



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND

60th
1961
2021

SURVAL NEWS

December 2021





Greetings from the Principal

Dear All
What a whirlwind this term has been!
I count myself very lucky to have found myself in such a unique school with incredibly warm people in a truly beautiful setting.

As I write, surrounded by the sparkle and joy of the Christmas period, I think back to the Parents' Brunch in August when we enjoyed Surval's setting at its best out on the terrace. So much has passed in between. I hope this newsletter will give you a sense of the busyness of Surval life, the highlights and memories of the girls and some insights into the life, learning and development of the students over the term. In addition to enjoying the articles and photos captured here, please scan the QR codes to see more work come to life.

Reflecting on what has stood out to me in my opening months, it is lovely to see the girls thrive surrounded by the camaraderie and sense of fun which are so evident in the house. When asked what they enjoy most about being in an all-girls school, many of them point to the fact they get to spend so much time with their friends and appreciate the supportiveness of an all-girls environment in the classroom. Whilst many of the girls only joined Surval in August, it is clear that they have formed long-lasting friendships. It has been fantastic to welcome increased numbers in the school this year and the atmosphere has certainly been buoyant!

In their learning, many girls have had to rise to the challenge of adjusting to being back in a face-to-face classroom after over a year online. There has undoubtedly been strong progress made, whether in their English or French language skills, debating and critical thinking abilities and independent study skills, alongside the acquisition of subject knowledge and understanding. This year has seen the introduction of Advanced Placement courses in French, English, History and Art. Advanced Placements are academically rigorous, one-year courses, culminating in a final exam in May. They are recognised for entry to universities in the US, UK and around the world and can be integrated flexibly into the High School Diploma programme.

Advanced Placements are proving a popular and academically challenging addition to Surval's provision and students are stepping up to the demands of these fast-paced courses.

In boarding, girls have had to adapt to living with nearly fifty other girls and living out Surval's values on a daily basis. Over



the course of the term, we have welcomed a few new initiatives in the house. The students contributed to Surval's new Code of Conduct, based around courtesy, consideration and care, which has certainly been seen in practice in subsequent weeks. Surval Families have been introduced to strengthen the family spirit in the house, facilitate mixing between different age groups and encourage some healthy competition around future house activities. Each family is named after a Swiss ski resort visited by Surval during our Winter sports programme: Leysin, Verbier, Zermatt, Anzère, Rochers de Naye. Mindfulness sessions have become a new feature led by our boarding team on Friday mornings, where girls are encouraged to take time to reflect on their week and to practise strategies which bring positivity into their lives and support their wellbeing. These are valuable lifelong tools to enable us to flourish and embrace life's opportunities.

The work of the charity committee has been a particular highlight to me, exemplifying the school's commitment to Social Enterprise. There has been huge commitment and compassion demonstrated in each of their initiatives with support for a variety of charities and a real drive to make a difference in the lives of others. It was a pleasure to award



Surval Social Enterprise certificates to so many girls who have actively contributed to the work of the charity committee over the term.

It has been rewarding to see the growth in confidence of girls over the term. Particularly notable is the development in the leadership of the Swiss Gap girls, who have increasingly stepped up to take the lead in activities and events and to act as role models for younger students. They organised a successful Etiquette lunch in November to celebrate Thanksgiving and launched Fitness+, an initiative to help girls get fit for the ski season whilst raising money for Rescue UK, their nominated charity. The Swiss Gap programme is a unique experience and enables girls who have completed their High School education to develop greater independence and wider perspectives through a bespoke programme focusing on communication, social enterprise, events planning and etiquette, alongside an intensive French or English language programme.

Our Sports and Wellbeing provision has seen some new additions this term. In response to feedback from the girls, the in-house fitness space was enhanced and moved into a bigger area in the basement which enabled us to increase the equipment and enhance the environment. This is proving very popular with the girls for their personal training and there are a few dedicated early birds who are in the gym at 7 am every morning! Yoga, HIIT, Zumba, cycling, volleyball and football have all been popular and the second half of term has seen the introduction of horse riding and indoor climbing.

Travel and adventure are an important part of the Surval experience and challenge us to broaden our perspectives, look around us and learn from others, and step out of our comfort zone. It has been fantastic to enjoy the freedom of trips after the tight restrictions of the past year, albeit with caution and flexibility built into planning as the world continues to navigate the pandemic. The Swiss Tour certainly treated us to a comprehensive insight into the linguistic, scenic and gastronomic delights of this rich and varied country at the heart of Europe. More recently, the girls have enjoyed a long weekend in Copenhagen, revelling in the beauty of this enchanting city at Christmas time.

Although small in size, the Surval community and connections extend globally. I have thoroughly enjoyed getting to know Survaliennes from far and wide through zoom calls. It has been delightful to hear their stories of what they are doing now, the contacts they still have across the global Survalienne network, the memories they have of their time at Surval and the impact their Surval experience has had on their future pathways. 'Once

a Survalienne, always a Survalienne' certainly holds true, and in joining Surval girls are undoubtedly joining a global network for life.

