



Innovations in Interpersonal Relationships and Health Research

Advancing the Integration of Interdisciplinary Approaches to Dyadic Behavior Change

June 24, 2025; University of Zurich

<https://conference.irhcollaborative.com/>
registration@conference.irhcollaborative.com

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1 Conference Information

1.1 Contact person during your stay

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1.2 Venue of the conference for June 24, 2025

University of Zurich (Main Building), Rämistrasse 71, 8006 Zurich

The conference will be held in the following rooms:

KO2-F-152: main room of the conference

KO2-F-153: room for the poster session

1.3 Program of the conference <https://conference.irhcollaborative.com/program/>

From 8:15am – Registration

Room: KO2-F-152

Join us at the registration desk between 8:15 am and 1:00 pm to pick up your materials.

08:45am - 09:00am – Welcome and Opening

Room: KO2-F-152

Urte Scholz, Alexander Rothman

09:00am - 10:00am – Keynotes

Room: KO2-F-152

Aleksandra Łuszczńska: *Different, but similar: Power, effort, competence, closeness, and breadth of tasks as dimensions of between-dyads differences*

Benjamin Karney: *Relationship Maintenance vs. Goal Pursuit: The Tension in Couples' Social Support Interactions*

10:00am - 10:30am – Coffee break and networking



10:30am - 11:45am – Flashlight talks (for details on authors and titles, see 1.4)

Room: KO2-F-152

11:45am - 01:00pm – Lunch break and networking

01:00pm - 02:00pm – Keynotes

Room: KO2-F-152

Guy Bodenmann: *The role of behavioral observation for dyadic behavior change*

Niall Bolger: *Unified Analysis Model for Indistinguishable and Distinguishable Dyads*

02:00pm - 03:15pm – Flashlight talks II (for details on authors and titles, see 1.4)

Room: KO2-F-152

03:15pm - 04:15pm – Poster session including coffee break and networking (for details on authors and titles see 1.5)

Room: KO2-F-153

04:15pm - 05:15pm – Interactive roundtable discussion with audience participation

Room: KO2-F-152

Nina Knoll, Jutta Mata, Jeffry Simpson, Gertraud Stadler

Mapping a research agenda to advance the interdisciplinary study of dyadic behavior change

05:15pm - 05:30pm – Closing

Room: KO2-F-152

Urte Scholz, Alexander Rothman

05:30pm – Apéro riche for all participants

Room: KO2-F-152



1.4 Flashlight Talks

10:30am – 11:45 (Room: KO2-F-152)

1. Jennifer A. Theiss, Rutgers University, USA - *Conversation Patterns and Emotion Regulation in Parent-Adolescent Interactions: A Dynamic Dyadic Systems Analysis*
2. Janina Müller, University of Klagenfurt, Austria - *Promoting Mental Health in Adolescents and Caregivers: A Multi-Informant Pilot Evaluation*
3. Ekaterina Schneider, Heidelberg University Hospital, Germany - *Impact of Childhood and Adult Touch on Social Relationships, Mental Health, and Stress Regulation*
4. Veronica M. Lamarche, University of Essex, UK - *Regulating Together: The Influence of Partner, Family, and Physician Support on Dialysis Self-Management*
5. Corina Berli, University of Bern, Switzerland - *What makes a dyadic intervention dyadic? A meta-framework to systematically characterize underlying dimensions of dyadic interventions*
6. Maximiliane Uhlich, University of Basel, Switzerland - *Interpersonal Synchrony in Romantic Dyads: Co-Regulation of Daily Closeness and its association with relationship well-being*
7. Elisa Weber, University of Zurich, Switzerland - *Self-esteem and Supportive Dyadic Coping in Intimate Relationships*

02:00pm – 03:15pm

1. Paula Paajanen, University of Eastern Finland, Finland - *The lived experience of evolving intergroup friendships: A dyadic, longitudinal and multimodal analysis*
2. Jean-Philippe Gouin, Concordia University, Canada - *Sleep Quality, Diet-Related Self-Regulation, and Diet Quality: An Actor-Partner Interdependence Modelling Among Cohabiting Couples*
3. Emily Chan, University of Minnesota, USA - *A Dyadic Study of Risk Perception in Romantic Relationships*
4. Andrea B. Horn, University of Zurich, Switzerland - *The When and What of Dyadic Regulation: Situational Factors for Interpersonal Emotion Regulation in Daily Life*
5. Caterina Gawrilow, University of Tübingen, Germany - *The importance of involving parent-child and teacher-child dyads in children's reintegration after psychiatric treatment*
6. Sofia Scatolin, University of Zurich, Switzerland - *Parent-child functional neural similarity and its association with child mental well-being*
7. Jana Straßheim, University of Konstanz, Germany - *The Impact of Social Eating on Freezing Body Movements in Triadic Conversations*



1.5 Poster session

03:15pm – 04:15pm (Room: KO2-F-153)

