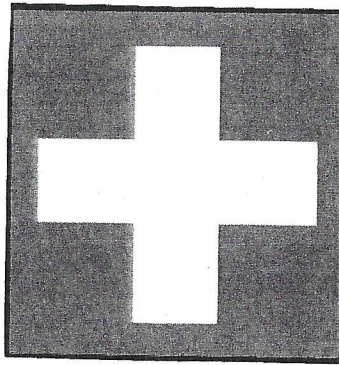


DISCOVER



SWITZERLAND

Developed for Oregon FCE

By

Pat Wallin

For Oregon State FCE Conference

Wilsonville, Oregon 10/2011

DISCOVER SWITZERLAND

Leader Guide

(I would copy only the maps, Switzerland at a Glance, Quiz, Facts, a recipe or two and pictures. You can see that this lesson is on back to back pages to conserve paper.)

Introductions

Ask if anyone is of Swiss heritage or has been to Switzerland

Give quiz - participants will need to open the packet to the maps

Answers to the quiz – use maps for first 3, 7 million population, one national park in the country, look on page with famous people, clocks, watches, chocolate, etc; on the flag white is for Christ, red for his blood; Switzerland is a republic with an elected president. Leader may choose to discuss the answers after the lesson, as they will learn the answers as they go.

Read body of lesson

Discuss pictures

Talk about the Swiss recipes

Evaluation by participants

DISCOVER SWITZERLAND

Quiz

On the world map, circle Europe

On the map of Europe, circle England, Switzerland, and Sweden

On the map of Switzerland circle Bern the capital

On the map of Switzerland write in the surrounding neighbors at the straight lines indicated

Circle the population of Switzerland:

7million

25 million

100 million

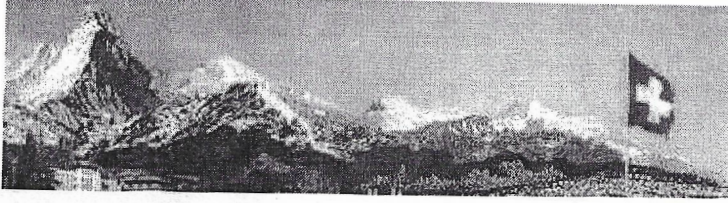
Switzerland is such a beautiful country, how many national parks are there? 25 10 1

Name 2 famous people with a Swiss background

Name 2 Swiss exports that that are very popular

What are the meanings of the white and red on the Swiss flag?

Is Switzerland an empire (kings/queens) or a republic?



DISCOVER SWITZERLAND

By Pat Wallin

2011 Oregon FCE Annual Conference

Soaring snow capped peaks; flowing and hanging glaciers; lush horseshoe shaped valleys; Alps blanketed with flowers; mountaineering and hiking huts offering wonderful hot meals, and views that have to be seen to be believed are a few descriptions that convey the true essence of why Switzerland is called the hiker's paradise.

The hospitality of the Swiss people and the gentle beauty of their homes, inns, and villages also add greatly to the hiking experience, although vehicle tours are wonderful, too.

SWITZERLAND AT A GLANCE:

Name: Switzerland and Confoederatio Helvetica (therefore the abbreviation CH)

Location: Central Europe

Size: 41285 square Kilometers

Climate: varies due to Alps and Atlantic proximity

Capital: Bern City

Currency: Swiss Francs (the Euro is not official currency)

Education: from Kindergarten to University

Food: Cheese and Chocolate being the favorites

History: Founded in 1291, independent since 1648

Languages: 4 official languages in Switzerland (German, French, Italian, Romansh (combination including Austrian))

Neighbors: Germany, Italy, Austria, France, Liechtenstein

Swiss National Park: one

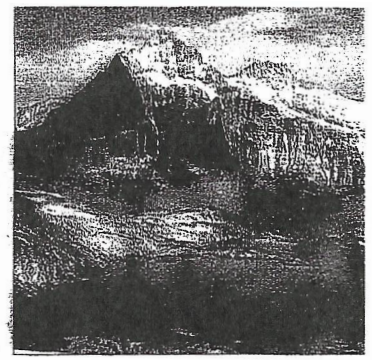
Ethnic Divisions: German 65% Romansh 1% French 18%

Italian 10%

Switzerland is 15,942 sq miles Average rainfall: 45 inches



Switzerland's Prehistory



Ice Age

About 600,000 years ago, temperatures sank and Europe was covered by glaciers almost completely. In Lucerne, Central Switzerland, the thickness of the ice reached as much as about 1 km or 3000 feet. Until about 30,000 years ago, several cold and warm periods followed each other, animals and men came to Europe and had to leave again. The focus of cultural development remained for thousands of years in the Middle East (Sumer, Babylon, Egypt), however.

