

## **UNDERGRADUATE SUMMER RESEARCH INTERNSHIPS**

### **National Center of Competence in Research for Bio-Inspired Materials**

**Guidelines and Budget for Travel to the University of Fribourg (for Lausanne or Zürich, expect an increase in price indications)**

The National Center of Competence in Research (NCCR) Bio-Inspired Materials offers undergraduate students (from Switzerland and abroad) the opportunity to spend the summer break participating in cutting-edge research within one of the Center research groups. The undergraduate students have not only the chance to get a glimpse of advanced research work and acquire hands-on work experience, but also to develop transferable skills and to network with professionals of own field of interest.

Listed here are expenses to consider in making your budget and their approximate costs.

All costs are listed in Swiss francs (CHF). Check the exchange rate before you travel.

#### **Transportation costs to Switzerland – plan to fly to Zurich or Geneva**

##### **Ground transportation to Fribourg**

- Zurich to Fribourg (one-way train ticket) CHF 64.-
- Geneva to Fribourg (one-way train ticket) CHF 46.-
- Half-fare rail pass CHF 185.-

Before purchasing your train ticket, it is strongly recommended that you purchase a half-fare rail pass for CHF 185.-, in order to get half price on all public transportation in Switzerland.

Check the website of the SBB: <https://www.sbb.ch/en>

##### **Daily Food Expenses**

- Approximate costs CHF 35.-/day
- Includes lunch at the university CHF 10.-/day

##### **Lodging (covered by NCCR in partner Student house)**

- Costs vary depending on where your accommodations
- University housing is about CHF 650.-/month or CHF 23.-/night
- Approximate cost of one night in a hotel varies between CHF 60.- to 120.-/night

##### **Health and Accident Insurance is compulsory**

- The cost is CHF 100.-/month (for example: [www.swisscare.ch](http://www.swisscare.ch) – Student insurance)

## Transportation in Fribourg (zone 10)

- Will cost between CHF 46.-/month to 63.-/month

## Rail Travel

Consider downloading the application for Swiss Trains – CFF app (also called SBB app), website: <https://www.sbb.ch/en>

This app allows you to view train timetables and purchase tickets and passes for the Swiss rail service.

Another suggested application is Trainline which covers rail transportation for the rest of Europe.

If you think you want to use these apps, download them while you are still in your home country and get acquainted with what they offer.

## Phone Calls and Messaging

Communicating while in Switzerland is also something to consider. Your first step should probably be to check with your service provider regarding their charges for international calls and data usage. If you have an unlocked phone, you may want to purchase an international SIM card before you travel, again check with your service provider.

There is a free application called Whats App that will allow you to send text messages, including international messages without charge when on Wi-Fi connections. Check with your phone provider regarding data charges.

## For further logistic questions or before you travel, please contact:

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