1. Allen, James M., University of Glasgow, Scotland - *Using “attractors” to identify distinct behavioural patterns within- and between-dyads in a longitudinal study*
2. Belus, Jennifer M., University Hospital Basel, Switzerland - *Influence of a Motivated Peer on Substance Use: Results from a Southern Africa Pilot Intervention*
3. Bousquet, Christophe, University of Konstanz, Germany - *Capturing collective dynamics in triads: how to detect and analyse the social transmission of behaviours*
4. Buhr, Lilly, Charité - Universitätsmedizin Berlin, Germany - *Whom to include when studying Relationships and Health: Stakeholder Evidence from potential Beneficiaries and Health Care Professionals*
5. Bürli, Bianca L., University of Zurich, Switzerland - *Vulnerability as a Proxy for Receptivity in JITAIs? The Association and Co-Occurrence of Distress and Social Support Need to Trigger a Social Support JITAI for Individuals with Elevated Depressive Symptoms*
6. Chiarolanza, Claudia, Sapienza University of Rome, Italy - *Living Together the post-pandemic Scenario: evidence from an Intensive Longitudinal Study*
7. Dolcetti, Myrto, University of Zurich, Switzerland - *Emotional Synchrony in Couples’ Support Interactions Across the Lifespan: A Momentary Approach*
8. Elmer, Timon, University of Zurich, Switzerland - *Fostering Social Support with Just-In-Time Adaptive Interventions: Insights from a Feasibility Study*
9. Federici, Elena, University of Zurich, Switzerland - *Shared Perspectives: The Neural Basis of Sibling Similarity in Affective Processing*
10. Fino, Edita, University of Bologna, Italy - *How Personal Relationships with People with Chronic Disease Shape Healthcare Attitudes and Outcomes in a Healthcare Setting*
11. Gloor, Sandra, University of Bern, Switzerland - *Can Narcissus Stay Committed? Dyadic Insights Into Commitment-Buffering Mechanisms by the Investment Model Across Narcissism*
12. Heimonen, Ella, University of Eastern Finland, Finland - *Foreign and Finnish background mothers’ intergroup friendship expectations in a befriending program*
13. Hopf, Dora, Heidelberg University Hospital, Germany - *Hormonal synchrony in older couples’ everyday life: The role of situational stressors and buffers*
14. Höhener, Patrick S., University of Zurich, Switzerland - *Intervening in Social Exchange Processes to Promote Physical Activity: Investigating Intrapersonal Mechanisms*
15. Kallova, Nikola, Slovak Academy of Sciences, Slovakia - *Romantic Relationship-Induced Learning: A Qualitative Inquiry*
16. Kittelberger, Sophie L., University of Zurich, Switzerland - *Exploring the Role of Social Identity on COVID-19 Related Interpersonal Conflict in Family Dyads*



17. Knobl, Vanessa, University of Mannheim, Germany - *Exploring Family Food Systems: Meat Intake, Conflicts and Meal Frequency*
18. Küng, Pascal, University of Zurich, Switzerland - *Relationship-Specific Daily Associations of Health-Related Social Support and Control: An Individual Participant Data Meta-Analysis*
19. Lüthi, Simone, Swiss Paraplegic Research / University of Lucerne, Switzerland - *A dyadic perspective on momentary well-being and stress among persons with spinal cord injury*
20. Meier, Tabea, University of Zurich, Switzerland - *"I want you to feel good": Emotion goals in younger and older couples' daily lives*
21. Mickelson, Kristin D., Arizona State University, USA - *Connected but Disconnected: Social Media, Sleep, and Bonds in Parent-Adolescent Dyads*
22. Naidoo, Theshaya, University of Kwazulu Natal, South Africa - *Dyadic Responsibility in Digital Health: A Comparative Legal Analysis*
23. Piani, Maria C., Swiss Paraplegic Research, Switzerland - *How common dyadic coping shapes emotional responses in persons with SCI and partners: a video-study*
24. Poletti, Valentina, Università Cattolica del Sacro Cuore, Italy - *Dyadic Adjustment, Illness Perception, and Depression in Sleep Quality and CPAP Adherence in Couples with OSAS*
25. Richter, Marianne, University of Fribourg, Switzerland - *Intra- and interpersonal effects of social sharing of negative experiences on emotions and couples' interactions*
26. Rink, Johanna, University of Lucerne, Switzerland - *Physical activity and stress in daily life of individuals with SCI and their romantic partners*
27. Schoenthaler, Kristina, Mississippi State University, USA - *Exploring Teacher Perceptions: Attribution Retraining as a Catalyst for Dyadic Change*
28. Schreiber, Felix, Eberhards Karls University Tübingen, Germany - *Does Teaching Self-Regulation Enhance Primary School Learning Through Supportive Student-Teacher Interactions?*
29. Spliesgart, Amelie, Freie Universität Berlin, Germany - *Inter-Coder Agreement in the Identification of Dyadic Behavior Change Techniques in Intervention Descriptions*
30. Uetova, Ekaterina, Technological University Dublin, Ireland - *Dyadic Support in Group Chats: Effects on Motivation and Engagement in a Sitting Reduction Intervention*
31. Vieth, Grace, University of Minnesota, USA - *Ambivalent Friendships & Health Across the Lifespan*
32. Walker-Ulloa, Thomas A., University of Zurich, Switzerland - *Exploring Dyadic Adaptation: A Computer Simulation of Warm and Cold Interpersonal Dynamics*
33. Wilhelm, Lea O., MSB Medical School Berlin, Germany - *Received social support for leisure-time physical activity from different life domains: An ambulatory assessment study*
34. Wyss, Simone, University of Basel, Switzerland - *Dynamics in Gratitude Conversations of Romantic Couples and Their Impact on Relationship Health*



