



COMMUNE
OF SAINT-SULPICE

ENGLISH

WELCOME

BENVENUTI, WILLKOMMEN, WELCOME,
BIENVENIDO, BEM-VINDO, ДОБРО
ПОЖАЛОВАТЬ, DOBRODOŠLI, ...

TO SAINT-SULPICE



A NOTE FROM THE MAYOR

Dear new residents,

Welcome! Whether you have arrived from a neighbouring village, a different region or a country nearby or far away, on behalf of the local authorities, please allow me to warmly welcome you to Saint-Sulpice, the municipality which is now your home.

With its toes dipped in the water of Lac Léman, Saint-Sulpice spans nearly 4 km from east to west between the Chamberonne and Venoge rivers, which serve as its natural borders.

Saint-Sulpice is situated alongside Lausanne, the capital of Vaud, and close to the city's Hautes Écoles (Higher Vocational Universities), the University of Lausanne and EPFL (Swiss Federal Institute of Technology Lausanne). However, it is also renowned for its famous Norman church dating from the 11th Century, as well its proximity to a sumptuous lakeside landscape bordered by the Alps and the hillsides of Lavaux.

With its public parks, access to the lake and protected natural areas where it is pleasant to walk and relax, Saint-Sulpice (whose motto is “calm and green”) is the ideal place to gain full enjoyment from all your activities, be they for private or professional purposes.

Home to nearly 5,000 people, Saint-Sulpice may look like a primarily residential area at first sight. Yet it has managed to retain the essence of a village, where community and cultural activities have a prominent place.

If you are a new ‘Serpilious’, this short guide is for you. It contains useful sources of information and important contact details to help you settle in.

Do not hesitate to visit the Saint-Sulpice Commune’s website at <https://www.st-sulpice.ch> (in French). If you cannot find the information you need there, our administrative services are available to provide you with information and help you through the formalities.

Our local authority is now yours too, and we are delighted to welcome you here so that together, we can build the future of Saint-Sulpice.

*Alain Clerc,
Mayor of Saint-Sulpice*

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PICTURE SYMBOLS



contact



telephone



website



address



e-mail



opening hours

DISCOVER SAINT-SULPICE

A true gem on the banks of Lac Léman between the Chamberonne and Venoge rivers, Saint-Sulpice is named after a former Benedictine priory dating from the 11th Century. Known for its Norman church that is listed as a Swiss national cultural heritage site, Saint-Sulpice has a rich history including the presence of Celts and prehistoric lacustrine dwellers.

Today, Saint-Sulpice benefits from both its unique heritage and strong village identity, and its proximity to the higher vocational universities (hautes écoles). It is a rich tapestry of parks, kilometres of walks, the Laviau nature reserve, local shops, and sports clubs and other organisations.

SAINT-SULPICE IN BRIEF

LOCATION: District of Ouest Lausannois (West Lausanne)

SIZE: 1.86 km²

POPULATION: Just over 5,000,
(approx. 52% Swiss and 48% born abroad)

NAME OF RESIDENTS: The Serpelious

SAINT-SULPICE ALSO OFFERS...

- A variety of landscapes on the shores of Lac Léman.
- A community committed to sustainable development and which offers a healthy living environment with a social focus: cycle paths, pedestrian and cycle lanes, bicycle parks, amenities encouraging soft mobility, community gardens, solar panels on school and local authority buildings.
- Water sports opportunities.
- Kilometres of walks through the village and on the shores of the lake.
- A wide range of local stores and innovative companies.
- Events and activities which make Saint-Sulpice a dynamic place to live.

GET TO KNOW THE LOCAL AUTHORITIES

LOCAL COUNCIL

A deliberative body made up of sixty members. Just like the executive body (the Municipality), the Local Council is elected for a five-year legislative term. Its president changes every year.

The Local Council's sessions are public. You are welcome to attend; however, only

members of the municipal bodies may vote and speak in meetings.

THE MUNICIPALITY

This is the executive body of Saint-Sulpice, and has five members. It is elected by the population for a period of five years.

Mayor



Councillor

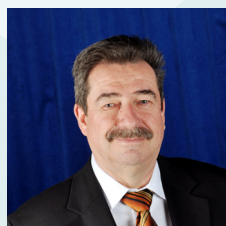


Anne MERMINOD

*School
School buildings
School transport
Cultural affairs
Housing
Parishes
Citizenship
Young people and sport
Tourism*

Alain CLERC
*General administration
Highways
Land and forests
Public transport*

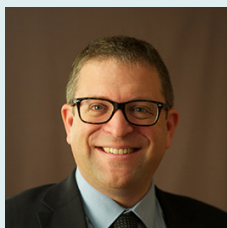
Councillor



Marcel André PANZERA

*Police
Fire and Rescue Service
Civil Defence
Municipal buildings
IT
Sanitation
Local businesses*

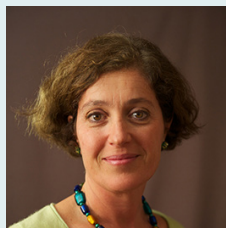
Councillor



Pierre-Yves BRANDT

*Roads
Industrial services
Building enforcement
Territorial planning*

Councillor



Cécile THEUMANN

*Finance
Economic development
Sustainable development
Social affairs*

MAP OF THE AREA
AND ITS SERVICES

- 1

LOCAL ADMINISTRATION
Ground Floor
Rue du Centre 60
- 2

HIGHWAYS DEPARTMENT
Rue du Centre 138
- 3

SCHOOL & UAPE (before and after-school clubs)
Chemin des Pâquis 2

For all information concerning local authority services, please contact reception at:

-  Ground Floor, Rue du Centre 60
-  +41 (0)21 694 33 50

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DID YOU KNOW?

ROOM HIRE

THE LOCAL AUTHORITY HAS SEVERAL ROOMS RESERVED AS A PRIORITY FOR SAINT-SULPICE RESIDENTS, AS WELL AS FOR COMPANIES, GROUPS AND INSTITUTIONS LOCATED HERE. PRICES AND AVAILABILITY CAN BE FOUND ON THE WEBSITE:

