



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND



SURVAL NEWS

Winter 2021

Celebrating Excellence in Girls' Education for over 55 years

www.surval.ch

“This term’s success is thanks to a whole School effort, with everyone rising to challenges, showing aspiration, tenacity and compassion in all endeavours. Our girls have appreciated the Surval Experience more than ever”



Welcome from The Principal

It’s been a very, very positive term – one of the most memorable Winter Terms in my time here, with the best snow conditions ever! And thankfully in Switzerland, we have been able to capitalise on that. I have even seized the opportunity myself to take up skiing – it’s never too late to give new things a whirl. The girls subsequently told me “we’re so proud of you Mrs Woodhouse” - which meant the world! Simple words can mean so much, and the care we show for others defines our Surval family.

As with all our new starters this year, physically being at school has made a huge difference to so many. Girls have loved being able to enjoy their special Swiss setting, the live lessons in classrooms, and our lively and vibrant community, living together with their friends. They have loved being able to get out and about, travelling within Switzerland safely, adhering to all the measures; enjoying freedom they simply haven’t had at home this last year, or in some cases ever!

Continuing on the back of last term’s excellent Cogna Accreditation review, we have forged ahead with our Teaching and Learning, developing girls’ critical thinking skills and ability to articulate and evaluate. I have really enjoyed my ‘fly on the wall’ visits to a number of lessons and have been deeply impressed to see the girls so engaged, taking ownership and leading their own learning, displaying superior debating, problem solving and presentation skills.

We have all made the most of every possible opportunity. Being creative in our approach, we have been able to continue with charity work, extend our languages and delve into culture, with new experiences even on the pistes; we have enjoyed our best ever Ski Week in Anzere, with the added thrills of snowmobiling and our torchlight ski descent.

I would like to pay tribute to the remarkable Surval community; our exceptional cohort of girls and dedicated staff team. This term’s success is thanks to a whole School effort, with everyone rising to challenges, showing aspiration, tenacity and compassion in all endeavours. Our girls have appreciated the Surval Experience more than ever, being so grateful for all that they have been able to do here.

True to form, we have not closed over the Easter break, Surval has proven a much-loved comfortable family home for those unable to return home and those having to arrive in Switzerland early to be ready for the start of term. I hosted lunch at my Chalet on Easter Sunday for the Boarding House Residents; it was a joy, with roast spring lamb, fun Easter Egg Hunt and glorious sunshine.

Recruitment for the new academic year has never been stronger; I have been kept busy with visits, virtual tours, zoom meetings, online workshops and fairs. It is a pleasure to share the Surval story and to see so much interest in our exceptional school. Similarly, we have been busy strengthening our Survalienne (alumni) links; I’ve really enjoyed connecting with Survaliennes, spanning from right back to when Surval first opened its doors in 1962 up to today.

There is so much to look forward to in the Spring Term ahead, culminating in our Graduation and Prizegiving Celebrations which launch our big anniversary, “Surval at Sixty”... We cannot wait to share the festivities with you!

Patricia Woodhouse

Mrs Patricia Woodhouse
Principal



Ana Paula (Grade 11, Mexico); Mariana (Swiss Gap, Mexico), Katie (Grade 12, Ireland)



Building snowmen
Vicky (FY, England)



Library chill out
Seeteh (Grade 10, Saudi Arabia)
Aisheeya (Grade 11, India)



Ice Skating
Faith (Swiss Gap, Botswana)



Pancakes
Seeteh (Grade 10, Saudi Arabia)

Survival Life

Update from Our Boarding Team

The start of term saw us welcoming four new girls to Surval, who settled in well thanks to their 'buddies' and orientation trips to Montreux and Vevey. For those who had to quarantine on arrival, online games and chats kept everyone upbeat and connected.

With the snow, came the snowball fights and snowman building, and so much fun and laughter! The girls' love of cooking and baking inspired our Surval Cookbook initiative (currently work in progress) and they delighted in learning to make fresh ravioli-style pasta with delicious tomato sauce all from scratch!