Stone Age

A few traces of early hunters (weapons and tools made from stone splinters, bones of prey animals and human skeletons) dating back to a relatively warm period about 150,000 years ago have been found in several natural caves in eastern and western Switzerland at an altitude of some 3,000 to 4,500 ft above sea level. These people belonged to the species (*homo neanderthalensis*) that disappeared later in history. They hunted mainly big animals.

At about 40,000 BC modern man (*homo sapiens*) began to dominate and more sophisticated tools – still made from flintstone, wood, animal bones and leather – were developed. In southern Europe, paintings in caves have been found. The objects from this period found in Switzerland are less impressive – several pieces of reindeer antlers with engraved pictures of animals.

Middle Stone Age

From 15,000 BC on, the climate became milder and the glacier retreated definitely. Forests grew again, and smaller animals could be hunted while mammoth and reindeer retreated to northern Europe, followed by those people that wanted to stay with their traditional way of life.

Neolithic Revolution

From 8,000 BC technological progress became faster and faster: rubbing stone with emery, new tools, cultivation of vegetables and livestock breeding and the invention of the wheel. This new know-how spread from the Middle East to Europe and reached Switzerland at about 5,000 BC by way of the Mediterranean Sea and Black Sea.

Lake Dwellings

From 4,000BC to 500 BC Lake-dwellers constructed wooden houses on posts at the shores of Switzerland's lakes. Floor and walls were based on twigs and chinks were filled with clay.

Bronze Age

Metals, first copper, then bronze (an alloy of copper and tin) were introduced in Europe around 2000 BC. While copper was too pliable for tools, bronze could replace stones better. Bronze age tools and weapons were first just copies of the most advanced late stone age products. Later, new forms like sickles and barbed hooks appeared.

Iron Age

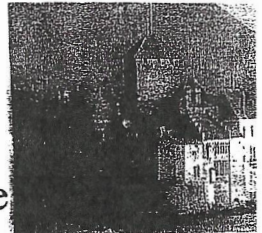
Iron was known in the Middle East as early as around 3000 BC but came to Europe relatively late. As advanced ovens are necessary to smelt the ore, it took several centuries until iron tools and weapons could outperform those made of bronze. The early Iron Age period in Europe was 800-450 BC.

Celtic Tribes

From about 500 BC to AD 400, several Celtic tribes, the most important of them named the Helvetians settled in Switzerland. They belonged to a family of nations called Indo-Europeans because of evidently common roots in their languages that distinguish them from Asian, African or Semite (Arab, Hebrew) languages. Among the Indo-Europeans we find the Greeks, the



Romans, Germanic and Lawwoman tribes, and some parts of the Persian and Indian population. It is assumed that the Indo-European tribes all came from the prairies of Southern Russia. Unlike the prehistoric population of Switzerland the Helvetians preferred towns on hills to the open shore of lakes. Ancient Greek and Roman historians described the Celtic tribes as barbaric. They were skilled craftsmen, had highly developed technology in metal working and sense of style. They also knew how to organize work in pre-industrial factories. Celtic carts and wagons were even superior to Greek and Roman ones.



Helvetians vs. Romans

In 58 BC the Helvetians attempted to move south to Southern France. But they were stopped by the Roman commander and subsequent emperor Julius Caesar near a Celtic town. Caesar forced the Helvetians to return to Switzerland. Roman military camps and forts were erected at the northern Rhine frontier forwards Germany to deter Germanic tribes from infiltration. So Helvetia can be found on Swiss coins and postal stamps and stands for the "Swiss Confederation". The Romans controlled Switzerland's territory till AD 400. Then the Romans found Switzerland was no longer needed, so the Swiss enjoyed 150 years of peace. Out of five Swiss cities of over 100,000 inhabitants, four were founded by the Romans. Retired Roman military officers stayed in the country and built some 100 big farms that were operated by hundreds of slaves. From the early 3rd century tribes began to attack the Romans and forced them to eventually abandon the land.

The middle Ages and Monasteries

In the Middle Ages the Feudal System was developed in Europe: the king was primarily a warlord and had power to distribute land conquered by his troops among the dukes, who gave it to the knights. Trade that ad once flourished around the Mediterranean Sea and in Western Europe declined, money barely existed



Let's wind ahead several hundred years to the late 1800's, when women of Switzerland petition the right to vote. And it wasn't until 1971, almost 100 years that women gained their right (this was not all of Switzerland, some states (cantons) still did not permit it). Women obtained the right to vote in Britain in 1928 and France 1944.



Not much is said about Switzerland and World War I, except being a neighbor to Germany and Austria and having an outstanding Swiss National Army. But in the 1930's an overwhelming majority of the Swiss population was strongly opposed to Nazism. Hitler found a few admirers also in Switzerland, but they never gained much in elections. Initially, it seemed to some people that Hitler would bring about order to Germany and surrounding areas and would be a bulwark against communism. It became clear that the political structure of Switzerland, which relied on a federal state structure and had a strong democratic tradition, was irreconcilable with the Nazi regime.