1.6 OSF Page for conference

As part of the conference's commitment to open science and accessibility, submitted abstracts are made available via the conference's OSF (Open Science Framework) project page:

→ <https://osf.io/2k7se/>

In addition to abstracts, presenters are encouraged to upload their **slides, posters, and supplementary materials** to the OSF project. Each upload receives a **unique DOI**, making it easy to cite in future work.

Uploading materials is optional and can be done **before or after** the event, at your convenience.



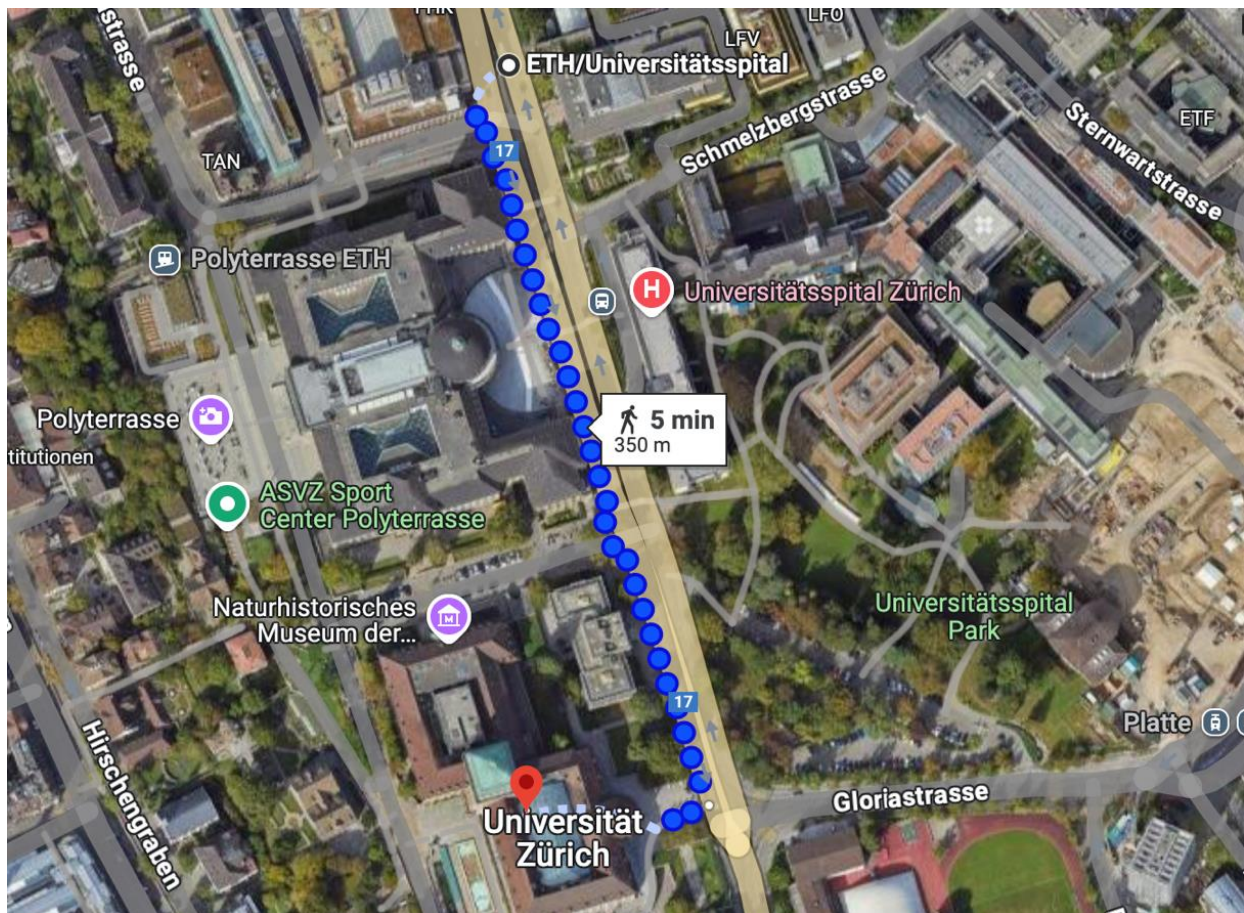
1.7 Way from the airport to the Main Building of the University of Zurich

1.7.1 By public transport

After leaving the arrival area at Zurich airport proceed to the tram/bus station. Then purchase a ticket from the automatic ticket machine and get on the tram 10. After about 34 minutes journey get off at the station "ETH/ Universitätsspital".

