

苏黎世： 宜居之所

位于瑞士中北部的苏黎世总是位列“世界最宜居城市”榜单，这座城市的富有不仅体现在先进完善的银行业，更体现在丰厚的文化和一流的教育上。时髦的博物馆、精致的餐厅、极具氛围的酒吧和时尚买手店，苏黎世为你提供不重样的精彩体验。而从城市蜿蜒流过的苏黎世湖以及城中随处可见的公园，更是为这座城市增添了绿意。

文 小啦 ● 图 视觉中国 (除标注外)



达达主义的诞生地

20 世纪的瑞士以和平的环境吸引了世界各地的杰出人才。第一次世界大战期间，流亡于苏黎世的雨果·鲍尔 (Hugo Ball) 和艾米·翰宁斯 (Emmy Hennings) 等文学青年在老城区的伏尔泰酒馆 (Cabaret Voltaire) 组织了名为“达达”的文学团体，此后这一团体逐渐发展壮大，成为世界艺术史上赫赫有名的“达达主义流派” (Dadaism)。

如今位于 Spiegelgasse 街的伏尔泰酒馆里，仍然聚集着从世界各地慕名而来的游客。酒馆的招牌上还写着“始于 1916”的字样，透露酒馆作为达达主义运动发源地的不凡身份。酒馆如今也是艺术表演和社团活动的场所，2016 年苏黎世举办达达主义运动一百周年纪念庆典之时，酒馆是一系列文化活动的主要举办场所。虽

然贵为达达主义运动的发源地，历史上的伏尔泰酒馆还是险些成为废墟。2002 年，酒馆所在建筑破损严重，市政当局本打算直接将其拆除，一群勇敢的艺术们占领了酒馆，才让其免遭破坏和拆迁。

除了其发源地伏尔泰酒馆，苏黎世美术馆 (Kunsthaus Zürich) 也是探寻达达主义的极佳场所。苏黎世美术馆收藏有 720 份达达历史文献和艺术作品，数量居世界之最，你可以在这里看到包括汉斯·阿尔普 (Hans Arp)、汉娜·霍克 (Hannah Höch)、曼·雷 (Man Ray)、特里斯坦·查拉 (Tristan Tzara) 等达达主义运动代表人物的作品。此外苏黎世美术馆也拥有蒙克、莫奈、毕加索、夏加尔等杰出艺术家的代表作，绝对能让爱好艺术的旅行者大饱眼福。



漫步苏黎世老城区

苏黎世的老城区拥有众多国际体育联合会，运动气息浓厚。不过深入其中，你会发现这里的文化底蕴同样丰厚，源自中世纪的古老房屋、蜿蜒曲折的小巷、文艺复兴时期的行会和市政厅都让老城区成为集文化、历史于一体的旅行目的地。

苏黎世大教堂(Grossmünster)是老城区的标志性建筑。这座罗马风格的新教教堂因其双塔而为人熟知，据传，苏黎世大教堂是由查理曼大帝(Charlemagne)下令建造，因此其在当地人心中的历史意义可想而知。16世纪，出生于瑞士的传教士慈运理(Zwingli)在苏黎世大教堂发表演讲，公然反对罗马天主教会，由此将宗教改革的浪潮引入了苏黎世。

与苏黎世大教堂隔利马特河相望的则是苏黎世圣母大教堂(Fraumünster)，这座教堂是苏黎世的归正会教堂，始建于9世纪。教堂建筑在1911年得到修复，如今其高高的尖塔和由法国艺术家马克·夏加尔(Marc Chagall)设计的南耳堂彩色玻璃窗吸引了众多游客。仔细欣赏玻璃窗，你会发现这些彩色玻璃的装饰展示了上帝创造宇宙的复杂性。

如果你想从高处欣赏老城区的美景，可以前往林登霍夫山(Lindenhof)，山顶有一座罗马城堡，还有建于中世纪的历史建筑。如今林登霍夫山已经被开辟为公园，是当地市民和游客喜爱的休闲空间和公共场所，逛一逛公园，也许你还能偶遇正在下棋的当地人。