As part of the Bellevue family of schools, we draw strength from being part of a wider group. We received several governance visits from Bellevue's Head Office team this term. The Directors always take the time to talk to students and staff to get their insights and experiences of the school, which is vital in our ongoing self-evaluation processes. In Bellevue's report following their recent visit, they highlighted that all students feel safe and secure at the school and commented on the positive feeling, high morale and sense of moving forwards in the school. The safety and wellbeing of students is our top priority at all times, and underpins our policies and processes. It has been a pleasure to come into the school with a fresh pair of eyes, to see everything that makes the school unique, and to observe and listen to students, staff, parents and Survaliennes as I seek ways to continue driving for excellence in the Surval educational experience.

I would like to finish by expressing my heartfelt thanks to all students, colleagues and families for your support during my first term at Surval. This is a very special school with so much to offer and so much potential to continue supporting the development and education of girls and young women and preparing them for success in tomorrow's world. I am already greatly looking forward to next term at Surval and seeing the girls continue to grow and flourish, academically, socially and personally, through everything that the Winter Term programme brings.

In the meantime, I wish you and your families all a very happy and healthy festive period.

With best wishes,

Nicola Underley.





Surval offers broad and flexible curriculum options ranging from High School Diploma and Advanced Placements to IGCSE and A Levels. Programmes are personalized to ensure each student's course of study is tailored to her needs and goals beyond school, keeping all options open for further study in the UK, US and university destinations around the world. Surval's approach to Teaching and Learning promotes greater student ownership and engagement in class, fostering independence and student-led learning.

In this section, we showcase a selection of outstanding examples of students' work, which demonstrate the Surval CODE framework:

Challenge: critical thinking and problem solving.

Ownership: individualised learning, student-centered.

Dialogue: Student-led discussions, questioning.

Engagement: enjoyable, practical & varied.

English

In the second half of this term, students in Foundation Year English have studied the concept of Advocacy - the act of using our voice to make the world a better place. Students conducted independent research then created a speech in which they advocated for change. In these speeches written by Paloma and Paola, you can see students using language techniques such as rhetorical devices and the use of stories and statistics to make their messages more powerful.

"Injustice anywhere is a threat to justice everywhere"

Martin Luther King

Have you ever witnessed injustice? What did you do? Was it a fair decision?

Today, I am going to talk about a very important topic: injustice. Our world is changing very fast. I'm growing up in a world that is full of technology and social media. Communication is everywhere, medical advances are getting better every day, but also we are changing as a society. Injustice seems to be very common these days, when I turn on the TV I see children suffering from hunger, or because their country is at war. I see animals dying because of pollution, and I wonder, do we really care about all of these issues? We should care, because they have an enormous impact on our lives. I am very passionate about this topic because I think we all have a voice and values.

First off, what is injustice? According to the media, injustice is the fact of a situation being unfair and of people not being treated equally. But honestly, what is the meaning of injustice to you? Injustice comes in many different ways, some examples of injustice are discrimination and unfair labour practices.

Nowadays pollution is the world's biggest problem, I am sure we have all contributed to this by one or another. We, as citizens of the earth, should care about it and we are not doing it. The world is begging for help, and we should take action. I cannot make people change their mind from one day to another, but it might be part of the change. We - as teenagers and citizens - are the future, and we need to be more involved in the change. If we don't do it, no one will do it for us. We need to help each other because we are a team. My family is my safe place and they have taught me values such as respect, kindness, and I try to practice them every day. This is the reason why I stand against injustice, and I try to be as fair as possible.

Nowadays, more than 40 million children below the age of 15 suffer from abuse and neglect [...] I have realized that there can be no peace in the world without respect for fundamental rights and freedoms, and that is why human rights were proclaimed on December 10th, 1948 in Paris. Their purpose is dividing power and protecting the rights of all people. I think we all have dignity and rights.

Therefore, I want to tell you a story, a story about an inspiring woman, named Malala. She encouraged women of all ages and stood up against injustice. She always cared about human rights and created something powerful. Malala was born in Mingora, Pakistan on July 12, 1997. She was the daughter of a teacher that ran a girls school in her village. But everything changed when the Taliban took control of her town in Swat Valley. They banned the school, which was very sad and unfair. She spoke out publicly on behalf of girls and our right to learn. And this made her a target. On her way home from school, a masked gunman boarded her school bus and asked, "Who is Malala?" He shot her on the left side of her head. After months of surgeries and rehabilitation, she joined her family in her new home in the U.K. With the help of her father, who always supported her, she established the Malala Fund, a charity dedicated to giving every girl an opportunity to achieve a future of her choice. In recognition of her work, Malala received the Nobel Peace Prize in December 2014 and became the youngest-ever Nobel laureate.

