)	46
Writing Service	31	Vocational Choice School Bülach (BWS)	46
Playground Plus	31	Adult Education Centre Bülach	46
		Parent Education	47



Bülach - OUR city



Welcome

The advantages of «in the countryside» and «right in town» are ideally combined in Bülach. A high quality of life, pristine nature, broad choices for work, education, leisure, health and living, good transport connections and the close vicinity to the airport are characteristic traits of our city. With a population of more than 23'000, Bülach is also the principal town of the correspondently named District and provides numerous services for the whole region.

The historic centre of Bülach deserves special attention. Its many attractive shops make it perfect for a leisurely stroll and shopping. From our city centre through the Kasernenstrasse to the train station, a wide variety of specialty shops can be found. In and around the historic centre there are plenty of available parking spaces.

The best way to discover Bülach is on foot: in the historic centre you will find the Rathaus (City Hall), with its impressive gabled facade, which has decorated the historic centre since 1672. Many other buildings have a long history, and the well-preserved parts of the old city walls give us an idea of what Bülach must have looked like in times gone by.



Counselling

Counselling for Children, Adolescents and Families

- **Vocational, Study und Career Guidance Centre (biz)**

Career guidance counsellors offer support with choosing a vocation, course of academic study and career planning. Interests, abilities, wishes and prospects are discussed. The guidance counsellors help with translating ideas into reality and finding solutions. The biz offers vocational counselling for adolescents, career guidance for adults as well as advice for university students.

Amt für Jugend und Berufsberatung
biz Kloten, Hamelirainstrasse 4, 8302 Kloten
043 259 82 00, biz.kloten@ajb.zh.ch, www.ajb.zh.ch

- **Parent Counselling 24/7 Pro Juventute**

Qualified personnel offer quick and uncomplicated answers to questions regarding child-rearing, development, childcare and family management. Through parent counselling, Pro Juventute supports parents and attachment figures with issues big or small. The counselling by telephone is available all hours, 365 days a year, is confidential and free of charge.

Pro Juventute Schweiz
Stiftung Pro Juventute, Thurgauerstrasse 39, Postfach, 8050 Zürich
058 261 61 61, elternberatung@projuventute.ch
www.projuventute.ch/de/elternberatung

- **Parent Helpline 24/7**

24 h help, support and advice with questions regarding child-rearing, conflicts or crises from qualified personnel for parents, families and attachment figures. The counselling is confidential and, by request, anonymous. Counselling by telephone and e-mail is free of charge.

Elternnotruf Zürich, Weinbergstrasse 135, 8006 Zürich
0848 35 45 55, 24@elternnotruf.ch, www.elternnotruf.ch

- **Child-rearing Counselling**

The Children and Youth Support Centre gives advice to parents with questions about child-rearing and family life. It provides information regarding support options to relieve strain and family-supplementing assistance with childcare. Where necessary, translators are called in. The counselling is by telephone or in person and is free of charge.

Amt für Jugend und Berufsberatung
kjz Bülach, Schaffhauserstrasse 53, 8180 Bülach
043 259 95 00, kjz.buelach@ajb.zh.ch, www.kjzbuelach.zh.ch

- **Department for Special Needs Education Primary School**

This department is responsible for the quality control and development of the special needs education programmes of the primary schools in Bülach. It is also the point of contact for all participants in special needs education.

Stadt Bülach, Bildung, Fachstelle Sonderpädagogik
Allmendstrasse 6, 8180 Bülach, 044 863 13 75
primarschule@buelach.ch, www.buelach.ch

- **Department for Special Needs Education Secondary School**

This department is responsible for all matters concerning special needs education at secondary school level.

Sekundarschule Bülach, Schulverwaltung
Hans-Haller-Gasse 9, 8180 Bülach, 044 863 13 90
sekundarschule@buelach.ch, www.sekbuelach.ch

- **Department for Therapies**

This department offers speech and psychomotor therapies. Both types of therapy are part of the special needs measures of the primary school education.

The speech therapist works with children who have difficulty with spoken or written language and/or with learning to read and write.

Psychomotor functions involve the relationship between body and soul. Movement, emotions and behaviour are closely interrelated.

In kindergarten, annual group observations are conducted to determine which children have notable problems with speech or psychomotor function so that parents can be informed and advised.

Stadt Bülach, Bildung, Fachstelle Therapien
Hans-Haller-Gasse 9, 8180 Bülach, 044 863 17 70
www.buelach.ch



Counselling for Children, Adolescents and Families *continuation*

- **Remedial Education School Bülach District**

The HPS is a school for learners with special needs. It is aimed at children and adolescents with cognitive disabilities and offers special education in three sections for 4- to 20-year-olds.

Heilpädagogische Schule Bezirk Bülach
Lufingerstrasse 32, 8185 Winkel, 044 872 40 80
sekretariat@hps-bezirk-buelach.ch, www.hps-bezirk-buelach.ch

- **Preschool Remedial Education and Speech Therapy**

The HLF is a not-profit, independent association that runs the departments for preschool remedial education and speech therapy in Bülach und Schaffhausen. The association promotes the facilitation and rehabilitation of children with handicaps or development problems.

HLF Heilpädagogik und Logopädie im Frühbereich
Lindenhofstrasse 6, 8180 Bülach, 044 860 63 64
admin@hlf-fruehbereich.ch, www.hlf-fruehbereich.ch

- **Child and Adolescent Psychiatry and Psychotherapy Outpatient Clinic Bülach**

This walk-in clinic offers psychiatric and psychological evaluation of children and adolescents, individual psychotherapy, group therapy, medication treatment, as well as counselling of parents and family therapy. In the event of psychiatric problems in children and adolescents, as well as the accompanying scholastic, educational and family-related difficulties, parents and adolescents can consult this outpatient clinic in Bülach.

Klinik für Kinder- und Jugendpsychiatrie und Psychotherapie
Ambulatorium Bülach
Bahnhofstrasse 39, 8180 Bülach, 044 578 62 00
kjpp.ambibl@pukzh.ch, www.pukzh.ch

- **Counselling for parents**

The Young Parents Counselling offers confidential, free of charge and professional support. They share advice regarding topics like development, care, diet and upbringing of small children. The advisory centre is also a good place to meet other parents.

Amt für Jugend und Berufsberatung
kjz Bülach, Schaffhauserstrasse 53, 8180 Bülach
043 259 95 00, kjz.buelach@ajb.zh.ch, www.kjzbuelach.zh.ch

- **School Psychologist Services**

The School Psychologist Services is a public advisory centre for parents, learners, teachers and supervisory school authorities.

Stadt Bülach, Bildung, Schulpsychologischer Dienst
Allmendstrasse 6, 8180 Bülach, 044 863 17 80
schulpsychologischer.dienst@buelach.ch, www.buelach.ch

- **School Social Workers**

The School Social Workers are the point of contact in the case of behavioural problems, questions about child-rearing, addiction, violence and general pedagogical difficulties. This low-threshold advisory centre acts as a support for teachers, learners, parents and authorities. The service aims towards independent problem solving, while the well-being of the child is the central focus.

Stadt Bülach, Bildung, Schulsozialarbeit
Allmendstrasse 6, 8180 Bülach, 044 863 13 74
www.buelach.ch

- **Tel. 147 – Helpline for Children and Youths**

The emergency hotline 147 run by Pro Juventute offers around-the-clock assistance to children and adolescents with questions, problems and emergencies. Qualified staff answer questions about

family, aggression, addiction, school, vocation, love, friendship and sexuality. In addition to the telephone number 147, the Advice + Help 147 (Beratung + Hilfe 147) service operates via SMS, chat and e-mail. This ensures accessibility to this free service for children and adolescents who prefer contact in writing.

