

## **Conference Guide**

# Conference Venue

Conference Location: Sternen Muri Hotel

Sternen Muri Hotel- the ideal starting point

Located close to the outskirts of town, near a highway exit and public transportation our traditional hotel has spacious rooms, meeting and banquet rooms as well as small idyllic parlors for small gatherings to offer. Astra, Aura, Terra and Aqua – the seminar and banquet rooms appear in new glory. The kitchen team will enchant you with seasonal creations. The offer includes a range from international cuisine to traditional Swiss food. Various weekly specials round off the range. With its pleasant atmosphere, the „Läubli“ restaurant invites you to relax. The 44 rooms are furnished modernly and invite you to stay the night and a sense of well-being. The host Jeannette Koller-Petermann as well as the whole Sternen team connect historic and contemporary hospitality to a pleasurable adventure.



Address: Thunstrasse 80, CH-3074 Bern - Muri

Tel: +41 31 950 71 11

E-mail: [info@sternenmuri.ch](mailto:info@sternenmuri.ch)

URL: <http://www.sternenmuri.ch/en/>

## History of Bern

The city of Bern is the de facto capital of Switzerland, referred to by the Swiss as their Bundesstadt, or "federal city". With a population of 141,107 (April 2016), Bern is the fourth most populous city in Switzerland. The Bern agglomeration, which includes 36 municipalities, had a population of 406,900 in 2014. Bern is also the capital of the Canton of Bern, the second most populous of Switzerland's cantons. The official language in Bern is the Swiss variety of Standard German, but the most-spoken language is an Alemannic Swiss German dialect, Bernese German. In 1983, the historic old town in the centre of Bern became a UNESCO World Heritage Site. According to the local legend, based on folk etymology, Berchtold V, Duke of Zähringen, the founder of the city of Bern, vowed to name the city after the first animal he met on the hunt, and this turned out to be a bear. It has long been considered likely that the city was named after the Italian city of Verona, which at the time was known as Bern in Middle High German. As a result of the find of the Bern zinc tablet in the 1980s, it is now more common to assume that the city was named after a pre-existing toponym of Celtic origin, possibly \*berna "cleft". The bear was the heraldic animal of the seal and coat of arms of Bern from at least the 1220s. No archaeological evidence that indicates a settlement on the site of today's city centre prior to the 12th century has been found so far.



In antiquity, a Celtic oppidum stood on the Engehalbinsel (peninsula) north of Bern, fortified since the 2nd century BC (late La Tène period), thought to be one of the twelve oppida of the Helvetii mentioned by Caesar. During the Roman era, there was a Gallo-Roman vicus on the same site. During the time of the Thirty Years' War, two new fortifications were built to protect the whole area of the peninsula. After a major blaze in 1405, the city's original wooden buildings were gradually replaced by half-timbered houses and subsequently the sandstone buildings which came to be characteristic for the Old Town. Bern was occupied by French troops in 1798 during the French Revolutionary Wars, when it was stripped of parts of its territories. It regained control of the Bernese Oberland in 1802, and following the Congress of Vienna of 1814, it newly acquired the Bernese Jura. At this time, it once again became the largest canton of the confederacy as it stood during the Restoration and until the secession of the canton of Jura in 1979. Population peaked during the 1960s at 165,000, and has since decreased slightly, to below 130,000 by 2000. As of October 2015, the resident population stood at 140,634, of which 100,634 were Swiss citizens and 40,000 (30%) resident foreigners. A further estimated 350,000 people live in the immediate urban agglomeration.

Source: <https://en.wikipedia.org/wiki/Bern>

## How to get to Bern

### By Air

Berne's small international airport **Bern-Belp (BRN)** with direct flights from Cologne Munich, Barcelona, Paris, London via LCY (city airport) as well as several seasonal destinations in Europe lies just a few kilometers south of the city. A taxi ride into the city costs approximately. CHF 45. Bus 160 and 334 go from the airport to Belp in 8 minutes, from where S-Bahn suburban trains (lines S3, S31, S4 and S44) connect to Berne in 13 (S4, S44) to 21 (S3, S31) minutes. The ticket for the whole journey (bus + train) costs CHF 6.40.

