Important telephone numbers

Emergencies
Police .......................................................... 112 or 117
Police contact number for women
(answering machine; a woman police
officer will call back) ........................................... 031 332 77 77
Ambulance / medical services ................................ 144

In the event of domestic or sexual violence, you should
contact the police or the following advice services:
Opferhilfe Bern (victim support advice, Bern) ........ 031 370 30 70
Opferhilfe Biel (victim support advice, Biel) ....... 032 322 56 33
Lantana (victim support for sexual
offences against women and girls, Bern) .............. 031 313 14 00
Vista (victim support for sexual
and domestic violence, Thun) ......................... 033 225 05 60
Perpetrator intervention programme: Berner
Interventionsstelle gegen Häusliche Gewalt .......... 031 633 50 33

Here is where you can find general as well as legal advice:
ISA (information and advice
for issues relating to foreign nationals) ............... 031 310 12 72
Legal advice for people in need, Bern .......... 031 385 18 20
Swiss Refugee Council ......................................... 031 370 75 75
ggfon (information and advice
on violence and racism) ...................................... 031 333 33 40
Asylhilfe Bern
(support / advice for asylum seekers) ............... 031 382 52 72
CSP Berne-Jura
(support for those in need of help) ................. 032 493 32 21

Information films on living in harmony may
be found in this and other languages on our website:
www.police.be.ch

Get out app:
www.police.be.ch/app

Follow us on Twitter:
www.police.be.ch/twitter

Safe together in Canton Bern

Welcome! People in Switzerland respect each other and the laws that apply here. That’s the basis for harmony between people.
How we live in harmony and safety in Canton Bern

People from a wide range of ethnic backgrounds live in Switzerland. Living in harmony depends on everyone observing the law of the land and interpersonal rules. Everyone in Switzerland has rights and obligations prescribed by law.

The most important rights are enshrined in the Swiss Federal Constitution. For example:

> Everyone is equal before the law.
  Discrimination and racism are forbidden.

> Men and women have equal rights.

> Everyone is free to practise their religion and faith.

The police in everyday life

The police in Switzerland are fully integrated in everyday social life; they are essential to the safety and security of our country. The police are tasked with keeping everyone in Switzerland safe and secure, enforcing the law and tackling crime. To be able to do this, they sometimes have to check people’s identities.

If the police carry out an ID check, you must show your ID document or find some other way of proving who you are.

> Giving false information is a criminal offence.

> The police are entitled to take you to the police station for further questioning.

> The police are entitled to search through your clothing, bags and other items you have with you for the purposes of investigating or preventing a possible crime.

The police have to abide by certain rules and act proportionately.

> They must provide a specific reason for wanting to check your identity or search you.

> Police officers in plain clothes must show you their police ID.

If you feel that the police acted unreasonably when checking your identity or searching you, ask the officer for his or her name and note the date, time and place.

Report the incident to the Canton Bern police complaints desk: beschwerdestelle@police.be.ch or the nearest police station.