

Survival

MONT-FLEURI

INTERNATIONAL SCHOOL FOR YOUNG WOMEN



LANGUAGES & FINISHING PROGRAMS



MONTREUX • SWITZERLAND

AN
EXCEPTIONAL
INTERNATIONAL
EDUCATIONAL
EXPERIENCE
IN SWITZERLAND





Fritz Sidler
Our Director 1972 – 2010

SURVAL MONT-FLEURI

Exceptional educational center situated in the stunning beauty of Montreux. The only Boarding school experience for young women.

Pensionnat Surval was created in 1961 by Mr. Sidler's aunt by marriage, Mrs Georgette F. Andreae. As early as 1967, he began his career at Surval. In 1972, he became the director and then purchased the school in 1976. He increased the size of the student body, built on additional rooms, installed a tennis court, modernized the school facilities, and created a language laboratory and a fine arts workshop.

In 1987, Mr. F. Sidler bought an exclusive property, the former Hotel Mont Fleuri, magnificently located on a hill above Territet and Montreux. It is blessed with an unrestricted view of Lake Léman and the Alps. He undertook important transformations of the building and in April 1988, the first group of students came to attend classes and live in this spectacular new infrastructure. Since that time, the school has been known as **Surval Mont-Fleuri**.

The school programs have been improved, diversified, and adapted to the modern requirements of young ladies to such an extent that today it has become a "must" for any young woman seeking success in her professional and private life.

Unfortunately, Mr. Fritz Sidler passed away all too soon in February 2010, losing his long battle with the illness that finally took his life.

Henceforth, the school follows in his steps with the same dedication and the same energy in order to continue his educational philosophy and his inspirational dream. A new director has been named in the person of Mr. Jean-Pierre Fauquex who has been an administrator in the school for many years. He knows the school very well and gives his all to keep us on course, to modernize the organization and to guarantee the students the highest quality of service in all areas: in a word he is dedicated to achieving excellence.



Jean-Pierre Fauquex
Our New Director as
of March 2010





Who says you shouldn't mix educational endeavor with pleasure ? Or that you can't have it all ? Well, you should and you can !

Montreux is located on the shores of beautiful lake Geneva in the canton of Vaud and is surrounded by pristine pre-alpine mountains. The city boasts a unique microclimate in which palm trees blossom in the temperate weather all year round. This well-known tourist resort offers an exceptional view of the French Alps on the other side of the lake.



Montreux is also conveniently situated in the heart of Europe with easy access by car, train or plane. It is only an hour's drive from Geneva's International Airport.

Surval Mont-Fleuri is a haven of peace and calm, perched upon a cliff overlooking the spectacular beauty below. Our building retains all its original old world charm although it has been renovated and is constantly being updated to keep pace with the latest modern trends.

The students enjoy a wide variety of conveniences. The school has forty rooms: either singles, doubles or triples. They are all equipped with private bathrooms including showers and toilets, as well as telephones, satellite televisions and wireless internet connection.

Our modern wellness center and the possibility to take part in a variety of sports keep our students fit. **Surval Mont-Fleuri** takes care of both "mind and body".



Young girls' educational needs have evolved immensely over the last decades. Not only must they be perfect hostesses, but they must also acquire sound, recognized qualifications to deal successfully with their professional and personal responsibilities as business women. They must feel at ease in any and every situation.

To respond even better to these needs, **Surval Mont-Fleuri** has been collaborating with **Institut Villa Pierrefeu (IVP)** since 2004. Students wishing to take the **IVP "Higher Certificate in Finishing Course"** board and have their French or English language classes at **Surval Mont-Fleuri**. They are bused to the **IVP** campus for Etiquette, Hostessing, Floral Art, Table decoration, Cooking and Home Management classes.

The **IVP "Higher Certificate in Finishing"** course is a complete program for students who want to learn and practice all aspects of Hostessing, Cooking and Home Management along with acquiring a greater knowledge of the manners of both western and non-western cultures. Since 1954, **Institut Villa Pierrefeu** has been at the forefront of teaching, coaching and consulting on matters of International social and business Etiquette as well as Diplomatic Protocol.