Stay on the right side of the street and walk approximately 250 meters along Rämistrasse to the Main Building of the University of Zurich (Rämistrasse 71, 8006 Zurich).

Way from the tram station "ETH/Universitätsspital" to the conference rooms:



1.7.2 By taxi

About 70-80 CHF



1.8 Way from Zurich Main Station (Zürich HB) to the Main Building of the University of Zurich

1.8.1 By public transport

After leaving Zurich Main Station (Zürich HB), you have two nearby tram options. One is the “Bahnhofplatz/HB” station, located directly in front of the Main Station. From there, you can take Tram 3 in the direction of Klusplatz, get off at Neumarkt and walk up Künstlergasse to reach the Main Building of the University of Zurich.

From “Bahnhofplatz/HB” you can also take Tram 10 in the direction of Bahnhof Oerlikon, get off at the ETH/Universitätsspital. Then walk approximately 250 meters along Rämistrasse to the Main Building of the University of Zurich.

Alternatively, you can go to the Bahnhofstrasse/HB tram stop, which is just around the corner on Bahnhofstrasse. From there, take Tram 6 in the direction of Zoo and get off at ETH/Universitätsspital. Then also walk approximately 250 meters along Rämistrasse to the Main Building of the University of Zurich.

1.8.2 By foot

If you prefer to walk, cross the Bahnhofbrücke. At Central, take the stairs to Hirschengraben. Continue straight, and after approximately 250 meters, turn left onto the footpath Schienhutgasse or Sempersteig. Walking time is about 10 to 15 minutes.



2 In case of emergency

Service	Number
Police	117
Fire brigade	118
Ambulance	144
Poisoning emergencies	145



3 Places to eat and drink in Zurich

Restaurants:

Frau Gerolds Garten

Geroldstrasse 23/23a, 8005 Zürich

<https://www.fraugerold.ch/>

→ outdoor beer garden with food

Hiltl Dachterasse (also other locations in Zurich, see the website)

Bahnhofstrasse 88, 8001 Zürich

+41 44 888 88 00

<https://hiltl.ch/>

→ specialized in vegetarian food (oldest vegetarian restaurant in Switzerland)

Osso

Zollstrasse 121, 8005 Zürich

+41 44 523 76 33

<https://ossozuerich.ch/en/#osso>

➔ Excellent food to enjoy products from the countryside in the middle of the city

Restaurant Alpenrose

Fabrikstrasse 12, 8005 Zürich

+41 44 431 11 66

<http://www.restaurantalpenrose.ch/>

→ excellent, home-style cuisine with many Zurich and Swiss specialities



Restaurant Markthalle

Limmatstrasse 231, 8005 Zürich

+41 44 201 00 60

<https://www.restaurant-markthalle.ch/>

➔ Restaurant located in the Viaduktbögen with excellent food

Rote Fabrik / Ziegel Oh Lac

Seestrasse 395, 8038 Zürich

+41 44 481 62 42

<http://www.ziegelohlac.ch/>

➔ Place for interesting cultural events and restaurant at the Lake

Tibits (also other locations in Zurich, see the website)

Seefeldstrasse 2, 8008 Zürich

<https://www.tibits.ch/de/>

➔ Very delicious vegetarian food, buffet and sandwiches

Zeughauskeller

Bahnhofstrasse 28 a, 8001 Zürich

<https://www.zeughauskeller.ch/en/home>

➔ excellent, home-style cuisine with many Zurich and Swiss specialities

Cafés and bars:

Confiserie Sprüngli

Paradeplatz, Bahnhofstrasse 21, 8001 Zürich

+41 44 224 46 16

<https://www.spruengli.ch/de/>



Damm Bar

Hönggerstr. 3, 8037 Zürich

damm@fuerdich.ch

<https://en.fuerdich.ch/damm>

Café Henrici

Niederdorfstrasse 1, 8001 Zürich

+41 44 251 54 54

<https://cafe-henrici.ch/>

BQM – student café / bar near the main building of the university

Leonhardstrasse 34, 8092 Zürich

+4144 632 75 03

<http://www.bqm-bar.ch/>

Kleine Freiheit

Weinbergstrasse 30, 8006 Zürich

<https://kleinefreiheit.ch/>

→ lovely outdoor spot, 10min walk from the main building of the university

Café & Confiserie 1842 im Haus Conditorei Schober

Napfgasse 4, 8001 Zürich

+41 44 251 51 50

<http://www.cafe1842.ch/>



Odeon

Cafe/Bar Odeon, Limmatquai 2, 8001 Zürich

<https://odeon.ch/en/>

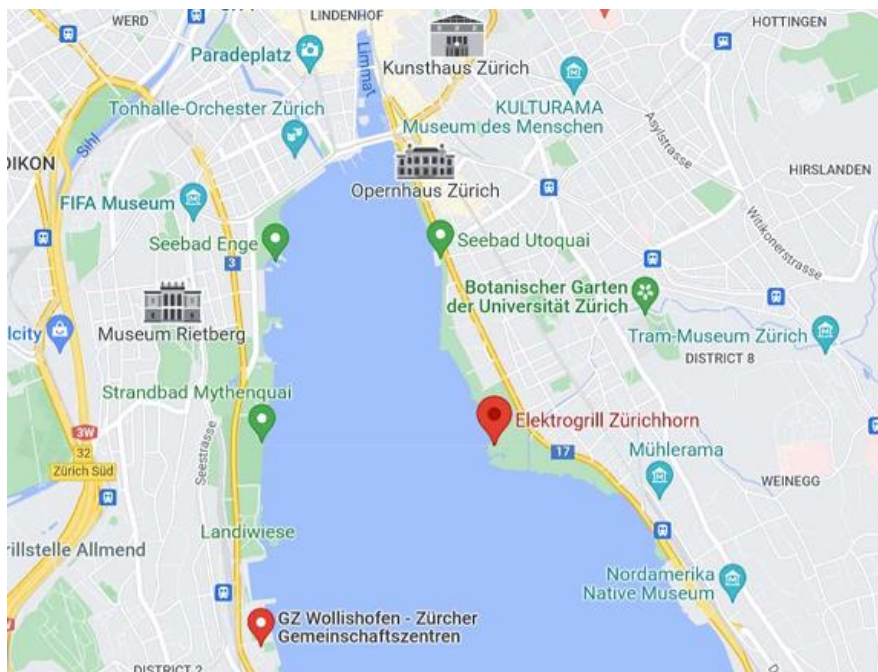
→ old and famous bar in the city center

Alongside the river Limmat you'll find small cafés and bars (especially around the bathing area "Oberer Letten"), take a walk alongside river Limmat and enjoy exploring.

Picnic by the Lake: There are even two electronic BBQs that can be used free of charge:

- a) BBQ near the Zürichhorn
- b) GZ Wollishofen (between Bahnhof Wollishofen and ‚Rote Fabrik‘)

You can buy food (salads, sausages, BBQ cheese) at supermarkets like Migros, COOP, Denner, Aldi, LIDL, SPAR (Migros does not sell alcohol).





4 Attractions, sights and activities in Zurich

Fraumünster: The Chagall Windows

On the other side of the Limmat stands the Fraumünster church with its famous windows created by Chagall and the Swiss artist Augusto Giacometti.

Grossmünster

The twin towers of the Grossmünster are not only Zurich's most prominent landmark, visitors can also climb up the Karlsturm and enjoy a breathtaking view over the city.

Kunsthau. Zurich's fine-arts gallery hosts a rich collection of largely European art (<http://www.kunsthau.ch/en/>). It stretches from the Middle Ages through a mix of Old Masters to Alberto Giacometti stick figures, Monet and van Gogh masterpieces, Rodin sculptures, and other 19th- and 20th-century art. Entrance is free on Wednesdays! They also have changing exhibitions. It is very close to the conference.

Lake Zurich

If you haven't seen Lake Zurich, you haven't been to Zurich. When standing next to the famous Ganymede statue on the Bürkliterrasse, you can see as far as the Swiss Alps. Don't miss swimming in the lake in the summer. There are many outdoor pools and bathing spots.

Landesmuseum. This is the national museum of Switzerland (<https://www.landesmuseum.ch/en>). Always worth a visit to learn more about Switzerland and see current exhibitions.

Lindenhof

This glorious park has been known since the year 80 BC and is regarded as the origin of Zurich's history. Thanks to its great view it is also the ideal selfie spot.



Polyterasse: The View

The terrace of ETH (the federal institute of technology) offers a beautiful view over the old town, downtown and the lake.

→ More information: <https://www.zuerich.com/en/visit/top-things-to-do-in-zurich>

River Limmat

In the summer you can also swim in the river. Check out the many river bathing spots

<https://www.zuerich.com/en/sightseeing-activities/sport-and-relaxation/water-sports/river-swimming>

Sechseläutenplatz

With the opera house, the Kronenhalle, the Café Odeon and Lake Zurich just a stone's throw away, the Sechseläutenplatz is the ideal starting point for your sightseeing tour. For more information about the opera program: <https://www.opernhaus.ch/en/spielplan/calendar/>

Shopping: Bahnhofstrasse

The Bahnhofstrasse is Zurich's most exclusive and famous shopping destination. Boutiques, jewellers, department stores and high street fashion stores line the elegant avenue.

The Old Town

The river Limmat separates the medieval Old Town into two parts, however both are equally marked by narrow streets, beautiful houses, glorious guildhalls and charming squares.