Pro Juventute, Beratung + Hilfe 147
Phone or text to 147, beratung@147.ch, www.147.ch

- **TUKAN – Therapy Service for Children and Adolescents from Families Affected by Addiction**

At TUKAN children and adolescents between the ages of 4 and 18 receive support in dealing with difficulties in their everyday lives at home. In a protected environment, they learn to understand and assess their experiences. In therapeutic play and discussion, they are given the opportunity to express their thoughts and emotions, to work through them and are assisted in developing self-confidence.

fabb Fachstelle für Abhängigkeitserkrankungen Bezirk Bülach
Zweigstelle, Bahnhofstrasse 3, 8180 Bülach, 044 804 11 66
info@fabb.ch, www.fabb.ch



Counselling for Adults

• Contact Centre 60plus Bülach

On behalf of the City of Bülach, Pro Senectute Canton Zürich runs the contact centre 60*plus*. This offers comprehensive advice for all matters concerning the 60+ generation. Senior citizens 60 and older, their relatives, as well as interested and accompanying trained personnel can turn to the contact centre 60*plus*. The advice offered covers the following topics:

- Residence (presenting different residence possibilities, help with moving and packing, questions about entry into retirement and nursing homes)
- Lifestyle (help with social and personal problems)
- Precautionary mandate, patient decree, arrangement in the event of death, will and testimony
- Legal matters (information about social insurance, adult protection law, assistance for a relative)
- Relief for care staff and caring relatives
- Finances (support with enforcement of claims, assessment of financial support, budgeting)
- Facilitation of administrative assistance

The advice is free of charge and takes place by appointment only at the offices of the contact centre 60*plus* or at home. Meetings are strictly confidential.

Stadt Bülach, Anlaufstelle 60*plus*
Allmendstrasse 6, 8180 Bülach, 044 863 15 90
anlaufstelle60plus@buelach.ch, www.buelach.ch

• Institute for Addiction Disorders Bülach District

The fabb advises and supports people from the age of 16 who abuse addictive substances or display other addictive behaviour. The support is available for people living or working in the Bülach district and their relatives. fabb also offers therapy for children and adolescents from families affected by addiction (TUKAN). In addition, they counsel employers and experts on the topic of addiction. Apart from the head office in Kloten, there is a branch in Bülach.

fabb Fachstelle für Abhängigkeitserkrankungen Bezirk Bülach
Zweigstelle, Bahnhofstrasse 3, 8180 Bülach, 044 804 11 66
info@fabb.ch, www.fabb.ch

• Integrated Psychiatric Clinic Winterthur – Zürich Unterland

The integrated psychiatric clinic Winterthur – Zürich Unterland (ipw) counsels and accompanies people in a crisis or who suffer from mental illness. As a psychiatric and psychotherapeutic competence centre for the Winterthur and Zurich Unterland region, it offers treatment for adolescents and adults of all ages through all phases of various mental illnesses. The ipw, with its outpatient clinic, day hospital and inpatient clinic facilities, has fifteen locations in Bülach, Dielsdorf, Embrach, Glattbrugg and Winterthur.

Integrierte Psychiatrie Winterthur – Zürcher Unterland
Wieshofstrasse 102, Postfach 144, 8408 Winterthur
052 264 33 33, info@ipw.ch, www.ipw.ch

- **Couple Counselling and Mediation**

Irrespective of cultural or religious background, sexual orientation or form of relationship, this competence centre in Bülach offers advice on questions regarding partnership and relationship. Carried by the reformed and catholic state churches and subsidised by the Canton of Zürich, the couples therapy and mediation are available to everyone. The experienced counsellors help with all kinds of relationship difficulties. The income-related tariff makes the counsel affordable for all.

Paarberatung und Mediation im Kanton Zürich
Beratungsstelle Bülach, Bahnhofstrasse 48, 8180 Bülach
044 860 83 86, buelach@paarberatung-mediation.ch
www.paarberatung-mediation.ch

- **Pro Senectute – Service Centre Unterland and Furttal**

Pro Senectute is committed to enabling the elderly in Switzerland to live as contributing and appreciated members of society. The seven service centres act as hubs for all services offered: from social counselling to financial services, assistance at home to sports and education. Pro Senectute can also be contacted to get involved in voluntary service.

Pro Senectute Kanton Zürich, DC Unterland und Furttal
Lindenhofstrasse 1, 8180 Bülach, 058 451 53 00
dc.unterland@pszh.ch, www.pszh.ch

- **Regional Unemployment Office**

Those without a job or looking for work due to being dismissed are entitled to the services of the Regional Unemployment Office (RAV). Benefits of unemployment insurance can only be claimed after registration at the responsible RAV. Counselling by RAV and assistance with finding a job can already be utilised during the notice period.

RAV Bülach, Feldstrasse 95, 8180 Bülach, 043 259 63 00
hotline.ravbuelach@vd.zh.ch, www.awa.zh.ch

- **Social Counselling Caritas**

The regional Caritas organisations offer competent advice and supervision for people in a crisis. Social counselling and, in some cases interim financial aid are part of the available services. A competent team of social workers with the common goal of helping people to help themselves counsels, informs and supports people in need with their social and financial questions. The services of the Caritas social counselling are free of charge. They supplement the mandatory services provided by the public authorities and the social insurances.

Caritas Zürich
Beckenhofstrasse 16, Postfach, 8021 Zürich, 044 366 68 28
beratung@caritas-zuerich.ch, www.caritas-zuerich.ch



Counselling for Adults *continuation*

- **SOS–Counselling Swiss Red Cross**

The SOS–Counselling is a service centre for anybody from the Canton of Zürich seeking help, regardless of their background or residency status. Solutions to problems are sought together or, if necessary, people are referred to the appropriate services. The counselling is free of charge and is offered in German, French, English and Spanish.

SOS-Beratung SRK Kanton Zürich
Kronenstrasse 10, 8006 Zürich, 044 360 28 53
info@srk-zuerich.ch, www.srk-zuerich.ch

- **Addiction Prevention Zürich Unterland**

The Addiction Prevention Zürich Unterland is the regional competency centre for all questions related to addiction and prevention in the Bülach and Dielsdorf districts. The organisation also develops programmes and conducts events related to addiction prevention in all sectors of society.

Suchtprävention Bezirk Bülach
Bahnhofstrasse 3, 8180 Bülach, 044 872 77 33
info@praevention-fabb.ch, www.praevention-fabb.ch

- **Tel. 143 – Helpline and Listening Service**

The Helpline and Listening Service is available around the clock for those in need of a supportive conversation. Tel. 143 is an emergency number not only for persons in a massive crisis. The Swiss crisis line offers callers absolute anonymity.

Die Dargebotene Hand Zürich, Zeltweg 27, 8032 Zürich
Tel. 143, zuerich@143.ch, www.zuerich.143.ch

- **Free Legal Advice**

The Free Legal Advice Zürich Unterland provides information, to anybody and on all questions regarding the law in a personal consultation. An initial consultation is free of charge. The consultation hours are announced in the official gazette. Telephonic advice is not available. It is not required to make an appointment beforehand. Dates, addresses and other information are provided in the City Calendar (Stadtkalender) on the website of the City of Bülach.

Stadt Bülach, www.buelach.ch

- **Association for Psychotherapy Zürich Unterland**

This association represents the accredited psychotherapists in the region, who play an important role in primary healthcare and are networked with the physicians and psychiatrists.

Verein Psychotherapie Zürcher Unterland
Seemattstrasse 2, 8180 Bülach, info@psyzu.ch, www.psyzu.ch



im Guss



socialising



Family Centre Mamerlapap

While children play to their hearts' content, parents can enjoy a cup of coffee and socialise with other parents. There is something interesting for children of all ages from the baby to kindergarten stages. In addition to the café and the «Kinderparadies», where children can play and crawl around, the family centre offers a variety of events and courses which are published in the Mamerlapap Magazine and on the website.

Mamerlapap, Familienzentrum Bülach
Reformiertes Kirchgemeindehaus, Grampenweg 5, 8180 Bülach
079 341 89 37, info@mamerlapap.ch, www.mamerlapap.ch

Cultural Centres

- **HertiLabor**

The HertiLabor is a place of community in Bülach. Whether concert or reading, games afternoon or podium discussion – the HertiLabor is open to anyone with a desire or an idea to make a positive contribution to the living environment of Bülach. The HertiLabor is run by the Transition-Bülach Club.

Transition Bülach, 8180 Bülach, hertilabor@transition-buelach.ch
www.transition-buelach.ch/hertilabor

- **Canteen Bülach**

The Canteen Bülach is a cultural centre, bar, meeting place and event organiser. The garden, aka «Summer Bar», invites to while away one's time. The Canteen is always on the lookout for new event partners and innovative ideas, whether for a once-off or a series of events. The premises can also be rented, mainly for public events but also for private functions e.g. work functions, weddings, Swiss apéros etc.

Kantine Bülach, Solistrasse 3, 8180 Bülach, 044 545 86 99
info@kantine.ch, www.kantine.ch

- **Cultural Centre Sigristenkeller Bülach**

The small theatre in the old, vaulted cellar in the heart of the historic centre hosts performances for adult as well as child audiences. Music, song, cabaret, theatre, traditional, modern, jovial, contemplative – the spectrum is wide. The programme is available on the website.