Weekend outings have included independent ski trips to various resorts, including Leysin and Rochers de Naye, and small groups visiting Gstaad, Geneva, Chillon, the chocolate factory at Broc and a very chilly trip to Bern.

Amongst the birthdays celebrated this term were Regina's (Grade 9, Mexico) Quinceañera (Big 15th Birthday!) for which the Dining Room was decorated and a tippie of Montreux pink fizz shared to commemorate the day, and Faith's (Swiss Gap, Botswana) 20th with a fabulous cake for all to enjoy on return from the slopes. Valentine's weekend also brought on a lot of cheerful baking ready for our Valentine's Fundraiser.

In addition to Ski Thursdays, there's been so much joy here in our Swiss Winter Wonderland with Ski Week, husky sledging-come-hiking, ice skating, sledging, tobogganing - Winter Term at Surval at really is a snow-lover's dream! During downtime, girls have enjoyed yoga, online HIIT workouts, developing dance routines and fitness programmes in our fabulous Dance Studio, jewellery making, jigsaws and film evenings, as well as game playing: Uno and Monopoly have really tested our 'fair play' skills.



Jigsaws!
Vicky (FY, England)



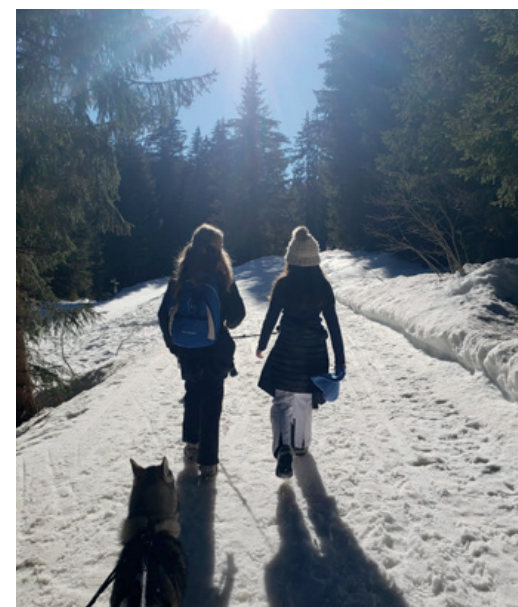
Baking
Vicky (FY, England),
Seeteh (Grade 10, Saudi Arabia)



Hiking at-Haut de Caux
Seeteh (Grade 10, Saudi Arabia)



Regina's Quinceañera



The Art Room has become a den of tranquility and creativity, while the warmer weather has brought the pleasures of rollerblading by the lake, walking in the countryside and activities on the balconies and terraces.

Mrs Woodhouse's Chalet Soirées are always cherished moments; the girls love the comfort and cosiness of these intimate evenings. The spoil of the takeout food choices, with sushi and Asian cuisine being firm favourites, is an added bonus!

"We continue to be impressed with the camaraderie between the girls; their determination to overcome and help their friends overcome any obstacle; and their willingness to try new skills. While skiing, charity events and the masterclasses epitomise some of this term's physical achievements, it is the one-to-one conversations which reveal our community of individual, curious, intrigued, enlightened young women."

Mrs Wilkinson
Head of Boarding



Sledging
Mariana (Swiss Gap, Mexico)