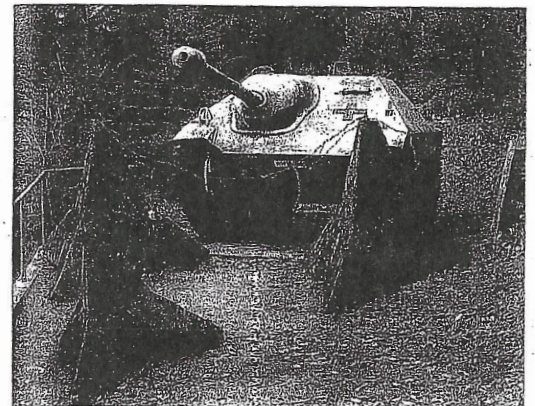
Switzerland's industry always depended to an large extent on exporting machinery, watches, chemicals and pharmaceuticals. Hard conditions for agriculture especially in the alpine region and a scarcity of raw materials are responsible for a deficit in food production and a notorious trade deficit. Switzerland's neighbors: Germany, Austria, France and Italy have always been it's most important trade partners. During WW II Switzerland was completely surrounded by German troops. Any Swiss import or export to other trade partners was under German control. Switzerland had to choose between "keeping up" it's trade and financial relations with it's neighbors or complete surrender and collaboration. Switzerland chose independence. Everything was rationed. The Swiss Army would have retreated into the Alps very soon if attacked, they had 430,000 troops and not very up to date equipment. The Nazis felt the Swiss inconsequential, and called them "the little porcupine of Europe".



anymore. Farmers had to give 10% of their crops to the landowners (noblemen or monasteries), to whom they were also obliged to labor for several days per year.

As both German and Celtic tribes had little experience in writing, science and arts, the collapse of the western part of the Roman Empire also led to an enormous decay of culture. Europe took several centuries to regain the knowledge of the Greek and Roman culture. This work was performed by literate monks in the monasteries. The task of preaching the Christian gospel to Northern Switzerland was done by wandering Irish monks. Monasteries were also leading in agricultural progress and in business affairs. Monasteries were founded by kings and noblemen for political, social and religious purposes. Jurisdiction is one of the dark sides of the Middle Ages: torture to extort a confession, cruel sentences and judicial murder (especially burning of so-called witches and heretics) were widespread. Awareness of the shameful wrong done to thousands of innocent women and men led to the abolition of the death penalty all over Europe. Interestingly basic principles of society and politics in the USA have been defined by European emigrants that were mostly religious dissenters. From 400 to 800 AD Europe was dominated by small kingdoms, dukes and local noblemen. Charlemagne became king of the Franks and then crowned emperor by the pope of a lot of Europe. But soon Germanic dukes started splitting up country sides. The wealth of the church had led to spiritual shallowness and demoralization of the clergy. In Germany every 9th inhabitant was a member of the clergy.

Then came the Renaissance, a huge thirst for education and freedom of will, along with reformer Martin Luther, and you have no doubt heard of John Calvin.



World War II tank at the Fort de Pré-Giroud, near Vallorbe

The Nazi regime in Germany forced many of their victims to sign orders for the transfer of their accounts and other assets with Swiss banks and insurance companies to German banks, where they would be confiscated. Swiss banks did not doubt these orders. During WW II the Swiss National Bank bought gold from the German Reichsbank, which was far more than the gold reserves in Germany. Swiss art dealers were involved in disreputable trade with stolen objects of art. Bankers were not cooperative with surviving heirs of the holocaust that tried to find the accounts of their relatives. Only after debates were they willing in 1995 to publish a 'list of dormant accounts and to cooperate. As a small country surrounded by Hitler's troops, Switzerland was not free to choose what might have been right in stopping Hitler, and accommodating Jews as refugees. Our generation is obliged to learn from the past and to keep a sharp eye on any attempts to undermine democracy by propagating ideologies.

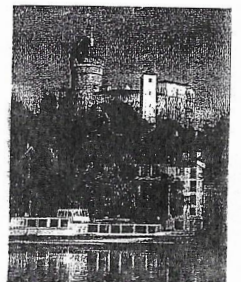
At present day Switzerland has no professional soldiers. Switzerland had asked for international confirmation of its neutrality in 1920 before becoming a member of the League of Nations and expressed readiness to take part in economic sanctions if officially imposed by the League of Nations.

History of Switzerland's Flag

The flag of a country stands for the country and its people and is therefore of emotional importance. The white cross signifies Christ on the cross, and the red background, the blood he shed.

Switzerland is a federal republic. Today it consists of 26 federal states called 'Cantons'. Switzerland became a nation in 1291, when several cantons decided to band together to help each other.

