



**SOZIALES – BERATUNG – www.soziales.sg.ch
SOCIAL SERVICES – COUNSELLING**

The following counselling centres can be availed of for free and under the maintenance of confidentiality:

Soziale Dienste / Social services

Information in general:

- Budget- and debt counselling,
- Educational- and family guidance,
- Separation and divorce counselling
- Collection aid and advance on amount of allowance
- Soziale Dienste Oberes Rheintal, Wiesentalstr. 1a, 9450 Altstätten, **071 757 78 70**

Psychiatrie-Zentrum / Psychiatry Centre

Balgacherstr. 202, 9435 Heerbrugg, **071 727 10 00**, www.psych.ch

Stiftung Opferhilfe / Victim Support Foundation

Counselling offices for violence affected women, men, children and teenagers.

Teufenerstr. 11, 9001 St. Gallen, **071 227 11 00**

www.opferhilfe-sg.ch

Suchtberatung / Addiction Counselling

Counselling for affected persons and relatives.

Wiesentalstr. 1a, 9450 Altstätten, **071 757 78 60**

www.suchtberatung-or.ch

Pro Infirmis / Pro Infirmis

Guidance and support for people with mental, physical and psychological disabilities and their relatives.

Bahnhofstr. 15, 9450 Altstätten, **081 725 90 50**, www.proinfirmis.ch

Pro Senectute /Pro Senectute

Counselling and various services for senior citizens.

Bahnhofstr. 15, 9450 Altstätten, **071 757 89 00**

www.sg.pro-senectute.ch

**GESUNDHEIT– ARZT – SPITAL
HEALTH - DOCTOR- HOSPITAL**

Registering with the health insurance is compulsory! Information can be obtained at the town, at the health insurance companies directly or under www.comparis.ch

Arzt/ Doctor: see telephone directory or www.local.ch: „Doctors“

Zahnartz / Dentist: see telephone directory or www.local.ch: „Dentists“

Kantonsspital St. Gallen / Cantonal Hospital of St. Gallen

Rorschacherstr. 95, 9000 St. Gallen, **071 494 11 11**

Ostschweizer Kinderspital / Eastern Switzerland Children's Hospital

Claudiusstr. 6, 9000 St. Gallen, **071 243 71 11**

Spital Altstätten/ Hospital Altstätten

F.-Marolanistr. 6, 9450 Altstätten, **071 757 44 11**

Spital Grabs / Hospital Grabs

Spitalstr. 44, 9472 Grabs, **081 772 51 11**

Spitex / Home care

Help and care at home

Spitex Rhy Care, Paula-Mattle-Str. 3, 9450 Altstätten,

071 757 10 90, www.rhycare.ch

Spitex Rüthi-Lienz, Staatsstr. 127, 9464 Rüthi, **071 766 15 87**

SOS-important telephone numbers

Police	117
Police station Widnau	058 229 79 09
Fire brigade	118
Ambulance	144
Air rescue service	1414
Intoxication emergency call	145
Telephone aid for children and teenagers	147

Emergency service in Rheintal

Doctors	0900 144 441
Dentists	0900 144 002



Welcome to

Altstätten

www.altstaetten.ch



Dear Newcomer

Englisch / English

Welcome to our town! Herzliche willkommen in unserer Stadt!

We are pleased that you have decided for St. Gallen's Rheintal. We hope that you will quickly feel at home in our region and in our town.

You are going to find a variety of chances to participate at sport and game clubs. We are inviting you to take an active part in our town life.

It takes only a small first step- try it!

This brochure shall further help you with several questions and problems providing you with addresses, telephone numbers and websites from government offices, advisory offices, clubs and organisations of our town. Of course, we are pleased to answer further questions anytime.

Discover our website for more information and services.

**RHEINTAL
FACHSTELLE
INTEGRATION**

STADTVERWALTUNG – www.altstaetten.ch

TOWN ADMINISTRATION

Stadt Altstätten / Town of Altstätten

Rathausplatz 2, 9450 Altstätten, **071 757 77 11**
info@altstaetten.ch

Einwohneramt / Residents' registration office

First contact point in the municipality. Registration and cancellation within 14 days, foreigner's identification card, residence permit, family reunification, information on entry regulations, compulsory health insurance, residential certificate, etc.

AHV-Zweigstelle / AHV-branch office

Information and forms to pension- and survivors' insurance (AHV), invalidity insurance (IV), supplementary benefits, premium reduction, child benefit, etc.

Steueramt / Tax and revenue office

Responsible for tax declarations/- assessments, time limit extensions, reminder- and fine penalty, tax counselling.

Weitere Abteilungen im Rathaus / Further departments in the town hall

Social Security Office, Collection Office, Chancellery, Treasurer's Office, Building Authorities, Land Registry Office, Burial Services.