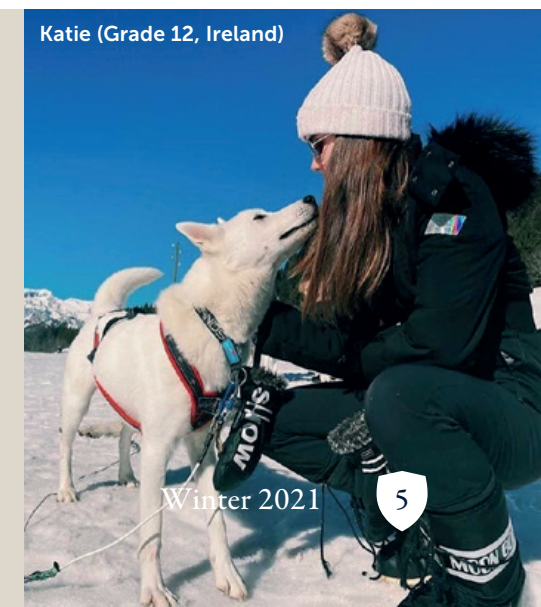
Tobogganing
Martina & Leah (Swiss Gap, USA)



Snow fun
Katie (Grade 12, Ireland)

Husky Sledging

Survival-style, we created new fun on our day out husky sledging in February! Our sunny Sunday proved too hot for the dogs to pull sledges, so we delighted in a Husky Trek Adventure à pied, rewarding us with enchanting Swiss snowscapes and a full leg work out.... Highly recommended!



Katie (Grade 12, Ireland)

Teaching and Learning

Vice-Principal Mr Smale gives an overview of academic developments this term.

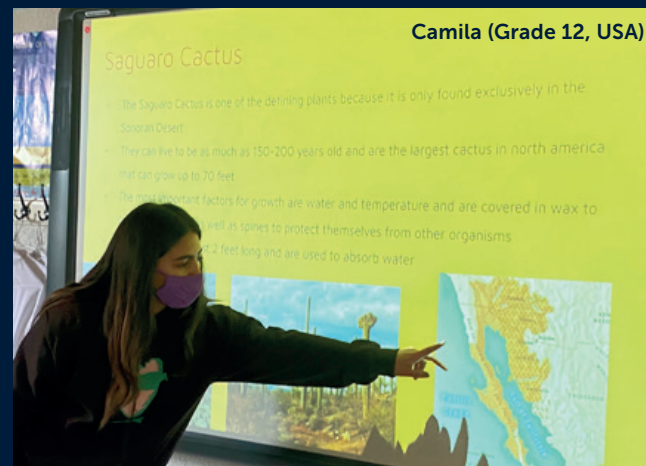
Our Teaching and Learning approach is something we take great pride in at Surval. With last year's lockdown shifting learning to online, we managed to maximise the learning experience across time zones and continents and created something really special. However, following three months of Surval Education being online, we have all returned this academic year very excited to resume face-to-face lessons. The opportunity to debate and discuss, to question and consider, to think and challenge has been much appreciated this year.



Vicky (FY, England)

Last term, our focus was to develop our approach to Flipped Learning which enables students to study, consider and understand a topic and content in advance of each lesson. This leads to higher level conversations, fascinating questions and time to process and think through subject material. Surval teachers have been creative, determined and thorough in initiating different ways to help the girls develop independent and critical thinking skills. We are delighted that this has been appreciated by the students.

This term we have built on Flipped Learning and focused on critical thinking skills and the ability to ask questions, work collaboratively and be empowered independently; critical life skills as well as heightening girls' future prospects. Debate has been launched as a separate, timetabled subject giving all girls the opportunity to develop their reasoning skills, respond to challenge and to structure, evidence and deliver their points of view. Additionally, in lessons the girls have been engaged in Socratic Seminars, mentoring sessions, acting as teachers to their peers and questioning the material around them. Their confidence levels, engaging with higher order thinking skills, has increased significantly, evidenced by student feedback and progress - all very exciting, to say the least!



Camila (Grade 12, USA)

Heading into the Spring Term, the drive is there. With girls continuing to think at higher and higher levels, being more and more accustomed to owning their learning experience whilst also preparing for the world beyond Surval.

"Flipped Learning allows me to think deeper, more freely and for myself. I have strengthened my problem solving and discussion skills and how to ask better questions. I have become better at research and finding valuable materials, and I believe it will give me more opportunity in my learning in the future."