右上图: WIKIMEDIA COMMONS



乘船游览苏黎世湖

蜿蜒穿越城区的苏黎世湖 (Lake Zürich) 是游客们钟爱的观光打卡地。乘船是游览苏黎世湖最好的方式，湖畔一带有许多提供乘船观光服务的公司，它们提供的航线不同，出发时间也不尽相同（有早晨和傍晚两种选择）。苏黎世湖水流经湖滨大道和老城区，沿岸风光美丽，湖面还经常栖息着白天鹅和野鸭。夏天前来，你还能看到在这里游泳、野餐、晒日光浴的当地人。



了解世界知名学府历史

苏黎世拥有两座世界顶尖的知名学府，分别是苏黎世大学和苏黎世联邦理工学院。苏黎世大学 (Universität Zürich) 成立于 1833 年，如今已是瑞士规模最大、实力最强的综合性大学，这座校园一共出过 12 位诺贝尔奖得主。苏黎世大学校园虽然面积不大，但坐落在一片山丘上，环境优美，半山腰的观景平台更是可以俯瞰整个苏黎世的城市景观，你可以在这里边喝咖啡边赏景。

而位于苏黎世大学隔壁的苏黎世联邦理工学院 (Eidgenössische Technische Hochschule Zürich) 则号称“欧陆第一理工大学”，联邦理工学院建于 1855 年，至今一共出过 22 位诺贝尔奖得主。1896 年至 1900 年，爱因斯坦曾在苏黎世的联邦理工学校学习，并获得了数学和科学的教学文凭。苏黎世联邦理工学院开放式的校园内绿树成荫，和苏黎世大学一样也没有一个观景平台，可以俯瞰苏黎世市区及利马特河景观。



上图: WIKIMEDIA COMMONS



品尝地道美食

苏黎世是欧洲的美食名城，奶酪火锅、热巧克力、葡萄酒等都是当地的代表性美食。Walliser Keller 餐厅供应被无数人称为“可能是苏黎世最好的奶酪火锅”，店内乡村风格的装饰让人仿佛置身于阿尔卑斯村庄中。你可以叉着面包块，蘸上火锅里融化的奶酪，奶香四溢的味道让人难忘，配上瑞士白葡萄酒口感更棒。

如果你想品尝苏黎世一流的甜点，可以选择 Confiserie Sprüngli，这家成立于 1836 年的瑞士奢侈品糕点糖果制造商，以其名为“Luxemburgerli”的马卡龙闻名于世。不过除了马卡龙，巧克力也是它的招牌，店内巧克力种类繁多，且包装精美，非常适合作伴手礼。

甜品之外，可以尝尝苏黎世小牛肉（Geschnetzeltes），这是当地人都很喜爱的一道传统菜肴，将牛肉和洋葱、蘑菇混合葡萄酒或奶油炖制，用料相对简单，却很美味。Restaurant KINDLI 供应的苏黎世小牛肉在全城都数一数二，这家历史悠久、装饰典雅的餐厅还上榜了 2021《米其林指南》，不妨在游览之余去品尝这道传统美食。



在苏黎世动物园了解生物多样性

苏黎世动物园 (Zurich Zoo) 被认为是欧洲最好的动物园之一，园内居住着 380 多种动物。动物园为这些可爱的生物们修建了数量众多的仿自然居住地，从喜马拉雅山到南美大草原，再到马苏阿拉热带雨林 (Masoala Rainforest)，你能想到的生态系统都在这里得到完美复刻。一定不要错过园内两个新的大型展区——勒瓦大草原 (Lewa Savanne) 和岗卡章象园 (Kaeng Krachan Elephant Park)，长颈鹿、白犀牛、斑马穿梭于猴面包树之间，会让你觉得仿佛置身于非洲大陆。

20 世纪中期，在当时园长海尼·赫迪杰 (Heini Hediger) 的努力下，苏黎世动物园成为世界上最早协助科学研究的动物园之一。如今的苏黎世动物园仍然在积极参与自然保护事业和国际育种项目。





Zurich: A Habitable Place

Zurich, located in north-central Switzerland, always ranks among 'the world's most habitable cities'. Its wealth is not only reflected in its sophisticated banking industry, but also in its abundant culture and first-class education. Trendy museums, fine restaurants, atmospheric bars and fashionable buyer's shop all give Zurich a vibrant feel, while the landscape is endowed with lush greenery thanks to Lake Zurich, which meanders through the city, and parks everywhere in the city.