As a result of this, I have found some great funds to donate money that I think will help change the world and protect our human rights. They are: the Malala fund; Human Rights First; Human Rights Watch; Migrant Voice; Art for Humanity; Amnesty International; The Fund for Global Human Rights; Palestinian Centre for Human Rights; Child Rights and You.

All of this action starts from home, school and my daily life. I respect my siblings and my peers, I respect nature, I respect life. I do this because it is what the world needs! We need more love, more kindness, more justice, more humans that care. I think we are all like a family, and we should support each other! Now let's stop for a moment



and analyze, what is injustice? What does it mean to you? For me injustice is when someone is not honest, and harms someone as a consequence. Injustice is the darkness in the path, and we are the light. I invite you to reflect and to be part of the change, to be part of the movement that could change the world and change it for me, for you, for your family, and for us. Thank you.

Paloma (Foundation Year, Mexico)

"Injustice is the darkness in the path, and we are the light."

Gender Inequality

Hi everyone! My name is Paola and today I will be talking to you about gender inequality, and why we should be taking some action on the matter. Let me start by telling you a little bit about what is gender inequality. The first thing you should know is that gender inequality is discrimination based on what gender you are.

Gender inequality or gender discrimination has been with us since the beginning of times and we have seen it evolve, improve, and get worse. And the thing here, is that even though we think it has improved a lot, it is nothing compared to where we should be now.

This topic is really important to me considering that I come from a country where the struggles because of gender inequality are real and every day they get worse.

But even though you think it may be something that it doesn't affect you, it actually does. Gender inequality takes away rights and opportunities from women.

The three most important types of gender inequality are: misogyny, gender stereotypes and unfair gender rights. Misogyny is a form of sexism used to keep women at a lower status than men and maintain the patriarchy. Gender stereotypes are when we assume something should be a certain way just because of someone's gender. Gender stereotypes actually affect both women and men. Unfair gender rights are when someone (man or woman) is not granted the same rights, privileges and opportunities as the person of the opposite sex.

If you see any unfair treatment towards a woman, report it, and if you know a woman who is in trouble, let her know that you are with her and that you will do anything that is possible to help her. Let's start taking action on this matter. Let's start telling our government that we know what's happening and that we want change.

Paola
(Foundation Year, Mexico)



History

This term Michelle E produced an exceptional essay on Civil Rights in the United States. This trimester Mr Olcese and his Grade 11 class focused heavily on the black experience of slavery and later segregation in the United States. This particular assignment required students to write a reflection about slavery in America after viewing an episode of the acclaimed miniseries, Roots.

Kevin Bales, an experienced author and professor, once said: "Slavery is theft - theft of a life, theft of work, theft of any property or produce, theft even of the children a slave might have borne." Slavery has been present in society over time, and it is deeply rooted in the history and culture of each country around the world; in some more than in others. Although I have had the opportunity to study slavery for various years, seeing it being played out in "Roots," a miniseries that clearly and accurately portrays American slavery, not only allowed me to better understand what African-Americans were forced to endure but to slightly change my perspective on slavery.

To begin, this episode features an African character named Kunta Kinte who falls into slavery when sold to the English. Seeing the way slaves were treated in the Middle Passage and throughout their journeys truly showed how they were being trapped and having both their life and identity stolen from them. In other words, not only was their right to liberty being immensely violated but they were being told they were somebody they were not, which I believe is the most demeaning aspect of what they endured.

At one point in the first episode of Roots, Kunta was given a slave name, Tobi, and was repeatedly whipped until he said that his name was Tobi. Although Kunta resisted for some time, he eventually and unwillingly gave up a part of his identity and became a product of slave owners that was meant to be shaped as they liked. Kunta's struggle to maintain his roots and identity allowed me to acknowledge the importance of staying true to who you are; once your identity is stolen from you, your roots become blurry and your past becomes a myth.

Moreover, as mentioned before, this episode altered my perspective on slavery as I have become aware that it was not a momentary period but something that has continued to live as part of society up to the present day. Even though events such as the Abolitionist movement have taken place to help eliminate this issue, the main reason why it still exists is the fact that it has been normalized over the years and racist stereotypes and ideals have slowly formed a part of culture, society and education systems. Personally, I experienced moments of guilt while watching the episode. I also thought beyond slavery to racism. I now believe all individuals, including myself, are naturally racist due to the unconscious biases that we have all developed throughout the years. These unconscious biases create unintentional discrimination and are part of the reason why racism has not ended.

Michelle E (Grade 11, Mexico)



Teaching and Learning

Physics

Mr Jodla was very impressed with Danielle's presentation on "Properties, Effects, and Uses of Different Waves in the Electromagnetic Spectrum", which formed part of the Waves Unit in Grade 10 Physics, High School Diploma.

Scan the QR code to watch Danielle's presentation!

Danielle (Grade 10, Mexico)



Chemistry

Lucy (Grade 11, Switzerland) presented an excellent project on "Transition Elements" as part of the Periodic Table of Elements Unit for Chemistry, High School Diploma.

Scan the QR code and find out more about Lucy's project.