Facts: There is no national flower or animal. There is no national motto of Switzerland. They do have a national anthem. The highest mountain is Monte Rosa on the border between Switzerland and Italy, elevation 15, 203 ft. The Alps divide

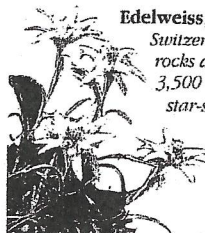


Switzerland in two different zones: North with much precipitation, South of the Alps more Mediterranean climate. The currency is the Swiss franc. The main exported goods are: chemicals, machinery, electronics, high precision instruments, watches, jewelry, metals, agricultural and forestry products, textiles, clothing, shoes, and vehicles. And conversely the imported goods are almost exactly the same. Switzerland's inflation is usually less than 1%. Swiss people grow: mainly wheat for flour, and barley and corn for animal feed; sugar beets, rapeseed, potatoes, vegetables (carrots, tomatoes, onions, salad greens); fruits (apples, pears, berries); grapes (there are some small but famous wineries); and forests. The literacy rate is very close to 100%. Swiss people collect recyclables and waste divided. Switzerland has only one federal holiday August 1 and the 26 states set their own holidays independently of each other: New year's, Good Friday, Easter Monday, The Ascension, and Labor Day are all observed, then there are many various religious days celebrated. The popular sports are: soccer (football), handball, biking, hiking, tennis, swimming, street hockey, ice hockey, skiing, and snow boarding.

Swiss Administration (the Confederation) Capitol – Bern City

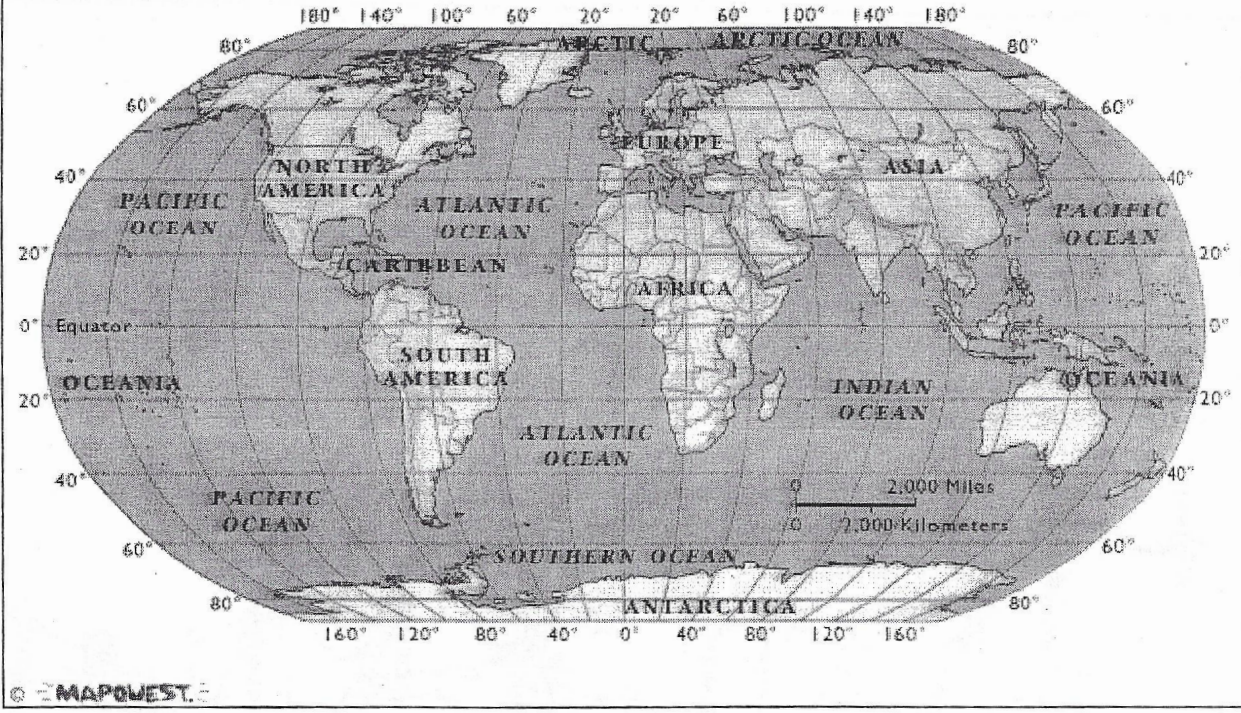
The **legislative authority** is the federal assembly or parliament: Standerat: consists of 2 representatives of each canton; and Nationalrat: with 200 representatives. The **executive authority** consists of 7 members, a combined assembly of both chambers. Elections take place every 4 years. There is a **federal court** which protects the rights of citizens. A president ("Head of State") is elected by democratic vote for 4 years, to preside over these bodies.

At this writing the population of Switzerland is 7,374,000. It is hoped that through this presentation, the participant has a greater knowledge of this beautiful country and its gentle people.



