



# EUROPEAN ACADEMY OF NURSING SCIENCE SUMMER SCHOOL AND SUMMER CONFERENCE 2026

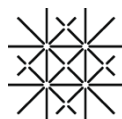
29th of June to 10th of July 2026

Department of Health

Rosenbergstrasse 59 | 9001 St.Gallen | Switzerland |



Universität  
Zürich <sup>UZH</sup>



University  
of Basel



OST  
Eastern Switzerland  
University of Applied Sciences

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## 1. Welcome to Switzerland

Dear Members of the EANS Community,

It is a great pleasure to announce that the EANS 2026 Summer School will take place at the OST – Eastern Switzerland University of Applied Sciences in St. Gallen, marking the first time this event is hosted in Switzerland.

As Chair, I am honoured to invite researchers, scholars, and doctoral candidates in nursing science to join us for an engaging and collegial programme. The organising committee is dedicated to creating an academic environment that encourages rigorous inquiry, intellectual exchange, and cross-cultural collaboration. St. Gallen, situated between Lake Constance and the Swiss Alps, offers an inspiring setting that blends historical heritage, cultural vibrancy, and academic excellence, ideal for scholarly reflection and professional networking.

Over two weeks, participants will engage in a comprehensive programme of lectures, interactive workshops, and peer exchange aimed at strengthening methodological competencies and critical thinking in the advancement of nursing science.

Programme highlights include:	Support and engagement opportunities:
<ul style="list-style-type: none"> <li>Expert-led seminars and workshops focusing on contemporary themes in health and nursing research.</li> </ul>	<ul style="list-style-type: none"> <li>A dedicated local support team and the tourism bureau will assist participants in navigating aspects of their stay in St. Gallen.</li> </ul>
<ul style="list-style-type: none"> <li>Interactive sessions encouraging scholarly exchange and methodological reflection.</li> </ul>	<ul style="list-style-type: none"> <li>A series of social and cultural activities will complement the academic agenda, encouraging informal interaction and collegial exchange.</li> </ul>
<ul style="list-style-type: none"> <li>Opportunities for networking and mentoring within the European academic nursing community.</li> </ul>	<ul style="list-style-type: none"> <li>Events will offer insights into Swiss culture and provide opportunities for relaxation and connection.</li> </ul>

In close collaboration with national leading partners, including the Institute of Nursing Science, University of Basel and the Institute for Implementation Science in Health Care, University of Zürich, OST will ensure that the Summer School reflects the latest developments and best practices in nursing research and education.

Our organising committee, consisting of Prof. Dr. Heidrun Gattinger, Prof. Dr. Julian Hirt, Prof. Dr. Michael Simon, Dr. Bastiaan Van Grootven, Prof. Dr. Rahel Naef, Dr. Myrta Kohler, Gabi Pargätzi, and Ilona Schmid, is committed to upholding the high standards and expectations of the EANS community and to creating an event that combines academic excellence with a sense of shared purpose and collaboration.

Should you have any questions please do not hesitate to contact us. We very much look forward to welcoming you to **St. Gallen** and to sharing two inspiring weeks.



With warm regards,

Prof. Dr. Manuel P. Stadtmann, Chair, EANS 2026 Summer School

## **2. OST – Eastern Switzerland University of Applied Sciences Hosting University**

OST – Eastern Switzerland University of Applied Sciences is a leading university of applied sciences located in St. Gallen, Rapperswil and Buchs Switzerland, with a strong regional and international profile. The institution is governed by the Foundation OST, which oversees strategic development, quality assurance, and operational management.

OST's distinctive character lies in its combination of applied research, practice-oriented teaching, and strong connections with regional industry and public institutions. The university is committed to fostering innovation, entrepreneurship, and academic excellence across its programmes. OST serves as a key contributor to national development in economic growth, and the training of highly qualified professionals.



