

# SO, YOU'RE HOSTING A STUDENT FROM SWITZERLAND.



Print &  
Stick Me  
On The  
Fridge!



## Thank you for hosting with AYA!

We understand that this is not only a very exciting time for you, but you may also be feeling nervous. Fear not! **Here are some helpful hints to help make your year a successful one.** *(Please note: while this information is mostly typical of a culture, it does not apply to all students. Every personality is different, so keep that in mind!)*

### Please be Aware...

Switzerland has four national languages (German, French, Italian, Romansh). Your student's native region may influence their worldview, habits, and accent. Be curious and open to learning!

Swiss culture emphasizes modesty and precision. Boasting or drawing attention to oneself is generally frowned upon — your student may be uncomfortable with overt praise or loud environments.

Religion is a personal topic in Switzerland and varies greatly. Many teens are secular or non-practicing — it's best to approach spiritual matters with curiosity rather than assumptions.

## 1 Respectful & Straightforward

Swiss students tend to be polite, thoughtful, and direct without being blunt. Communication may be more reserved at first, but they are often confident and articulate. Depending on their region, they may speak German, French, or Italian as a first language — and usually English fluently.

## 2 Polite but Private

Swiss teens are generally respectful and quiet in unfamiliar settings. They may take longer to open up socially and might be more formal at first. Give them time, and they'll likely become warm and reliable members of your household.

## 3 Responsibility

Swiss teens are raised to be independent from a young age. Many take public transit alone, manage school schedules, and handle responsibilities with little oversight. Your student may expect a similar level of autonomy and accountability.

## 4 Meal Routines

Swiss cuisine varies by region but typically includes bread, cheese, dairy and fresh produce. In Switzerland, breakfast and dinner are light, lunch is warm. Your student may be surprised by size and speed of American meals.

## 5 Punctuality & Structure

Punctuality is a strong cultural value. Whether it's school, family dinner, or meeting friends, being on time is seen as respectful. Your student will likely appreciate a structured home environment and clear expectations.