**Zurich Airport (ZRH)** is Switzerland's largest airport. You can reach Bern main station from Zurich Airport train station in an hour and 15 mins by train. Trains with direct connections from the airport to the capital depart every 30 mins. Berne is connected to Zurich Airport in 75 minutes by IC train routes St. Gallen - Winterthur - Zürich Hbf - Berne - Genève Aéroport or Romanshorn - Winterthur - Zürich Hbf - Berne - Brig. From Geneva Airport (GVA) there are direct IC trains to Bern which take approx. 2 hours.

#### **Bern International Airport (BRN)**

**Address:** Flugplatzstrasse 31, 3123 Belp, Switzerland

**Country:** Switzerland

**Telephone:** +41 31 960 21 11

#### **Zurich Airport (ZRH)**

**Address:** 8058 Zürich-Flughafen,  
Switzerland

**Country:** Switzerland

**Telephone:** +41 43 816 22 11

**Visa:** Every traveler must have a valid passport. Visa are required for a continuous stay of more than three months. If your stay is shorter than three months you only need to bring your valid passport with you. This applies to citizens of the following countries: countries of the American Continent (except Belize, Dominican Republic, Haiti, Colombia and Peru), Europe, Japan, Australia and New Zealand.

## **By car**

Bern is connected with all major cities in Switzerland and neighboring countries by a dense network of well-developed highways and main roads. Bern is easily reached by car. The Swiss capital has motorway links with Geneva, Zurich/Basel and the Bernese Oberland region. Once you've arrived in Bern, Bern Tourism recommends leaving your car in one of the multistory parking garages and exploring the city center on foot. The old town is car-free, except for deliveries.

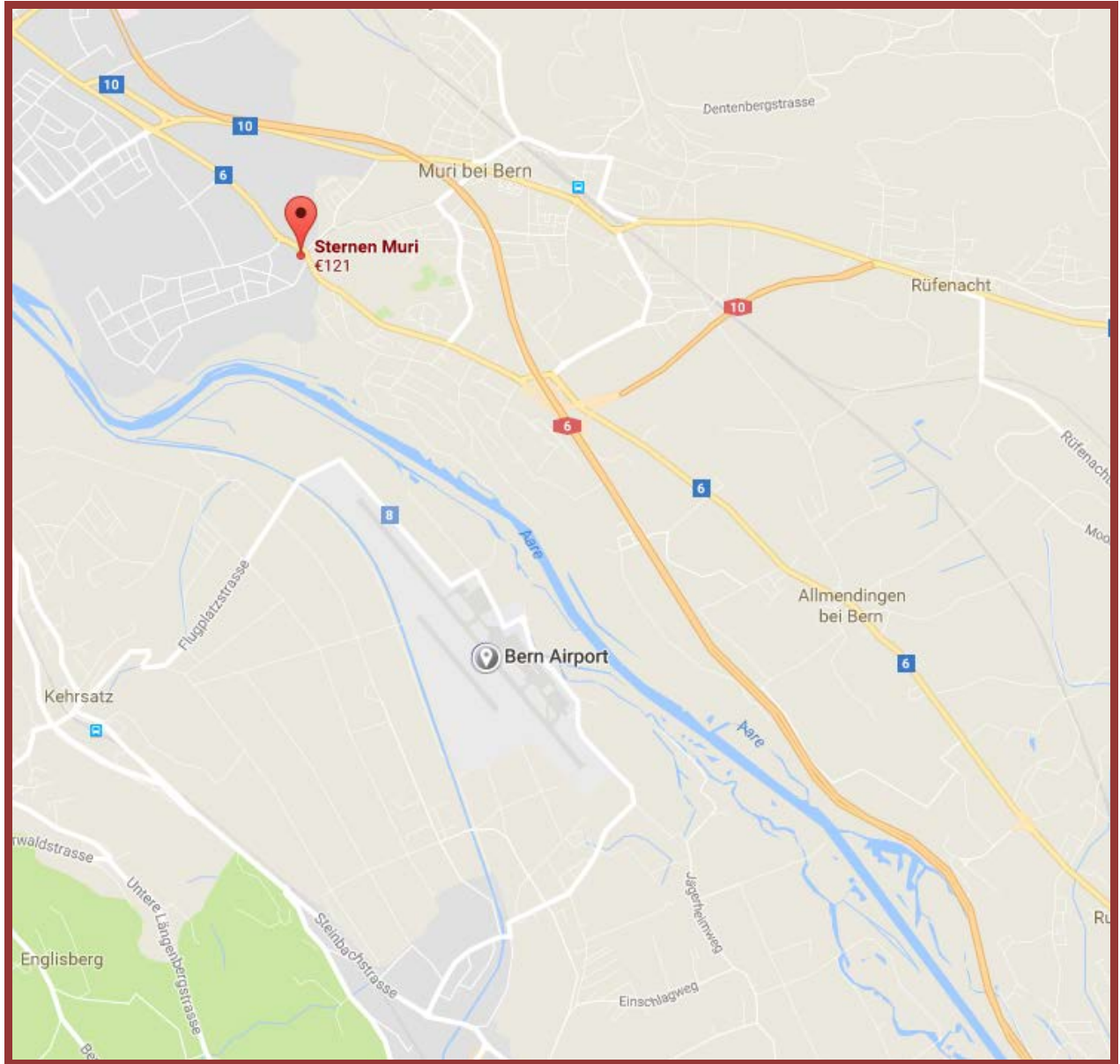
If you are driving to Bern, please note that motorway signs in Switzerland are green. If you are travelling on Swiss motorways, you must have a vignette sticker. You can buy a vignette at post offices, train stations and petrol stations, as well as from automobile clubs. It must be stuck to the inside of your windscreen and be clearly visible. The vignette is valid from 1 December of the previous year to 31 January of the next year. It is a requirement to drive with headlights on even during daylight hours on Swiss roads. Unless stated otherwise, the maximum speed limit on Swiss motorways is 120 km/h. The speed limit outside built-up areas is 80 km/h; within built-up areas, it is 50 km/h.