Kulturzentrum Sigristenkeller, Kellertheater
Hans-Haller-Gasse 4, 8180 Bülach, www.sigristenkeller.ch

National Churches

Besides the national churches there are numerous other churches and denominations in Bülach.

- **Catholic Church Bülach**

The Roman Catholic Parish of the Holy Trinity covers the communities of Bachenbülach, Bülach, Hochfelden, Höri and Winkel. The role of the parish is to create a caring and lively fellowship. To this end, the Roman Catholic Parish holds regular church services, is involved with Caritas in various social duties, instructs children at schools, bears testimony of faith and is committed to building up and maintaining the wellbeing of the parish community in its different spheres and age groups.

All groups, clubs, events and offers are on the parish website.

Katholisches Pfarramt, Scheuchzerstrasse 1, 8180 Bülach
043 411 30 30, sekretariat@kath-buelach.ch
www.kath-buelach.ch

- **Reformed Church Bülach**

The Reformed Church Bülach lies on a small hill in the middle of the historic centre. The communities of Bülach, Bachenbülach, Hochfelden, Höri und Winkel are included in the Reformed Church Community Bülach. With its wide range of offers it is a place of strength, fellowship and inspiration.

All information and details about events can be found on the website of the Reformed Church Community Bülach.

Reformierte Kirchgemeinde Bülach, Grampenweg 5, 8180 Bülach
043 411 41 41, sekretariat@refkirchebuelach.ch
www.refkirchebuelach.ch



Markets

- **Flea Market**

The Bülach flea market takes place six times a year. Five dates are on a Saturday and one on a Sunday with funfair. The flea markets facilitate the sale of used goods.

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

- **Fairs**

These markets (Warenmärkte) take place in the historic centre on three Tuesdays in the year:

- Spring Market, end of February, from 8am to 6pm
- May Market, last Tuesday in May, from 8am to 6.30pm
- Autumn Market, end of October or beginning of November, from 8am to 6pm

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

- **Weekly Markets**

The weekly markets supply the population with fresh food and flowers. They take place weekly from 8 to 12am; Wednesdays at the Shopping Centre Sonnenhof und Saturdays on the Hans-Haller-Platz in the historic centre.

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

- **Christmas Market**

The traditional Bülach Christmas Market is well known. Numerous festively decorated stands and the Christmas atmosphere in the historic centre make visiting this market an unforgettable experience. The children's carousel, hand-dipped candle making and Saint Nicholas procession are additional attractions.

The Christmas Market takes place on the last weekend in November at the following times:

- Friday, 4 pm until 9 pm
- Saturday, 12 pm to 9 pm
- Sunday, 12 pm to 7 pm (Saint Nicholas procession at 5 pm)

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

Recreation

A photograph of a soccer ball on a grass field. The ball is yellow, black, and red with some wear and tear. In the background, a white goalpost and net are visible against a green field.

Offers for Children, Adolescents and Families

- **The Magic Lantern**

The Magic Lantern Bülach runs events for children at the Kantine Bülach, Solistrasse 3 to introduce them to film history, film techniques and aesthetics and, most importantly, to foster a love for film. The society shows school children a variety of films. Before each showing there is an animated introduction. Actors from The Magic Lantern and the «Spilleute von Seldwyla», a group of amateur actors, explain the film in a short, humorous play.

Die Zauberlaterne Bülach, 8180 Bülach
032 723 77 00, 079 688 42 62, buelach@zauberlaterne.org
www.lanterne-magique.org/de/clubs/bulach

- **Optional School Sport**

The Optional School Sport (Freiwilliger Schulsport) plays an important bridging role between the compulsory school sport education and the various club sports. It is aimed at children and adolescents at school age. The courses are optional and take place mainly after school or on school-free afternoons. The course duration is one semester. Application and registration can be done online on the website: www.freiwilligerschulsport.ch.

Stadt Bülach, Sportamt, Hochfelderstrasse 75, 8180 Bülach
044 863 17 07, sportamt@buelach.ch, www.buelach.ch

- **Youth Work**

Youth Work City of Bülach

The Youth Club (Jugendtreff) offers room for various recreational activities. There is room for gaming, billiards or table tennis, a lounge corner for sitting together and listening to music, a kitchen with cooking facilities and lots more. The Youth Club is open on four afternoons and on Friday evenings and is geared towards secondary-school children.

Stadt Bülach, Jugendarbeit, Feldstrasse 72b, 8180 Bülach
044 863 17 66 oder 076 409 12 25
jugendarbeit@buelach.ch, www.jugendarbeit-buelach.ch

Cevi

The Cevi Bülach is a non-denominational children's and youth club. The Cevi participants role play as characters from other times, tackle and overcome challenges together, cook pasta over the open fire and sometimes return home completely wet and dirty but always happy. The Cevi has a trained team of leaders and meets every second Saturday. Children from grade one can take part.

Cevi Bülach, Hans Haller Gasse 3, 8180 Bülach, www.cevibelach.ch

Jubla

Jubla refers to the two clubs 'Jungwacht' and 'Blauring' and has been active for many years, whether at the Christmas Market selling hotdogs and waffles or at the 'Büli-Fäscht' (Bülach Festival). Jubla organises fun group activities for 7- to 15-year-olds who meet in their age groups every second Saturday. Around the 'Hüttli' (hut) next to the Catholic church or in the forest the children have fun playing outdoors, barbecuing in the forest, doing arts and crafts or putting on a play.

Jungwacht-Blauring Bülach, Spitalstrasse 20, 8180 Bülach
jublabuelach@gmail.com, www.jublabeledach.ch

Boys and Girls Scouts

The main purpose of the youth organisation 'Pfadi' is to organise meaningful and balanced recreation for children and youths. The Pfadi Pulacha is the Pfadi division of Bülach and surrounds. In keeping with their motto «Born to be wild!» they offer 6 to 20-year-olds a diverse and action-packed programme. From leisurely barbecuing, scouting games, arts and crafts or hunting down Mister X in Zürich to swimming in the Töss River or abseiling from the Petersboden Lookout Tower – anything is possible.

Pfadi Pulacha, Juchzerbrünnelstrasse 22, 8180 Bülach
www.pulacha.ch

Offers for Children, Adolescents and Families

continuation

- **Children's Dance Theatre**

The Children's Dance Theatre is a modern musical school for children and adolescents aged 3 to 20. The aim is to combine movement, music and theatre and promote young people's artistic skills.

Kindertanztheater Doris Sturzenegger, Postfach 439, 8180 Bülach
044 860 57 79, info@kindertanztheater.ch
www.kindertanztheater.ch

- **Toy Library**

In the Toy Library Bülach, which is run by the Non-Profit Women's Association of Bülach (Gemeinnütziger Frauenverein Bülach), games and toys can be borrowed for a small fee. The assortment includes not only classic board and educational games but a wide variety of toys and materials for play. The diverse range aims to encourage entertainment and meaningful recreational activities, convey the cultural value of play and foster integration: playing is learning. The current opening hours can be found on the website.

Ludothek Bülach, Kopfgasse 5, 8180 Bülach
078 727 94 13 (während der Öffnungszeiten)
ludothek@frauenverein-buelach.ch, www.ludothek-buelach.ch

- **Public Playgrounds**

- **Spielplatz Allmend, Erachfeldstrasse 80 –**

- **Access via Allmendstrasse**

The Allmend playground is separated from the highway by a noise protection wall. The playground has a climbing installation, a slide and a field with football goals that allow for versatile playing and exercising for children and families.

- **Spielplatz Dachslenberg, Winzerweg 2 –**

- **Access via Dachslenbergstrasse**

Dachslenberg is a small playground on a hill near the hamlet of Nussbaumen. It has a nice fire pit and a beautiful view over Bülach.

- **Spielplatz Füchsli, Unterweg 36**

The Füchsli playground is near the Hohfuri Primary School and offers a flying fox and a field for football and other fun and games.

- **Spielplatz Lindenhof, Lindenhofstrasse 13**

Lindenhof lies in the middle of Bülach and offers young and old space for recreation and meeting up with friends. The playground is equipped with a long slide and a water feature.

- **Spielplatz Stadtweiher, Sechtbachweg 24**

This extensive playground is widely popular. The pond and the many animals make it particularly attractive, and its variety of playground equipment make it fun for children of all ages.