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The Birthplace of Dadaism

In the 20th century, Switzerland's peaceful environment attracted outstanding talents from all over the world. During the First World War, Hugo Ball and Emmy Hennings and other literary youth exiled in Zurich organized a literary group called 'Dada' in Cabaret Voltaire of the old town. Since then, the group has grown into the world's most famous 'Dadaism'.

Today, Cabaret Voltaire on Spiegelgasse Street is still crowded with visitors from around the globe. The sign of the tavern still says 'Since 1916', revealing its remarkable status as the birthplace of Dada movement. It is now also home to art performances and club events, and was the main venue for a series of cultural events when Zurich hosted the 100th anniversary of Dada movement in 2016. Despite being the birthplace of Dada movement, the historic Cabaret Voltaire almost fell into ruins. In 2002, a group of intrepid artists took over the tavern to save it from demolition when the building was badly damaged and the municipality planned to demolish it outright.

Besides Cabaret Voltaire, Kunsthaus Zürich is another great place to explore Dadaism. It collects 720 Dada historical documents and works of art, the world's largest collection in quantity. You can see works of Hans Arp, Hannah Höch, Man Ray, Tristan Tzara and other representative figures in Dada movement. In addition, Kunsthaus Zürich also owns the masterpieces of prominent artists such as Munch, Monet, Picasso and Chagall, which can definitely feast the eyes of art-loving travelers.

PHOTOGRAPHS: WIKIMEDIA COMMONS



Walking around Zurich's Old Town

Having a lot of sport clubs, Zurich's old town has a strong sporty atmosphere. However, if you dig a little deeper, you'll find its abundant culture. Medieval houses, winding alleys, Renaissance guilds and the Town Hall all make the old town a cultural and historical destination.

Grossmünster is the landmark of the old town. Known for its twin towers, this Romanesque Protestant church has a historical significance in local minds as it is said that Charlemagne ordered the construction of Grossmünster. The Swiss-born preacher Zwingli brought the wave of the Reformation to Zurich in the 16th century when he spoke out against the Roman Catholic Church in Grossmünster.

Fraumunster, across the Limmat River from Grossmünster, is a Reformed church in Zurich dating back to the 9th century. The building was restored in 1911 and now attracts visitors with its tall spire and stained glass windows of the south transept designed by French artist Marc Chagall. Take a closer look at the glass windows and you'll find that each of these stained-glass decorations shows the complexity of God's creation of the universe.



PHOTOGRAPHS: TOMEK BAGINSKI/UNSPASH

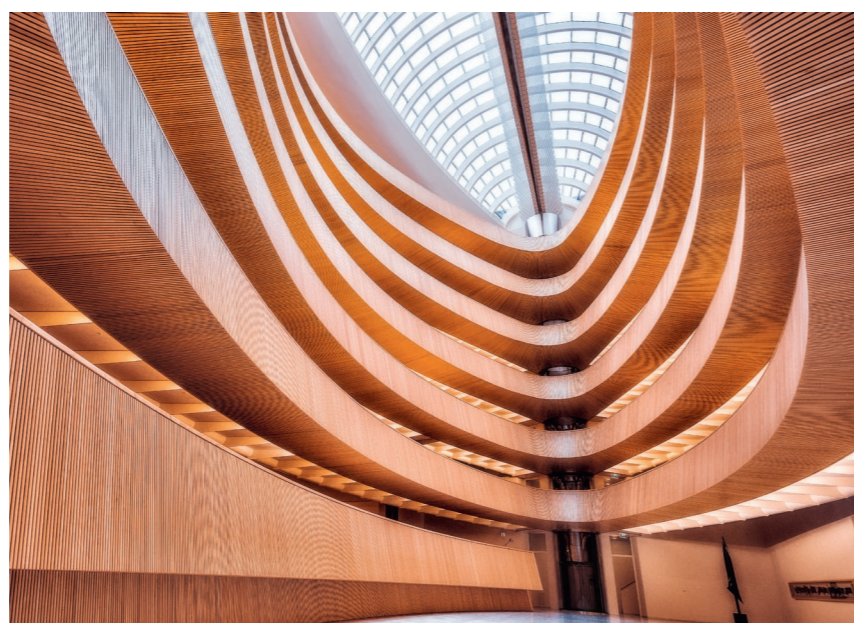
If you want to appreciate the beautiful scenery of the old town from above, you can head to Lindenhof Hill, topped with a Roman castle and historic medieval buildings. Today, Lindenhof Hill has been converted into a park, which is a popular recreational space and a public place for locals and tourists alike. If you stroll through the park, you may even come across some locals playing chess.



