Switzerland is a landlocked country geographically divided between the Alps, the Central Plateau and the Jura. Its area is 41,285 km² (15,940 sq mi). The Swiss population of approximately 7.8 million people concentrates mostly on the Plateau, where the largest cities are to be found. Among them are the two global cities and economic centers of Zürich and Geneva. Switzerland is one of the European economic centers of Zürich and Geneva. Switzerland is one of the Economic and Development (OECD) nations. Switzerland's capital is Bern, its largest city is Zürich, and its official language is Swiss German.

Swiss cuisine is unique in its many regional influences from its neighbors' cuisine, including Italian, French, and German cuisine. However, the Swiss also have their own unique dishes. Switzerland was historically a country of farmers, so their specialties often incorporated potatoes and cheese (Rösti, Fondue, and Raclette), and also more exotic ingredients, such as chocolate.

The four linguistic regions of Switzerland (German, French, Italian and Romansh (spoken almost uniquely in Graubünden Canton) each provide some special dishes.

Permanent neutrality is a principle of Swiss foreign policy. It serves to preserve Switzerland’s Independence and the invulnerability of its national territory. In parallel, Switzerland undertakes not to take part in wars between other states. Switzerland cannot become a member of a military alliance such as the North Atlantic Treaty Organization (NATO).

Emmental or Emmentaler is a cheese from Switzerland. It is sometimes known as Swiss cheese in North America, Australia and New Zealand, although Swiss cheese does not always imply Emmentaler. Emmentaler is a yellow, medium-hard cheese. Failure to remove CO2 bubbles during production, due to inconsistent pressing, results in the large holes ("eyes") that are characteristic of this cheese. Historically the holes were a sign of imperfection and until modern times cheese makers would try to avoid them.