## **By train**

There are regular, direct train connections to all larger Swiss towns, as well as to Europe's most important cities. Passengers can reach Zurich, Basel, Interlaken and Lucerne in under an hour with a direct connection.

For foreign visitors, who are planning a longer stay in Switzerland and want to discover the country and its sights using public transport, we recommend purchasing a Swiss Travel Pass. The Swiss Travel System provides visitors to Switzerland with tickets for the entire Swiss public transport network. It offers affordable all-in-one tickets including the Swiss Pass and Swiss Flexi Pass for combined journeys by train, post bus and boat.

**For more information:** Swiss Federal Railway, +41 900 300 300





## **How to get from the Airport to the Hotel**

### **By Car**

Bern-Belp airport is at a few kilometers and about 15 minutes by car from the Sternen Muri hotel. Follow Flugplatzstrasse to Aemmenmattstrasse for 2km and then continue on Aemmenmattstrasse to Rubigenstrasse. Take Viehweidstrasse and A6 to Thunstrasse/Route 6 in Muri bei Bern and after 6km you will reach the hotel. If you are arriving from Zurich/Basel on the highway A1 (Geneva/Lausanne A12), drive until Bern, change to highway A6 (direction: Thun) and take exit Muri. Continue driving on Thunstrasse (about 1km). After the church, you will see the Hotel Sternen on your left.

### **By Taxi:**

There are numerous taxi companies to choose from in Bern. Please note that taxi journeys in Switzerland are relatively expensive in comparison to other European cities. Taxis are obligated to make their tariffs visible both inside and outside the car. As a guide, you can expect a journey to Bern Airport to cost around 50 francs, and a journey to BERNEXPO to cost 25 francs.

## **Public Transportation in Bern**

The City of Bern has an extensive public transport network with different tram and bus lines. From Bern railway station, take tram no.6 in direction Worb Dorf to the stop Muri. The hotel is behind the tram station.