Leah (Swiss Gap, USA)

Up for Debate

Debate is good for the soul. It is exciting, invigorating and wonderfully insightful. It provides an opportunity to discuss, consider, evolve and develop your own line of thinking.

It also provides the opportunity to carry out research, think on your feet and to actively listen. Whilst such skills are incredibly attractive to universities and future employers, debate also helps to open the minds of those involved, allowing them to see others' perspectives. This is so important in a world divided by politics, misunderstandings and opinion.

Introducing Debate on the Surval timetable has been an exciting initiative. We are surrounded by bright, curious, intelligent and determined individuals who are passionate about contributing to the world around them. Beginning with a programme of British Parliamentary Debate and then moving on to Public Forum Debating, it has been wonderful to have the classroom taken over by critical thinkers. Delivering well-structured speeches, actively engaging in discussion and raising high quality points of information have been rewarding, satisfying and a true compliment to the ability and commitment of our girls. From our Foundation Year to our Swiss Gap students, girls have come together to debate, responding to time pressure, learning debate etiquette and structure.



Swiss Gap Debaters
Ana Maria (Dominican Republic),
Martina (USA), Mariana (Mexico)

It has been a pleasure to see their improvement, to see their confidence grow and I have no doubt that many of our girls will continue to debate at the highest level for years to come.

"Before coming to Surval I had never participated or learned about debate, so I decided that it would be a good opportunity to take part in the Masterclass and try something new. Through that and our weekly classes with Mr Smale, I learned how important debate is; as a skill to have, it will be very useful in my future life. I have become more confident and proficient in my debate skills and am excited to continue to learn and improve."

Mariana (Swiss Gap, USA)



Vicky (England)

Robo-Savvy!

In March, Foundation Year Scientists tried their hand at Robotics.

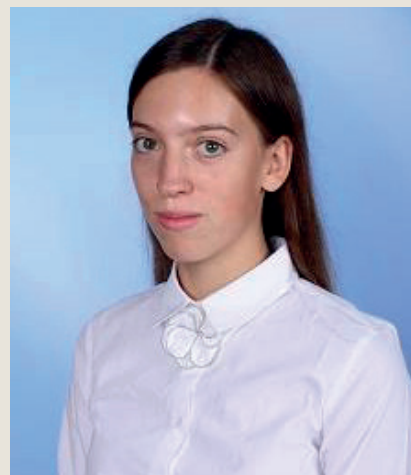
Creating front, rear and below sensors to advance, reverse, follow a hand, move to a clap or in response to light, spin around, travel at a specific speed and halt on sight of a specific colour, the session was fascinating and fun! Typical of the Surval Education, new skills were discovered and talents unlocked.



Vicky (England),
Sofia (Mexico)

Social Enterprise

Social Enterprise and Charities play a vital role at Surval, teaching students to appreciate the value of initiative, collaboration and engagement to support the less fortunate and give back to society. This term, the Surval community has continued our commitment to charities locally, nationally and internationally, despite the restrictions imposed by the pandemic which have inevitably impacted the scope of fundraising activity.



“Little things make a big difference!”

Anastasiia (Grade 12, Ukraine) shares how much she gains from giving,

“As the Chairperson of the Charity Committee, I really enjoy organising different events and helping all of the charities and I can see that other girls are enjoying it too.

Unfortunately, this is my last year in Surval, but I will do everything that I can to make people’s lives much better. In the future, I will continue to support different charities around the world because it is the thing which I really love to do! In the future, I want to take on a leadership role in one of the top charities in Ukraine”

Wow. now that is inspirational!

Surval Gala Dinner 2021

Our Swiss Gap students undertake Social Enterprise as a valuable component of their course.

This involves exploring business and marketing strategies which can be adopted to tackle social issues and make positive change. Since January, our Swiss Gap students have been leading the planning of the annual Surval Gala Dinner for Habitat for Humanity, undertaking dedicated roles (CEO, secretary, finance, marketing, menu planning and cooking, filming and photos, decorations and table setting, sponsorship, invitations, and entertainment) to reach their common goal.