OST offers a wide range of official Bachelor, Master, and Postgraduate programmes, fully aligned with the European Higher Education Area (EHEA). The university hosts students across its campuses in St. Gallen, Rapperswil and Buchs, benefiting from class sizes and close interaction with faculty. Research at OST – Eastern Switzerland University of Applied Sciences is organised into thematic groups across its various departments, including Health Sciences, Engineering and Technology, Business and Social Sciences, Architecture and Spatial Planning, Computer Science, and Interdisciplinary Studies. Each department focuses on applied research that addresses national, societal, and industrial challenges.

**Phone: +41 58 257 41 11**

**Visit: [Campus | OST](#)**

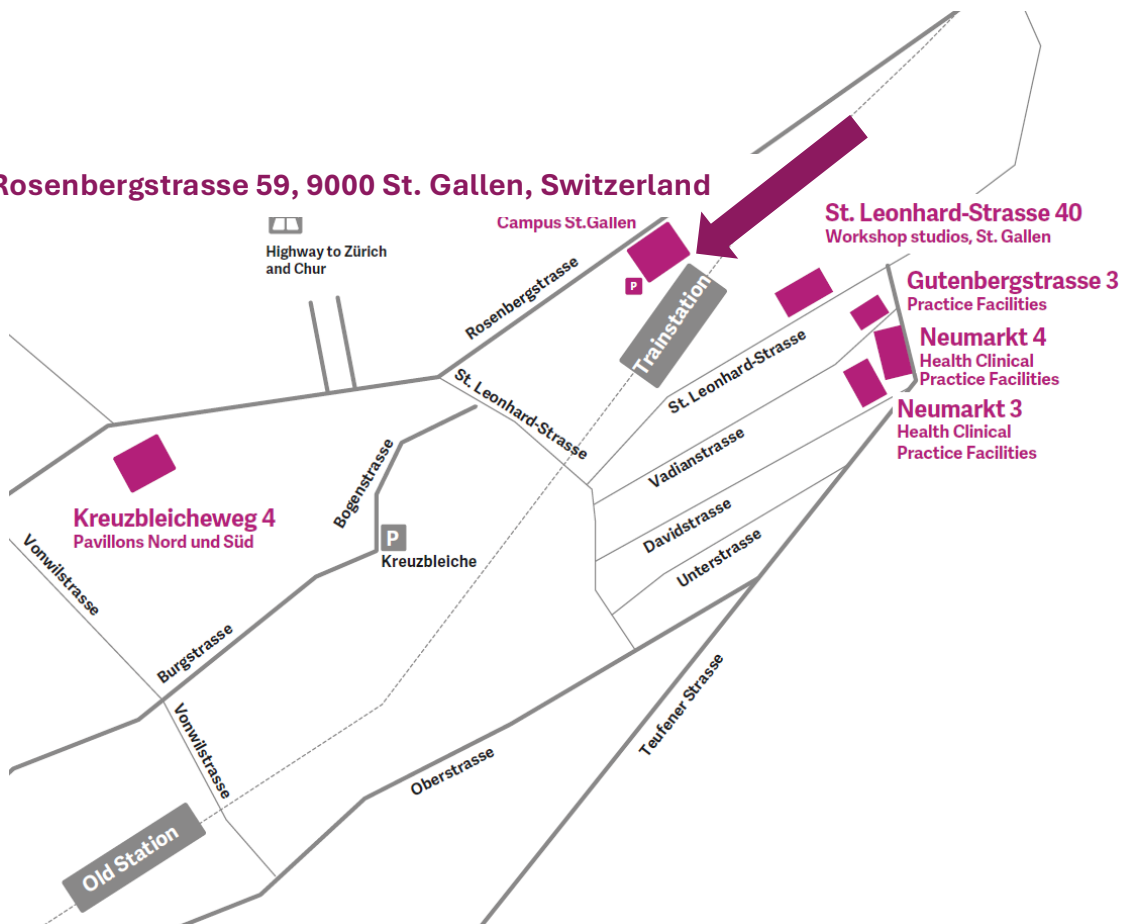
### 3. Campus Buildings

The OST Campus St. Gallen is located directly next to the main train station and is a defining feature of the city with its impressive 66-meter-high tower. The modern campus was inaugurated in 2013 and offers excellent public transport connections as well as state-of-the-art facilities for students, lecturers, and staff.