Art

This Term Surval students in every year group have been engaged in very diverse and inspiring art lessons. From Foundation Year to Advanced Placements AP Art, students have explored and emulated the work of world-renowned artists across different periods of art history, such as Bill Brandt, Marlene Dumas, Jenny Saville and Frank Auerbach, applying a variety of media and artistic techniques. Scan the QR code to watch the students' work live!



Environmental Sciences & Ecology

"For our Environmental Science course we went on a trip to a nature reserve called Les Grangettes. I really enjoyed the trip, the natural surroundings, greenery and the different types of organisms. We spotted birds, snakes and local varieties of plants, native to the ecosystem of this nature reserve. My favourite bird on the trip was the little grebe, an aquatic diving bird. I also found snake-spotting really interesting, which I hadn't seen before in real life. We also measured the temperature of the water and its potential hydrogen (pH).

I love the fact that during this lesson with Mrs Scherrer we did some practical work on ecology and actually stepped out of the classroom to learn about different plants and birds. Practical work in science makes us more aware of our surroundings and gives a different enriching experience to enhance our knowledge. This was definitely one of the highlights of my trip: the practical work outside the classroom and spotting different organisms!"

Julia (Grade 12, Luxembourg)



Poetry

In keeping with the emphasis on Surval's pillar of language and culture, English classes are opportunities for students to use poetry as a community builder. Grade 11 English students started the year with a poetry unit in which they analyzed techniques used by well-known poets then used those techniques to create their own original poetry. Students regularly shared their poetry in class offering peer feedback and encouragement. Then, the unit concluded with a poetry portfolio project in which students showcased their best work of the term. In these examples from Monica A. and Michelle Elizondo you can see both careful analysis and the creation of excellent creative pieces.

Independent Poem

Life has peaks and valleys
It is an arena filled with gore
And also a river that sings melodies,
As the waters flow.
You are a story
Unfinished, yet full
A title may be absent
Or unknown
But each page will remain untouched.
Every page is a moment
Every moment is sole
When they come together
A needle and thread binding them all
They become a mirror
Reflecting your soul.
Joy or agony
Envy or pride
No matter the moment's state
There isn't one you can deny
Every moment is a part of your story
Making you, you
Only you.
Words complete your story
Some as clear as glass
Some blurry like the rain
But once they are all limp
An ending comes to mind.
Life is a deed
There is quietude and beauty,
Pain and grief
Your journey is relentless
And once your path is clear
The unfilled pages in your story will amend
Slowly filling up with your ambitions.

Michelle E (Grade 11, Mexico)



Contrast Poem

Drowning Against Conceit
Insanity and fondness embody
every single life,
Frequently collapsing innocent
souls into a million lies,
But often rebuilding them into
fierce coal,
That is fearless and can overcome
every single challenge they are put
through.
However, amidst the collateral
storms chaos and glory,
There is a need to settle and let go of every restraint.
It is called self care and it can save,
Any person drowning in the midst of the day.
Whether it's by actively sweating out the pain,
Embodying the chakras,
Reminiscing,
Or breathing endlessly until every single light of day becomes
gray.
Self love is the moon that is always there,
Not often shiny, often times too shiny to see,
Reflected in different aspects,
But obliging once it is embraced, like the never-ending sea.

Monica A (Grade 11, Mexico)



DEL F – Foundation Year

As part of the first French Language Unit "Sortons en ville!", Paloma (DEL F A2, Foundation Year) delivered a very original and personal project on "Ma ville idéale". She named her ideal city "Palomaville" and made a well-organised presentation to describe its map and facilities, including monuments and shops. A quote from her presentation particularly stood out for its positive message: « Dans ma ville, toutes les personnes se connaissent et tout le monde est gentil ».



DEL F Swiss Gap

Scan the QR code to find out more about Mrs Hily's DEL F programme for the Surval Swiss Gap students!



Advanced Placements French Language and Culture.

The task set by Mrs Spigarelli was part of the AP French Language and Culture course, focusing in particular on Childhood and Teenage Years as a subtopic of the first Unit, Family and Community. The #thislittlegirlisme campaign was launched by Inspiring Girls International, and Mrs Spigarelli decided to call for young students to take pride in their achievements, reflect on their dreams and think critically on their life journey so far in the target language. Lucy (AP Grade 11, Switzerland) wrote a reflective short piece on herself as a little girl, in which she gave her younger self some important advice.

Scan the QR code to read Lucy's story, as part of the #ThisLittleGirlIsMe campaign



Teaching and Learning

Advanced Placements French Language and Culture – Grade 12

Mrs Spigarelli, Modern Foreign Languages Teacher and Charities Coordinator, chose Anna Sophia's podcast as an example of a truly outstanding piece of work. Anna Sophia (Advanced Placements French Language and Culture, Grade 12) had to read and analyse the different resources which had been selected and put at her disposal in class, including video, audio, text and photos. From these, she prepared a lesson on Secularism in the target language, which was the topic being covered in the Advanced Placements French course. Anna Sophia chose a unique method of delivering her lesson, recording a very interesting podcast, which showed effective research and understanding of the topic.