 WWW.ST-SULPICE.CH

FOR MORE INFORMATION CONTACT RECEPTION:  +41 (0)21 694 33 50



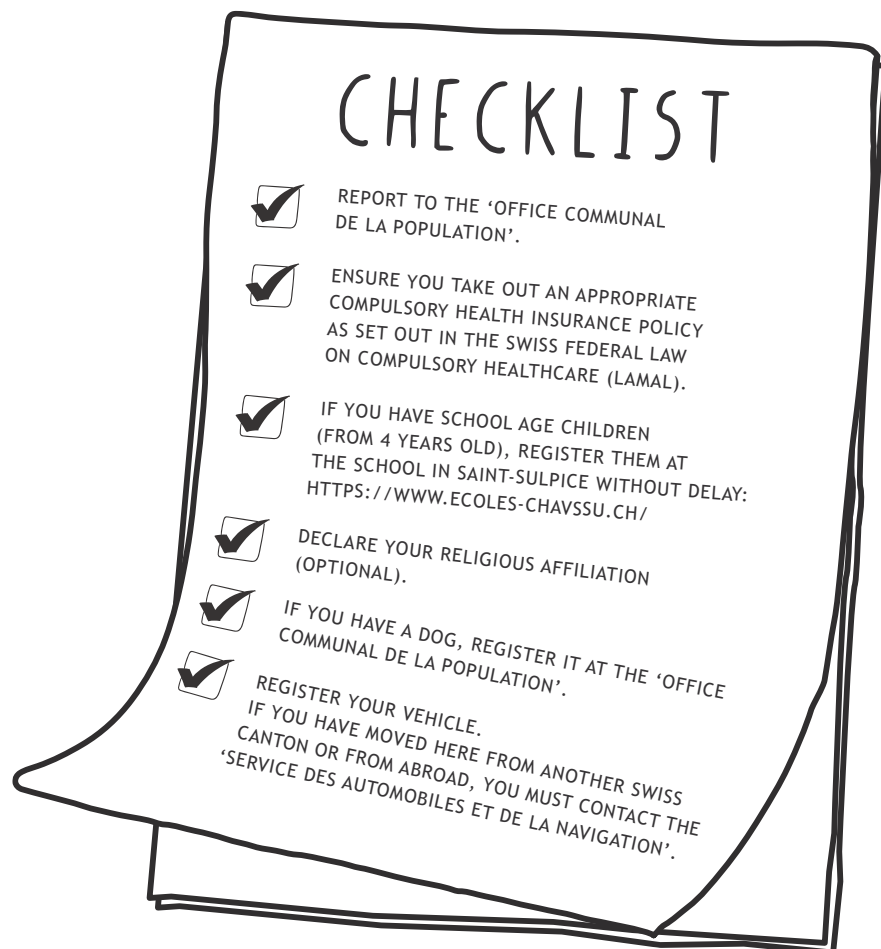
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CHECKLIST ON YOUR ARRIVAL

For more information, visit the website of Saint-Sulpice:

 www.st-sulpice.ch
See section 'Office Communal de la Population'.



ARRIVAL AND DEPARTURE: WHAT YOU NEED TO DO

ARRIVALS AND MOVING HOUSE

In accordance with Article 5 of the Vaud law of 9 May 1983 on residential control, any home move (including within the same building) and any change of marital status or address/postal address (including the 'numéro postal d'acheminement' - postcode) must be declared within eight days.

If you move house within Saint-Sulpice or arrive in or leave the area, please kindly speak to the Office Communal de la Population:



OFFICE COMMUNAL DE LA POPULATION

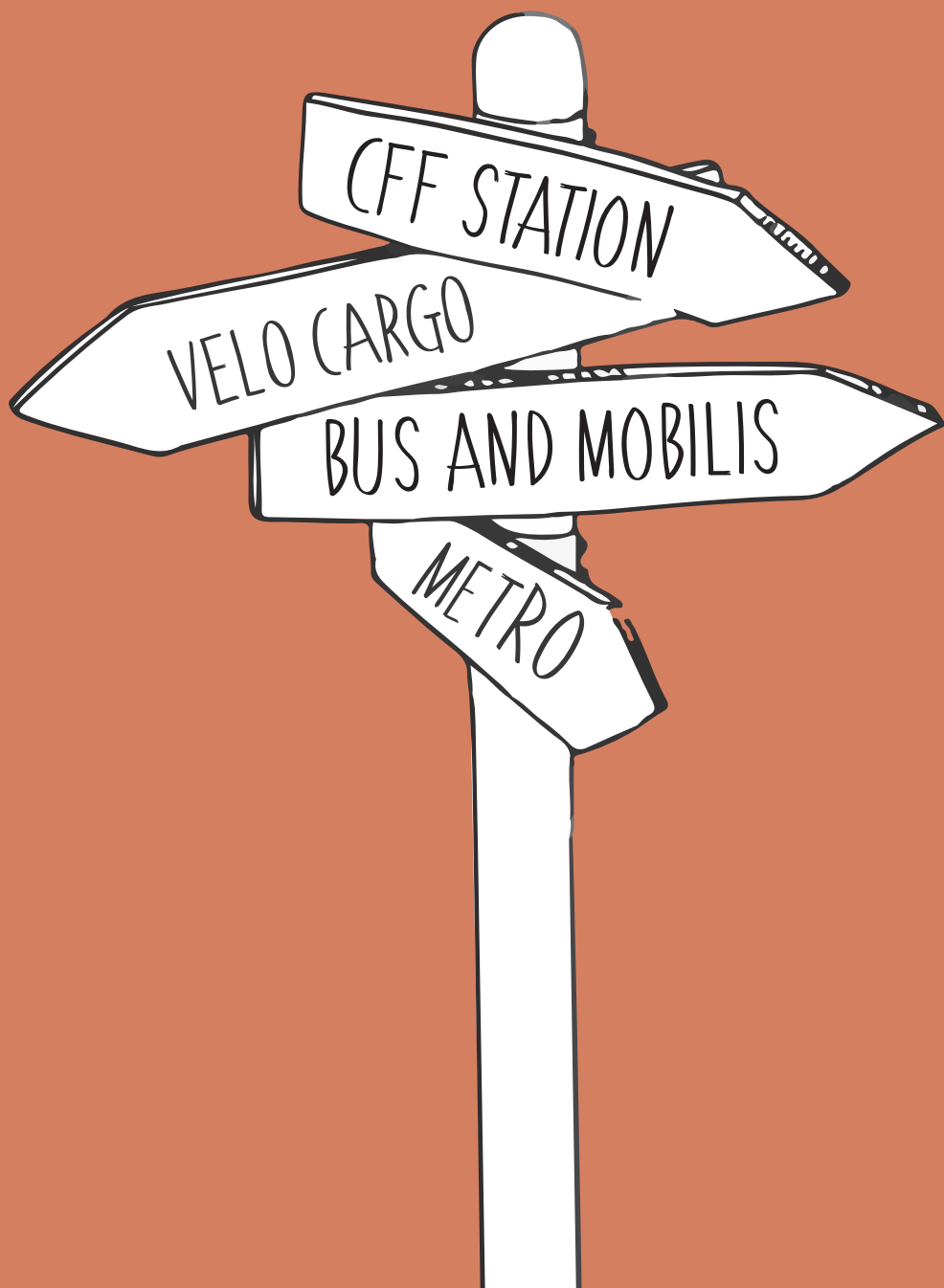
 Ground floor, Rue du Centre 60
PO Box 201, 1025 Saint-Sulpice
 habitant@st-sulpice.ch
 +41 (0)21 694 33 62

REGISTER YOUR DOG

Dogs must be registered using a form which is available from the Office Communal de la Population or can be downloaded from the Saint-Sulpice website.