Uetliberg: Zurich's very own Mountain

The best way to take in a city is from above. The Uetliberg lookout offers a spectacular view over the city, the lake and the Alps. By public transport, the lookout is around 50 minutes away. To get to the top, you can take the tram 14 until the last station "*Triemli*" and then take the bus B1 into the direction of "*Ringlikon, Langwis*". At station "*Ringlikon, Langwis*", change into the bus B2 into the direction of "*Uetliberg*" and exit at station "*Uetliberg*". Alternatively,



from the station “Triemli”, you can go on a 1,5h hike to the top of “Uetliberg” (you can find the hiking route here: <https://www.komoot.de/tour/281895691/zoom>).

Zurich West

In Zurich’s industrial district, today the neighbourhood is an ode to creativity, design and architecture with numerous restaurants, bars, galleries and quirky boutiques.

Zurich Zoo

The almost 90-year-old Zurich Zoo lies in an idyllic location on the Zürichberg. Approximately 4,000 animals representing 380 different species live there. Zurich Zoo serves as an ambassador between people, animals and nature. With its fascinating initiatives and conservation projects, it contributes towards safeguarding biological diversity, and shares knowledge with people of all ages.



5 Attractions and sights close to Zurich

The mountain Rigi

Close to Zürich lies the mountain Rigi. From the top of Rigi, at station “Rigi-Kulm”, enjoy an astonishing 360° panoramic view over big parts of Switzerland, including the famous “Vierwaldstättersee”. From there you can also start a panoramic hike which takes around 2 hours and lets you explore the mountain with a beautiful view. To get there, take a 40 minute train ride from the main station of Zürich to the station “Arth Goldau”. From there you can take a train all the way to the top of the mountain. For more Information please consult the website (<https://www.zuerich.com/en/visit/sport/rigi-panoramaweg>) or the tourist information in Arth Goldau.

The city Luzern

Only a 50 minutes train ride away from Zürich main station away, Luzern counts as one of the most beautiful cities in the world. The city persuades with numerous beautiful sights, including the world famous Chappelbridge. For more information, please see <https://www.luzern.com/en/the-city/sights/top-sights>. If you enjoy nature more than city trips, go for a hike at the close by mountain Pilatus or take the gondola all the way to the top to just enjoy the view.

Rhinfalls in Schaffhausen

In Schaffhausen you can find one of the three biggest waterfalls of Europe, the “Rhinefalls” (<https://rheinfall.ch/en>). You can simply enjoy the spectacular view from the sides of the Rhine or take a boat ride which brings you to a platform in the middle of the waterfall, where you can experience the force of the waterfall from all around you. Schaffhausen is only 40 minutes away from Zürich main station and there are regular trains, so this destination is perfect for a spontaneous trip that does not take all day.



6 Getting around in Zurich

The simplest way to get around Zurich is on foot together with the public transport vehicles, trams, buses and trains. For more information: <https://www.zuerich.com/en/visit/getting-around-in-zurich>

6.1 By public transport

In Zurich City you find a bus or ZVV tram stop at intervals of around 300 meters. At the diverse stops you also find timetable information, the next connections, a zone map and a ticket machine. Alternatively, you can also download and use the ZVV app (<https://www.zvv.ch/zvv/en/service/apps/zvv-app.html>).

You can purchase tickets for 1 hour or Day Cards for various zones. Zurich City is part of Zone 110, the Airport part of Zone 121. You should always carry tickets with you as tickets are regularly controlled. If you travel without a ticket the fee can be very expensive (CHF 100-220).

Instead of Day Cards the Zürich Card is a perfect alternative. This is available at all ticket machines and after validation (stamping it) at one of the ticket machines it is valid for unlimited travel during either 24 (29 CHF) or 72 hours (56 CHF) in the Zones 110, 111, 112, 121, 140, 150 and 154. With the Zürich Card, you enjoy free travel with public transportation throughout the entire city of Zürich. More information:

<https://www.zuerich.com/en/zurichcard>

Price for a day ticket (valid 24 hours):

Only city centre (1-2 zones): 9,20 CHF (single ride: 4,60 CHF).

More information:

→ <https://www.zvv.ch/zvv/en/travelcards-and-tickets/tickets.html>

How to purchase tickets for the public transport.

What the ZVV automatic ticket machine looks like



1. **Zone map:** overview of the different fare zones
2. **Touch screen:** select tickets using the convenient touch screen
3. **Validation:** stamp your multiple day passes and multiple-journey tickets here; not necessary for single ride or day tickets
4. **Paying with coins**
5. **Paying by card**
6. **Dispenser chute:** take your ticket and the change

Phone support ZVV: +41 800 007 999

The start screen



Start screen

- 1 Select your language
- 2 Select single ticket (1h) to “Zurich HB” listed in the fast choice: This will give you Zone 121 (Airport) and Zurich City (110); Price CHF 6.80



6.2 By foot

Whether with a city map on a round tour recommended by Zurich Tourism or under your own steam, it's easy to get to know Zurich on foot. The old town of Zurich, the Grossmünster and Fraumünster churches, Lake Zurich, the Lindenhof and the famous Bahnhofstrasse are all within a 1- or 2-kilometre radius and easy to reach on foot in just 20 to 30 minutes. See here for information about free walking tours: <https://www.freewalk.ch/zurich/tours.php?lang=en>

6.3 By taxi

In Zurich there are several taxi companies for which you can order a taxi by phone. This usually requires a waiting time of 5 – 10 minutes until the taxi arrives. There are also several taxi ranks in the city – at which you can simply seat yourself in the taxi up front. At Zurich's main railway station as well as at Bürkliplatz and Lake Zurich it's generally easy to find and hail one without much difficulty.