The **Surval Mont-Fleuri "Finishing à la carte"** program is designed for a young public who is mostly interested in languages but wants to learn more by choosing different topics from a large list of choices (see next page).

Surval Mont-Fleuri's exceptional situation and top quality facilities offer a combination of study programs especially adapted to meet a modern young lady's needs.

Our goal

Our students have the opportunity to live together with girls from all over the world to share their customs in quiet and secure surroundings. This unique and unforgettable experience enriches them and allows them to acquire true independence by developing their own personality. At the end of their studies, our students have acquired a good knowledge of French and/or English, as the **IVP Higher Certificate in Finishing Course**, the High School and the Bachelor of Business Administration programs are taught in English. The other subjects are given in French.

Upon leaving **Surval**, our students are extraordinarily accomplished women. They possess extensive knowledge of how to behave in their private lives. They have also acquired a background that gives them a good start in their professional lives. They are ready to build their adult lives on this exclusive foundation which guarantees the best opportunity for future success in every area.



LANGUAGES AND FINISHING PROGRAM "A LA CARTE" OF SURVAL MONT-FLEURI

This program is a combination of language studies (intensive French or English courses) and a large choice of optional courses adapted to today's modern life. The number of optional courses proposed is unique and varied. This concept gives the girls the possibility to compose their program individually.

COMPULSORY COURSES

		# hours a week
Intensive Language		
French or English	in the morning	18
Second Language		
French or English	in the afternoon	5
TOTAL		23

FRENCH EXAMS

- DELF:
- A1 - A2
 - B1 - B2

ENGLISH EXAMS

- TOEFL
 - SAT
- Cambridge Exams:
- Certificate of Proficiency
 - Certificate in Advanced English
 - First Certificate in English
 - Preliminary
 - Key English Test

A rich choice of optional courses (also **ELECTIVES** for High School) are provided:

FOREIGN LANGUAGES

Possibility to take German, Italian, Spanish and Russian lessons, taught by native speakers.

TOEFL - 2 periods per week

This course is designed to teach students the strategies necessary to successfully deal with the different sections of the TOEFL exam. It includes intensive vocabulary building, grammar skills review, essay writing and listening comprehension practice. A minimum score of 550 is the objective for each student. In general, the course is open to high school juniors and seniors though other students may be allowed to join the course depending on individual needs and circumstances.

SAT - 2 periods per week

This course is part of the high school college preparatory program. It is appropriate for juniors and seniors though some sophomores may desire to take the course for early exam practice. It is based upon the new 2005 SAT exam requirements and therefore includes composition practice for the new essay section as well as the traditional multiple choice math and verbal skills sections.

Course objective is the attainment of a minimum score of 600 in both the verbal and math sections.

BUSINESS

3 or 4 periods per subject per week

As Surval offers a specific business Program (Bachelor of Business Administration, see the other brochure), different subjects can be chosen: Introduction to Business Management, Introduction to Marketing, Business and Society, Women and Leadership, etc...

SMARTBOARD

The Smartboard is an interactive white board that was developed to project computer images and content onto its surface. It comes equipped with a pen like mouse used as a control tool. This system encourages students to participate more in the classroom by providing a maximum of interactive activities.

PUBLIC RELATIONS - given by IVP at IVP

3 x 2 periods per term

The objective of these studies is to open the mind to different perspectives and ways of analysis so that the student is able to achieve specific goals with success. Public Relations is a vital part of business success and students will cover such issues as selling skills, image and crisis management as well as body language, creativity, personal influence and public speaking. Please note that this course is taught in the evening.





COOKING

4 periods per week

This is a great class to learn the basics of food preparation as well as many European recipes for original dinner parties. It will introduce you to many culinary techniques such as sautéing and poaching. Foods from other countries will be prepared in addition to European fare. Students develop advanced skills in food preparation and expand their knowledge on ethnic ingredients while exploring foreign and regional culinary customs. The skills they develop can be used throughout their lives!

PASTRY

3 periods per week

Learn to master the techniques of pastry making from kneading to creaming, the secrets of génoise and flaky pastry, shortcrust pastry, biscuits, cakes and much more.