### **Buying a ticket**

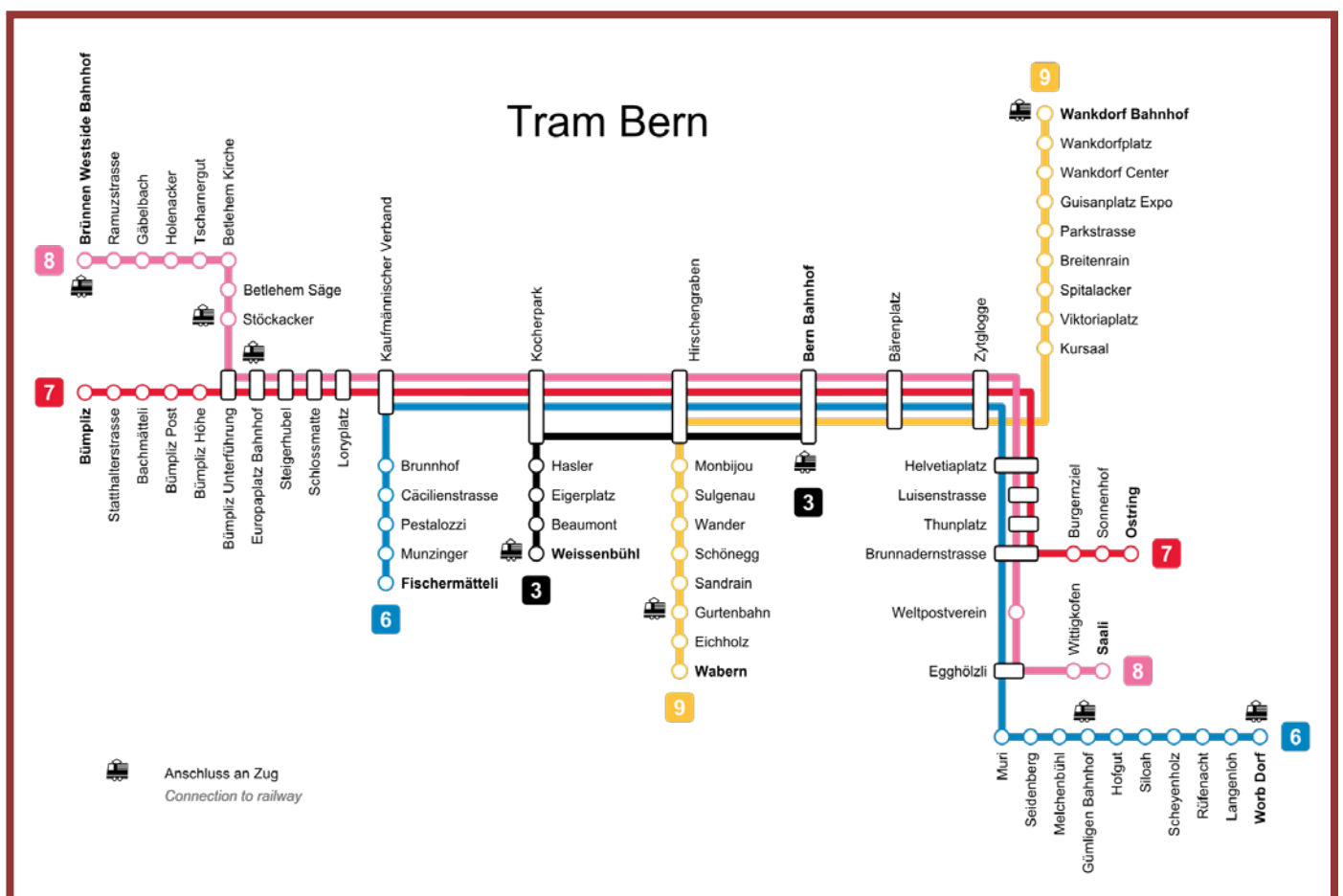
Tickets for Bern public transport can be bought at machines and in the LIBERO shop at Bern main station. No tickets are sold on buses and trams. In addition to the normal tickets, and the multiple journey tickets, Bernmobil also sells short journey tickets at a more affordable price. The ticket machines at the tram and bus stops show which routes the short journey ticket is valid for.

### **Bern Ticket inclusive for overnight visitors**

Overnight visitors don't need to worry about tickets in Bern. From your first overnight stay in tourist accommodation in the city, you will receive a Bern Ticket for your whole stay. This lets you travel for free in zones 100/101 operated by LIBERO. The Bern Ticket also includes the Gurten funicular, the Marzilibahn funicular and the lift to Bern's cathedral platform, as well as your journey to and from Bern Airport. On the day you arrive in Bern, your reservation confirmation counts as a transfer ticket from the train station or Bern Airport to where you are

staying. You will be given your Bern Ticket when you check in. It is only valid if fully filled in. If asked, please show your ticket to the ticket in-spector.