Learning about the History of World-re-nowned Universities

Zurich is home to two of the world's top universities, University of Zurich and Swiss Federal Institute of Technology in Zurich. University of Zurich, founded in 1833, is now Switzerland's largest and best comprehensive university, with 12 Nobel Prize winners on its campus. Although the campus of the University of Zurich is not large, it is located on a hill with a beautiful environment. You can overlook landscapes of the whole city from the viewing platform halfway up the hill and enjoy the scenery while drinking coffee here.

Swiss Federal Institute of Technology in Zurich, located next door to the University of Zurich, is known as the 'the first university of science and technology on the European continent'. It was founded in 1855 and has produced a total of 22 Nobel Prize winners. Einstein studied at the Swiss Federal Polytechnic School in Zurich from 1896 to 1900, getting a teaching diploma in mathematics and science. The open, tree-lined campus of Swiss Federal Institute of Technology in Zurich, like University of Zurich, has a viewing platform that overlooks downtown Zurich and the Limmat River.



Lake Zurich Tour by Cruise Ship

Lake Zurich, which passes through the city, is a popular place for tourists. The best sightseeing way to Lake Zurich is by ship. There are a number of cruise companies that offer different cruises and departure times (morning and evening). Lake Zurich flows through the Lakeside Promenade and the old town, with beautiful scenery along the shore. White swans and wild ducks often inhabit here. In summer, you can see locals swimming, picnicking and sunbathing.





Admiring Biodiversity at Zurich Zoo

Considered one of the best zoos in Europe, Zurich Zoo is home to more than 380 animals. The zoo has created an abundance of simulated natural habitats for these lovely creatures, perfectly copying every ecosystem you can think of, from the Himalayas to the Savannas to the Masoala Rainforest. Do not miss the Park's two new large exhibition areas, Lewa Savanne and Kaeng Krachan Elephant Park, where giraffes, white rhinos and zebras walk among the baobabs to make you feel as if you're on the African continent.

In the mid-20th century, Zurich Zoo became one of the first in the world to assist in scientific research, thanks to the efforts of its then director, Heini Hediger. Zurich Zoo is still actively involved in conservation and international breeding programs now.



Tasting Local Cuisine

Zurich is one of Europe's most famous gourmet cities. Cheese fondue, hot chocolate and wine are all representative local delicacies. Walliser Keller serves what numerous people have called "probably the best fondue in Zurich", with rustic decor reminiscent of an Alpine village. You can fork croutons and dip them in the melted cheese from the fondue for an unforgettable creamy flavor, which is even better with Swiss white wine.

For one of Zurich's premier desserts, choose Confiserie Sprungli, a Swiss maker of luxury pastry and confections founded in 1836, known for its macarons called 'Luxemburgerli'. In addition to macarons, chocolate is also its brand name, and its beautifully packaged chocolates with wide varieties make perfect gifts.

Apart from desserts, try Geschnätztes, a traditional dish loved by locals that stews beef with onions and mushrooms in wine or cream, relatively simple in ingredients but delicious in flavor. Restaurant KINDLI serves some of the best Zurich veal in the city, and the elegantly decorated restaurant with a long history is on the 2021 Michelin Guide, so you might as well try the traditional dish while visiting.