- **Spielplatz Freibad, Allmendstrasse (opposite Stadthalle)**

There is free access to the playground at the open-air public swimming pool, opposite the City Hall, from the autumn holidays until Easter. It is well-loved for its extensive sandpit and sprawling lawn to play on.

- **Traffic Training Area for Learners Bülach**

This training area is the perfect place for testing one's riding skills and knowledge of traffic signs and markings. Situated on the Solistrasse, near the Forestry Maintenance Depot (Forstwerkhof Brengspel, Schülerverkehrsgarten), it is a place for riders of bicycles, e-bikes and vehicle-like devices to practice at will. The Traffic Training Area is accessible throughout the year.

Stadt Bülach, Stadtpolizei, Allmendstrasse 4a, 8180 Bülach
044 863 13 00, stadtpolizei@buelach.ch, www.buelach.ch

Library

This cultural institution has its established position in the heart of the historic centre, opposite the reformed church. The library offers a wide range of services available to everybody. It provides information, education and recreational activity and entertainment for adults, youths and children. Regular functions and events make the library a place for socialising, fostering reading and cultural enrichment.

Stadtbibliothek Bülach, Marktgasse 35, 8180 Bülach, 044 860 11 81
info@bibliothek-buelach.ch, www.bibliothek-buelach.ch

Volunteering

- **benevol-jobs.ch**

The website benevol-jobs.ch provides numerous possibilities for voluntary work in many different fields. Whether children and youths, integration and social work or art and culture – there is something for everyone.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 17 60, www.buelach.ch

- **Neighbourhood Help**

The Neighbourhood Help is a non-profit, non-denominational and politically neutral organisation which arranges support for everyday tasks. It encourages neighbourly relationships and closes the gaps in the solidarity system by getting involved where currently no help or service is offered. The coordination centre of the Bülach Region Neighbourhood Help connects offers with requests. At a personal meeting, the nature of the help required or offered is defined, and, after evaluating the situation, the coordinator facilitates the connection with the suitable person.

Nachbarschaftshilfe Region Bülach
Hans-Haller-Gasse 7, 8180 Bülach, 079 795 72 03
info@nachbarschaftshilfebuelach.ch
www.nachbarschaftshilfebuelach.ch



Interest Group for Associations in Bülach (IGBV)

The IGBV supports the liaison between clubs and associations and the administration and authorities of the city of Bülach. It promotes community in the city and its residential areas, coordinates the different club events and provides information about events in Bülach and surrounds. The membership directory with about 100 Bülach associations can be found on the website of the IGBV.

IGBV, Postfach 504, 8180 Bülach
079 394 88 00, info@igbv.ch, www.igbv.ch

Music School Zürich Unterland

The Music School Zürich Unterland offers a solid education in music to the residents of Bülach and the neighbouring communities. Apart from offering individual music lessons, the music school facilitates playing together in ensembles, orchestras, bands or chamber music groups. Lessons in all classical and popular instruments are possible.

Musikschule Zürcher Unterland
Im Guss, Schaffhauserstrasse 106, 8180 Bülach, 044 860 51 11
info@mszu.ch, www.mszu.ch

Local Museum Bülach

Through the initiative of the Bülach Reading Society (Lesegesellschaft Bülach), the Bülach Museum (Ortsmuseum Bülach) was established in 1983. It is located in a picturesque former farmhouse in the middle of the historic centre. On the first floor, a living area out of the 19th century has been reconstructed. Where the farmer's cows or goats were accommodated earlier, twice a year a new exhibition is presented, always with relevance to Bülach or surrounding areas. The museum is open on Saturdays and Sundays from 10 am to 12 pm. Guided tours are available any time by arrangement.

Museum Bülach, c/o Lesegesellschaft Bülach
Brunngasse 1, 8180 Bülach
post@museum-buelach.ch, www.museum-buelach.ch



Sports Facilities

- **Outdoor Swimming Pool**

The swimming season for the outdoor pool is from May to the beginning of September. With a 50 m long pool, with separate diving boards area, a pool for non-swimmers and an attractive pool for small children, there is something available for everyone. There are also water slides, a playground, a restaurant, a fireplace for barbecuing, ping-pong tables and a beach volleyball court.

Freibad Bülach, Schwimmbadstrasse 12, 8180 Bülach
044 863 16 80, info@hirslen.ch, www.buelach.ch

- **Hirslen Sports Centre**

The Hirslen Sports Centre houses a substantial number of sports facilities: indoor swimming pool, spa, ice rink, in-line skating area, miniature golf course, tennis courts, indoor climbing and bouldering walls and indoor sports hall.

Indoor Swimming Pool and Spa

The indoor pool is 25 m long and has two diving boards, 3 m and 1 m high, a non-swimmer pool (0.80–1.05 m deep) with a slide for children, a splash pool for babies and a lounging area outside. With its sauna, steam bath, sensory experience shower, relaxation garden, small fitness area, massages and solarium the spa is a great place to wind down.

Ice Rink

The outdoor ice rink is open to the public and divided into two sections for ice-skating and ice hockey, respectively. A separate hockey field under a roof is primarily used by clubs but is open to the public on Wednesday and Sunday afternoons.

In-line Skating Area

In summer, the roofed ice rink is covered by plastic flooring for in-line skating and hockey. The field fulfills the IHS (In-line Hockey Switzerland) standard and is thus also suitable for tournaments.

Miniature Golf

The 18-hole miniature golf course is open throughout the year and offers fun for the whole family.

Tennis

A tennis court is available by reservation. The tennis season usually extends from April to September.

Indoor Climbing and Bouldering Hall

The bouldering wall is equipped with thick mats and is suitable for visitors to climb without a rope close to ground level. The climbing wall offers all levels of difficulty and can be utilised by beginners and advanced climbers alike. Access is admitted to visitors who are a party of at least two, bring their own safety equipment and have the necessary knowledge about climbing. The indoor climbing facilities are not supervised.

Sportzentrum Hirslen, Hochfelderstrasse 75, 8180 Bülach
044 863 17 11, hirslen@buelach.ch, www.hirslen.ch

- **Indoor Tennis Facility Bülach**

The indoor tennis facility offers three tennis courts. A highlight is the retractable roof that can be opened in summer. On the top level there are two squash courts that can be air-conditioned in summer. In the back section of the building, four badminton courts are available. All courts can be reserved online.

TSB Tennishalle Bülach / AS Tennis GmbH
Hammerstrasse 4, 8180 Bülach, 044 860 91 91
sportcenter@tennis-buelach.ch, www.tennis-buelach.ch

- **Vitaparcours**

This fitness trail with its natural woodchip running track (Finnenbahn), is 2.3 km long and is situated in the Bannhaldenwald forest. The entrance is opposite the Hirslen Sports Centre.

Stadt Bülach, Sportamt, Hochfelderstrasse 75, 8180 Bülach
044 863 17 07, sportamt@buelach.ch, www.zurichvitaparcours.ch

- **Helsana Trails**

In the Bannhaldenwald forest there are also three walking trails of varying lengths. These trails can be used free of charge at any time of the day and year.

Stadt Bülach, Sportamt, Hochfelderstrasse 75, 8180 Bülach
044 863 17 07, sportamt@buelach.ch

- **Bikepark**

The Bikepark Bülach consists of five freeride trails for beginners and professionals. It is located approximately 150 m along the Waldhüttenstrasse in the Hardwald forest in Bülach.

Bikepark Bülach, Waldhüttenstrasse, 8180 Bülach
www.bikeparkbuelach.ch

Bülach Observatory

The school and public observatory in Bülach is equipped with generous infrastructure for guided tours, courses and astronomy meetings. The centrepiece on the spacious roof terrace is the large twin telescope with mirror diameters of 85 and 50 cm. The Bülach Observatory lies just above the hamlet of Eschenmosen on the main road between Embrach and Bülach. There is no access by public transport.

Sternwarte Bülach, Rotzibuech, 8180 Bülach, 044 860 84 48
info@sternwartebuelach.ch, www.sternwartebuelach.ch

Trails and Parks

- **Bülach Sculpture Route**

Around 40 sculptures and other works of art, some of them prominently positioned, some hardly noticeable, can be found in public areas in Bülach. About 20 of them have been joined to form a sculpture route (Skulpturenweg). With the Bülach Sculpture Route and its descriptive brochure, these works of art are made known to the public. The beginning and end of this approximately one and a half-hour round tour is the town hall (Stadthalle).