The form must be returned to the Office, together the animal's vaccination record or passport:





 Ground floor, Rue du Centre 60
PO Box 201, 1025 Saint-Sulpice
 habitant@st-sulpice.ch



TRANSPORT AND TRAVEL

BY BUS, TRAIN AND BOAT

CFF RAILWAY STATIONS NEARBY

-  Place de la Gare 3, 1020 Renens
-  Place de la Gare 5A, 1003 Lausanne
-  Place de la Gare 2, 1110 Morges
-  Gare de Prilly-Malley, 1008 Prilly

 www.cff.ch

M1 METRO LINE NEARBY

The M1 metro line (overground) is part of a vast public transport network in the Lausanne region. This line connects the UNIL and EPFL university campus to Renens station and Lausanne city centre.

This metro line also provides access to the tl and MBC buses serving Saint-Sulpice, including between Lausanne Bourdonnette, Unil-Sorge and Morges stations.

BUS

Line 31

(Venoge sud - Renens-Gare sud)

Line 33

(Venoge nord - Mont-Goulin)

TL - Lausanne Regional Public
Transport Company

 www.t-l.ch

Line 701


(Echichens - Morges - Lausanne, Bourdonnette)

MBC Morges/Bière/Cossonay
Transport Company

 www.mbc.ch


MOBILIS

The Communauté Tarifaire Vaudoise (Vaud ticketing network) sells Mobilis transport tickets.

 www.mobilis-vaud.ch

NIGHTTIME TRANSPORT

Taxi bus and night bus services allow passengers to move around the Lausanne area during night-time hours.

 www.t-l.ch/particuliers/nos-solutions/services-de-mobilite/service-pyjama

BY BICYCLE


Several cycle paths and a pedestrian/cycle lane support those who support soft mobility. Several bicycle parks are also available in various places around Saint-Sulpice:

- Rue du Centre, opposite the administrative building.
- At Parc du Débarcadère, opposite the Le Débarcadère restaurant.
- At the Collège des Pâquis school.
- At the Parc du Pélican.
- At the Parc des Pierrettes.
- In the Laviau area.
- At the Auberge Communale de Saint-Sulpice restaurant.

BY VÉLO CARGO

Should you need to transport goods or want to take a bike ride while carrying up to two children, why not opt for a Vélo Cargo, which you can find parked in front of the administrative building at rue du Centre.

To book your bicycle, first visit the carvelo2go page, then go to the ‘Chez Bruno’ grocery store at rue du Centre 54 to collect the keys and battery for the bicycle.

 <https://www.carvelo2go.ch/fr/>

BY TAXI

 Taxi La Côte Sàrl
+41 (0)800 207 207

 Taxi Services
+41 (0)844 814 814

 Volunteer drivers (book 48 hours in advance)
+41 (0)21 651 29 49

BY CAR

In general, traffic is limited to speeds of 50 km/h, 30 km/h or 20 km/h. Drivers are required to stop to allow pedestrians to cross the road at pedestrian crossings.

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DID YOU KNOW?

SAINT-SULPICE RESIDENTS CAN TAKE ADVANTAGE OF A VARIETY OF SERVICES AND DISCOUNTS ON CFF DAILY RAIL TRAVEL CARDS AND CGN (LAC LEMAN MARITIME TRAVEL) CARDS AT ADVANTAGEOUS PRICES. YOU MAY APPLY FOR THESE AT THE LOCAL AUTHORITY RECEPTION.

▪ CFF DAILY RAIL TRAVEL CARDS
TWO CFF DAILY RAIL TRAVEL CARDS ARE AVAILABLE FROM RECEPTION FOR EACH DAY OF THE YEAR. THEY ARE RESERVED FOR RESIDENTS AND COST CHF 40.00. THEY ARE VALID ON ALL PUBLIC TRANSPORT IN SWITZERLAND, INCLUDING MARITIME TRANSPORT COMPANIES. YOU CAN OBTAIN DAILY TRAVEL CARDS FROM RECEPTION ON THE GROUND FLOOR OF RUE DU CENTRE 60.

FOR MORE INFORMATION, CONTACT RECEPTION ON  +41 (0)21 694 33 50

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PARKING

Several car parks and parking bays are available throughout Saint-Sulpice.

NB: We recommend that you obtain a parking disc if you have not already done so. They are available from police stations and larger supermarkets, or from our reception. You must have this disc so that you can indicate your arrival time when you park in blue and white zones.

PARKING IN BLUE ZONES

Blue zones are areas which provide Time-limited free parking, usually for one hour. Relevant information appears on the signs designating blue zones and/or on the back of your parking disc. It is imperative that you display this to indicate your time of arrival. Parking stickers (*'macarons'*) can be purchased and give drivers unlimited parking in a blue zone parking space.

TIME-LIMITED PARKING IN WHITE ZONES

The white parking lines authorise drivers to park for variable periods of time, either with their disc or by paying for parking at one of the meters near the parking spaces. Please refer to the information panel on the sign or ticket machine for the time limit in force. There are no parking restrictions at night, on Sundays or on public holidays unless otherwise indicated on the information panel. If you cannot see a sign either at the entry to or in the street, you are permitted to park for a maximum of 72 consecutive hours.

DISPLAYING STICKERS IN BLUE ZONES

To make parking easier for our residents, the local authority offers the option to obtain parking stickers (*'macarons'*). These authorise drivers to park for longer periods of time where they live. This means you benefit from unlimited parking in the free time-limited parking spaces in your neighbourhood.

To find out more or obtain one of these stickers, go to the section *'Macarons de stationnement'* on the Saint-Sulpice website.

YELLOW LINES

Yellow markings indicate that the area is private property. You may not park in these areas unless a sign indicates that parking is authorised during certain time periods.

SCRATCH CARDS

Scratch cards for long-term parking in blue and white zones are available from the administrative building reception at Rue du Centre 60.

X KINDERGARTENS X

PARENT AND CHILD ORGANISATIONS

/ SUPERVISED HOMEWORK /

SCHOOL SYSTEM

SCHOOL MEALS

ACTIVITIES

NURSERIES

CHILDREN, YOUNG PEOPLE AND FAMILIES

EARLY CHILDHOOD

CHILDREN'S DAY-CARE CENTRES, KINDERGARTENS AND HOME-BASED CHILDMINDERS

Do you work? Saint-Sulpice offers many childcare options suited to the age of your child:

- nurseries and day-care centres look after babies and preschool children throughout the day;
- kindergartens are intended for children from two-and-a-half years old until they start school and are open in the morning;
- home-based childminders take care of babies and children aged up to 12 within their families throughout the day;
- UAPE (children before and after-school clubs): these are open for schoolchildren before and after school and at lunchtime, giving priority to school years 1P to 4P.

