



Information Guide for Newcomers

Welcome!

English

Cultural Specific Addresses

International School Rheintal - Internationale Schule 081 750 63 00
Aeulistrasse 10, 9470 Buchs

International Bible Fellowship Church
Churerstrasse 3, 9470 Buchs

International English Club Werdenberg
dsenn@catv.rol.ch

Dear Residents

We are glad that we can offer you this guide for newcomers to our region providing addresses and phone numbers of important institutions and public authorities in the Region Sarganserland-Werdenberg. We hope that this will make it easier for you to find your way around in public life in our area.

We invite you to take advantage of the wide range of services and cultural activities, so that you can become a part of our lively community, and we welcome you to our region.

The municipalities of the Region Sarganserland-Werdenberg

Sarganserland

Werdenberg



With the kind support of:

**Kanton St.Gallen
Gleichstellungs- und
Integrationsförderung**



Stiftung MINTEGRA · Bahnhofgebäude SBB · 9471 Buchs SG
Tel. 081 756 51 47 · info@mintegra.ch · www.mintegra.ch
Opening hours: Monday 2 – 7 pm
Tuesday/Wednesday/Friday 10 – 12 am and 2 – 6 pm
Thursday closed

Published by: Stiftung MINTEGRA · 9471 Buchs SG
Layout, design, printing: vision-x.ch · 9470 Buchs

Region  Sarganserland-Werdenberg





Gemeindeverwaltungen - Municipal Administration

Bad Ragaz	www.badragaz.ch	081 303 49 49
Buchs	www.buchs-sg.ch	081 755 75 00
Flums	www.flums.ch	081 734 05 05
<small>(Flums, Grossberg, Kleinberg, Hochwiese)</small>		
Gams	www.gams.ch	058 228 23 50
Grabs	www.grabs.ch	081 750 35 00
Mels	www.mels.ch	081 725 30 30
<small>(Mels, Heiligkreuz, Plons, Schwendi, Weisstannen, Mädris, Vermol)</small>		
Pfäfers	www.pfaefers.ch	081 300 42 42
<small>(Pfäfers, Valens, Vasön, Vättis, Vadura, St. Margrethenberg)</small>		
Quarten	www.quarten.ch	081 720 33 33
<small>(Quarten, Murg, Unterterzen, Oberterzen, Mols, Quinten, Tannenboden)</small>		
Sargans	www.sargans.ch	081 725 56 56
Sennwald	www.sennwald.ch	081 750 40 10
<small>(Sennwald, Frümisen, Haag, Salez, Sax)</small>		
Sevelen	www.sevelen.ch	081 750 11 20
Vilters-Wangs	www.vilters-wangs.ch	081 725 37 37
<small>(Vilters, Wangs)</small>		
Walenstadt	www.walenstadt.ch	081 720 25 25
<small>(Walenstadt, Walenstadtberg, Berschis, Tschlerlach)</small>		
Wartau-Azmoos	www.wartau.ch	058 228 20 50
<small>(Azmoos, Trübbach, Weite, Oberschan, Fontnas, Gretschins)</small>		

Information / Einwohneramt - Information / Residents Office:

Registration and de-registration within 14 days; residence permits, extension of Swiss identity document for foreign residents

AHV-Zweigstelle - Old Age, Survivors and Disability Insurance, Branch Office:

Information about old age and widow/ers' pensions, invalidity/disability pensions, reductions in health insurance premiums

Other Departments in the Town Hall:

Tax Office, Social Welfare Office, Land Registry Office, Municipal Council Registrar, etc.

Zivilstandsamt Sarganserland - Registry Office, Wangs	081 725 37 00
<small>Responsible for all municipalities in Werdenberg</small>	
Zivilstandsamt Werdenberg - Registry Office, Buchs	081 755 75 34
<small>Responsible for all municipalities in Werdenberg</small>	
Mieterschlichtungsstelle Werdenberg-Sarganserland	081 755 75 77
<small>Tenants' Mediation Service, Buchs</small>	
Unentgeltliche Rechtsberatung - Free Legal Aid	> Gemeinde

Arbeit / Arbeitsvermittlung RAV - Employment / Employment Agency

Regionales Arbeitsvermittlungszentrum - RAV,	
Sargans, www.rav.sg.ch	058 229 82 68
<small>Assistance in seeking employment, advisory consultations, explanation of unemployment benefits from unemployment funds</small>	
Arbeitsstellen - Jobs	> telephone directory "Temporärbüro/Dauerstellen"
REPAS Werdenberg-Sarganserland, c/o MINTEGRA, Buchs	081 756 61 06
<small>Analysis of potential and integration of refugees in the labour market</small>	