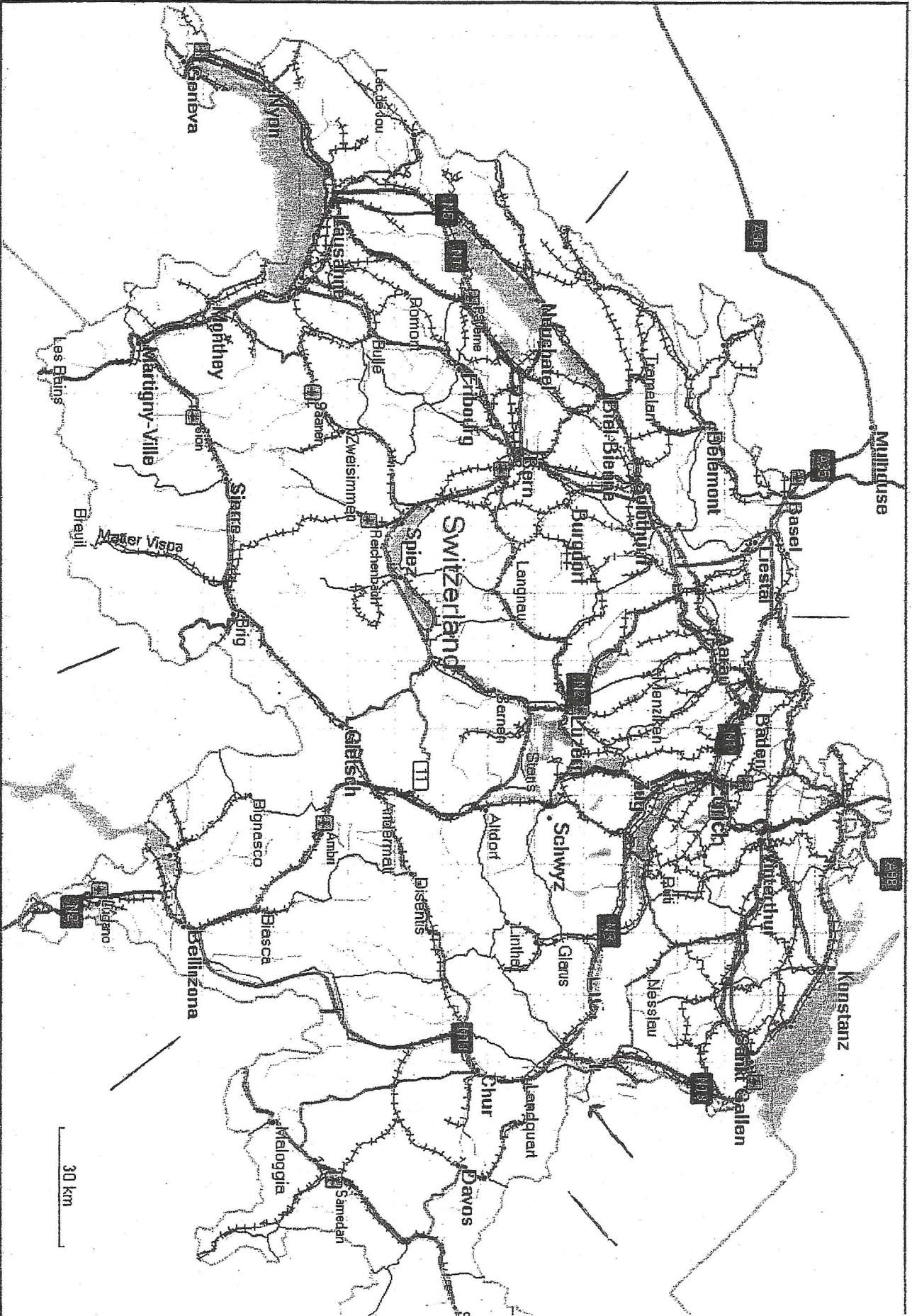
Edelweiss, the symbol of Switzerland, grows among rocks at altitudes up to 3,500 m (11,500 ft). It has star-shaped flowers and woolly leaves.

The World



Europe

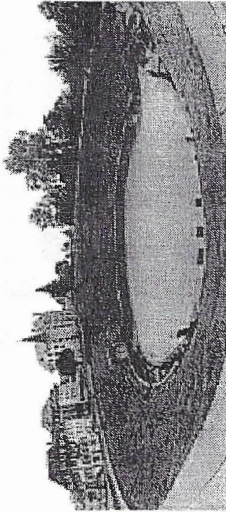




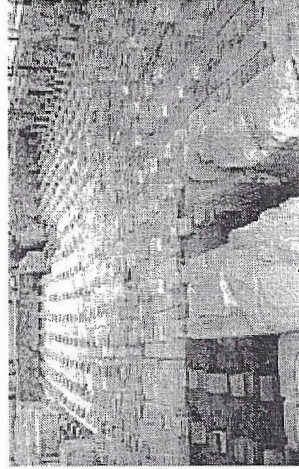
There is an interactive map of Switzerland available at map.search.ch.