VER- UND ENTSORGUNG / SUPPLY AND DISPOSAL

Technische Betriebe / Technical utilities

Electricity, water, TV/radio, internet, telephone
Feldwiesenstr. 42, 9450 Lüdingen, **071 757 78 00**

Abfallentsorgung / Garbage disposal

Garbage will be collected once a week. The garbage collection schedule is sent every year by mail. Official garbage bags of the Rheintal region are available in every larger shop. An overall view to the garbage disposal points is available at www.altstaetten.ch

REGIONALE AMTSSTELLEN / REGIONAL OFFICES

Amtsnotariat / Official notary

Official notarization, inheritance certificates, testaments, etc.
Bahnhofstr. 2, 9470 Buchs, **058 229 76 91**

Zivilstandsamt / Civil registry office

Registration of birth, marriage or death.
Rathausplatz 2, 9450 Altstätten, **071 757 77 30**

Kindes- und Erwachsenenschutzbehörde (KESB) / Children and adult protection authority

Rathausplatz 2, 9450 Altstätten, **071 757 72 80**
www.kesb.sg.ch

Strassenverkehrs- und Schifffahrtsamt / Traffic and shipping office

Driver and vehicle test, change of registration of foreign driver's licence (within 12 months), moped payment, etc. Frongartenstr. 5, 9001 St. Gallen, **058 229 22 22**, www.stva.sg.ch

ARBEIT UND BILDUNG – www.afa.sg.ch
EMPLOYMENT AND EDUCATION

Anerkennung ausländischer Diplome / Recognition of foreign diploma

www.bbt.admin.ch oder www.crus.ch

Berufs- und Laufbahnberatung / Profession and career counselling

Personal guidance for youngsters and adults. Information on apprenticeship fair and bridging offers for youngsters,

Marktgasse 27, 9450 Altstätten

058 229 90 70, www.berufsberatung.sg.ch

RAV Regionales Arbeitsvermittlungszentrum / RAV Regional employment placement centre

Support in search for employment, course and educational offers, clarification on unemployment benefits and unemployment insurance.

Berneckerstr. 12, 9435 Heerbrugg, **058 229 97 77**, www.awa.sg.ch

Volkshochschule / Adult education centre

Variety of course programmes: www.vhs-rheintal.ch

SCHULE / SCHOOL

Schulsekretariat / School secretariat

Kindergarten and School registration
Bahnhofstr. 5, 9450 Altstätten, **071 757 93 00**, www.osalt.ch

Schulsozialarbeit / School social work

Offices in the primary school building Schöntal and in the youth labor (Josefsheim), www.jugend-altstaetten.ch

Musikschule Oberrheintal / Music school Oberrheintal

Registration and counselling for music class for children and adults, CHUNRAT – Haus der Musik (music building), Churerstr. 51, 9450 Altstätten, **071 755 19 75**, www.msor.ch

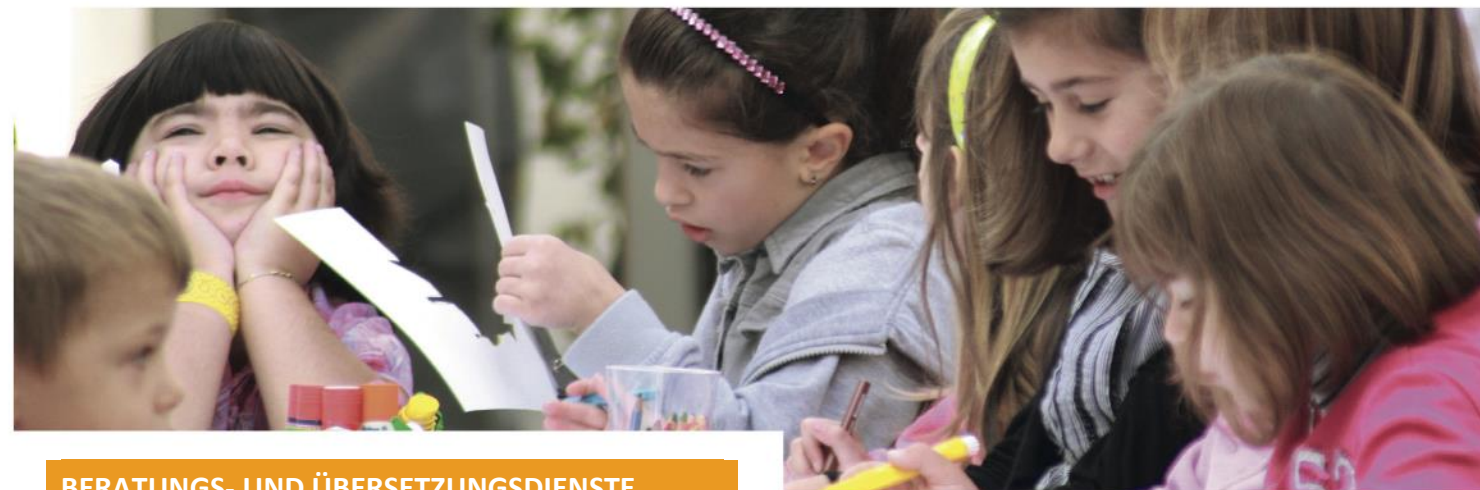
DEUTSCH / GERMAN - www.deutschkurse.sg.ch