Lectures for the EANS 2026 Summer School will take place in the main FHZ building, at Rosenbergstrasse 59, which houses the Health Sciences Department, spacious lecture halls, seminar rooms, offices, a cafeteria, a canteen, and a library.

**Address: Rosenbergstrasse 59, 9000 St. Gallen, Switzerland**



#### 4. Summer School Venue

The OST facilities at Rosenbergstrasse, St. Gallen occupy a modern campus designed to support applied teaching, research, and collaboration across multiple disciplines. The modern campus combines functionality with comfort, offering bright, spacious rooms designed to inspire learning, collaboration, and exchange. Located directly next to St. Gallen's main train station, access is conveniently provided through the West pedestrian underpass, linking the university to the heart of the city.

Students, faculty, and staff will benefit from a state-of-the-art infrastructure, including contemporary lecture halls equipped with advanced technology, flexible seminar and workshop spaces, and areas dedicated to group work and informal discussion. The campus cafeteria and dining hall offer a welcoming place to connect over meals.

Year	Room
First year students	SG   FZ.0137 (first floor)
Second year students	SG   FZ.0148 (first floor)
Third year students	SG   FZ.0237 (second floor)



The EANS summer conference will be held from 8<sup>th</sup> to the 9<sup>th</sup> of July in the FHZ building at the OST St. Gallen campus, using the main lecture hall and adjacent meeting rooms on the ground floor. **The organising committee is preparing detailed information regarding the conference programme.** Set against the backdrop of St. Gallen's historic and cultural charm, the campus offers a warm and international atmosphere for this event.



## 5. St. Gallen: Region, City & Quality of life

One of the most striking features of Eastern Switzerland is its breathtaking landscapes. Nestled between the rolling hills of the Swiss Plateau and the towering peaks of the Alps, this region boasts stunning scenery at every turn. Visitors can explore picturesque lakeshores, verdant valleys, and alpine meadows dotted with traditional Swiss villages. The region's diverse geography provides opportunities for outdoor activities such as hiking, cycling, and boating, allowing visitors to immerse in the region's natural beauty.



Eastern Switzerland is also home to a wealth of cultural attractions that showcase the region's rich history and heritage. Historic towns like St. Gallen, offer a glimpse into Switzerland's medieval past. Visitors can explore centuries-old churches, charming cobblestone streets, and fascinating museums that tell the story of the region's cultural evolution. St. Gallen is a vibrant city in eastern Switzerland, home to over 75,000 inhabitants, and serves as the capital of the canton of St. Gallen. Nestled between Lake Constance and the foothills of the Alps, the city combines a rich cultural heritage with a dynamic economic and academic environment. St. Gallen is renowned for its beautifully preserved Old Town and its UNESCO World Heritage-listed Abbey District, which includes the historic Abbey Library, as well as numerous museums, parks, and architectural landmarks.



The city has a long-standing tradition as a centre of commerce, education, and industry, historically known for its textile sector and now diversifying into finance, technology, health, and education. St. Gallen also benefits from excellent transport connections, including rail links to Zurich and other major Swiss and European cities, making it an accessible and stimulating location for academic and professional gatherings. All participants will be provided with a public transport ticket, allowing them to move freely within the city of St. Gallen without additional costs.



Its lively city centre offers a wide range of shops, cafes, and restaurants, alongside cultural venues and recreational opportunities. Beyond its historical core, St. Gallen offers a lively cultural scene, with theatres, art galleries, and music festivals that attract visitors throughout the year. The charming old town is lined with colourful, ornately decorated bay windows (“Erker”) and inviting cafés and restaurants serving both Swiss and international cuisine. The city is also known for its tradition of textile craftsmanship and embroidery, which laid the foundation for its modern industries in innovation.



