



**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, Rorschacherstr. 1, 9450
Altstätten, **071 757 78 70**

Psychiatrie-Zentrum / Psychiatry Centre

Balgacherstr. 202, 9435 Heerbrugg, **058 228 67 00**
www.psych.ch

Stiftung Opferhilfe / Victim Support Foundation

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

Teufener Str. 11, 9001 St. Gallen, **071 227 11 00**
www.ohsg.ch

Suchtberatung /Addiction Counselling

Counselling for affected persons and relatives.
Wiesentalstr. 1a, 9450 Altstätten, **071 755 67 10**
www.suchtberatung-or.ch

Pro Infirmis / Pro Infirmis

Guidance and support for people with mental, physical and psychological disabilities and their relatives.
Bildstr. 5, 9450 Altstätten, **071 755 16 50**
www.proinfirmis.ch

Pro Senectute / Pro Senectute

Counselling and various services for senior citizens.
Bildstr. 5, 9450 Altstätten, **058 750 09 00**
www.sg.prosenectute.ch

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

Registering with the health insurance is compulsory!
Information can be obtained at the municipality, 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, 9007 St. Gallen, **071 494 11 11**

Ostschweizer Kinderspital / Eastern Switzerland Children's Hospital

Claudiusstr. 6, 9006 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, Feldwiesenstr. 42, 9450 Altstätten,
071 757 10 90, www.rhycare.ch

**SOS – Wichtige Telefonnummern
SOS-important telephone numbers**

Polizei / Police	117
Polizeistation Oberriet Police station Oberriet	058 229 60 50
Feuerwehr / Fire brigade	118
Sanität /Ambulance	144
Rettungsflugwacht (Rega) Air rescue service	1414
Vergiftungsnotfälle Intoxication emergency call	145
Telefonhilfe Kinder und Jugendliche Telephone aid for children and teenagers	147

**Notfalldienst im Rheintal
Emergency service in Rheintal**

Ärzte / Doctors	0900 144 441
Zahnärzte / Dentists	0900 144 002



Welcome to

Eichberg

www.eichberg.ch



Dear Newcomer

Englisch / English

Welcome to our municipality! Herzlich willkommen in der Gemeinde!

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 municipality.

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 country 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 municipality. Of course, we are pleased to answer further questions anytime.

Discover our website for more information and services.

**RHEINTAL
FACHSTELLE
INTEGRATION**

GEMEINDEVERWALTUNG – www.eichberg.ch

MUNICIPAL ADMINISTRATION

Gemeinde Eichberg / Municipality of Eichberg

Härdlistr. 11, Eichberg, **071 757 87 87**, info@eichberg.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 confirmation, etc.

AHV-Zweigstelle / AHV-branch office

Information and forms to pension- and survivors' insurance (AHV), invalidity insurance (IV), supplementary benefits (EL), 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 Gemeindehaus / Further departments in the municipal 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
Gemeindeverwaltung, Härdlistr. 11, Eichberg, **071 757 87 87**

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.eichberg.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.awa.sg.ch
EMPLOYMENT AND EDUCATION**

Anerkennung ausländischer Diplome /

Recognition of foreign diploma

www.sbf.admin.ch or www.swissuniversities.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

**Kindergarten, Primarschule Eichberg und Hinterforst /
Kindergarten, Primary School of Eichberg and Hinterforst**
www.schule-eichberg.ch or www.schule.hinterforst.ch

Oberstufe / Oberstufe (high school) is located in Altstätten,
www.osalt.ch

Schulsozialarbeit / School social work

Offices 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

ABC-Domino Sprachschule / Language school ABC-Domino – Centre for education, culture and integration

Berneckerstr. 26, Heerbrugg, **071 722 20 38**
www.abc-domino-sprachschule.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, (Room 505 on the 5th floor)
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 / INTEGRATION

www.rheintal-integration.com

www.integration.sg.ch

Fachstelle Integration Rheintal / Integration office Rheintal

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.eichberg.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 8:00 – 9:30 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

Marktgasse 21, 9450 Altstätten, **071 755 46 44**
www.eheberatung-ostschweiz.ch

Krabbeltreff Tuusigfüessler / Toddler group

For children until 3 years of age.
Information: www.eichberg.ch - Vereine / Vereinsliste

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

Information: www.eichberg.ch - Vereine / Vereinsliste

Tagesfamilien / Day care families

Family supplementary child care, **076 248 72 72**
www.tagesfamilien-oberesrheintal.ch

Ludothek / Toy library

Lending of games and toys for children
Trogenerstr. 24, 9450 Altstätten, **079 910 94 98**
www.ludothek-altstaetten.ch

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

Jugendtreff / Youth meeting

Youngsters from the 6th grade of the primary school up to high school meet together every 14 days on Saturday at the Village Workshop. www.eichberg.ch - Vereine / Vereinsliste