Mme Spigarelli,
Charities Coordinator



Vicky (FY, England),
Seeteh (Grade 10, Saudi Arabia)



Leah (USA), CEO for the Gala Dinner project in aid of HFH (Habitat for Humanity), shares her experience of leading a fundraising campaign.

This year, we are supporting the Habitat for Humanity Deutschland project in Malawi where a huge problem is the sanitation in schools in light of COVID-19. HFH aims to raise funds for the construction of sustainable and user-friendly facilities for water, sanitation and hygiene (WASH) in schools. Due to COVID-19, we have been unable to volunteer on site this year, but this has made us even more determined to raise funds and make a positive change for this worthy cause. We believe education is fundamental in a child’s life and that children should feel comfortable and safe at their schools. So we are raising funds to help create a healthier educational environment for Malawian children. We aim to raise at least CHF 1’000.

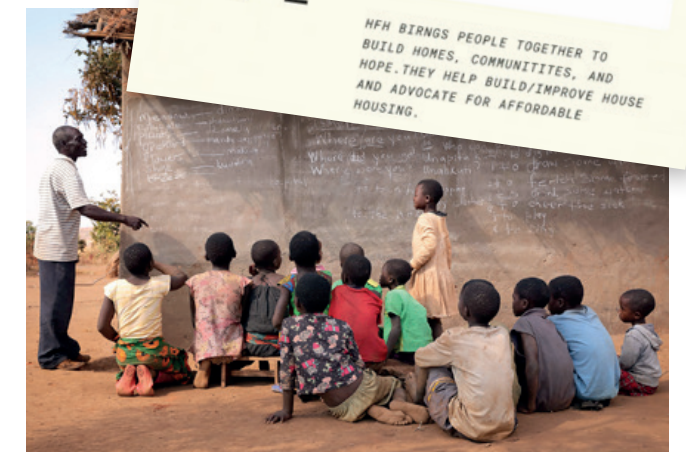
This decision is particularly pertinent this year where many students worldwide have not been able to attend school in person.

“You take school for granted until it is taken away... we would do anything to get back into school”

Fundraising for HFH so far this year has been our Surval Café (CHF 2/3 for goodies), Starbucks delivery service (CHF 10) and our Valentine’s Fundraiser. The Gala Dinner is our biggest event, taking place on Wednesday 28 April 2021. The theme of the evening is ‘Starry Night’ following the idea “no matter where you are, we are all connected”. Tickets are CHF 20 and the evening will include a three-course meal, speeches, entertainment and more!

Mrs Woodhouse comments,

“It is very heart-warming how affected Leah has been by this experience. The girls should all be really proud of how they have persevered with their fundraising and planning especially with the disappointment of a mission not being possible, and the frustrations felt by the limited scope for fundraising. In every way, these girls have made a big difference.”



This year there have been limitations due to the pandemic. Numbers are limited so there can be no guests, and this in turn restricts the amount which can be raised on the night. A giving platform has been set up for any generous donors who would like to contribute to the cause.

[Click to Donate to HFH... thank you!](#)

Leah reflects, *“The highlights for me personally have been being so connected with HFH, I have always known about them as they are such a big non-profit organisation and it’s been fascinating getting to know more about them and their mission. Also, working all together on one project; qualities and personalities really come out.*

From this experience, I have gained management skills, having managed a team; learnt to think creatively for fundraising ideas, to follow planned steps and procedures, to handle costs and expenses.”

Cartons du Coeur and L'Etape

Supporting these two local food banks, Mme Hily and girls have been collating and donating supply boxes from the Surval community. This has ensured we can still support these causes, in spite of social distancing measures preventing our usual participation.



Fruitful Endeavours!