For more information on the timetables: <http://www.sbb.ch/en/home.html>





## PLACES TO VISIT

### Old Town

At the heart of Bern is its beautiful Old Town with six kilometers of arcades that offer shelter or shade to visitors strolling through the city. Besides these unique arcades, Bern's historical townscape, dating back to 1191, is characterized by the Clock Tower (Zytglogge), the Prison Tower (Käfigturm), the sculptural fountains from the Renaissance, the Cathedral (Münster), and the well-kept sandstone facades. Visitors can discover bars, cultural venues, and specialty shops in countless converted cellars. The Old Town of Bern is encircled by the Aare River. The river is not just a stretch of water for Bern's inhabitants; it's also the place for summer recreational activities, like swimming and boating in the Aare. And since Bern was built on a peninsula, everything is close together and easy to reach by foot, tram, or bus. Bern Tourism offers tours through the Old Town of Bern, where visitors will hear interesting anecdotes and learn everything worth knowing about the heart of the Swiss capital.

### Clock Tower (Zytglogge)

Today it is one of Bern's most important sights. The ornate astronomical clock with its moving figures was built in 1530. It served as the city's main clock and thus had an authoritative function in Bern. It was from there that travel times indicated on stone markers along the cantonal roads were measured. Standard units of length – formerly cubit and fathom, today meter and double meter – are displayed for the public in the arch of the gate.

**Address:** Bim Zytglogge 1, 3011 Bern

**URL:** <http://www.zeitglockenturm.ch/en/>

**E-mail:** [info@zeitglockenturm.ch](mailto:info@zeitglockenturm.ch)



## Rosengarten

The Rose Garden is one of Bern's most beautiful parks, offering an unrivaled view of the Old Town and Aare Loop. When the weather is clear, the view extends far beyond the city. Not only is the Rose Garden a welcoming recreational area, it's also a popular spot for taking memorable photos. As the name suggests, the park is most notable for its wealth of blossoms. It is home to 223 rose, 200 iris and 28 rhododendron varieties, as well as an enchanting water lily pond. A pavilion and a reading garden make the Rose Garden the ideal place to relax, while the restaurant tempts visitors to linger a while longer. The park also caters to children, with a big playground where the little ones can run wild. But the Rose Garden wasn't always a park. From 1765 to 1877, it served as a cemetery for the lower part of the city. It then opened to the public as a park in 1913.

**Address:** Alter Aargauerstalden 31b, 3006 Bern

**Directions:** From the main train station, take bus no. 10 to the "Rosengarten" stop.

## The Cathedral of Bern

The Cathedral of Bern (Das Berner Münster) is Switzerland's largest ecclesiastical building. Construction started in 1421 and continued under a series of different builders for generations. The spire was finally completed in 1893. The portal with its depiction of the Last Judgment is a remarkable feature. The vantage point of this masterpiece is located 344 steps above the entrance, in the 100m-high cathedral spire. From Switzerland's highest church tower visitors can enjoy magnificent views across the city and into the Bernese Mittelland and the snow-capped mountains of the Bernese Oberland. The Cathedral is Switzerland's largest and most significant church from the Late Middle Ages. As the dominant structure in Bern's Old Town, which was awarded UNESCO World Heritage status in 1983, the Cathedral plays a pivotal role in the city's architecture.

**Address:** Münsterplatz 1, 3011 Bern

**Phone:** +41 31 312 04 62

**URL:** [www.bernermuenster.ch](http://www.bernermuenster.ch)



## Bernisches Historisches Museum

In its permanent exhibition, the Bernisches Historisches Museum shows highlights from the fields of history, prehistory, early history and ethnography. The objects on display range from the Stone Age to the present, from cultures of all continents. The integrated Einstein Museum presents a powerful presentation of the life and work of Albert Einstein and places it in the context of world history. Animated films and experiments illustrate the pioneering theories of this genius. The temporary exhibition hall's 1,200 square meters of space are used to present innovative, changing shows that deal with cultural, historical, prehistoric or ethnographic subjects on a revolving basis. The Burgundy Tapestries, the Königsfelder Diptych, the Graechwil Hydria, but also a range of ethnographic objects and old monies are all considered to be world-class objects. The Bernisches Historisches Museum presents its collection through a diverse, multi-media approach.