Scan the QR code to listen to Anna Sophia's podcast!



WATCH NOW!

PSHE Healthy Eating

Our Swiss Gap student Montserrat is passionate about healthy eating and is planning to become a nutritionist, going onto Anahuac University in Querétaro next year to pursue her dream. She chose to study nutrition as a way of helping people live a healthier, more fulfilling life. As part of Surval's PSHE programme, Montserrat prepared this great presentation on healthy eating habits and delivered it to the younger students in Foundation Year and Grade 9.

Scan the QR code to watch Montserrat's presentation!



WATCH NOW!



Social Enterprise

Sara Sáenz

This term, the Surval Charity Committee was delighted to welcome Survalienne and Human Rights Researcher Sarah Sáenz for a presentation on the current humanitarian crisis in Kabul and women's rights. Our students were inspired to take action and develop a fundraising project in support of UNHCR, the UN Refugee Agency work with refugee women and girls. We would like to thank Mrs Federica Spigarelli for leading the Surval charity committee and organising a very informative and eye-opening session with Ms Sáenz, which students have really enjoyed.



Hello Yellow

To celebrate World Mental Day as well as Young Minds, a UK charity supporting young people struggling with their mental health, we renewed our established tradition of wearing yellow. Paola U, Roxanna and Monica, three core members of our Charity Committee delivered an interactive assembly on #HelloYellow, which involved questions and answers to other students and members of staff regarding their character strengths, resilience and coping strategies in difficult times. Their presentation was followed by three group activities focusing on "Worries and Excitements for this year", "Balance between academic



workload and leisure time" and "Personal strengths". After collecting students' individual responses, the Committee met to discuss possible strategies to support even more their peers' wellbeing. Michelle E offered to lead the creation of personalised messages of support and kindness based on their Surval friends' strengths and talents: "A little reminder of what they are good at will boost their confidence and mood, particularly before exams week!", said Michelle and I cannot agree more with her. Great initiative, Michelle!



WATCH NOW!



Zoé 4 Life

At the beginning of November, the Surval Charity Committee welcomed Nicole Scobie and Natalie Guignard, founding members of Zoé4Life, a Swiss charity which has been supporting children with cancer and their families since 2013. Mrs Scobie and Madame Guignard talked about Zoé4Life's 4 main goals during assembly: focusing on their fundraising efforts to give access to new innovative treatments and research in paediatric oncology.



Our students and staff were bursting with ideas and could not wait to start fundraising to support the great work done by Zoé4Life in their mission to support research, provide financial support to families in need, support kids during their cancer treatment & raise awareness about childhood cancer.

Social enterprise is one of the key pillars of a Surval education, and our community is always very proactive in supporting a number of local and international causes.



Global Perspectives

This autumn has been an exciting time at Surval for those interested in international relations and transnational issues. As it did to so much of normal academic life, Covid had derailed club activities that focus heavily on person-to-person interaction, team building, and networking, such as Model UN and similar international student conferences. Hopes that this academic year would be “normal” were dashed when the Delta variant emerged at summer’s end, but the Survaliennes’ spirit is resilient. The MUN students of Surval, determined to soldier on in spite of Delta, remain committed to exploring International Relations & Transnational Issues.

The eight students that are active in the club meet weekly to examine different international issues, either discussing current international events or staging mock debates. This trimester the students focused on a recent incident involving the forcing down of an airplane in Belarus in order to arrest an opposition journalist that had been critical of the Belarusian government’s leadership. Before the end of the term we will discuss potential diplomatic solutions to the growing tensions between Russia and Europe.

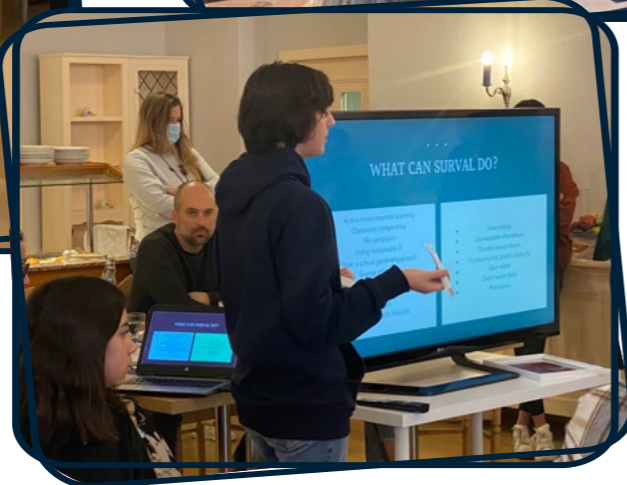
The students have also begun preparing for the Youth Forum Switzerland at the International School of Zug and Luzern in January 2022. The Youth Forum was created in 2017 by a group

of globally engaged students from ISZL who had attended the World Economic Forum in Davos and were inspired to organize an event in the same spirit that would give the youth in Switzerland a voice in global issues.