For a week in March the Charity Committee sold oranges for Terre des hommes (Tdh), the leading Swiss organisation for children's aid (health, protection and emergency relief programmes). At CHF 3 per orange, we were delighted to sell 70 and make CHF 210 for the charity.



Valentine's Fundraiser

Love and Kindness were at the heart of our St Valentine's Fundraiser in February, in aid of our much cherished charity Habitat for Humanity (HFH).

With a circus of fun Family activities led by our Swiss Gap students: charades, scavenger hunting, decorating cookies and writing appreciation messages, the day was enjoyed by all, celebrating love and raising CHF 220 for HFH.



Global Perspectives

Sustainable Surval!

This term, Surval's Sustainability Society has been supporting Protect our Winters (POW) by raising funds and awareness selling POW merchandise (hot water bottles, tank tops, stickers, T-shirts). They have also been planning for the planting of the Surval Sustainability Garden ready for spring.

According to leading Society member Faith (Swiss Gap, Botswana), everyone in the Surval community is sustainability-sensitive and the Society reinforce this every Thursday by handing out sustainability trivia and how it affects us and the world around us. Faith says "It's always on people's radar even if they can't attend the club".



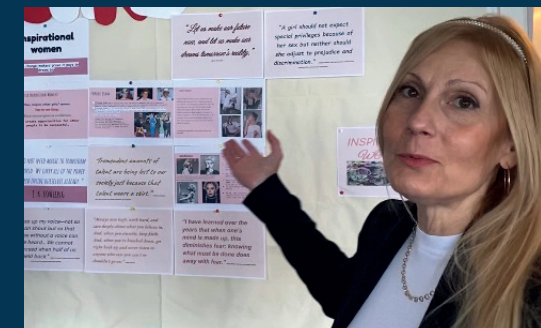
Meeting on Wednesday afternoons, support for the Sustainability Society tends to be slightly seasonal, with more participants joining as the warmer weather sets in, attracted to our inspiring Sustainability Garden.

Faith explains, "As the garden evolves and it becomes sunny, girls start to garden and join. The garden outside the school is beautiful and therapeutic and we can plant what we want. Two years ago we planted cherry blossom trees which usually bloom in April. We still have our rosemary plants... Usually we plant fruits like strawberries and melons, and vegetables like peppers. We like to plant a balance of fruits and veg... Then once it's grown our chefs cook with it!"

International Women's Day

To celebrate International Women's Day (Week!) at Surval in March, we took on this year's theme #choosetochallenge, with our girls exploring issues related to gender inequality and girls' education worldwide.

Delving into inspirational women and their actions, we focused on Malala Yousafzai and her Fund, supporting girls in the world's most vulnerable communities who are currently unable to access quality education and distance learning. What do you #choosetochallenge?



Inspiring Women Conference Series

New this term, our Online Conference Series has inspired our Swiss Gap students, with 'visiting' speakers joining us to share experience in social enterprise and (in strictest confidence) the luxury brand industry.



Mme Spigarelli, who initiated the Conference Series, explains, "The conferences broaden global perspectives with the sharing of valuable experiences and heighten awareness of the challenges and opportunities the modern world offers this generation, highlighting skills to develop as future leaders."

February's Conference with former Surval Summer Camp helper Sarah Saenz Hernandez (2016-18, Colombia) explored Social Enterprise, International Relations and Political Science. Sarah fascinated our girls with anecdotes of volunteering and work she has done for several NGOs, and with how her career evolved thanks to her resilience, passion, and dedication to help those less fortunate. With a degree in International Affairs, Sarah is now studying for a Masters in Global Security. An awesome role model who wowed us all.

Bienvenue à Surval!

This term we welcomed four new students to Surval. In a year when there has been so much change for so many, we asked them about their journey so far and what led them to choose the sensational Surval Experience!



Crista
(Swiss Gap, Guatemala)

Crista has always known of Surval - having relatives who studied here, friends who recommended us and having seen Mrs Woodhouse visit her school in Guatemala 2 years ago.