**Address:** Helvetiaplatz 5 CH-3005 Bern, Schweiz

**Opening Hours:** Tuesday - Sunday 10.00 - 17.00

**URL:** <http://www.bhm.ch/en/>

**Directions:** From train station, tram no. 6 / 7 / 8 or bus no. 19 to "Helvetiaplatz" stop

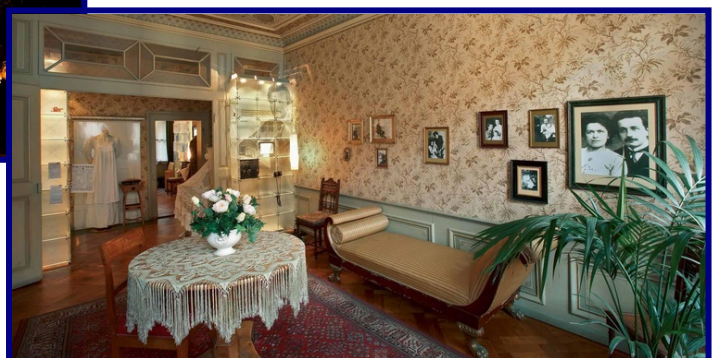
## Einstein House

Albert Einstein spent part of his life in Bern. He came to the Swiss capital in 1902 and took up a post at the federal patent office. In 1903, he and his wife, Mileva, moved into an apartment in the third floor of Kramgasse 49, in the heart of the UNESCO World Heritage Site. Today, the apartment is open to tourists. It is furnished in the style of Einstein's time and documents the life of the physicist during his years in Bern. This period included 1905 – Einstein's annus mirabilis (extraordinary year) – which was his most creative period of scientific discovery.

**Address:** Kramgasse 49, 3000 Bern 8

**Opening Hours:** Monday - Sunday 10.00 - 17.00

**URL:** <http://www.einstein-bern.ch/>



## Zentrum Paul Klee

The bold masterpiece in steel and glass designed by leading Italian architect Renzo Piano is worth a visit in itself. But it is also home to selected works, mainly drawings, from the world's largest collection of works by Paul Klee (1879-1940) and temporary exhibitions of further important modern and contemporary artists. What's more, the Zentrum Paul Klee offers events such as concerts, readings and guided tours and is one of the most attractive Event & Congress Location in Switzerland.

**Address:** Monument im Fruchtländ 3, 3006 Bern

**Phone:** +41 31 359 01 01

**URL:** <http://www.zpk.org/>

**E-mail:** [info@zpk.org](mailto:info@zpk.org)

**Opening Hours:** Tuesday-Sunday 10.00 - 17.00

## Prison Tower

The previous structure of today's Prison Tower (Käfigturm) was completed in 1256 and served as a fortified tower for the City of Bern. When the city was extended up to the Church of the Holy Ghost (Heiliggeistkirche) in 1345, the tower lost its function. After the great fire of 1405, the Prison Tower was used for holding prisoners for the first time. The old tower was torn down in 1641 and replaced by today's tower which was completed in 1644. Following the completion of the new prison in the District Office in 1897, the tower was repurposed into a government archive for the Canton of Bern. Since 1999, the Prison Tower now serves as the seat of the Confederation's political forum, hosting exhibitions and events relating to political issues.

**Address:** Marktgasse 67, 3003 Bern

**Phone:** +41 31 322 75 00

**Opening Hours:** Monday - Friday: 08.00 - 18.00

Saturday: 10.00 - 16.00

Admission: free





## The French Church

This church, built in the period from 1270 to 1285 as part of the Dominican monastery that was founded in 1269, is now the city's oldest church. As of 1623 it served as a church for French-speaking Protestants and became a haven for Huguenot refugees after 1685.

**Address:** Predigergasse 1, 3011 Bern

### Opening Hours:

Monday: closed

Tuesday - Friday: 08:00 - 17:00

Saturday: 08:00 - 13:00

Sunday: generally 09:00 - 13:00

## Town Hall

The town hall is where Bernese politics take place. It's where the cantonal and city parliaments hold their respective sessions. The City Council meets here each Thursday. The Grand Council, the cantonal parliament, convenes here five times a year to hold its public sessions. When the Council is in session, the Bernese flag is flown on the rooftop of the 15th century late Gothic structure. The Town Hall also serves as the seat of the cantonal government. The meetings of this seven-person body are held Wednesdays and are not open to the public.