To register your child for any of these day-care facilities, please contact AJESOL at the social affairs department:

 Place du Motty 4,
PO Box 133, 1024 Ecublens
 <https://www.ajesol.ch>

PRIVATE DAYCARE IN SAINT-SULPICE


La Nanosphere - 3 months to 3 years

Children's centre open to all interested parties. This private provider has 91 places for children aged three months to three years, and its location makes it an integral part of the EPFL Innovation Park (EPFL campus).

 <https://www.lananosphere.ch>

Les Coccinelles - 4 months to 4 years

This children's day-care centre aims to develop all of a child's senses in a way that respects their individuality, in order to begin and monitor their early learning. It is situated on the ground floor of a small building containing two apartments, and has a very sunny private garden. Its location close to Lac Léman encourages children to be in contact with nature. It is easy to reach via nearby public transport facilities and parking zones. This is a private children's day-care centre which welcomes children from all over French-speaking Switzerland.

 <https://www.garderie-les-coccinelles.ch/>

Le Croqu'pomme - 30 months to 5 years

This children's centre is located close to the Collège des Pâquis school and has a large garden, making it an excellent place for children's early learning and socialisation from the age of 30 months until they begin their schooling.

 <https://www.croqupomme.ch/web.php/6/fr/site/accueil>

L'Écoline - 2 to 6 years old

This bilingual (French/English) day-care centre and school welcomes children from two to six years old and has an innovative, alternative approach.

It holds forest school sessions and numerous artistic workshops.

 <https://lecoline.ch>

DID YOU KNOW?

L'ARMOIRE IS A SECOND-HAND CHILDREN'S STORE WHICH SELLS SEASONAL CLOTHES, SHOES, BOOKS, TOYS AND ACCESSORIES FOR BABIES (BEDS, PUSHCHAIRS, RECLINERS, SEATS, ETC.) AND CHILDREN UP TO 16 YEARS OF AGE. ALL ITEMS ARE SECOND HAND AND IN GOOD CONDITION, AND OFFERED AT VERY REASONABLE PRICES.

THIS NOT-FOR-PROFIT CLOTHES SHOP IS MANAGED BY VOLUNTEERS. THE PROFIT IT MAKES (10% OF THE SALE PRICE), AND ANY ITEMS NOT SOLD OR COLLECTED BY THEIR OWNERS ARE DISTRIBUTED TO CHARITABLE ORGANISATIONS.

📍 RUE DU CENTRE 59, IN THE BASEMENT OF THE COMPLEXE COMMUNAL DU LÉMAN (UNDER L'AUBERGE COMMUNALE)
FOR INFORMATION, CALL 📞 +41 (0)21 691 52 18

SCHOOL AND EXTRA-CURRICULAR ACTIVITIES

REGISTER YOUR CHILD AT SCHOOL

Children are enrolled at state schools directly with the institution in your place of residence. Pupils in the area of Saint-Sulpice attend school at several sites belonging to the primary and secondary schools of Chavannes-près-Renens and Saint-Sulpice.

Visit the institution's website for further information (in French):

🌐 <https://www.ecoles-chavssu.ch/>

SCHOOL MEALS

The cafeteria at the Collège des Pâquis provides school meals for pupils in years 5P to 8P*.

*For younger pupils, refer to the UAPE mentioned above on page 17

SUPERVISED HOMEWORK

Supervised homework takes place at the Collège des Pâquis for children in years 4P to 8P. They are assisted by external supervisors employed by the Community of Saint-Sulpice.

For more information about school meals and/or supervised homework, visit the Saint-Sulpice website:

🌐 <https://www.st-sulpice.ch> >
section Enfance & Jeunesse >
École - Parascolaire (in French)

DID YOU KNOW?

IN THE CANTON OF VAUD, COMPULSORY SCHOOLING LASTS 11 YEARS AND IS DIVIDED INTO TWO STAGES: PRIMARY SCHOOL, WHICH LASTS EIGHT YEARS, AND SECONDARY SCHOOL, WHICH LASTS THREE YEARS.

PRIMARY SCHOOL, CYCLE 1 (1P TO 4P): 4-8 YEARS
PRIMARY SCHOOL, CYCLE 2 (5P TO 8P): 8-12 YEARS
SECONDARY SCHOOL (9S TO 11S): 12-15 YEARS

TO FIND OUT MORE, GO TO 'VAUD FAMILLE' > 'SCOLARITÉ':

🌐 [HTTPS://WWW.VAUDFAMILLE.CH/N209486/SYSTEME-SCOLAIRE-VAUDOIS.HTML](https://www.vaudfamille.ch/N209486/SYSTEME-SCOLAIRE-VAUDOIS.HTML)

NON-FRENCH SPEAKING STUDENTS

Several options are available for non-French speaking students. Please contact the Chavannes-près-Renens and Saint-Sulpice primary and secondary school with any questions you may have about this.

 <https://www.ecoles-chavssu.ch/>

PARENT AND CHILD ORGANISATIONS

The Association des Parents d'Élèves (APE)

The APE is committed to ensuring that education allows every child to find their place in society. It acts as the first point of contact for a constructive, ongoing dialogue between parents, teachers, and the school and local authorities.

It works primarily to promote the circulation of information on subjects related to school and extracurricular matters, to develop projects and be involved in delivering them (on safety, transport, etc.), and to raise the concerns of parents to the local authority, cantonal and school administrations.

 <https://www.ape-st-sulpice.ch>

Arc-Echange

Coffee meeting and contact point for children and their parents which exists to foster connections by encouraging children to play together and parents to share experiences.

To find out more, visit:

 <https://www.arc-echange.ch/>

DID YOU KNOW?

TO SUPPLEMENT THE VARIOUS MEANS BY WHICH YOUNG PEOPLE MAY ACCESS CULTURAL OPPORTUNITIES, AREAS OF LAUSANNE WHICH ARE MEMBERS OF THE LAUSANNE CROSS-COMMUNITY FUND TO SUPPORT CULTURAL INSTITUTIONS HAVE CREATED A CULTURAL PASSPORT DESIGNED FOR 18-25 YEAR OLDS.

THIS FREE PASSPORT ALLOWS YOUNG PEOPLE TO PURCHASE THE CHEAPEST TICKETS OFFERED BY CULTURAL INSTITUTIONS PARTICIPATING IN THE PROJECT, AT APPROXIMATELY 50% OF THEIR PRICE. IT ALSO PROVIDES FREE ACCESS TO THE COMMUNITY MUSEUMS OF LAUSANNE AND PULLY.