Crista applied to Surval before the pandemic impacted freedom of travel, so anticipated being able to travel and join our annual trip to Kenya with Habitat for Humanity. "But with covid my expectations changed!" she says "It's been different to what I'd imagined, but not in a bad way!"

Highlights so far have included skiing, the discussion topics covered in international relations and independent travel. Crista's favourite of the 8 Swiss destinations she has visited is Lucern, "it's the prettiest!" When asked how her Surval Experience has been, Crista replies:

"I like it a lot, I would totally recommend it! I've made great friends, discovered new things and places. I've enjoyed the liberty given to me and the trust the school has in me. It's a very safe environment and it's cool to have such a place with such diversity and cultures"

Fernanda
(Swiss Gap, Mexico)



Fernanda spent six months locked down at home before joining university in Mexico studying Law. She says Mexico is increasingly more dangerous, "like a second Venezuela" and she decided Mexico wasn't for her. Fernanda applied to IE Business School, Madrid where she starts her Law, Business and Management degree in September 2021. She found out about Surval from her agent in Mexico and decided to spend the Winter Term here, as part of her gap year.

"I just wanted to improve my French and get to know more people. My goal is to learn 4 languages, and I am now learning German also!" So taking up Italian and German whilst at Surval and improving her French and English has fulfilled this goal. As for the friends she's made here? "They are the best friends I have ever had!"

"I have tried new things and become more open minded" she adds, "learning new tricks on the slopes, snowboarding jumps, hiking and even just walking in town; for safety reasons, I can't do this at home!"

"Surval has helped me increase my confidence through public speaking, debating and events. I have made friends from all over the world, and my languages have improved a lot. The highlights of this term have been meeting new people, making and having friends in another language; improving my French, German, and Italian; I've enjoyed Etiquette and know it will help me; sledging and travelling alone: cycling the city in Bern, visiting Zurich, seeing lots of Switzerland...There wasn't a weekend that we stayed in!"

"I've done everything I've wanted to, and more! It's the best time I could ever have before joining university"



Layla
(Grade 11, Switzerland)

Layla has had a whirlwind year having come from Seychelles to school in Switzerland, moving to Dubai where she joined an international school before she and her family decided Dubai was not for them and returned to Switzerland.

Layla says, "This is a nice school... my mum found out about it; we visited and I'm really liking it so far. As my first time at a boarding school, it's a good experience – it has helped me gain so much independence. I am doing surprisingly well which is really nice, with all the changes in my life recently, this is one that I am really proud of."

"I am doing American High School which I feel is a better system for me – the A Level system nor the IB seemed to work for me." (Mrs Woodhouse reports that Layla is very bright and has a lot of depth; Surval's new way of teaching suits Layla very well. Apparently Layla has discovered she has a good brain and is smart. She is a very talented artist as well.)

Layla didn't know what to expect in joining Surval:

"It is one of the best experiences I would always recommend to someone, especially for someone like me who wasn't very independent."

"Personally, I have been able to do things like set up my own bank account, order my own train tickets – I've figured out I can deal with any situation that is thrown at me. Independence develops your critical thinking, you have to think on your feet 24/7"

Layla's best experience at Surval has been meeting the people "...especially after being online for 5 months, learning at home in my family. I've never really been a very open person, but I've met some really amazing people so far."

And what of the future and Layla's aspirations? Assuming Layla stays on next year to graduate, she says she would love to study APs, and to be able to take part in more clubs and activities. And beyond Surval? "I have always had an aim to head towards hospitality, especially as Seychelles is so based on hospitality, that seems a good route for me."

Vicky
(FY, England)



Vicky joined Surval this term, driving through 3 countries from England to arrive in time for the start of term "It's so nice not to be learning online!" she says.

Vicky had to quarantine in her room for 10 days on arrival at Surval; she is bubbly and enthusiastic:

"It was fine – I had Netflix, meals on wheels and a fabulous view!"