Visit our tourism pages:  
[Eastern Switzerland - St.Gallen-Bodensee Tourismus](#)  
[Latest news - St.Gallen-Bodensee Tourismus](#)

## Nightlife in St. Gallen

St. Gallen offers a lively and welcoming evening scene perfect for international visitors. For international guests, we recommend exploring the “Bermuda Triangle” area around Metzgergasse and Engulgasse, a lively collection of large and small pubs. We can also recommend Perronnord, Restaurant Splügen, and ØYA, all great spots to enjoy good food and a relaxed atmosphere. The city’s compact size makes it easy to explore its old-town bars, lounges, and cafés before returning comfortably.

Just 45 minutes by train from St. Gallen, Zürich is renowned for its vibrant nightlife, often regarded as one of Europe's best. The city boasts more bars per capita than any other in Europe and offers a diverse range of venues, from upscale clubs to alternative spots. Nightlife hubs include Langstrasse and tram-accessible clubs [Zuerich](#).



Your visit coincides with two major summer festivals in Switzerland: **OpenAir St. Gallen**: 25–28 June 2026 in the Sittertobel valley in St. Gallen, featuring acts like Kings of Leon. **Openair Frauenfeld**: 9–11 July 2026 with international headliners such as Eminem and Nicki Minaj.

## 6. Accommodations

To ensure a comfortable stay for faculty and students, the working group pre-booked accommodation at the [Walhalla Hotel](#) for the faculty, the [B&B Hotel St. Gallen](#) for first year students and the [LEO St. Gallen](#) for second and third year students. We secured with the hotel management favourable rates and ensured that all accommodation needs are met. **Information on how to book your accommodation will be shared in due time, no action required yet.**



## 7. How to get to St. Gallen

### Sustainable Travel Options

In line with our commitment to sustainability, we encourage participants to consider eco-friendly travel options. Train travel is a low-emission alternative to flying and offers a comfortable journey through the Swiss countryside. To help you to identify the greenest solution, have a look to this website [ICAO Carbon Emissions Calculator](#)

#### By Train: To St. Gallen-Main-Station

You can reach St. Gallen-Main-Station by train from most major European cities, usually with one or two transfers. From Germany, or Italy, direct or one-change trains via Zürich-Main-Station make the trip straightforward. For example, Munich to St. Gallen takes 4.5 hours, Milan 6.5, and from Spain, travel via Paris and Zürich, with Paris taking 8 hours. From the Netherlands, routes go through Cologne or Frankfurt to Zürich, then St. Gallen, totaling 9–11 hours from Amsterdam. Switzerland, in the heart of Europe, is perfect for train travel thanks to its efficient rail network and scenic routes. Early booking and seat reservations are recommended; tickets can be booked via [SBB](#), [Trainline](#), or [Omio](#).

#### By Air: Zurich Airport (ZRH)

**Zurich Airport** is Switzerland's largest international airport, located approximately 85 km from St. Gallen. It offers flights to numerous destinations worldwide. The airport has three terminals: Terminal 1, Terminal 2, and the E-gate terminal. For more information on flights, services, and facilities, visit the official website: [Zurich Airport Official Website](#)

#### By Train: Zurich Airport to St. Gallen-Main-Station

The most efficient way to reach St. Gallen from Zurich Airport is by train. Trains operated by **Swiss Federal Railways (SBB)** run frequently from Zurich Flughafen station to **St. Gallen Hauptbahnhof**.

- **Duration:** Approximately 47 to 59 minutes, depending on the service.
- **Frequency:** Trains depart every 30 minutes.
- **Cost:** Approximately CHF 16–35, depending on the time and ticket type.
- **Booking:** Tickets can be purchased via the [SBB](#) website or at the station.

#### By Bus: Zurich Airport to St. Gallen-Main-Station

Several bus companies operate services between Zurich Airport and St. Gallen. The journey typically takes around 1 hour and 40 minutes, depending on traffic.

- **Operators:** Companies like FlixBus and BlaBlaCar Bus offer routes on this route.
- **Booking:** Tickets can be booked through [Omio](#) or the respective bus company websites.



## 8. Useful Information

### Local currency

Local currency is the Swiss Franc (CHF), not the Euro. Some places accept Euros, but change is given in Swiss Francs, and rates may vary. It is advisable to carry CHF or use an international credit/debit card. The current exchange rate is around 1 CHF = 1.07 EUR.