TO FIND OUT MORE:

 [HTTP://WWW.CARTE-CULTISSIME.CH/](http://www.carte-cultissime.ch/)

ACTIVITIES

PASSEPORT VACANCES (HOLIDAY PASSPORT)

The Holiday Passport is available to children aged 9 to 15 years, offering them access to nearly 300 activities in a range of areas during the summer.

It also gives free access to the region's museums and swimming pools, acts as a travel ticket on a section of the Mobilis network to facilitate travel to activities, and allows the holder entry to three cinema screenings of their choice.

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


MOUNTAIN HOLIDAY CAMP IN MORGINS

Several weeks of camping in the mountains are organised in winter and summer for primary and secondary pupils from the 3rd to 11th years in the HarmoS harmonised school system.

 <https://www.alouettes-morgins.ch>

BIBLIOTHÈQUE DES JEUNES (LIBRARY)

From albums and novels to documentaries, periodicals, comics, manga, DVDs and children's first books, this library has approximately 8,000 items available for everyone to enjoy.

 <https://www.st-sulpice.ch/vivre-a-saint-sulpice/enfance-jeunesse/activites-pour-enfants-et-jeunes>

BULLES D'AIR

The Bulles d'Air day workshops are open to children aged from 4 to 10 years old. They are open during the Vaud school holidays for all residents in the areas of Lausanne, Morges, Nyon, Vevey and Yverdon-les-Bains.

Workshops are offered from Monday to Friday, 7.30am to 6.30pm in five locations: Lausanne, Morges, Nyon, Vevey and Yverdon-les-Bains. Their theme changes every week.

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

THÉÂTRE POUR LES JEUNES

Numerous theatres operate in Ouest Lausannois, including the Zig Zag theatre, which is enjoyed by adults and children alike:

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

BRICKS 4 KIDS

This bilingual French/English children's creative centre runs educational and fun workshops using LEGO® bricks, and welcomes children aged 3 to 13 years for preschool and extracurricular workshops, holiday activities and birthday parties.

 <http://bricks4kidz.ch/vaud-fr/>

LA LANTERNE MAGIQUE - CINÉMA POUR ENFANTS (CINEMA FOR CHILDREN)

Each year from September to June, the Magic Lantern offers nine screenings of films to make children laugh, cry (because they are sad), dream or feel a little afraid (but not too much)!

 <https://www.lanterne-magique.org/>

PASSEPORT VACANCES

300
ACTIVITIES

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ACTIVITIES FOR OLDER PEOPLE



SENIORS

ACTIVITIES

There are a large number of activities and services designed for seniors living in Saint-Sulpice. Some are provided by the local authority, while others are organised by third parties.

LA GYM DES ÂÎNÉS (SENIORS' GYM)

La Gym des Aînés is a group that encourages senior residents to exercise. After a warm-up to music (no running), exercise is chair-based and sometimes uses equipment such as elastic bands, balls, etc. The participants are loyal and attend regularly, and new members are welcome.

LE RÉSEAU 4 S (THE 4S NETWORK)

The 4S Network: Solidarity, Senior Citizens, Saint-Sulpice, is a support network organised by and for senior residents in Saint-Sulpice. Any member of the network can offer and/or receive support.

If you need something done, a bit of help, somebody to accompany you to the doctor, to go shopping or for a walk, or you would like some good company for a little while, the 4S Network is there to provide friendship. It also holds workshops on IT, painting with watercolours, and reading and walking groups.

And among other things it can collect your post or feed your cat if you are away.

 www.reseau4s.ch

TABLE D'HÔTE (SET MEAL)

Pro Senectute vous propose de prendre un bon repas dans une ambiance chaleureuse, autour de Tables au bistro, organisées par des bénévoles.

