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Monasteries and churches in Fribourg

The monasteries of Fribourg have always formed a center of religious culture, including architecture, sculpture and painting, and have contributed to the culture of the city. The **Franciscan** monastery was donated by Jakob von Riggisberg in 1256. It was closely associated with the city council because it housed the city archives, and its monastic church was used for town meetings until 1433.

Likewise, the **Augustinian** monastery was founded in the mid 13th century, and enjoyed the support of the noble Velga family for a long time. Additionally, Maigne Abbey has existed since 1255, and has belonged to the **Cistercians** since 1262. An important institution was the public hospital, opened in the mid 13th century, which provided services for the poor.

During the Reformation, Fribourg remained Catholic, although it was nearly surrounded by the Protestant Bern. This led to repeated conflicts over religion in border regions, and in areas controlled jointly by Fribourg and Bern. The city was a major center of the Counter-Reformation. At the end of the 16th century and the beginning of the 17th, new monasteries were established in the city, including: a **Capuchin** monastery (1608), another on Bisemberg (1621), an **Ursuline** monastery (1634), and a **Visitationist** monastery (1635). The most important monastery, however, was that of the **Jesuits**, which heavily contributed to the advancement and prosperity of the city. It established the College of Saint Michael in 1580, the religious faculty of which formed the origin of the University of Fribourg. The concept of an objective press was also begun by the Jesuits.

The College St. Michel was closed following the expulsion of the Jesuits by the Bernese from Fri-

bourg after the canton's defeat in the Sonderbund war.

In 1613 Fribourg became the seat of the Bishop of Lausanne, who, after the reformation, was forced first into Evian, and then into exile in Burgundy. Today it is the seat of the Diocese of Lausanne, Geneva and Fribourg.

Wikipedia

The Patricians – an Oligarchy

Several prominent families developed as a result of the cloth and leather trade, beginning in the 14th century. They formed the 15th century Patrician class. This contributed to the decline of the cloth trade, however, as the families involved in the industry began to worry more about governing the city and its surrounding possessions.

An important milestone for the politics of the city came in 1627, when the patricians wrote a new constitution, in which they declared that they were the only people capable of ruling the city, and thereby took control of all voting rights. The strong patrician regime, consisting of no more than 60 families, filled all of the influential positions in the city and performed a leading role in the political, social, economic and cultural arenas. Multiple times, the citizens joined together to attempt a revolt, including in 1781 under the leadership of Pierre-Nicolas Chenaux. The revolt was repressed with the help of Bern.

The invasion of Switzerland by French troops in 1798 led to the downfall of the Ancien Régime and freed the way for the first municipal elections.

The patricians regained control of the city in 1814 during the Restoration period, and ruled until 1830.

Fribourg was part of the Sonderbund, a "separate alliance" of Catholic cantons, for the short period of

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its existence between 1845 and 1847. Since 1848, the new national constitution and the amendment of the Canton constitution has guaranteed every citizen the right to vote. *Wikipedia*

The University of Fribourg

Courses in this University are given in French and German. Except for certain departments such as history and law, where curricula are available in both languages, students are normally expected to understand both languages. Students number about 10,000. Traditionally, the university attracts a strong contingent of students from Italian-speaking Ticino. There are five faculties: Catholic theology, law, natural sciences, arts, and economics & social sciences.

The University owes its origin to the foundation of the Jesuit College St. Michel on Belze Hill by Pierre Canisius in 1580 at the invitation of the government of Fribourg. The question of Catholic higher education came to the fore with the development of the Protestant academies at Geneva, Lausanne and Basle.

In 1834, the Cantonal Library was formed to keep works from Fribourg's monasteries safe. The University has the third largest collection of Biblical antiquities in the world after the British Museum and the Cairo Museum.

During the Second World War, the University set up "university camps" along with the University of Zürich to educate Polish prisoners of war.

Fribourg has also developed FriMat, a centre of excellence in nanotechnology.

Every year, the Catholic Church holds collections during masses throughout Switzerland. Known as Fribourg Sunday, the funds raised are mainly used to award scholarships to foreign priests by the Faculty of Theology. *Wikipedia*

Jaun's mysterious Waterfall

Quelque 15 kilomètres au sud-ouest du village de Jaun, dans la région de la vallée du Gros-Mont, se trouve une vallée transversale, encadrée par les plus hautes Préalpes fribourgeoises; la vallée "Les Morteys".

Le ruisseau de cette haute vallée prend la source sur le flanc du Vanil Noir à une altitude de 1920 mètres au-dessus du niveau de la mer, puis s'écoule environ trois kilomètres à travers ce paysage sauvage et perd continuellement de l'eau avant de disparaître totalement. En 1928, on a procédé à la coloration de cette eau de source. A la grande surprise, onze jours après la coloration, l'eau colorée a fait son apparition dans la cascade de Jaun!

Jusqu'à 6000 litres à la seconde se jettent du rocher au mois de juin. Pour se rendre compte de la force du lieu, placez-vous à la clôture devant la cascade et aspirez profondément et lentement «la lumière» liquide et cristallisée. La cascade offre une teneur exceptionnelle en énergie positive.

What you find under *www.cheese*

"Gruyere is named after a Swiss village. It is traditional, creamy, unpasteurized, semi-soft cheese. The natural, rusty brown rind is hard, dry and pitted with tiny holes. The cheese is darker yellow than Emmental but the texture is more dense and compact. Slightly grainy, the cheese has a wonderful complexity of flavors - at first fruity, later becomes more earthy and nutty. To make Gruyere, raw milk is heated to 93 degrees F and liquid rennet is added for curdling. The resulting curd is cut into small pieces which release whey while being stirred. Curd is cooked at 110 degrees F and raised quickly to 130 degrees F. The pieces become shriveled which is the cue to place the curd in molds for pressing. The cheese is salted in brine for 8 days and ripened for two months at room temperature or a quick method: 10 days at 50 degrees F. Curing lasts from 3 to 10 months (the longer the curing period the better the cheese)." Does this sound like the real thing?

Greyerzer Nudelgratin

250 g Nudeln
Salz
300 g Greyerzer Käse gerieben
200 ml Rahm
Muskat und Salz
Butterflocken

En quote!

Die Nudeln in Salzwasser weich kochen und lagenweise mit dem geriebenen Käse in eine ausgebutterte Auflaufform füllen; zuoberst soll Käse sein. Den Rahm mit Muskat und Salz halb steif schlagen und über die Nudeln und den Käse giessen. Mit Butterflocken belegen und im Backofen bei 200 Grad C 30 Minuten gratinieren.

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