Stadt Bülach, Kultur, Allmendstrasse 6, 8180 Bülach
044 863 11 20, info@buelach.ch, www.buelach.ch

- **Lindenhof**

The Lindenhof is a park on a hill in the middle of Bülach and is open to the public. The park can also be rented for public, cultural, sporting or political events.

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

- **Bülach Planet Trail**

The Bülach Planet Trail is a model of our solar system on a scale of 1:5 billion. The trail takes approximately 40 minutes (excluding breaks) and follows a footpath of about 2,7 km, avoiding traffic, starting at the entrance to the Cantonal School Zürich Unterland and ending at the school in Eschenmosen.

Sternwarte Bülach, Rotzibuech, 8180 Bülach, 044 860 84 48
info@sternwartebuelach.ch, www.planetenwegbuelach.ch

- **Middle Spotted Woodpecker Theme Trail**

This theme trail (Themenweg Mittelspecht) leads through the Hardwald forest near to the Hirslen Sports Centre and informs about this rare bird species and the oak forest as a habitat. The round trail is about 2,3 km long and takes approximately 90 minutes. A number of fire pits and a forest hut along the route are the perfect places to linger.

Stadt Bülach, Umwelt, Forstwerkhof Brengspel
Solistrasse 63, 8180 Bülach, 044 863 12 60
info@themenweg-mittelspecht.ch
www.themenweg-mittelspecht.ch



Facilities for Migrants



Integration Office and Welcome Meetings

The City of Bülach strives towards successfully integrating the foreign population into the schools, job market, and the city. The Integration Office (Integrationsstelle) offers a personal welcome meeting (Erstgespräch) to those having recently moved to Bülach from abroad. Other channels through which the city promotes integration are Café Plus, Playground Plus (Spielplatz Plus) and subsidized German courses.

The Welcome Meeting is a one-to-one conversation whereby newcomers to Bülach are informed about life in Switzerland and the city of Bülach. A range of topics like health care, taxes, work, public transport, waste disposal or the school system are explained and discussed. The meetings are offered in different languages and are free of charge.

All newcomers to Bülach are invited to the annual new residents' event (Neuzuzüger-Anlass). For foreign-language attendees there are key persons (Schlüsselpersonen) present to accompany and translate throughout the day in English, Italian, Spanish and French.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 17 60, www.buelach.ch

German Courses

- **Akrotea.ch**

Akrotea.ch is a language school that offers solely low-threshold German courses. The introduction to the German language is fashioned according to the participants' existing level of German. Aside from the language, the teaching of values and norms as well as managing every-day life in Switzerland are important topics. The courses take place in Bülach and Bachenbülach. The German courses at levels A0 to A2 are subsidized by the City of Bülach.

Akrotea.ch GmbH, Joweid Zentrum 1, 8630 Rüti ZH
055 462 38 28, info@akrotea.ch, www.akrotea.ch

- **Vocational School Bülach**

The Vocational School Bülach offers German courses at different levels (A1 – B2). The placement tests are free of charge.

Among the courses offered is a preparation course for naturalisation. Part of this course is the Cantonal German test in the Naturalisation Process (Kantonaler Deutschtest im Einbürgerungsverfahren KDE) as well as the course «State and Society».

Berufsschule Bülach, Schwerzgruebstrasse 28, 8180 Bülach
044 872 30 50, weiterbildung@bsbuelach.ch, www.bsbuelach.ch

- **Migros Club School**

The Migros Club School is the biggest educational institute and language school in Switzerland and offers a wide range of courses. Among these are the many German courses at all levels from beginner to advanced to diploma courses. A free online placement test reveals the right course level for the individual.

Klubschule Migros, Rudolfstrasse 11, 8400 Winterthur
(more locations in Zürich)
058 568 44 45, info.wi@gmos.ch, www.klubschule.ch

- **Literacy and Further Education Courses (WBK)**

The language school WBK Foundation in Dübendorf offers literacy courses «Learning to Read and Write» («Lesen und Schreiben lernen») and «Practicing Reading and Writing» («Lesen und Schreiben üben»). Participants can make use of free childcare services during the courses.

Stiftung WBK, Bettlistrasse 22, 8600 Dübendorf
044 801 84 84, info@wbk.ch, www.wbk.ch

German Courses *continuation*

- **Preliminary Course «German and Practice» (WBK)**

The Preliminary Course «German and Practice» (Vorkurs Deutsch und Praxis) is an integration tool offered by the WBK Foundation for foreign language young adults that have not lived in Switzerland for long and only speak limited German. German language skills at A2 level or above is an admission criterion for a vocational preparatory year at a vocational school or for a vocational training. In addition, the young adults must be able to apply learning techniques and have methodological and everyday competence. The preliminary course teaches them these fundamentals.

Stiftung WBK, Bettlistrasse 22, 8600 Dübendorf
044 801 84 84, info@wbk.ch, www.wbk.ch

- **Preliminary Course DeutschPLUS+ (BWS)**

The intensive German course at the Vocational Choice School Bülach (Berufswahlschule Bülach) is designed for foreign language youths with little to no knowledge of German. The aim of the course is to reach language level A2 in reading, speaking, listening and writing to enable entry into the Integration Orientated Vocational Preparatory Year (Integrationsorientierte Berufsvorbereitungsjahr) at the BWS. The Preliminary Course DeutschPLUS+ therefore forms a bridge between the compulsory school and the vocational preparatory year.

Berufswahlschule Bülach, Hinterbirchstrasse 20, 8180 Bülach
044 872 90 70, info@bws.ch, www.bws-buelach.ch

Café Plus

Café Plus is a meeting point and place of interaction between newcomers and locals, whilst offering play facilities for the little ones. Café Plus takes place once a month at the Family Centre Mamerlapap at Grampenweg 5. The dates and times are published on the website of the City of Bülach.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 17 60, www.buelach.ch

Cocktail Group – International encounters

The Cocktail group provides opportunities for gatherings for conversation, putting German into practice, exchanging tips and experiences, meeting women from different countries and relaxing together. Open meetings are held on various topics: to discuss, learn, laugh and celebrate together. The events are listed on the website of the non-profit women's association. Registered interested women will be invited personally.

Gemeinnütziger Frauenverein Bülach, Cocktailgruppe, 8180 Bülach
044 860 21 59, cocktailgruppe@frauenverein-buelach.ch
www.frauenverein-buelach.ch

Learning Lounge Kloten

The Learning Lounge is an open-to-all and free of charge advice service for the successful handling of everyday life. In the Learning Lounge important information, advice and free PC stations are available. During the lessons, children are competently looked after nearby, free of charge. Using themes from daily life like residing, work, finances, filling in forms, healthcare, insurance etc., the most important basic competencies in the areas of reading, writing, speech, mathematics as well as communication and information technologies are exercised. A Learning Lounge cycle is 12 weeks long. It takes place on Tuesdays and Saturdays, an appointment is not required.

Lernstube Kloten, Gleis 5, Römerweg 5, 8302 Kloten
044 881 34 13, www.lernstuben.ch

Writing Service

The Writing Service offers support with matters like correspondence in German, dealing with public authorities, writing a letter, filling in a form, compiling applications and CVs, or when a text is not understood.

Open on Mondays from 5 to 7 pm, Lindenhofstrasse 2, 2nd floor. The service is free of charge, and it is not necessary to make an appointment.

Gemeinnütziger Frauenverein Bülach, Schreibdienst, 8180 Bülach
schreibdienst@frauenverein-buelach.ch
www.frauenverein-buelach.ch

Playground Plus

Playground Plus (Spielplatz Plus) is a programme held on public playgrounds in Bülach and is a low-threshold information service. It facilitates socialising and interaction for families with small children. Playground Plus offers information about facilities, services, clubs, associations and competence centres in Bülach. The programme takes place twice a week. Dates and which playgrounds can be found on the City of Bülach website.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 17 60, www.buelach.ch

FOR the
tight Budget



Buy at Low Price

- **Second-hand Shop Bülach**

At the Brocki Bülach there are always bargains to be found – the extensive range is supplemented daily. The goods are cleaned and repaired before being sold. The Brocki is jointly run by the Blue Cross Zürich (Blaues Kreuz Zürich) and the Non-profit Women's Association Bülach (Gemeinnütziger Frauenverein Bülach). The profits are utilised according to the statutes of these organisations for their welfare and social projects as well as for charitable causes.