Aventicum (Avenches)

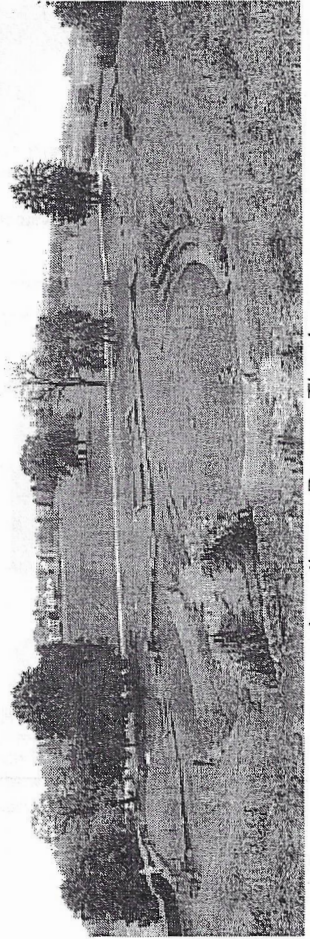
The Old Swiss Capital in the Age of the Romans



Roman Amphitheatre at Aventicum, western Switzerland. Amphitheatres were used for sports as well as for fights between gladiators and wild animals.



Roman *Thermae* (public baths) at Aventicum, western Switzerland. The Romans heated rooms indirectly with warm air flowing through tubes under the floor.



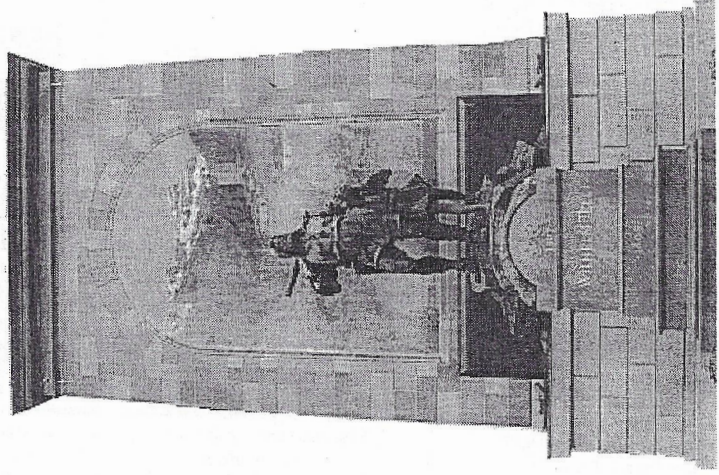
Aventicum: Roman Theatre

The Legend of William Tell

In which Swiss town did William Tell shoot an apple off his son's head?

No other Swiss person is so widely known as **Wilhelm (William) Tell**, the **Swiss National Hero of Liberty** - thanks to the German poet *Friedrich von Schiller* and his drama *Wilhelm Tell*. *William Tell's* picture can be seen on the back of coins worth 5 Swiss Francs (largest coin in Switzerland, approximately 4 US \$) - but there is reasonable doubt whether *Wilhelm Tell* ever has lived at all. However, the very legend of *William Tell* itself did have an enormous influence on the history of Switzerland and of other countries.

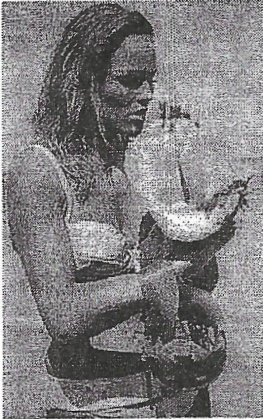
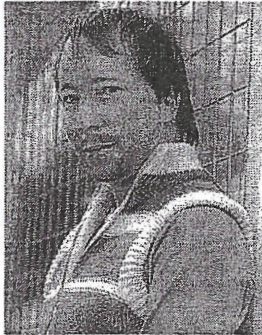




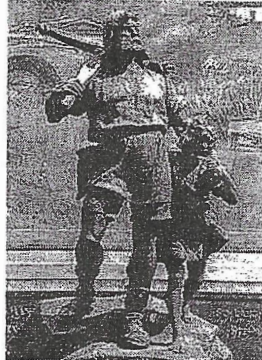
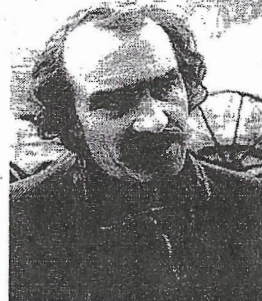
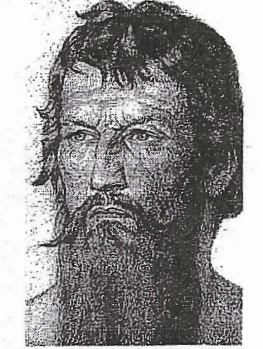
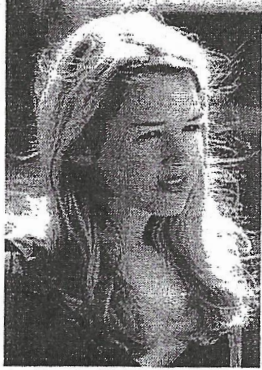
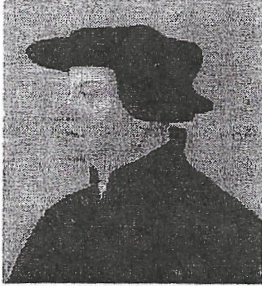
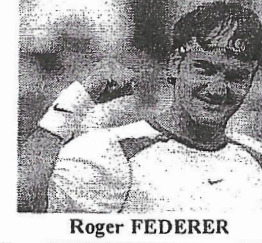
The Monument for William Tell in Altdorf (Uri)