ETIQUETTE & HOSTESSING

4 periods per week

You will learn about greetings and introductions, invitations, dressing according to the occasion, European table manners and customs. Travel, hotel and restaurant etiquette will allow you to feel confident in any social situation. A must for young ladies.

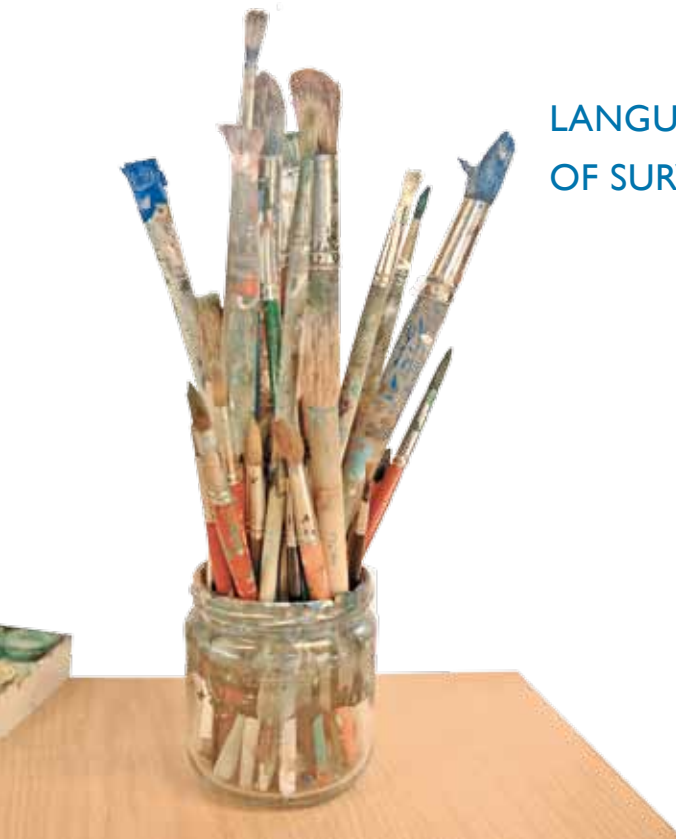
SKIN CARE AND BEAUTY WORKSHOP

7 x 2 periods per term

Functions of the skin and the problems it can create, how to dean one's skin, color harmony and light day make-up, evening make-up, manicure, your personal creation, etc.
Group of 4 students maximum per workshop.



LANGUAGES AND FINISHING PROGRAM "A LA CARTE" OF SURVAL MONT-FLEURI



HISTORY OF ART

2 periods per week

Offers a survey of various topics, themes and periods in western artistic expression. The form and content of works are presented and discussions are encouraged. Importance is also placed on the times and lives of the artists and the relativity of art as an expressive visual medium of culture all over the world. Visits to museums and galleries are included in the program when scheduling permits.

CERAMICS

2 periods per week

Pottery has a particular attraction for young ladies desiring to develop their artistic talents and express their creativity. The students create an object: a bottle, a coffee cup, a butter plate, etc...

DRAWING AND PAINTING

2 periods per week

Classes are intended for students of all levels of experience, from beginner to advanced. Class assignments include the use of many different mediums and tools; watercolor, acrylic, gouache, white glue, dry pigment, oil crayon, graphite crayons and various inks.



MUSIC

Upon request and with a minimum of 4 students registered it is possible to take piano and guitar lessons. For all other instruments classes will be organized at the local Academy of Music.

PHOTOGRAPHY

2 periods per week

An introduction on how to use a camera manually (24x26 reflex) and on how to develop black and white films. Students also learn how to enlarge photos and to add special effects to photos with Photoshop.





SPEEDLINGUA

Is a system used in our classes for French, English, etc... to facilitate and accelerate the learning of the language. This process opens your ears to the sounds, music, and the rhythm of the language which greatly improves your pronunciation, speaking and understanding.

HORSEBACK RIDING

Lessons given at a local riding school situated in nearby Vouvry. The school brings students to and from the riding school by bus.