Brocki Bülach, Winterthurerstrasse 46, 8180 Bülach
044 860 60 04, info@brockibuelach.ch, www.brockibuelach.ch

- **Flea Market**

Six times a year the flea market (Flohmarkt) in Bülach takes place, five times on Saturdays, once on a Sunday with funfair. The flea markets facilitate the sale of used goods.

Stadt Bülach, Veranstaltungen, Allmendstrasse 8, 8180 Bülach
044 863 13 40, stadthalle@buelach.ch, www.buelach.ch

- **Second-hand Books**

The Second-hand Book Shop contains more than 100'000 books and is situated in the middle of the historic centre of Bülach. The range of used books spans all book categories (apart from computer books) as well as a small selection of art magazines.

Second Hand Bücher, Rössligasse 1, 8180 Bülach, 079 884 12 37
buecher@secondhandbuecher.ch, www.secondhandbuecher.ch

- **Repairs Workshop**

A group of volunteers opens a repairs workshop on five to six Saturdays a year and helps with repairing broken objects, smaller household and electrical appliances and furnishing items or toys, belonging to the categories woodwork, metalwork and household electronics. The waiting time can be passed with enjoying coffee and cake and exchanging experiences. The Repairs Workshop takes place on the Reissverschluss premises at Lindenhofstrasse 3 in Bülach. The dates and times are published on their website.

Flickwerkstatt, Reissverschluss, Lindenhofstrasse 3, 8180 Bülach
info@flickwerkstatt-buelach.ch, www.flickwerkstatt-buelach.ch

Low Priced Meals and Groceries

- **Fresh from the Table**

Fresh from the Table (Frisch vom Tisch) is directed at those on a tight budget. To save fresh foods like bread, cakes, sandwiches, vegetables etc. from being wasted, they are handed out to the needy. An application to receive the products can be made at the Social Counselling of the Community Department (Sozialberatung, Bereich Gesellschaft) of the city of Bülach or at the national churches. The handing out takes place at the Evangelical Methodist Church (Evangelisch-Methodistischen Kirche), Nordstrasse 1, on Wednesday nights from 8.30 until 9pm.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 15 43, www.buelach.ch

- **The Wishing Table**

The Wishing Table (Tischlein deck dich) saves groceries from being destroyed and distributes them to impoverished people. The distribution point is the Reformed Church parish building, Grampenweg 5, and is open on Tuesdays from 9.30-10.30am. Vouchers that are required to obtain the groceries, can be applied for at the Social Counselling (Sozialberatung) of the City of Bülach or at one of the national churches.

Reformierte Kirchgemeinde Bülach, Grampenweg 5, 8180 Bülach
043 411 41 50, sekretariat@refkirchebuelach.ch
www.refkirchebuelach.ch

- **The Meal Organisation**

The Meal Organisation (Verein Mahlzeit) is a non-profit organisation. Every Wednesday it provides a place to meet where people living on or below the breadline can enjoy a low priced, balanced and tasty meal with company. The meals include a bowl of soup, a mixed salad and a main course. A meal costs CHF 3/Person, children eat for free. A reservation is not necessary.

Verein Mahlzeit
Feldstrasse 60, 2. Stock (Bushaltestelle Kaffeestrasse), 8180 Bülach
079 691 75 23, info@verein-mahlzeit.ch, www.verein-mahlzeit.ch

Caritas Culture Pass

The Caritas Culture Pass (KulturLegi) is a personal identity card for adults and children from the age of five that are living on a tight budget. With this card one is entitled to price reductions of up to 70 percent on over 2'500 offers in the areas of culture, education, sports and health throughout Switzerland. The KulturLegi can be applied for at the Community department, Social Counselling (Bereich Gesellschaft, Sozialberatung) of the city of Bülach or directly through the KulturLegi website. The ID card is valid for a year and can be renewed.

Caritas Zürich, KulturLegi Kanton Zürich
Reitergasse 1, 8004 Zürich, 044 366 68 48
zuerich@kulturlegi.ch, www.kulturlegi.ch

Support for Disadvantaged Children and Adolescents

ROKJ

The ROKJ promotes the integration of socially or economically disadvantaged children and adolescents with the goal to develop their potential and talents and thus facilitate their integration into the community. After receiving and evaluating applications, the ROKJ approves financial contributions for school, sports and holiday camps, clubs and societies, sports and other extracurricular activities, music or dancing lessons, educational training as well as contributions for other eligible activities and the related necessary acquisitions.

ROKJ Bezirke Bülach und Dielsdorf
Steinackerstrasse 68, 8302 Kloten, buelach-dielsdorf@rokj.ch
www.rokj.ch



Healthcare



Emergency

- **Emergency numbers**

Police.....	117
Fire.....	118
Ambulance.....	144
Poisoning.....	145
Helpline and Listening Service (Dargebotene Hand).....	143
Parent Helpline (Elternnotruf) Pro Juventute	147
Parent Helpline (Elternnotruf) Zürich.....	0848 35 45 55
Helpline for Children.....	0800 55 42 10
Medical Helpline (Ärztefon).....	0800 33 66 55
Counselling for Women.....	044 278 99 99
Counselling for Men (Manne-Büro Züri).....	044 242 08 88

Removable
**emergency
card**
in the cover of
this brochure

- **Medical Helpline for medical emergencies**

A familiar contact person for medical help and advice is not always available. Those new to the region often do not yet know the right place to contact. This is where the medical helpline «Ärztefon» offers assistance. After a qualified person has established the nature of the medical situation, the appropriate contact in the region is provided. People with problems, varying in nature from general medical, physical or psychological, dental or the search for the right pharmacy, can turn to this helpline.

Ärztefon: 0800 33 66 55, www.aerztefon.ch

- **Emergency Practice**

At the emergency practice at the Bülach Hospital patients with simple health problems, not requiring the infrastructure of the emergency department of the hospital, are taken care of. The medical treatment is carried out by general practitioners as well as physicians from the hospital.

The emergency practice is open from Monday to Friday from 8am to 11pm, Saturday and Sunday 9am to 10pm.

Spital Bülach AG, Spitalstrasse 24, 8180 Bülach, 044 863 22 11
info@spitalbuelach.ch, www.spitalbuelach.ch

- **Emergency Practice for Children and Youths**

When no paediatrician or general practitioner is available, children with injuries or acute abdominal problems are treated at Bülach Hospital. All other medical cases are treated at the Kinderpermanence Circle or at Winterthur Cantonal Hospital. For less urgent emergencies, the Bülach Hospital offers a paediatric consultation by appointment.

Spital Bülach AG, Spitalstrasse 24, 8180 Bülach, 044 863 22 11
info@spitalbuelach.ch, www.spitalbuelach.ch

Kantonsspital Winterthur, Brauerstrasse 15, 8401 Winterthur
052 266 21 21, kinderlinik.notfallsekretariat@ksw.ch
www.ksw.ch

Notfallpraxis Kinderspital Zürich, Kinderpermanence Circle,
Stockwerk G5, The Circle 59, 8302 Kloten/Zürich-Flughafen
044 255 81 12, circle@kispi.uzh.ch, www.kispi.uzh.ch

- **Accident and Emergency Department**

The accident and emergency department of the Bülach hospital (Notfallstation) attends to patients with medical emergencies that are admitted by rescue services or general practitioners. An interdisciplinary team is ready to receive patients around the clock.

Spital Bülach AG, Spitalstrasse 24, 8180 Bülach, 044 863 22 11
info@spitalbuelach.ch, www.spitalbuelach.ch

Doctors

- **General Practitioners and Specialists**

Numerous general practitioners and specialists in Bülach attend to the medical needs of their patients. The local doctors can be found on the internet or in one of the telephone directories.

- **Paediatricians**

Kinderärzte am Untertor

Erachfeldstrasse 2, 8180 Bülach, 044 862 08 09
kinderarztteamuntertor@hin.ch, www.kinderarztteamuntertor.ch

Kinderarztpraxis Bülach

Sonnemattstrasse 5, 8180 Bülach, 044 860 52 62
info@kinderarztpraxis-buelach.ch, www.kinderarztpraxis-buelach.ch



Care at Home

- **Home Care**

The public home care Spitex enables the residents of Bachenbülach, Bülach, Glattfelden, Hochfelden and Höri to live in the comfort of their own homes. The goal of the Spitex is to support clients and their families so that they can lead a self-determined life. This means promoting independence and enabling a good quality of life. The Spitex offers comprehensive care, support and assistance, if required, until the end of life.