PREVENTION

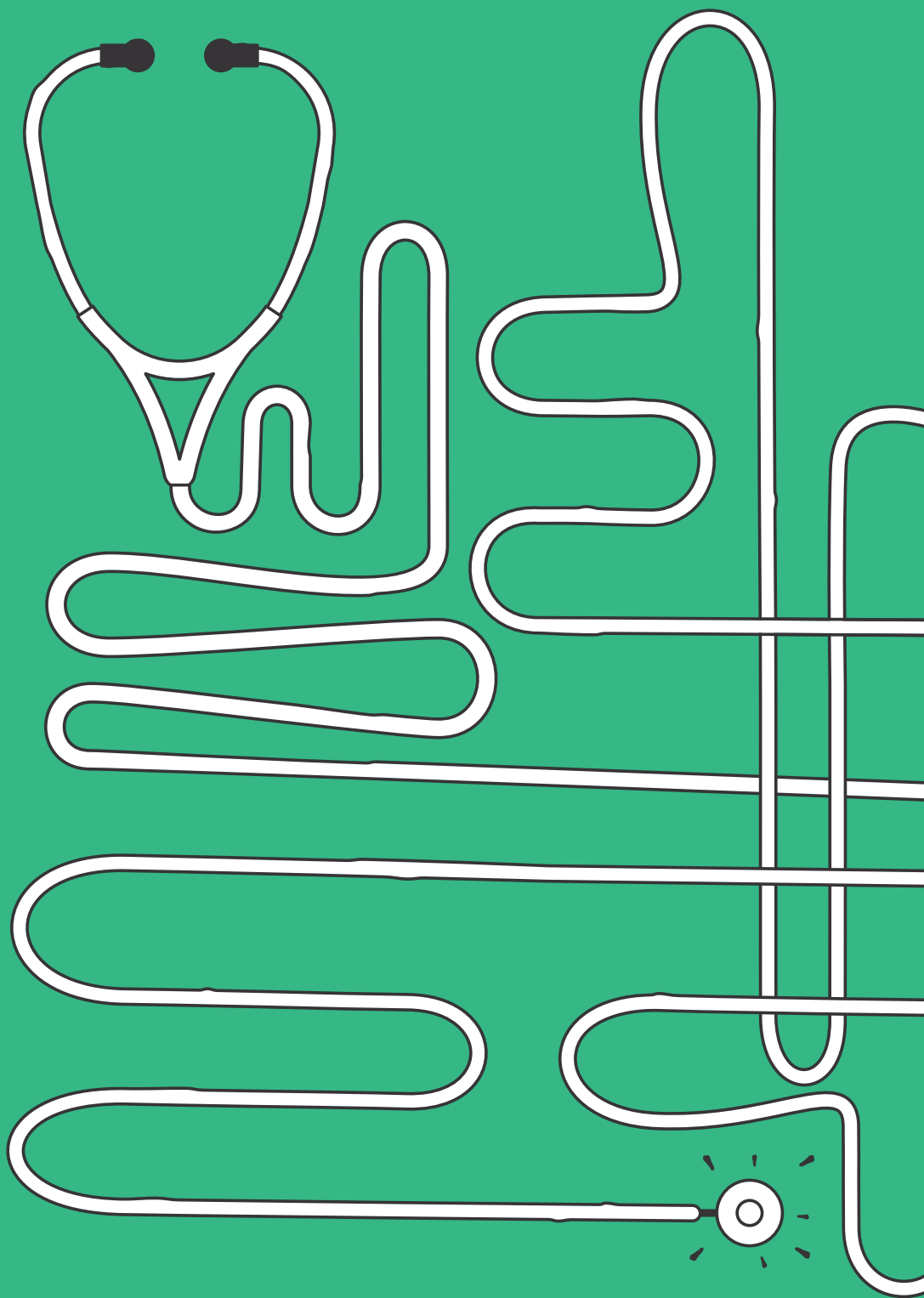
THE HEATWAVE PLAN

In Switzerland, a heatwave is declared when MétéoSuisse forecasts temperatures above 33°-34° for at least three consecutive days. A heatwave plan exists to protect the health of the population during periods of intense heat.

A form is sent to people who are aged over 75 and/or likely to experience difficulties during a heatwave. A list of potentially vulnerable people is drawn up, so that these individuals may be contacted if MétéoSuisse and the Groupe Alerte Canicule issue a heatwave warning. Community visitors (SDIS in Saint-Sulpice) assist these people in the event of a heatwave alert.

To find out more, go to the 'Aînés' (Seniors) section of the Saint-Sulpice website (in French):

 <https://www.st-sulpice.ch>




HEALTHCARE

EMERGENCY NUMBERS



Ambulance - 144

Police - 117

Fire service - 118

Doctors on call
contact number
 +41 (0)848 133 133

IF YOU HAVE A MEDICAL PROBLEM, PLEASE CALL:

- Your general practitioner (GP) as your first port of call and during working days/hours.
- The doctors on call contact number in the absence of your GP, on  +41 (0)848 133 133.
-  144 in an emergency; an ambulance will be sent in serious cases.
- NB: Patients are charged a portion of the ambulance costs.
- Two defibrillators are also available in an emergency, one at Rue du Centre 60 and the other at the Collège des Pâquis school.

To find out more, see the 'Vivre à Saint-Sulpice' > 'Santé' section of the Saint-Sulpice website.

HELP AND CARE AT HOME

Perhaps you have young children, are ill, disabled, or have problems because of your age? Are you returning home after a period in hospital? If so, the Ecublens medical and welfare centre (CMS) can work alongside your doctor to offer you help at home.

From nursing care to hot meals, as well as health advice, transport and help with housework, the centre provides a wide range of services you may need.

You can find out more from the Ecublens medical and welfare centre.

 Route du Bois 29A, 1024 Ecublens
 +41 (0)21 694 24 24
 cms.ecublens@avasad.ch

MATERNITY AND EARLY CHILDHOOD

Maternity and infant care nurses from the Ecublens centre can be contacted for free advice, home visits, or any other information you may need.

For more information, contact the Ecublens CMS.

 Route du Bois 29A, 1024 Ecublens
 +41 (0)21 694 24 24
 cms.ecublens@avasad.ch

USEFUL LINKS

 Family planning
<http://www.profa.ch/>

 Swiss Federation of Midwives
<https://www.hebamme.ch/>

 SOS mums-to-be in Ouest Lausannois
<http://www.sosfuturesmamans.org/lo/accueil-des-mamans/>

 Young parents association
<http://www.jeunesparents.ch/>

 Vaud Family
<https://www.vaudfamille.ch/>



GET INVOLVED IN SAINT-SULPICE LIFE

LOCAL CLUBS AND GROUPS

Saint-Sulpice has a large number of clubs and groups operating in a multitude of fields.

CULTURE

The Société de développement

The purpose of the Saint-Sulpice Development Society is to develop and organise a range of initiatives in Saint-Sulpice. These include cultural meetings, concerts, exhibitions (painting, sculpture, etc.), taster activities, tourist and sports activities, and things to do for children.

 <https://www.sddsaintsulpice.ch>

The Centre de loisirs

The Leisure Centre is an arts and crafts centre operated by a team of volunteers, which is exclusively open to children aged six and over living in Saint-Sulpice. They can explore their interests and are offered the opportunity to work with wood or jewellery, or do sewing, painting (on glass and many other materials), pyrography, or create mosaics. Themed craft sessions are organised according to the season, e.g. Halloween pumpkins, candles, Christmas decorations, Mother's Day, etc.

For more information, go to 'Vivre à Saint-Sulpice', then 'Activités pour enfants et jeunes' on the Saint-Sulpice website:

 <https://www.st-sulpice.ch>

SPORT

Saint-Sulpice Tennis Club

As well as four magnificent clay courts the tennis club boasts a warm terrace on which

you can enjoy a range of aperitifs or meals (formal or spontaneous), giving this club its wonderful atmosphere.

All new members are welcome, whether adults or juniors, competitors or amateurs!

 <https://www.tcsc.ch>

FC Saint-Sulpice

Football club at Laviau in Saint-Sulpice
Three adult teams: one in league 3 and two in league 4

Five junior teams: D to 9 Regional Elite, D to 9, F, E and Football School

 <https://www.fc-saint-sulpice.com/>

Shooting range

The shooting club has its headquarters at the Colombier sur Morges shooting range, where it holds compulsory military shooting practice with more than 70 male and female practitioners, as well as the field competition, which has over 25 participants.

Every three years, the club participates in the *Tirs de l'Abbaye* event, and a dozen members take part in the Vaudois group championship every year!



Saint-Sulpice Taekwondo Club

The Saint-Sulpice Taekwondo Club has been running for five years, and now has 60 members divided into several groups. Teaching is based on the five principles of taekwondo, which are courtesy, integrity, perseverance, self-control and courage. Every year, the club organises an internal tournament, as well as a belt award ceremony in June recognised by the Swiss Taekwondo Federation.

 <https://taekwondo-st-sulpice.clubdesk.com>

The Gym de Saint-Sulpice

This gymnastics and sports club has around 200 members, including adults, children and instructors. It offers five lessons for adults and 10 lessons for children aged 3 to 18 years in its fitness rooms. It holds several events every year: a sports meeting, performances, and the highlight - a raclette evening on Laviau beach!

 gym.saintsulpice.vd@gmail.com
 <https://www.facebook.com/gymstsulpicevaud/>

CPSS Scuba Diving Club

The diving club and its training centre can introduce you to the best diving sites in the region, help you enjoy the friendly club atmosphere, and benefit from its high-quality technical facilities and wide-ranging training opportunities.