**Address:** Rathausplatz 2, 3011 Bern 8

**Opening Hours:** Monday: closed



## Where to eat in Bern

### Altes Tramdepot

Authentic Swiss restaurant based, as its name suggests, in a former tram depot. Good, hearty Swiss food. Range of dishes from budget price to higher-priced meat specialities. On-site brewery with traditional beers available. Bench seating with great atmosphere.

**Cuisine:** Swiss

**Address:** Grosser Muristalden

**Location:** Bern, Switzerland

**Phone:** +41 31 368 14 15

**Open Hours:** Mo - Fr 11.00 – 00.30

Sa & So 10.00 – 00.30

Hot food 11.00 – 23.15



### Café Fédéral

Stylish, modern atmosphere and international cuisine. Situated in front of the Bundeshaus, its popularity amongst politicians during the "Session" is legendary. Specializes in Entrecôtes (a kind of steak), but has other dishes, including vegetarian ones.

**Cuisine:** International

**Address:** Bärenplatz 31, 3011 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 311 16 24

**Open Hours:**

Daily, hot food served from 11.00 – 23.00

Monday to Saturday: 06.30 – 23.30

Sunday: 09.00 – 23.30

### **Casino Restaurant**

Centrally located, with a view over the river and mountains on the South. Dishes include excellent pasta with mushrooms, fish, and meats, served throughout the day.

**Cuisine:** Delicatessen, Pasta

**Address:** Herrengasse 25, 3011 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 328 03 28

**Open Hours:** Open daily 11.00 – 23.30



### **Kornhaus**

The room alone is worth a stop at this fabulously appointed mostly Italian restaurant. As one might guess from the name, the building was originally built for grain storage, but now features fresco paintings of traditional Swiss scenes, events from local history, and related characters.

**Cuisine:** Italian

**Address:** Kornhausplatz 18, 3011 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 327 72 70

**Open Hours:**

**Monday to Saturday:** 08.00 - 00.30

**Sunday:** 09.00 - 23.30



## Lötschberg

A centrally located restaurant with rustic interior, serving typical Swiss food like rösti or cheese fondue and raclette, as well as a large range of Swiss wines.

**Cuisine:** Delicatessen

**Address:** Zeughausgasse 16, 3011 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 311 34 55

**Open Hours:**

Monday to Friday: 10.00 – 00.00

Saturday: 09.00 - 00.00

Sunday: 11.00 – 23.00



## Schmiedstube

German, French, Italian, English and Spanish spoken. This traditional Swiss restaurant is well known for its typical dishes, such as Röschti, Cordon Bleu, Älplermakkaronen. Its location in the heart of Berne (300 ft from the clock tower "Zytglogge") makes it an ideal resting stop while you're enjoying the city of Berne.

**Cuisine:** Swiss

**Address:** Schmiedenplatz 5, 3011 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 311 34 61

**Open Hours:** Monday to Saturday: 09.00 – 23.30

### **Schwellenmätteli**

A very nice restaurant at the side of the river Aare with a nice view on the Cathedral.

**Cuisine:** Italian

**Address:** Dalmaziquai 11, 3000 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 350 50 01

**Open Hours:**

Monday–Friday: 11.45 – 14.30, 18.00 - 23.30

Saturday: 18.00 - 23.30

Sunday: 11.45 – 23.00

Terrace Open

Monday - Saturday 09.00 - 00.30

Sunday: 09.00 - 23.30



### **Rosengarten**

Upscale Swiss restaurant with amazing view over the city.

**Cuisine:** Mediterranean

**Address:** Alter Aargauerstalden 31B, 3006 Bern

**Location:** Bern, Switzerland

**Phone:** +41 31 331 32 06

**Open Hours:** Open daily 09.00 - 00.00

**Sources:** <http://wikitravel.org/en/Berne>  
<http://www.flughafenbern.ch/en/home>  
<http://www.bern.com/en/city-of-bern/attractions>  
<https://en.wikipedia.org/wiki/Bern>  
<https://en.wikipedia.org/wiki/Switzerland>  
[https://www.tripadvisor.com/Tourism-g188052-Bern\\_Bern\\_Mittelland\\_District\\_Canton\\_of\\_Bern-Vacations.html](https://www.tripadvisor.com/Tourism-g188052-Bern_Bern_Mittelland_District_Canton_of_Bern-Vacations.html)  
<http://www.sternenmuri.ch/en/>