Stiftung Alterszentrum Region Bülach, Spitex
Feldstrasse 72, 8180 Bülach, 044 861 82 70
info-spitex@sarb.ch, www.sarb.ch

- **Psychiatric Home Care**

The home care offered to those afflicted by physical illness is also available to those suffering from mental illness. The psychiatric Spitex Wisli comes to the aid of people living in difficult situations in their homes. The people concerned might be in an acute crisis, or be suspected to be mentally ill, or be confirmed to suffer from a psychological illness.

Stiftung Wisli, Wislistrasse 12, 8180 Bülach, 043 411 45 41
spitex@wisli.ch, www.wisli.ch/psychiatrische-spitex

- **Children's Home Care**

The kispex takes care of acute and chronically, critically ill children, disabled children or children having been in an accident, and children in their final stage of life.

kispex Kinder-Spitex Kanton Zürich
Schaffhauserstrasse 85, 8057 Zürich, 0842 400 200
info@kinderspitex-zuerich.ch, www.kinderspitex-zuerich.ch

- **Palliaviva**

Palliaviva accompanies and takes care of people suffering from terminal illness, in their own home. The qualified personnel alleviate complex symptoms and offer the patient's whole environment more security – including family members and other close persons.

Palliaviva, Dörflistrasse 50, 8050 Zürich, 043 305 88 70
palliaviva@hin.ch, www.palliaviva.ch

Hospitals and Other Medical Centres

- **Spital Bülach**
Spitalstrasse 24, 8180 Bülach, 044 863 22 11
info@spitalbuelach.ch, www.spitalbuelach.ch
- **Kinderspital Zürich**
Steinwiesstrasse 75, 8032 Zürich, 044 266 71 11
info@kispi.uzh.ch, www.kispi.uzh.ch
- **KSW Kantonsspital Winterthur**
Brauerstrasse 15, Postfach, 8401 Winterthur, 052 266 21 21
www.ksw.ch
- **USZ Universitätsspital Zürich**
Rämistrasse 100, 8091 Zürich, 044 255 11 11
info@usz.ch, www.usz.ch
- **TUCARE – Centre for Tumor and Blood Diseases**
Nordstrasse 13, 8180 Bülach, 044 862 73 00
onkologie.buelach@hin.ch, www.tucare.ch
- **Uroviva – Practice and Specialist Clinic for Urology**
Zürichstrasse 5, 8180 Bülach, 044 365 65 65
info@uroviva.ch, www.uroviva.ch

Foundation Senior Citizens Centre

The Foundation Senior Citizens Centre (SARB) offers comprehensive services for the elderly, people in need of care or those suffering from dementia. High-quality services in the areas of residence, care and support ensure that the elderly can live in their familiar environment and retain their independence as far as possible, in any of life's circumstances. At six locations in the Bülach Region the SARB offers tailor-made solutions – whether in a retirement home with services, assisted living, a residential care group or at home with home care (Spitex).

Stiftung Alterszentrum Region Bülach
Allmendstrasse 1, 8180 Bülach, 044 861 80 00
info@sarb.ch, www.sarb.ch

childcare



Day Care

- **KIMI Krippen AG**
Hochfelderstrasse 21, 8180 Bülach, 044 860 42 78
buelach@kimikrippen.ch, www.kimikrippen.ch
- **Kinderkrippe Lichtpunkt GmbH**
Schaffhauserstrasse 108, 8180 Bülach, 044 880 33 33
info@kita-lichtpunkt.ch, www.kita-lichtpunkt.ch
- **Kinderpalais GmbH**
Kaffeestrasse 8d, 8180 Bülach, 044 860 02 90
info@kinderpalais.ch, www.kinderpalais.ch
- **Kita Bächli GmbH**
Zürichstrasse 29, 8180 Bülach, 044 860 22 26
krippenleitung@kita-baechli.ch, www.kita-buelach.ch
- **Kita Bergli GmbH**
Berglistrasse 20a, 8180 Bülach, 044 860 22 26
krippenleitung@kita-bergli.ch, www.kita-buelach.ch
- **Kita Böndli GmbH**
Furtrainstrasse 2, 8180 Bülach, 044 860 22 26
krippenleitung@kita-boendli.ch, www.kita-buelach.ch
- **Kita FORMEL FUN**
Schützenmattstrasse 30, 8180 Bülach, 044 860 19 90
kita@formelfun.ch, www.formelfun.ch
- **Kita Glasi Globegarden**
Sodagasse 2, 8180 Bülach, 044 621 43 03
familienservice@globegarden.org, www.globegarden.ch
- **Krippe ZOO**
Winterthurerstrasse 36, 8180 Bülach, 043 931 51 70
buelach@krippezoo.ch, www.krippezoo.ch

Private Childminders

The Bülach City Administration cooperates with the organisation Day-care Families Zürcher Unterland (TFZU). The TFZU facilitates childcare in day-care families and organises the charging of the parents as well as the salary payment of the childminders. It relieves the parents and the childminders of legal and administrative responsibilities. Those interested in working as childminders or those seeking a day-care family can turn to the TFZU.

Geschäftsstelle Tagesfamilien Zürcher Unterland
Schäfligrabenstrasse 7, 8304 Wallisellen, 044 883 71 00
info@tfzu.ch, www.tfzu.ch

After-school Care Club

At the Allmend, Hohfuri, Lindenhof and Schwerzgrueb schools the Bülach City Administration offers professional childcare for kindergarten and primary school children. Various childcare models are available. The application form and more information regarding the after-school care club (Hort) can be found on the website of the City of Bülach.

Stadt Bülach, Schulergänzende Betreuung
Allmendstrasse 6, 8180 Bülach, 044 863 13 70
tb.administration@buelach.ch, www.buelach.ch

In addition to the abovementioned after-school care club there is a private after-school care club at the day-care centre Bergli.

Kita Bergli GmbH, Berglistrasse 20a, 8180 Bülach
044 860 22 26, info@kitabergli.ch, www.boendli.ch

Subsidies for Childcare

The City of Bülach sees to a needs-orientated childcare availability. The aim is to foster the reconciliation of family and working life. Childcare should be available to all children, regardless of the financial situation of their parents. To this end the City of Bülach contributes towards the costs of the childcare in a day-care centre, a day-care family or after-school care club. In establishing the justification for and the amount of the contribution, the economic standing of the parents is taken into consideration.

Further information regarding the subsidies and the application form are available on the website of the City of Bülach.

Stadt Bülach, Soziales und Gesundheit, Gesellschaft
Allmendstrasse 6, 8180 Bülach, 044 863 15 43
bvo@buelach.ch, www.buelach.ch

Childcare by the Hour

Childcare Service Nünihüsli Reissverschluss

Reissverschluss is the municipal labour integration programme. It runs a childcare service at Schaffhauserstrasse 10 (Baptist Church building). The Nünihüsli is supported by the Bülach Trade Association (Gewerbe Bülach). The children are looked after by participants that have proven themselves in the labour integration program.

The childcare costs CHF 5/hour. Opening hours are published on the website of the City of Bülach.

Stadt Bülach, Reissverschluss
Lindenhofstrasse 3, 8180 Bülach, 044 863 17 40
reissverschluss@buelach.ch, www.buelach.ch

Babysitting

The Bülach Region Neighbourhood Help acts as an agent for young babysitters. In collaboration with the Swiss Red Cross (SRK), the Reformed Church Community Bülach organises babysitting courses for 13- to 16-year-old youths.

Nachbarschaftshilfe Region Bülach
Hans-Haller-Gasse 7, 8180 Bülach, 079 795 72 03
info@nachbarschaftshilfebuelach.ch
www.nachbarschaftshilfebuelach.ch

Reformierte Kirchengemeinde Bülach, Grampenweg 5, 8180 Bülach
043 411 41 52, www.refkirchebuelach.ch

The Bülach Catholic Parish also arranges young babysitters and regularly conducts babysitting courses, also in collaboration with the SRK.

Katholische Pfarrei Bülach, Scheuchzerstrasse 1, 8180 Bülach
043 411 30 30, www.kath-buelach.ch



School and Education



Playgroups

At playgroup children from the age of two and a half up to kindergarten age meet once or twice a week for up to half a day. Visiting a playgroup is valuable to a child's development and fosters them in various areas. The most important tool for education at this age is play, which is the focus at playschool.