AEROBICS

1 or 2 periods per week

Is a sport which is practiced with music. Students use and strengthen their muscles, flexibility, coordination and endurance which is good for their heart and blood circulation. A typical Aerobics class is split up in three parts: warm-up, cardio-vascular movements and stretching.

TENNIS

1 or 2 periods per week

This course is offered to beginners, intermediate and advanced students who wish to discover this sport or develop their techniques. Our tennis lessons are accredited by Nastase Academy.





THE ORIGINAL FINISHING PROGRAM SINCE 1954 THE IVP (INSTITUT VILLA PIERREFEU) "HIGHER CERTIFICATE IN FINISHING" ® COURSE

This Finishing program, whilst **keeping the best of tradition**, has evolved through time to **encompass a true multi-cultural experience**. As practice plays a key role in our teaching, the students are brought by bus (5min.) from Surval to the IVP purposely designed campus where they can **develop efficiency and proficiency** in all aspects of Hostessing, Cooking and Home Management along with a greater knowledge of the manners of both western and non-western cultures. In this course, each subject is a unique piece of a puzzle linked to the other by the curriculum, resulting in a **complete Finishing program**.

The classes are taught in **English** and support materials are provided in the form of **study manuals and textbooks created by IVP**.

The full course leading up to the IVP "Higher Certificate in Finishing" is spread over **3 terms** and as the course content taught is different each term, and not subordinated to that learned the previous term, it is possible to enrol in **October**, in **January** or in **April**.

Students must be at least 16 years old and there is no upper age limit.

INTERNATIONAL ETIQUETTE, PROTOCOL AND SAVOIR-VIVRE

- **The art of entertaining:** introductions, precedence at the table, table manners in various countries and menu planning for receptions. **Tricky foods.**
- **Family receptions:** engagements, weddings and children's parties.
- **Private receptions:** formal dinners, cocktails, buffets and afternoon teas.
- **How to listen and guide a conversation:** discretion, tact and prejudices to avoid.
- **Correspondence:** titles and international forms of address, invitations, business cards and letterheads, apology and thank you letters.
- **Rules of official and diplomatic protocol:** precedences and introductions.
- **Body language.**
- **How to dress** according to place and occasion.
- **International customs to be aware of when travelling**, particularly in hotels and restaurants.
- **International Savoir-Vivre:** covering social customs and manners in 14 major countries of the world, alternating Western and Eastern or Northern and Southern geographical areas: background, history and culture. Greetings, introductions, business cards. Dress code. Dining and entertaining. Conversational do's and don'ts. Gift-giving. Cultural surprises.

TABLE SERVICE & HOSTESSING

- The history and traditions of serving food.
- Setting the table, distribution and co-ordination of work, table service with or without help.
- Serving wines; alcoholic and non-alcoholic drinks.
- History, tasting and service of different types of tea and coffee.
- Organization of cupboards and logical distribution of silverware and china.

Both formal and informal table service are practiced during the meals which follow the cooking class.

COOKING & NUTRITION

- Techniques, methods and culinary vocabulary.
- Composition of menus, buying and storing, food order lists, work plans and cost calculation, food hygiene and handling.
 - Nutrition and dietetics.
 - Refined and everyday menus including elegant French cuisine, vegetarian cuisine, **pastries**, ethnic cuisine, quick dishes.
 - Decoration of dishes.
 - **Vegetarian students** are not required to cook meat or fish dishes.
 - **The School has tested and developed its own recipes and published several books.** These cover a great variety of recipes from the very simple to challenging dishes.



THE IVP “HIGHER CERTIFICATE IN FINISHING” COURSE

Compulsory

hours
per week

Language Course

Intensive Language Course: French or English	SMF	18
Second Language Course: French or English	SMF	5

Finishing Courses

International Etiquette, Protocol, Savoir-Vivre	IVP	6
Table Service Practice & Hostessing	IVP	3
Cooking, Nutrition and Exam Preparation	IVP	5
Home Management	IVP	1
Floral Art & Table Decoration	IVP	2

TOTAL OF PERIODS PER WEEK 40

IVP = Institut Villa Pierrefeu; SMF = Surval Mont-Fleuri



HOME MANAGEMENT

The practical class is given in very small groups so as to gain maximum benefit.