OTHER

L'Association des commerçants (Association of Traders)

The Association of Traders of Saint-Sulpice was founded in 1972 and plays an important and active role in the community in three different ways: Firstly, it promotes trade and artisanal skills at local level. Secondly, it aims to defend the general interests of traders, artisans and companies which serve Saint-Sulpice.

Thirdly and finally, it acts as the voice of its members on issues and challenges at municipal level.

 <http://commerçants-st-sulpice.ch/>

SPORTS FACILITIES

THE ZONE DE DÉTENTE ET DE SPORT DU RUSSEL (RUSSEL SPORTS AND RECREATION COMPLEX) CONTAINS SEVERAL DIFFERENT AMENITIES

- A football field
- A basketball court
- Two pétanque courts
- A 100-metre athletics track
- A long jump track
- A shot put pit
- Two fitness machines (part of the urban fitness course)


URBAN FITNESS TRAIL

From the Parc du Débarcadère to the Parc des Pierrettes via the Russel complex, a course over 3.7 km combines seven urban fitness machines so that participants can exercise while admiring the shores of Lac Léman.

Some facilities situated outside of Saint-Sulpice:

SPORTS GUIDE

Find the amenities you are looking for in this sports guide.

 <https://www.guidesportif.ch/infrastructures/les-infrastructures/>

CENTRE SPORTIF DE MALLEY - VAUDOISE ARÉNA

This centre offers two indoor ice rinks, one outdoor ice rink, skate hire, terraces seating up to 10,000 people, four conference rooms, a sports store and bar/restaurant.

Vaudoise Aréna

📍 Chemin du Viaduc, 1008 Prilly

🌐 <https://vaudoisearena.ch/>

MAIN PLACES OF WORSHIP

ECUBLENS-SAINT-SULPICE PROTESTANT PARISH (VAUD UNITED REFORMED CHURCH)

🌐 <https://ecublenssaintsulpice.eerv.ch/>

CATHOLIC COMMUNITY AND PARISH

🌐 <https://www.st-sulpice.ch/vivre-a-saint-sulpice/communautes-religieuses/communaute-et-paroisse-catholique>

NORMAN CHURCH (PROTESTANT)

Concerts and weddings are held in this church dating from the 11th century.

🌐 <https://www.st-sulpice.ch/vivre-a-saint-sulpice/communautes-religieuses/eglise-romane-temple-protestant>

EVENTS

The village market takes place on 1 August, and from 1-24 December every year, the 'Advent Windows' tradition sees residents, shopkeepers and local organisations decorate their windows in turn, inviting everyone to share an experience which celebrates the spirit of Advent.

Find details of all upcoming events in the diary section of the Saint-Sulpice website.

🌐 <https://www.st-sulpice.ch/accueil>

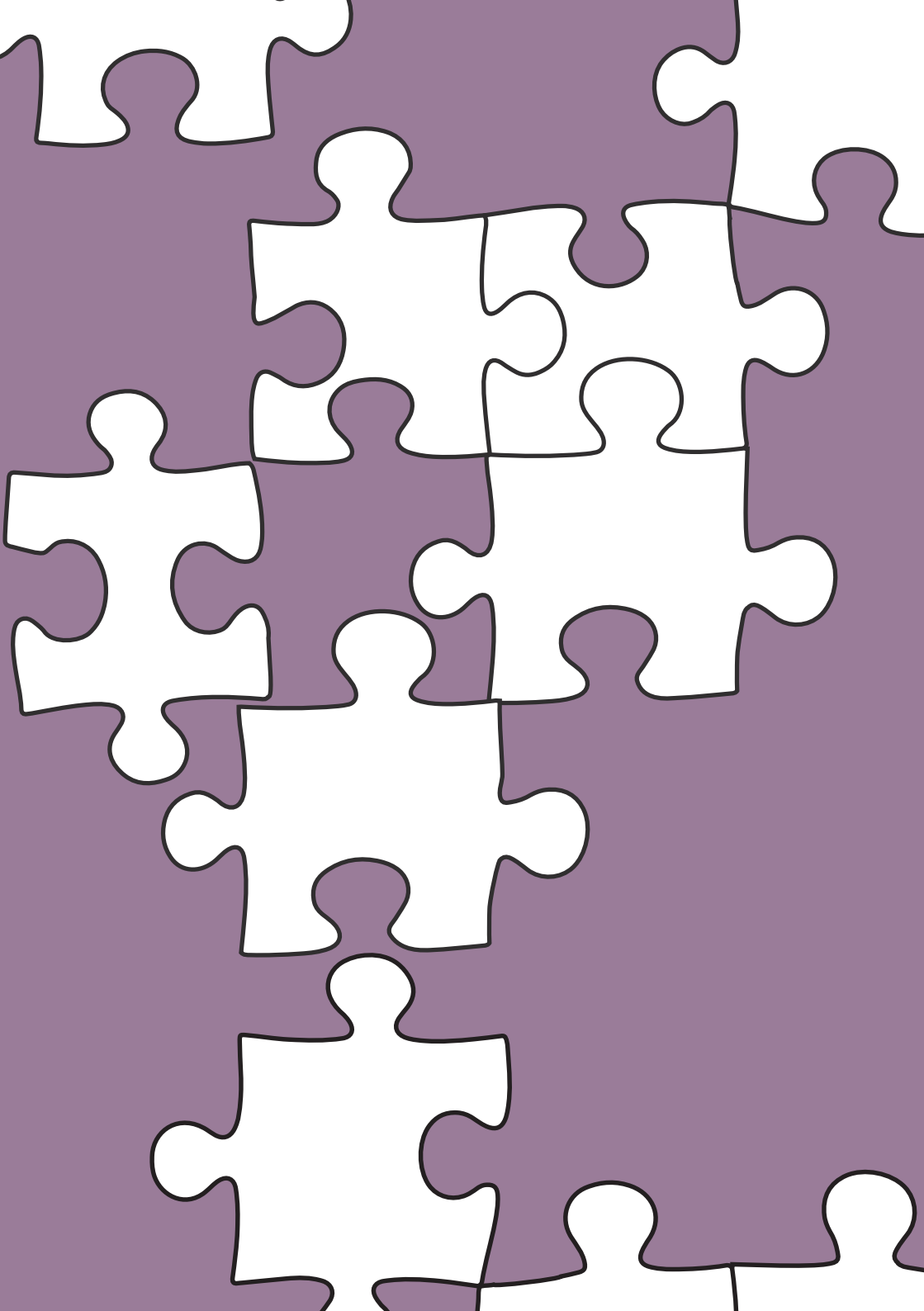


DID YOU KNOW?

A FORMER INDUSTRIAL SITE TURNED INTO A PLACE OF ART SURVEYS THE CULTURAL LANDSCAPE OF OUEST LAUSANNOIS.