Our club members will have a chance to attend, participate in forum discussions, listen to a series of Ted-talk style presentations from guest policy analysts as well as from presenting student groups, and to network with hundreds of globally-minded students from scores of international schools across Europe. The MUN students from Surval will be focusing on issues surrounding grassroots climate change and sustainability activism. They are preparing a dossier of information relevant to their topic and are hoping to have an opportunity to deliver a presentation at the forum itself.

As exciting as the winter schedule looks, the major goal for this academic year is for the MUN students at Surval to organize and host a small local event with local schools focused on transnational issues such as climate change and refugee / IDP issues.

Scan the QR code to watch the Sustainability presentation delivered by Grade 12 at school assembly.



Etiquette

At Surval we take pride in delivering a modern approach to Etiquette and global cultural mores. Students learn and practise the fundamentals of polite table manners, professional and business compared with casual dress code, as well as social, dining and business etiquette across the world. From the smallest details of using the appropriate item of cutlery to hosting meetings and giving business presentations, Modern Etiquette plays an essential role in our students’ personal development, helping each girl to develop her own style, giving her an edge and distinctive finish, essential to the modern-day polished, confident woman. During the Autumn Term, girls have enjoyed learning about the history of etiquette, table manners and dressing appropriately for every occasion.



“My favorite topic of this first term was the dress code. I liked that we had to put together an outfit with our own clothes. This is really helpful because now I know how to dress properly in real life.”

Paulina (Foundation Year, Mexico)

“My favourite topic was the history of Etiquette. The king of France, Louis XIV (1638–1715) used this development to his advantage. He codified a set of rules for etiquette to solidify his political position and tame the French nobility which at the time threatened his status as supreme monarch. He would print little cards or “étiquettes” to remind palace visitors of the rules for appropriate behaviour. For example, these cards stipulated where people were allowed to sit during dinners, dress codes etc. These rules for etiquette spread throughout Europe as dignitaries who visited the palace at Versailles became impressed with these social norms. The development of etiquette in 17th century Europe was due to this politicisation of manners.”

Daniela (Grade 9, Mexico)

“I liked learning about table manners because of the activities and practical exercises, for example the teacher gave us a menu and we had to select the appropriate cutlery for it. I think this is really helpful in real life in many forms. I used these skills at the dinners organised at school and I’ve also learned how to use every item of cutlery.”

Maria José (Foundation Year, Mexico)

“My favourite topic in etiquette is fine dining and table manners, which are important because if you are invited to a meeting or occasion you need to look professional. I have learned about where to place cutlery and glasses. My favourite part was the demonstration. In real life situations I have learned to use it many times including in the restaurants I go to at weekends with my friends.”

Vicky (Grade 9, UK)

Mexico Independence Day



Halloween

"I really liked the Halloween event. It was really fun and we, the Swiss Gap girls, had a lot of creative ideas for the event. We only had a very short amount of time to organize everything, from decoration to activities. We were really inspired and motivated to decorate everything in detail to get ready for the activity we had prepared. We had a really good event and we a fun dress-up competition with the girls. At the end we handed out certificates to thank all the girls for participating and coming to our Halloween event. It was a really memorable night, and it's one of my favourite memories from Surval. It was a good experience and it taught me personally how to organize and think quickly, work hard and react under pressure."

Valeria (Swiss Gap, Mexico)



Thanksgiving

"For Thanksgiving lunch, we set and decorated the tables and the dining room. We learned so many new things about etiquette and table setting: with practice we can improve these skills and we can now use them for future events. The lunch was a success! The girls loved the arrangements and the food was delicious."

Victoria (Swiss Gap, Venezuela)
and Montserrat (Swiss Gap, Mexico)



Scan the QR code to
look back on the start
of Autumn Term 2021
at Surval Montreux!



Survival Swiss Tour

Delightful traditional food, breathtaking landscapes, theme parks and mountain hikes... all of this and more made our Swiss Tour this past October simply unforgettable.

Our two-week adventure began on an early Sunday morning, as we packed the bus with our luggage and set off. Our first stop was the Camille Bloch Chocolate Factory. We took a tour around the museum and got to learn all about Camille's chocolate empire. Then, after lunch, it was time to make our own chocolate bars. The workshop was certainly fun, and the chocolate was simply delicious! Switzerland does have the most exquisite chocolate in the world. After a 'sweet' day at the factory, we ended the day with dinner at Gifhüttli, a traditional restaurant in Basel. We had such a successful first day, we couldn't help but get excited for everything that was coming in the next couple of weeks.

One of our next Swiss Tour highlights came the day we went to Europa Park. We crossed the Swiss-German border to get to Rust, where one of Europe's biggest theme parks was awaiting. The chilly weather certainly didn't stop us from having a fantastic day at the park. We rode all the roller coasters, played lots of games, ate plenty of candy, and had some good laughs.