- The planning and equipping of a house.
- Organising a household efficiently, including management of staff.
- Upkeep and cleaning of furniture.
- Laundry, ironing and general care of clothes and household linen.
- Washing by hand and with the dish-washer.
- Cleaning silver, upkeep of household appliances and utensils.
- Family budget.

FLORAL ART AND TABLE DECORATION

Students learn how to create a variety of floral arrangements according to season and to complement the occasion.

Selecting and preparing fresh and dry flowers as well as fresh fruits and vegetables, they will consider new trends in tableware and decoration, including napkin folding, menu and place cards and decorative table pieces.

IVP students won 3 places out of 6 at the prestigious "L'Art de La Table" competition held by the renowned shop and company Touzeau.

ALUMNI'S COMMENT

"I graduated from Institut Villa Pierrefeu over **25 years ago**. It still stands out in my life as one of the **best years of my life**. I have **used the skills and knowledge innumerable times, both personally and professionally**. It has stood me in excellent stead. **I hope for the same for my daughter.**" (USA Jan-06)



WINTER SPORTS





SUMMARY OF THE HOUSE RULES AT SURVAL

Briefly, behave yourself! Respect yourself and others. Rules are not made to punish you or restrict your freedom, but rather to insure a positive and safe learning environment for everyone.

- Alcohol and drugs are prohibited at school and their possession and/or use can lead to suspension and expulsion.
- Smoking is forbidden in the bedrooms, in the classrooms, in the living room and on the verandas, as well as in the dining room and the bathrooms.
- During regular school hours, students must be in their assigned classes and are expected to arrive on time.
- All students should be neat, clean and appropriately dressed at all times.
- It is strictly forbidden to wear jeans in the Etiquette classes at Surval as well as at Institut Villa Pierrefeu.
- Cell phone use is not permitted during class hours. In addition, students are not allowed to bring cellular telephones to the fifth floor where the classrooms are located.

Failure to respect the house rules results in appropriate punishment. This can include loss of permission to leave the school premises and/or fines up to CHF 100 (donated to UNICEF).

THE SURVAL SCHOOL YEAR

For the Language and Finishing Program, the IVP "Higher Certificate in Finishing" Course and the High School Program:

The Fall trimester lasts from October to mid-December, the Winter trimester from mid-January until mid-March and the Spring trimester from mid-April until the end of June. Annually, this is a total of 31 weeks.

For the BBA Program:

The Fall semester lasts from October to February and the Spring semester from the end of February to June.

DAILY SCHEDULE

07.00 AM	Wake-up call.
07.15 AM - 08.00 AM	Breakfast buffet.
08.15 AM	Rooms must be in order.
08.20 AM - 12.00 PM	Morning classes.
12.10 PM	Lunch.
01.20 PM - 06.10 PM	Afternoon classes.
04.00 PM	Tea time.
06.45 PM	Dinner.
07.15 PM - 08.30 PM	Study hour in the rooms or in the class rooms. No music or TV during this time period.
10.00 PM	First call: All girls must go to their rooms and prepare themselves for the night (close shutters and curtains). It is not permitted to take a bath or shower after 10.00 PM.
10.30 PM	Second call: Half an hour is left before lights are turned off.
11.00 PM	All lights must be turned off and there must be complete silence everywhere. Please respect the sleep of your fellow students.

PERMISSION TO LEAVE SCHOOL PREMISES

Students who are 18 or older (with no parental restrictions) can stay out until:

10:00 PM	on Monday through Thursday
Midnight	on Friday
2:00 AM	on Saturday

Students between the ages of 16 - 18 can stay out until:

7:00 PM	on Monday through Thursday
11:00 PM	on Friday
Midnight	on Saturday

Students younger than 16 can stay out until:

7:00 PM	on Monday through Thursday
10:00 PM	on Friday and Saturday

All students must be back at Surval on Sunday evening no later than 10:00 PM.

The decision to place restrictions on permission to leave school premises is made jointly by the parents of students and the school administration.



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