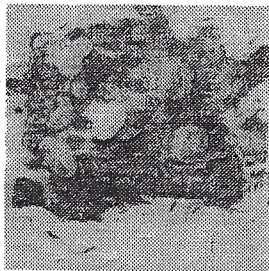


built by Richard Kissling (1895)

Famous Swiss People

This document lists some (world) famous Swiss people. It is certainly not complete - simply because of the fact that not everybody considers the same people famous.

			
<p>Ursula ANDRESS</p>	<p>René BAUMANN</p>	<p>Johann BERNOULLI</p>	<p>Daniel BERNOULLI</p>
<ul style="list-style-type: none"> • Actress, first "Bond girl" • Born March 19, 1936 • on the web 	<ul style="list-style-type: none"> • Musician and performer • Known as "DJ Bobo" • Born Januar 5, 1968 • on the web 	<ul style="list-style-type: none"> • Mathematician • Father of Daniel Bernoulli • 1667-1748 • on the web 	<ul style="list-style-type: none"> • Mathematician • 1700-1782 • Found what became <u>Bernoulli's equation</u> • on the web
			
<p>Roger SCHAWINSKI</p>	<p>Johanna SPYRI</p>	<p>"Wilhelm Tell"</p>	<p>Jean TINGUELY</p>
<ul style="list-style-type: none"> • Media pioneer; founder of Radio 24, the first private radio station in Switzerland • Born June 11, 1945 	<ul style="list-style-type: none"> • Author of "Heidi" • 1827-1901 • on the web 	<ul style="list-style-type: none"> • Fictive person in Friedrich Schiller's play "Wilhelm Tell" • on the web 	<ul style="list-style-type: none"> • Kinetic artist • 1925-1991 • on the web
			
<p>Nicholas VON DER FLUE</p>	<p>Renée ZELLWEGER</p>	<p>Huldrych ZWINGLI</p>	<p>Roger FEDERER</p>
<ul style="list-style-type: none"> • Diplomat, hermit and Catholic saint; honored for his wisdom, holiness and achievements to unify Switzerland and 	<ul style="list-style-type: none"> • Actress, appears for example in "Bridget Jones's Diary", "Chicago" and many other movies 	<ul style="list-style-type: none"> • Reformer in Zürich • 1484-1531 • on the web • Brief biography in english 	<ul style="list-style-type: none"> • World champion tennis player • Born August 8, 1981 in Basel • on the web



Swiss Steak Quick and Easy

By: Helene

"My mother has been making this Swiss steak for years. It is wonderful, and can be made either on the stove top or -- when you don't have a lot of time but want a hearty meal ready when you come home -- in the crock pot. Serve over a bed of egg noodles or rice with a hunk of thick crusty bread."

Prep Time:
20 Min

Cook Time:
1 Hr

Ready In:
1 Hr 20 Min

Servings [\(Help\)](#)

6 US Metric

Original Recipe Yield 6 servings

Ingredients

- 1 tablespoon vegetable oil
- 2 pounds cube steaks, pounded thin and cut into bite-size pieces
- 1 1/2 tablespoons all-purpose flour
- 1 medium onion, chopped
- 1 pound mushrooms, sliced
- salt and pepper to taste
- 1 (1.2 ounce) package brown gravy mix
- 2 (14.5 ounce) cans stewed tomatoes
- 1 (12 ounce) package egg noodles

Directions

1. Heat oil in a Dutch oven over medium heat. Dredge steak strips in flour. Working in batches, place strips in hot oil. Fry until browned on both sides. Remove to a warm platter. When all meat is browned, return meat to Dutch oven, and stir in onions, mushrooms, salt, pepper, gravy mix, and stewed tomatoes. Bring to a boil, then simmer about 30 to 45 minutes.
2. About 20 minutes before steak is finished, fill a large pot with water and bring to a boil. Add pasta, and cook until al dente, about 8 to 10 minutes; drain.
3. Serve Swiss steak over noodles.