BILANG Deutsch- und Integrationskurse / BILANG German- and integration courses

Information and registration: Rorschacherstr. 1, 9004 St. Gallen, **071 228 33 99**, www.integration-sg.ch

Sprachschule Susanne Büchler – / Language school Susanne Büchler – Centre for education, culture and integration

Bahnhofstr. 9, 9435 Heerbrugg, **071 722 20 38**
www.sprachschule-sb.ch



BERATUNGS- UND ÜBERSETZUNGSDIENSTE
COUNSELLING- AND TRANSLATION SERVICES

Interkulturelles Übersetzen – Verdi / Intercultural translation - Verdi

Rorschacherstr. 1, 9004 St. Gallen, **0848 28 33 90**
www.verdi-ost.ch

Übersetzungsdienst / Translation service

Translations, also for official notarization, St. Gallen School of Interpreting and Commerce, Hodlerstr. 2, 9008 St. Gallen, **071 245 30 35** or Telephone directory: „Translations“. www.hds.ch

Kostenlose Rechtsberatung / Free legal counselling

Every first Thursday of the month. 3:00 – 5:00 p.m., Rathausplatz 2, 9450 Altstätten, Sitzungszimmer 505/506, 9450 Altstätten, www.anwaltsverbandsg.ch

Schlichtungsstelle für Mietverhältnisse /

Mediation office for tenancies

Free counselling for tenant and landlord, Rathausplatz 2, 9450 Altstätten, **071 757 77 90**

Schlichtungsstelle für Arbeitsverhältnisse /

Mediation office for employment relationships

Free counselling for employees and employers
Kirlenhof 1, 9450 Altstätten, **071 750 06 33**

INTEGRATION

www.rheintal-integration.com
www.infomehrsprachig.sg.ch

Fachstelle Integration / Integration office

Information and counselling on specific integration topics, Cooperation with key persons, information about German course offers, Immigrants' clubs and cultural agents, project promotion.

ri.nova Impulszentrum, alte Landstr. 106, 9445 Rebstein, **071 722 95 54**, www.rheintal-integration.com

KULTUR, SPORT UND FREIZEIT
CULTURE, SPORT AND LEISURE

www.altstaetten.ch – www.rheintal.com

Varied offers in the field of leisure and culture as well as the list of leisure- and sport clubs are visible at the municipal website under the column „leisure / culture / tourism“ or „news / events“ as well as on the website of the Rheintal region.

FAMILIE – KINDER – JUGENDLICHE
FAMILY – CHILDREN – YOUNGSTERS

Kostenlose Mütter- und Väterberatung / Free mother and father counselling

Counselling by telephone: Monday to Friday from 8–9:00 a.m. Social services Mittelrheintal, Widnauerstr. 8, 9435 Heerbrugg, **071 727 13 02**, www.s-d-m.ch

Ehe- und Familienberatung / Marriage- and family counselling

Bahnhofstr. 14, 9450 Altstätten, **071 755 46 44**
www.eheberatung-ostschweiz.ch

Kinderkrippe und Schülerhort / Nursery and After-school club

Rorschacherstr. 7, 9450 Altstätten, **071 757 11 60**
www.bild-altstaetten.ch

Tagesfamilien / Day care families

Family supplementary child care, **076 454 58 06**
www.tagesfamilien-oberesrheintal.ch

Spielgruppe für Kinder ab 3 Jahren bis zum Kindergarten / Play group for children at the age of 3 years up to Kindergarten

Weideststr. 13, Information and registration: **071 599 13 01**
Spielgruppe Deutsch / German play group: **071 757 93 00**
Waldspielgruppe / Forest play group: **079 420 63 39**

Ludothek / Toy library

Lending of games and toys for children
Trogenerstr. 24, 9450 Altstätten, **071 777 12 13**
www.ludothek-altstaetten.jimdo.com

Bibliothek / Library

Books in various languages, comics, magazines, CD's, cassettes, audio books and DVD's. Rathausplatz 1, 9450 Altstätten, **071 755 41 13**, www.bibliothek-reburg.ch

Jugendarbeit / Youth welfare

Wiesentalstr. 1a, 9450 Altstätten, **071 755 68 15**,
Jugendtreff / youth meeting „Jugendegg“
Altstätten, Stäldenstr. 14, www.jugend-altstaetten.ch