In most taxis you pay a basic tax of approximately CHF 6 and additional CHF 3.80 for every kilometer driven.

Zurich

Company	Contact	Services
Taxi 444 Ausstellungsstrasse 36 8005 Zürich	+41 44 444 44 44 info@taxi444.ch	Taxi, limousine service, city tours, minibus
7x7 Fahrdienste Zypressenstrasse 76 8040 Zürich	+41 44 777 77 77 info@7x7.ch	Taxi, airport shuttle, limousine service, minibus
iTAXI Holzgasse 4 8001 Zürich	08000 08000 (free within Switzerland) +41 44 666 16 16 info@itaxi-ch.com	Taxi, airport shuttle, limousine service, minibus, hybrid and electric cars



7 Zurich – From A to Z

A – App. There is a city guide app for Zurich, called Zürich City Guide. With this city guide you will always have the most important information about Zurich with you. The integrated city map shows you the most interesting places and events and guides you on the fastest way to the nearest supermarket or ATM. Just download the free app via your app store.

B – Bikes and Boats.

Zürich rollt - Bikes for free: <https://www.inyourpocket.com/zurich/zuri-rollt-bikes-for-free> 65918v

Publi Bike: <https://www.publibike.ch/de/how-it-works> Download the app and rent a bike or an e- bike and take a ride through the city.

Public boats depart all around the Lake of Zurich and on the River Limmat. Take a trip on them with your free day pass (extra charge beyond the city zone 110).

C – Currency. In Switzerland, you pay with the Swiss francs (CHF). Many shops and restaurants in Zurich accept the euro, but the exchange rates are usually very poor. It is therefore worth to getting CHF. The easiest way to do this is at ATMs and in banks as well as in the exchange bureaus in Zurich main station or at the airport.

Most accept credit card and debit card payments. But sometimes they are still not accepted (e.g. cabs or small shops). So, it is always good to have some cash on you. For more information see: <https://www.myswitzerland.com/en/planning/about-switzerland/general-facts/money-and-shopping/creditcards/>

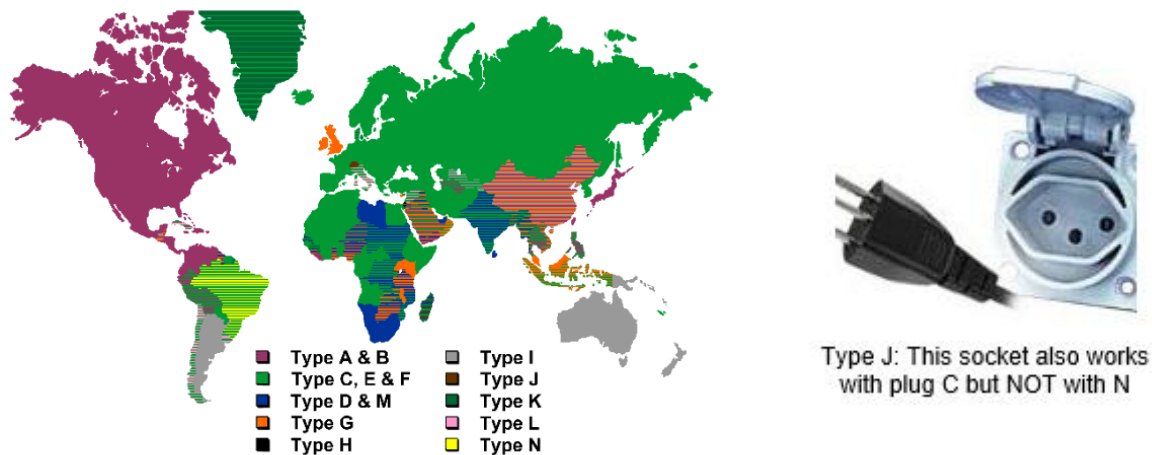
D – Dada. The art movement Dada has its early roots in the Cabaret Voltaire at Spiegelgasse 1, which is a museum, a Cabaret place and nice bar to visit.

<https://www.cabaretvoltaire.ch/>



E – **Electricity.** In Switzerland, the socket types C and J with 230 volts and 50 hertz frequency are used. Please check out in advance if you need an adaptor to be able to connect your laptop or other electronic devices to the Swiss socket types.

In Switzerland the power plugs and sockets are of type J. Type J is mainly used in Switzerland and Liechtenstein. This socket also works with plug C. But plug N will NOT work.



→ Further Information: <https://www.power-plugs-sockets.com/switzerland/>

F – **Food.** The food served by the Mensa [University cafeteria] includes vegetarian, vegan, and other special dietary options. For restaurant recommendations, please see above.