### Country code

Switzerland's international dialling prefix is +41.

### Roaming

Roaming costs for mobile phones can be high, so check your provider's rate. At the university, internet access is available via eduroam using your home institution credentials. WiFi is also available in hotels, please ask at reception for access details.

### Pharmacies

Pharmacies (Apotheken) in St. Gallen are typically open Monday to Friday from 8:00 to 18:30 and Saturday from 8:00 to 17:00. At least one pharmacy in the city operates a 24-hour emergency service, with the current night-duty pharmacy listed daily on the door of every pharmacy and online at [www.apotheke.ch](http://www.apotheke.ch)

### ATMs and Banking

ATMs (Bancomats) are widely available throughout the city centre and around the OST campus. Major banks include UBS, Raiffeisen, Credit Suisse. Banks are generally open Monday to Friday, 8:30–16:30 and are closed on weekends and public holidays. Most shops and restaurants accept major credit cards and contactless payments.

### Supermarkets

Supermarkets in St. Gallen include Migros, Coop, and Aldi, all within walking distance of the OST campus. They are open Monday to Saturday, 8:00–20:00 and closed on Sundays. Convenience stores at St. Gallen train station remain open longer and on Sundays.

### Food and Drinks

The OST campus features a cafeteria, canteen, and coffee bar, offering a variety of affordable meals and snacks. St. Gallen has a lively culinary scene, from traditional Swiss restaurants to international cuisine. Expect to pay around 15–25 CHF for a casual meal and 5–7 CHF for a drink. The Old Town offers many cosy cafés, bars, and restaurants, while the Three Lakes area and St. Laurenzen Church square are popular meeting spots. During the Summer School, coffee/tea breaks and lunches will be provided daily.

### Safety

St. Gallen is one of Switzerland's safest cities. However, as in all urban areas, it is advisable to stay alert in crowded places and keep personal belongings secure. The Swiss police are approachable and can be reached via emergency number 117. Always carry a copy of your passport or ID and store the original safely.

## Health Insurance

Switzerland has of the highest standard of healthcare. Participants from EU/EEA countries should bring their European Health Insurance Card (EHIC). Others are advised to have adequate travel or medical insurance covering treatment in Switzerland. [https://st.gallen-bodensee.ch/en/planning/travel-tips/brochures-and-leaflets.html#flipbook-pdf\\_reader\\_element\\_d192da/37/](https://st.gallen-bodensee.ch/en/planning/travel-tips/brochures-and-leaflets.html#flipbook-pdf_reader_element_d192da/37/)

## 9. Addresses and Emergency Numbers

### General Emergency Number

**Police:** 117, **Fire Department:** 118,

**Medical emergencies:** 144 **Toxicological emergencies:** 145

### City Hospital St. Gallen (Kantonsspital St. Gallen)

Rorschacher Strasse 95, 9007 St. Gallen

Tel. **+41 71 494 11 11**

[www.kssg.ch](http://www.kssg.ch)

### City Police (Stadtpolizei St. Gallen)

Vadianstrasse 57, 9001 St. Gallen

Tel. **+41 71 224 60 00**

[www.stadt.sg.ch](http://www.stadt.sg.ch)

### 24-Hour Pharmacy (e.g., Apotheke beim Bahnhof)

Bahnhofplatz 2, 9000 St. Gallen

Tel. **+41 71 222 28 25**

### Red Cross St. Gallen (Rotes Kreuz Kanton St. Gallen)

Heiligkreuzstrasse 16, 9008 St. Gallen

Tel. **+41 71 227 99 66**

[www.redcross.ch](http://www.redcross.ch)

## 10. Contact

OST – Eastern Switzerland University of Applied Sciences [Home](#) | [OST](#)

Address: Rosenbergstrasse 59, 9000 St. Gallen, Switzerland

E-mail: [eans2026@ost.ch](mailto:eans2026@ost.ch) Phone: +41 71 274 70 00

**Walk:** 5–20 min walk, or short bus ride from hotels to OST St. Gallen Campus.