Integration - Integration

Fachstelle Integration Werdenberg-Sarganserland,	079 957 37 82
<small>c/o MINTEGRA, Buchs</small>	
<small>Promoting integration, information about opportunities for integration, advice on projects, networking</small>	

Sozialdienste / Familie / Jugend - Social Services / Family / Youth

Sozialdienst für Fremdsprachige, c/o MINTEGRA, Buchs	081 756 51 47
<small>Social counselling, preliminary information</small>	
Soziale Dienste Sarganserland, Sargans	081 720 40 80
<small>Addiction and social counselling, social work in schools after 1st of November 2012</small>	
Soziale Dienste Werdenberg, Buchs	081 725 85 00
<small>058 228 65 65</small>	
Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität, Sargans	081 710 65 85
<small>Advice on family planning, pregnancy and sexuality</small>	
Ehe- und Familienberatung Sargans-Werdenberg	081 723 37 67
<small>Marriage guidance and family planning</small>	
Kinder- und Jugendhilfe, Sargans	081 720 09 10
<small>Advisory service for families, parents, children and adolescents</small>	
Mütter- / Väterberatung Sarganserland	081 710 46 50
<small>Advice on babies and children</small>	
Mütter- und Väterberatung Werdenberg	081 771 40 44 or 081 740 60 33
<small>Advice on babies and children</small>	
Tagesfamilien Sarganserland	
<small>Day-care families (child care)</small>	
	081 723 29 48
Tages-Familien-Verein Werdenberg	
<small>Day-care families (child care)</small>	
	081 740 08 21
Spielgruppen, Frühförderung - Play groups, early learning	> Gemeinde
<small>Promoting language skills and meaningful play for pre-kindergarten children</small>	
Vereine, Freizeit, Sport, Musik, Jugendtreffs/Jugendarbeit-	> Gemeinde
<small>Associations, leisure activities, sport, music, youth clubs / youthwork</small>	
Kindertagesstätte - Nursery care (child care)	> Gemeinde

Bildung / Berufsberatung - Education / Careers Counselling

Schulen - Schools	> Telephone „Gemeindeverwaltung/Schulsekretariat“
<small>Registration and advice for parents of children starting school (kindergarten)</small>	
Berufs- und Laufbahnberatung Sarganserland BIZ	058 229 86 86
<small>Vocational and Career Guidance with the Career Information Centre</small>	
Berufs- und Laufbahnberatung Werdenberg BIZ	058 229 82 20
<small>Vocational and Career Guidance with the Career Information Centre</small>	

Alter / Invalidität - Old age / Invalidity

Pro Senectute, for the elderly, Buchs	081 750 01 50
Pro Infirmis, for people with disabilities, Sargans	081 725 90 50
Procap Sargans-Werdenberg, for people with disabilities, Sargans	081 723 61 71

Gesundheit / Arzt / Zahnarzt - Health / Doctors / Dentists

<small>Health insurance is obligatory. Information regarding insurance conditions, benefits and costs is available from the health insurance companies.</small>	
Arzt - Doctor	> Telephone directory "Ärzte"
Zahnarzt - Dentist	> Telephone directory "Zahnarzt"
Kantonales Spital Walenstadt - Cantonal Hospital	081 736 11 11
Kantonales Spital Grabs - Cantonal Hospital	081 772 51 11
Spitex Sarganserland, Assistance and care at home	081 515 15 15
Spitex Werdenberg, Assistance and care at home	> Gemeinde
Psychiatrie-Zentrum Werdenberg-Sarganserland, Psychiatric Centre, Trübbach	081 725 50 20

Kirchen / Religionen - Churches / Faiths

Protestant / Roman Catholic	> Telephone directory „Pfarramt“
Other faiths	> see "Cultural Specific Addresses" (overleaf)

Official publications

Sarganserländer, Werdenberger & Obertoggenburger

Information about Switzerland	www.ch.ch
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SOS

Police	117
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Fire brigade	118
Helpline ("Samaritans")	143
REGA / Helicopter rescue service	1414
Ambulance - Emergency	144
Helpline for children and adolescents	147