G – **Garden.** In case you feel the urge to escape the city, Frau Gerolds Garten at Geroldstrasse 23 is a nice place to hide (<https://www.fraugerold.ch>). Note that this is a restaurant/bar. If you are looking for a real garden, you might want to check out the Old Botanical Garden close to the tram stop “Sihlstrasse” (<https://www.zuerich.com/en/visit/nature/old-botanical-garden>).

H – **Happening.** Stay on the ball with what's happening in town with the up-to-date blog “New in Zürich” (<https://newinzurich.com>), or <https://www.inyourpocket.com/zurich>, or <https://www.zuerich.com/en/events-exhibitions-concerts-stages-partys-and-much-more?date=1527496252>



I – **Internet.** At UZH, you can use the internet via the wireless networks “eduroam” (check out your login and password at your home institution) or “uzh-guest” §11111

K – **Kunsthhaus.** Zurich’s fine-arts gallery hosts a rich collection of largely European art (<http://www.kunsthhaus.ch/en/>). It stretches from the Middle Ages through a mix of Old Masters to Alberto Giacometti stick figures, Monet and van Gogh masterpieces, Rodin sculptures, and other 19th- and 20th-century art. Entrance is free on Wednesdays! They also have changing exhibitions. It is very close to the conference.

L – **Landesmuseum.** This is the national museum of Switzerland (<https://www.landeshmuseum.ch/en>). Always worth a visit to learn more about Switzerland and see current exhibitions.

M – **Mensa.** Daily lunch and dinner is offered at the University Mensa. There are several canteens at the university of Zurich. See: <https://www.mensa.uzh.ch/de/menueplaene.html>

M – **Medical services.** Zurich has several hospitals where you can get professional help. The University Hospital (<https://www.usz.ch/en/>) is very close to the main building of the University. The Stadthospital Waid and Triemli is a large central hospital in two locations. It is one of the top ten Swiss hospitals. See: <https://www.stadth-zuerich.ch/gud/de/index/gesundheitsversorgung/medizin/stadthspitaeler.html>

N – **Night supplement.** The nighttime network enables you to travel by train and bus into the early hours of the morning on Friday and Saturday nights. To use the network, a regular free travel pass is sufficient. On a regular evening trains and busses operate until around midnight.

O – **On time.** Public transport in Zurich usually departs within the first second of the scheduled minute.



P – **Printing.** If you would like to make copies or print something, please ask your contact person.

R – **Ron Orp.** Further infos about cool places to visit and infos about events in Zurich, check out www.ronorp.net/zuerich. (The English version is unfortunately not updated so regularly).

S – **Swimming.** Zurich is known for its many possibilities for swimming and bathing in the lake and the river. Many of them are free of charge. Starting in the north, the Werdinsel, a small island in the Limmat, is a popular place for nature lovers. More urban places are “Oberer Letten” and Unterer Letten”, or numerous places around the Lake of Zurich. Yet, swimming is not allowed everywhere – in case of doubt ask someone. More information:

<https://www.zuerich.com/en/visit/the-seasons-in-zurich/summer/outdoor-pools-in-zurich>

S – **Security.** The City Police ensures compliance with the law and security and order in the city area. They are there around the clock, 365 days a year, for Zurich and its population and ensure security and order. Schutz & Rettung Zurich unites fire brigade, rescue service, civil defence, operations control centre and fire police of the city of Zurich under one roof. Schutz & Rettung guarantees the best possible protection and security for the population - both in everyday life and at major events. See emergency numbers in chapter 2.

T – **Tip.** You never have to worry about tipping in Switzerland, as tips are included in the price. You can, however, add a smile to the face of someone who has provided good service by giving an extra tip (5-10%).

V – **Viadukt.** Contemporary markets and shops crowd the arches under the artistically converted railway viaduct. <https://im-viadukt.ch/en>



W – **Water**. You can refill your drinking bottle from the fountains everywhere in the city. The water from the tap or any of the many fountains across the city has excellent drinking water quality.

X – **X Axis**. On the x axis, Zurich is smaller than you might have thought. The city spans only 92 km².

Y – **Y Axis**. But don't ever underestimate Zurich's y axis. Zurich has four mountains in the city: Züriberg, Chäferberg, Höggerberg and Uetliberg.

Z – **Zürisee**. Zurich's lake – always a nice place to visit.



8 Züridütsch Vocabulary

Apéro – Event with wine and some fingerfood

Apéro Riche – Apéro with sufficient (often warm) food

Grüezi – Hello

Zmorge – Breakfast

Znüni – Morning Snack (9 am)

Zmittag – Lunch

Zvieri – Afternoon Snack (4 pm)

Znacht – Dinner

Äxgüsi, Tschuldigung – Sorry

Beiz – Restaurant

Röschti – Swiss Hash Browns

Choitsch – Chewing Gum

Chrüsimüsi, Duränand, Gnusch – Mess

Adie, Adieu, Tschüss – Bye