- **Bauernhof Spielgruppe**

Hof Wiesengrund, 8154 Oberglatt, 079 341 99 37
spielgruppe@mamerlapap.ch, www.spielgruppe-bauernhof.ch

- **Spielgruppe Chnopfkiste**

Hertiweg 11, 8180 Bülach, 079 699 74 84
chnopfkiste@gmx.ch, www.chnopfkiste.ch

- **Spielgruppe Kita Bergli**

Berglistrasse 20a, 8180 Bülach, 044 860 22 26
info@kita-bergli.ch, www.kita-buelach.ch/spielgruppe

- **Spielgruppe Mamerlapap**

Solistrasse 5 / Grampenweg 5, 8180 Bülach, 079 448 77 46
spielgruppe@mamerlapap.ch, www.mamerlapap.ch

- **Spielgruppe Zauberhöhli**

Feldstrasse 15, 8180 Bülach, 079 854 02 06
info@spielgruppe-zauberhoehli.ch
www.spielgruppe-zauberhoehli.ch

- **Waldspielgruppe Bülach**

Im Stuppen 1, 8180 Bülach, 044 862 12 53
kontakt@natuerlich-janine.ch
www.natuerlich-janine.ch

- **Waldspielgruppe Sweepi**

Weiacherstrasse, 8180 Bülach, 079 532 64 28
sweepi@gmx.ch, www.sweepi.ch/waldspielgruppe

- **Kaleidoscope Learning Centre**

Bahnhofstrasse 55, 8180 Bülach, 078 889 22 05
info.kaleidoscopelc@gmail.com, www.kaleidoscope-lc.com

- **Russian Playgroup KidiRu**

Solistrasse 5, 8180 Bülach, 079 266 36 26
kidiru@gmx.ch, www.kidiru.ch

Kindergarten and Primary School

- **Schule Allmend**

Leeweg 21, 8180 Bülach, 044 863 16 60
www.schule-buelach.ch

- **Schule Hohfuri**

Unterweg 51, 8180 Bülach, 044 863 16 00
www.schule-buelach.ch

- **Schule Lindenhof**

Schulhausstrasse 1, 8180 Bülach, 044 863 16 40
www.schule-buelach.ch

- **Schule Scherzgrueb**

Scherzgruebstrasse 24, 8180 Bülach, 044 863 16 20
www.schule-buelach.ch

- **Primarschulverwaltung (Primary School Administration)**

Allmendstrasse 6, 8180 Bülach, 044 863 13 70
primarschule@buelach.ch, www.buelach.ch

Secondary School

- **Schule Hinterbirch**

Hinterbirchstrasse 18, 8180 Bülach, Schulleitung 044 864 32 70
schulleitung.hibi@sekbuelach.ch, www.sekbuelach.ch

- **Schule Mettmenriet**

Mettmenrietstrasse 20, 8180 Bülach, Schulleitung 044 864 32 90
schulleitung.mettmi@sekbuelach.ch, www.sekbuelach.ch

- **Sekundarschulverwaltung (Administration)**

Bahnhofstrasse 3, 8180 Bülach, 044 864 32 00
sekundarschule@buelach.ch, www.sekbuelach.ch

Kantonsschule Zürcher Unterland

The Cantonal School Zürich Unterland offers all the five baccalaureate profiles that are possible at grammar schools in Zürich Canton. In addition, the school offers the bilingual course of studies in German and English, whereby several subjects are taught in English.

Kantonsschule Zürcher Unterland

Kantonsschulstrasse 23, 8180 Bülach, 044 872 31 31
info@kzu.ch, www.kzu.ch



Private Schools

- **TagesSCHULE Bülach**

The TagesSCHULE Bülach is a private day school with fixed teaching times and continuous childcare. The school offers tuition in mixed-age groups for children from grades one to six (primary school). The tuition is aligned with the cantonal syllabus. A move from primary school to the Tagesschule or vice versa is possible at any time.

TagesSCHULE Bülach GmbH, Grampenweg 6, 8180 Bülach
044 542 89 88 oder 078 742 62 44
info@tagesschulebuelach.ch, www.tagesschulebuelach.ch

- **Montessori Kindergarten Bülach**

This private Kindergarten is run according to the principles of the Montessori science of education «Help me to do it myself». The school is suitable for children from the ages of three up to primary-school age.

Montessori Kindergarten Bülach
Rathausgasse 8, 8180 Bülach, 043 411 51 24
montessori.buelach@gmail.com, www.montessori-buelach.ch

Vocational School Bülach (BSB)

BSB is a cantonal vocational school with locations at Schwerzgruebstrasse 28 and Lindenhofstrasse 10. As a competence centre for economics and technology it teaches apprentices in mechanical engineering, electrical installation and business & administration (KV) in the basic training programme. In addition to the basic

training courses the BSB offers adults the opportunity to do a vocational training or further their education. Among other topics, the further education courses cover training courses for professional teaching, language courses and preparatory courses for naturalization.

Berufsschule Bülach, Schule und Rektorat
Schwerzgruebstrasse 28, 8180 Bülach, 044 872 30 40
info@bsbuelach.ch, www.bsbuelach.ch

Vocational Choice School Bülach (BWS)

With a Vocational Preparatory Year (BVJ), the BWS supports adolescents on their way to a vocational training individually and in a goal-orientated manner. The three options offered are an integration orientated, an educational, or a practical vocational preparatory year.

Berufswahlschule Bülach, Hinterbirchstrasse 20, 8180 Bülach
044 872 90 70, info@bws.ch, www.bws-buelach.ch

Adult Education Centre Bülach

The Adult Education Centre Bülach offers attractive, up-to-date and multifaceted further education courses of high quality and at affordable prices. They organise courses in different formats (lectures, activity courses, excursions) with competent lecturers.

Volkshochschule Bülach, Schwerzgruebstrasse 28, 8180 Bülach
044 500 29 51, info@vhs-buelach.ch, www.vhs-buelach.ch

Parent Education

Parent education uses adult education formats such as lectures, courses and discussion groups to provide impulses for everyday family and parenting life. Mothers and fathers learn, among other things, how they can form a positive relationship with their children and how to support their development in an age-appropriate way.

Amt für Jugend und Berufsberatung, Geschäftsstelle Elternbildung
Siewerdtrasse 105, Postfach, 8090 Zürich, 043 259 79 30
ebzh@ajb.zh.ch, www.ajb.zh.ch

parentu – The App for Informed Parents

parentu informs parents in 13 different languages. Relevant information about a child's development are sent to the parents' smartphones via push messages. The content is conveyed according to the child's age from birth up to the 16th birthday. The main topics are growing up, education and upbringing. The parents receive suggestions for organising family life as well as tips about events and current happenings in the region. The app is free of charge and privacy is guaranteed.

Verein parentu, c/o Büro Communis GmbH
St.-Karli-Strasse 8, 6004 Luzern, 041 241 06 00
info@parentu.ch, www.parentu.ch

Police	117
Fire	118
Ambulance	144
Poisoning	145
Helpline and Listening Service	143
Parent Helpline Pro Juventute	147
Parent Helpline Zürich	0848 35 45 55
Helpline for Children	0800 55 42 10
Medical Helpline	0800 33 66 55
Counselling for Women	044 278 99 99
Counselling for Men	044 242 08 88

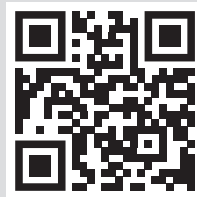
The most
important
**emergency
numbers**
always with
you!

Police	117
Fire	118
Ambulance	144
Poisoning	145
Helpline and Listening Service	143
Parent Helpline Pro Juventute	147
Parent Helpline Zürich	0848 35 45 55
Helpline for Children	0800 55 42 10
Medical Helpline	0800 33 66 55
Counselling for Women	044 278 99 99
Counselling for Men	044 242 08 88

The most
important
**emergency
numbers**
always with
you!

Police	117
Fire	118
Ambulance	144
Poisoning	145
Helpline and Listening Service	143
Parent Helpline Pro Juventute	147
Parent Helpline Zürich	0848 35 45 55
Helpline for Children	0800 55 42 10
Medical Helpline	0800 33 66 55
Counselling for Women	044 278 99 99
Counselling for Men	044 242 08 88

The most
important
**emergency
numbers**
always with
you!



Stadt Bülach 

The text 'Stadt Bülach' is in a black, sans-serif font. To its right is the logo of the City of Bülach, which consists of a red, stylized graphic element resembling a building or a flag with horizontal lines.