Another unforgettable day was, without a doubt, our day in Zurich. The first half of the day we were given some free time for shopping and lunch. My friends and I had such a good fondue! After that, our afternoon went by quickly as we went from store to store doing some shopping. For the day's grand finale, we went to the Knie Circus. A spectacular experience! We all cheered and clapped as people juggled, told jokes, did motorcycle tricks, balanced on the tightrope, and so much more. By the time we got back to the hotel, we were all so exhausted but ecstatic after such an exceptional day, we all loved it.

Zermatt was another highlight. The city was beautiful, and I

found it unique with all sorts of shops all around. On our first morning there, we woke up early and put on our warmest clothes, for we were going all the way up to the Matterhorn Glacier Paradise! After three lift rides and some walking, we were there. The view was simply stunning, the snow was beginning to fall up there and we could already see some people skiing. We took some lovely pictures that day!

Summer sledding in Mont Tamaro, raclette evening in a beautiful local restaurant, the absolute beauty of Lucerne, delicious ravioli making... our memoirs on tour are infinite!

We wrapped up the trip in Interlaken, a charming city and, personally, one of my favourites. We shopped, ate, walked, and had a fantastic time. On our last night, we had a delicious final dinner with some magnificent Italian food, and we got to celebrate Ms Dudley's birthday all together. Happy birthday, Ms Dudley!

These weeks were filled with memories and remarkable moments for all of us. We got to hear the different languages spoken around Switzerland, to try their food and see some culture. Such a rewarding experience!

Montserrat (Swiss Gap, Mexico)



Trip to Copenhagen

Our trip to Copenhagen was filled with culture, traditions, the undeniable cold of a Scandinavian winter, lots of fun, and a joyful Christmas feel.

We landed at Copenhagen airport on a Wednesday night and went directly to the hotel to get some rest, but on our way there we could already see the magic of the city at this time of the year: the decorations, the lights everywhere, the lively streets...



On our first morning, the Copenhagen Zoo awaited. We woke up early and, after a delicious breakfast at the hotel, we set off. The zoo was amazing. From panda bears eating their bamboo to gigantic elephants playing with each other, we got to see a little bit of everything. And for the perfect ending to our visit, we skated on the ice-skating rink! Our next stop was Rosenborg Castle: a place full of history and home to Queen Caroline Amalie's Crown Jewels. We took a guided tour and learned about King Christian IV and his dynasty. Then, it was time for the most



exciting part of the tour. We entered the little chamber where the queen's most precious treasures are kept. We saw the crowns, the pearls, the rubies... it's amazing to think how it's all from centuries ago! Every once a year, the queen of Denmark still comes and picks out a jewellery set to wear to the New Year Reception.

The next day, our morning started with a guided tour of Copenhagen's canals. We took a one-hour boat ride and got to see the city from a different point of view. We saw the Little Mermaid statue and learned a bit about Hans Christian Andersen. After getting off the boat and having lunch, we met with another



guide to go to Odense, the old Danish capital. He took us on an interesting tour around the city, the highlights being the Cathedral and the Viking Museum. It was an enriching day for all of us girls - we got to learn so much about Denmark, its history, and its monarchy. Our day finished back in Copenhagen, in Bakken, the world's oldest amusement park. In the evening, we tried a typical Danish Christmas dinner: fish, duck, meatballs, sausages, risalamand (a typical rice dessert) ... by the end of the meal, we were completely full! But it is safe to say that the food was great.

We woke up on Saturday morning knowing our trip had almost come to an end. In the morning, we met with 2 native Danish women who took us on a Copenhagen Christmas tour. We learned all about local Christmas traditions and tried some traditional Christmas cookies and tea. And what better way to end our stay in the Danish capital than visiting Tivoli Gardens, a huge amusement park and one of Copenhagen's main attractions. We got on as many rides as we could and enjoyed ourselves until the very last minute! What a trip this has been! We all loved the city and got in the perfect mood for the holidays.

Montserrat (Swiss Gap, Mexico)



Survaliennes

Ana Velazco Bello, Dominican Republic

Swiss Gap Year 2020-2021

International Development studies at Tulane University, New Orleans

Since arriving at Tulane University in August, I have grown and met a wide range of people from all over the world. However this was unfamiliar to me because last year took a gap year where I also become more mature, learned new things about myself, and met girls from different cultures from mine. The Swiss gap program prepared me in that regard and more. Moreover, my first semester of college has been fraught with knowing how to balance my time between studying, doing assignments, and exploring the city of New Orleans with my new friends. Additionally, at university the professors treat students as equals and therefore I felt a bit overwhelmed at the beginning of the semester by the fact that I was becoming an adult now but knowing that I can handle my new responsibilities. I have found, in my limited time here, that the essence of college life is saying yes to any activity just to experience something new and it could just result in being the best decision ever.