THE THÉÂTRE KLÉBER-MÉLEAU (TKM) HAS BEEN DIRECTED BY OMAR PORRAS SINCE 2015 AND STAGES PLAYS FOR ALL TASTES, INCLUDING CLASSIC TITLES, MODERN THEATRE, CONCERTS, CHILDREN'S SHOWS AND A WHOLE HOST OF WORKS TO DISCOVER.

🌐 [HTTPS://WWW.TKM.CH/LE-TKM/](https://www.tkm.ch/le-tkm/)



INTEGRATION

More than 48% of those living in Saint-Sulpice come from other countries. This is why we have provided a list below of organisations in the area which help people born abroad to integrate into the community.

FRENCH LESSONS FOR SPEAKERS OF OTHER LANGUAGES

For those who wish to learn French, lessons are offered in partnership with the organisation 'Français En Jeu'. They are paid for by the local authority (except the CHF 40.00 registration fee) and cover levels A1-B1.

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

RESOURCE PARENTS

The 'Resource Parents' initiative aims to facilitate communication between the school and non-French speaking families, for example by explaining to them how the school operates, translating documents and/or answering various questions.

You can find a list of these individuals on the website of the school.

 <https://www.ecoles-chavssu.ch/>

HELP WITH READING AND WRITING

For those who speak French but have difficulty with reading or writing, lessons are provided by the organisation 'Lire et

Ecrire' (Read and Write), which works to prevent illiteracy. Classes are for 6-10 people, cost CHF 20.00 per month, and take place at several locations in the Lausanne area.

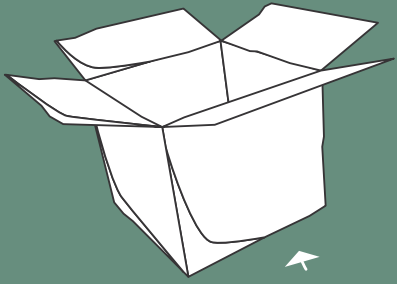
 <https://www.lire-et-ecrire.ch/>

PSYCHOLOGICAL SUPPORT, INTERPRETING SERVICES

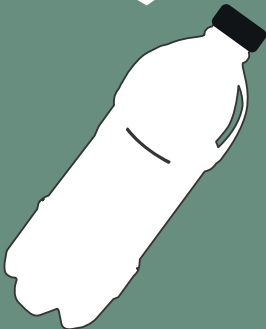
Anybody (whether Swiss or from abroad) who finds themselves in a vulnerable position either socially, financially, psychologically or physically can be assisted with their individual difficulties by the body 'Appartenances' (Belonging).

Several services are offered, from psychotherapeutic consultations to community interpreting, training and help with social integration across various locations.

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



RECYCLING
=
UPCYCLING



WASTE MANAGEMENT AND THE ENVIRONMENT

HOW SHOULD YOU DISPOSE OF YOUR RUBBISH?


The commune of Saint-Sulpice encourages recycling and has adopted the principle of a ‘bag tax’. We recycle glass, paper, compost, and certain plastics (PET, etc.). Common household waste is turned into other products.

Please note that you must only use taxed white and green bags bearing the slogan ‘Trier, c’est valoriser’ (Recycling = upcycling). You can buy these in shops or post offices, usually at cash desks or the welcome desk. They are available in 17, 35, 60 and 110 litre versions.

Taxed bags are collected by the Highways Department twice a week, in accordance with the municipal regulations on waste management. Waste must only be placed in authorised containers for collection.

Glass is collected once a month, paper twice a month, and compost twice a month in summer and once a month in winter. You do not need to use a taxed bag for paper. Compost should be placed in a special container or in a biodegradable bag (sold in shops). Other recyclable waste (glass, metal, bulky items, etc.) must be taken to the recycling centre. Some materials, such as PET plastic and oil, can be disposed of at ‘ecopoints’ in residential areas.

For more information, see the waste regulations:


 www.st-sulpice.ch > section “Prestations à la population” > “Collecte des déchets” > “Règlement sur la gestion des déchets”.

DID YOU KNOW?


THE BAG TAX ENCOURAGES BETTER WASTE MANAGEMENT, PROTECTS THE ENVIRONMENT AND REDUCES THE VOLUME OF RUBBISH PRODUCED BY AN AVERAGE OF 35% PER YEAR.

A RECYCLING CENTRE IS AVAILABLE

DÉCHÈTERIE DES JORDILS
(Recycling centre)

 Rue du Centre 138,
1025 Saint-Sulpice

You can find the collection calendar on the Saint-Sulpice website:

 www.st-sulpice.ch > section “Prestations à la population” > “Collecte des déchets”

DID YOU KNOW?

BASKETS OF FOOD DESIGNED FOR SHARING ARE AVAILABLE AROUND SAINT-SULPICE, INSPIRED BY THE INTERNATIONAL MOVEMENT ‘INCROYABLES COMESTIBLES’ (THE ‘INCREDIBLE EDIBLE’ PROJECT). THE CONCEPT IS SIMPLE: YOU SOW, PLANT AND GROW EDIBLE FRUIT AND VEGETABLES IN PRIVATE VEGETABLE GARDENS OR COMMUNITY GARDENS SET ASIDE FOR THIS PURPOSE.

IF YOU WISH, YOU CAN ALSO FIND AROMATIC HERBS AND GROW VEGETABLES AND/OR SMALL FRUITS IN THE PLANTER LOCATED AT THE TOWN HALL, AND/OR JOIN THE PROJECT AT LAVIAU REFUGE MANAGED BY ÉCOLINE.

FOR MORE INFORMATION:
CONTACT@LECOLINE.CH

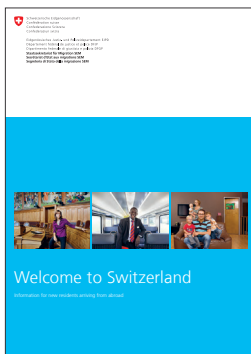
FOR FURTHER INFORMATION, REFER TO THE BROCHURES 'WELCOME TO THE CANTON OF VAUD' AND 'WELCOME TO SWITZERLAND':


WELCOME TO THE CANTON OF VAUD



 <https://www.vaud-welcome.ch/brochures>

WELCOME TO SWITZERLAND



 <https://www.sem.admin.ch/dam/sem/en/data/publiservice/publikationen/willkommen/willkommen-en.pdf.download.pdf/willkommen-en.pdf>

THANK YOU
FOR READING!



canton de
vaud

With the support of the Canton of Vaud



**COMMUNE
OF SAINT-SULPICE**

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1025 St-Sulpice
Tel. +41 (0)21 694 33 50
www.st-sulpice.ch

This brochure is available in French and English

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