Footnotes

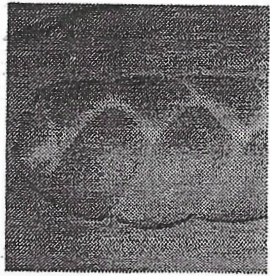
Can be made in the crock pot. Just brown meat as instructions indicate, add ingredients to crock pot, and cook on Low all day.

If you can't find 'cubed steak,' just hand the butcher in your grocery store a package of round steaks and ask him to cube them for you.

Nutritional Information [†]

Amount Per Serving Calories: 471 | Total Fat: 13.7g | Cholesterol: 84mg

Powered by ESHA Nutrient Database



Zopf

By: Victoria Marler

"I discovered this Swiss Sunday bread when I was visiting friends in Switzerland. One of these friends is a pastry chef! The measurements given to me were metric, so I had to convert them. This makes a beautiful loaf and is super easy to make!"

Prep Time: 10 Min	Cook Time: 25 Min	Ready In: 1 Hr 35 Min
-----------------------------	-----------------------------	---------------------------------

Servings [\(Help\)](#)

US Metric

Original Recipe Yield 1 loaf

Ingredients

- 1 (.25 ounce) package active dry yeast
- 1 1/3 cups warm milk
- 1 egg yolk
- 2 tablespoons butter, softened
- 3 1/2 cups bread flour
- 1 egg white
- 1 tablespoon water

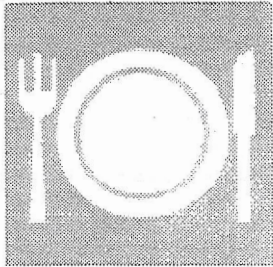
Directions

1. In a large bowl, dissolve yeast in warm milk. Let stand until creamy, about 10 minutes. Add the egg yolk, butter and 2 cups of bread flour; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
2. Divide the dough into 3 equal pieces and roll each piece into a 14 inch long cylinder. Braid the pieces together and place on a lightly greased baking sheet. Cover with a damp cloth and let rise until doubled in size, about 1 hour. Meanwhile, preheat oven to 425 degrees F (220 degrees C).
3. In a small bowl, beat together egg white and water. Brush risen loaf with egg wash and bake in preheated oven for 20 to 25, until golden.

Nutritional Information [+](#)

Amount Per Serving Calories: 182 | Total Fat: 3.5g | Cholesterol: 24mg

Powered by ESHA Nutrient Database



Oepfelbroeisi (Apple Roesti)

By: Cindy

"This sweet, Swiss dish is usually served hot with coffee and/or milk."

Prep Time:

10 Min

Cook Time:

20 Min

Ready In:

30 Min

Servings (Help)

6

US Metric

Original Recipe Yield 1 Oepfelbroeisi:

Ingredients

- 1/4 cup butter
- 12 ounces French bread, thinly sliced
- 3 Granny Smith apples - peeled, cored and sliced
- 3 tablespoons white sugar
- 3 tablespoons raisins
- 1 tablespoon cinnamon sugar, or to taste

Directions

1. Melt butter in a large skillet over medium-high heat. Lightly brown the bread in the butter. Stir apples, sugar, and raisins into pan, reduce heat to medium-low, cover, and cook until a light crust forms on the underside, about 10 minutes. Flip the roesti onto a serving plate, cut into wedges, and sprinkle with cinnamon sugar before serving.

Nutritional Information †

Amount Per Serving Calories: 310 | Total Fat: 8.7g | Cholesterol: 20mg

Powered by ESHA Nutrient Database

Grison Beef Stew

By: CORWYNN DARKHOLME



"Here's a taste of Switzerland. This robust beef stew, from the mountainous Grison region, is perfect to keep out winter chills and to satisfy even the hungriest skier."

Prep Time:

15 Min

Cook Time:

2 Hrs 15 Min

Ready In:

2 Hrs 30 Min

Servings (Help)

6

US Metric

Original Recipe Yield 6 servings

Ingredients

- 1 1/2 pounds beef brisket
- 1 large head cabbage
- 1 tablespoon margarine
- 8 ounces bacon, cooked and cubed
- 1/2 cup sliced onion
- 3 bay leaves
- salt and pepper to taste
- 1 pinch ground nutmeg
- 1 cup red wine
- 1 cup beef stock

Directions

1. Cut out the main stem of the cabbage and discard the thick stems of the outer leaves. Wash well and boil for 5 minutes in salted water. Drain and reserve.
2. Heat the butter in a heavy ovenproof casserole dish and fry the bacon and onions for 2 to 3 minutes. Add bay leaves, salt, pepper and a pinch of Nutmeg.
3. Cut meat into thick slices and place on the bacon and onion mixture. Add wine and beef stock, bring to a boil and simmer for 1 hour. Now add a layer of cabbage Leaves, cover tightly and simmer very gently for another hour.

Nutritional Information [†]

Amount Per Serving Calories: 372 | Total Fat: 23.1g | Cholesterol: 60mg

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DISCOVER SWITZERLAND

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