Although the course work can be difficult, reality is much less scary than our expectations of what college will be. University has implications of being the hardest work we will do in our lives and yes, sometimes you will be working in the library until late at night but it is not impossible. As long as you believe in yourself you will succeed.

touch. Therefore, in Surval we all were like sisters, it was so much fun. In my opinion this school gives every girl more confidence in herself and leadership skills. It was a wonderful travel; this explains my time in Surval.

How did your time at Surval influence your future plans?

Surval helped me to understand what I want to do after I finish the school through giving different options and subjects to try. For example, I would not choose business studies for my bachelor program, without learning a bit about it. Also, I became more confident in my decisions, and I have got leadership skills. I also became a student of the Year 2021, what I can be very proud of.

Leah Wilson, USA

Swiss Gap Year 2020-2021 now at Marist College, New York

Surval did a great job of preparing me for university, especially with the pandemic. Although some things were managed for me, I really got to experience what it was like to live an independent life through my weekend travels. The classes helped to develop my critical thinking skills, my communication skills, and my ability to work well in teams.

I would definitely recommend Surval Montreux to any student considering it. Even though I did not complete any high school at Surval, the Swiss Gap Year experience was one I will remember forever. Taking a gap year was the best decision of my life, and Surval did a wonderful job making the most of my year during the pandemic when there was so much uncertainty. At Surval you will experience many "once in a lifetime" opportunities, you will try things out of your comfort zone (while still doing the things you love), but best of all, you will make amazing friends.

The classes helped prepare me for real life situations and I gained many skills in event planning, social enterprise, cultural awareness, and fluency in a foreign language. Like I mentioned above, independent travel and weekend trips helped to prepare me for "adult" life.

Currently, I am looking at various options, I am interested in studying food business management and possibly a major/minor in psychology or global studies.



Anastasiia Stepanenko, Ukraine

2017 to 2021 - American High School Diploma

Business Bachelor Programme at City University, London

What did your time at Surval teach you?

During my time in Surval, I learned many things such as being independent, being respectful, critical thinking, communication skills and I learned interesting things about other nationalities, because I met a lot of girls from other countries. With some of them, we became best friends, with all of them we are keeping in



Charlotte Karwacki, United Kingdom

2018 – 2021 - American High School Diploma

Sport Physical Education and Health studies at Cardiff Metropolitan University

How well did Surval prepare you for University? Surval prepared me in every possible way they could, it taught me to always give my all. The staff pushed me to be the best version of myself and to face reality outside the high school bubble. They not only teach the basics but also focus on a student's behaviour and performance.

What would you say to a girl thinking about joining Surval Montreux? Being yourself is the main goal through these tough years, hold your head up high about any difficulty that you face. Hard times pass by so remember to make the best memories along the way and just have fun!

How did Surval prepare you for "adult" life? Surval gives you a lot of independents and that you need as a University student. I feel over the years I grew as a person and Surval really helped do this. It taught me to take responsibility and face any consequences.

In Loving Memory

CELEBRATION PARTY FOR CAROL BORDET

In 1974 when I started working at Surval Montreux, I met Carol Bordet for the first time. Her name was Carol Hartmann at that time. She was the English teacher at the school alongside Mrs Jeanne Vicario. After a few years and because Carol's divorce with Mr Yvan Bordet, she left Switzerland to go back to Chicago. We always kept in touch with her and informed her when our boss Mr Fritz Sidler decided to create a new section: our High School section. At that time, Carol was looking for a new job. She decided to come to Surval to discuss this opportunity with Mr Sidler and she decided to come back to Switzerland to lead the new High School section. We had always known she would be a great fit, and were very confident that this job was a match for her professional skills and experience. Carol was a sunny and positive person. She had a wonderful rapport with her students, she loved her job and always obtained good results when her students sat different English exams such as First Certificate in English and Proficiency. When she retired, she continued to live in Montreux in the flat she had bought in Fontanivent. Unfortunately, her health deteriorated very quickly due to cancer and she passed away in August 2020. Thank you Carol for your presence in our life!

Françoise Furrer
Deputy Manager



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND

60th
1961
2021

Survaliennes Reunion

At the beginning of November, Laura Lopez Rocha organized a fantastic reunion for the Survaliennes of 1981-1982 in Puerto Vallarta, Mexico. A celebration of long-lasting friendship created over 40 years ago!



Congratulations to Survalienne Jennifer Jacobson-Iorwit, who was at Surval in 1972-1973! "My husband and I will be celebrating our 40th wedding anniversary Dec 13th. We are both retired and enjoying our grandchildren Sofia 14, Samantha 11, Peter 6 and Jordan 4."



Christmas at Surval

We have many Christmas activities planned for the last weekend in the house. The girls have been busy decorating the trees and the house. The Christmas spirit is alive and well and we are looking forward to the St Nicholas celebrations.



Advent Calendar

Our Swiss Gap Students have created a great new interactive language learning tool: the Surval French Advent Calendar! Scan the QR code to start learning now.



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WATCH NOW!



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60th
1961
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FOR CHRISTMAS
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FROM ALL OF US
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