Surval has met Vicky's expectations, she affirms. The size of the school community suits her, and she likes the one-to-one attention and the freedom to go out at the weekends.

Highlights of the term have been the weekend trips to Montreux and Geneva for shopping and Vicky has loved skiing, "Ski Week was really fun and the instructor was really good... Sledging and snow mobiling was the best!"



Seeteh (Grade 10, Saudi Arabia)

Seeteh spent all of last term learning online from home in Saudi Arabia and joined Surval in person in January, as soon as travel restrictions were lifted. Seeteh has debuted on the slopes this term, and as she is unable to return home due to restrictions, she is remaining at Surval over Easter and is planning to learn to ride a bike – with Mrs Woodhouse (with over 55 years' experience of pedalling) as her coach. Go Seeteh!

Language & Culture

The Surval Masterclass Series

New this term, our new Surval Masterclass series is aimed at inspiring our girls, nurturing their passions and interests as well as discovering new talents and flair.

Masterchef Masterclass

Our monthly Masterchef Masterclasses are hosted by Professor Jérôme Baxas. With his background of nearly 20 years teaching at leading Swiss Hospitality Schools, Chef Baxas is taking our girls' culinary skills and knowledge to another level! This term, they have conjured up tartelette fine croustillante à la provençale, chicken ballantine, superb sushi (sashimi and maki with salmon, avocado and crab) and fabulous fresh cream éclairs.

Our girls benefit from learning techniques, recipes and methods all enhancing their catering skills. With Jérôme's new, innovative twists and expert tips, the girls receive invaluable help and advice from an incredibly talented chef.



Swiss Gap Chefs
Mariana (Mexico),
Ana Maria (Dominican Republic)

"It's a great class that I have really enjoyed and it should be continued, I have learned such great recipes"

Leah (Swiss Gap, USA)

Art Masterclass

Our Art Masterclass in February focused on Fashion and Design. Visiting Artist Elise Buddle (along with online model, Rosie) captivated us all with her fun, interactive, informative and highly creative 90 minute sessions. Showing our girls how to draw and dress figures and how to make the biggest impact when doing so, Elise left us intent to learn more.

"It changed how I see Art (it's not just painting and drawing it's also clothes and more) and that there's more to clothes and fashion (how they're designed). I really enjoyed it!" Vicky (FY, England)

Transformational experiences – that's exactly what Surval Masterclasses (and indeed the Surval Experience!) are all about!



Faith
(Swiss Gap, Botswana)

Jewellery Masterclass

This term's Jewellery Masterclasses have dazzled our students! Hosted online by Survalienne jewellery designer Amalia Lopez (1996, Mexico), new talents and fabulous creativity have sparked in our girls as they mastered the intricacies of crafting bracelets, necklaces, earrings and even rings. Amalia shares her Masterclass moments with us:

"We had our Jewellery Workshop over a fortnight in March, and although this year it was an online course, it was still amazing!"

With great expectation and anticipation, I planned the classes; working out a way to adapt the course from normal, presenting online, hoping that I would be able to teach all the techniques and most important of all, inspire and communicate the beauty in design.

Preparation began weeks before, with the great Dagmar and Danica at Surval helping me unpack all the materials, organise them, and then themselves learning the techniques beforehand in a mini-crash course we had together so they could assist the groups in person.

The day came when I saw all the girls enter the Art Room... ohhh how I wish I could be there with them! I missed seeing their faces like I do every year when they spot all the coloured materials on the table and say: 'It's like we are at a store and we can have anything we like!'

This year, I felt their excitement! They loved the materials, were attentive and concentrated, and after each jewellery technique was explained, they were having fun! That was so important for me, that they enjoyed the experience. The girls created bracelets, necklaces, earrings, hoops, all in different designs and colours.

My biggest surprise was the day when the girls started showing me all the jewellery they had made, including rings! I had not taught them how to make rings; they figured it out themselves. That is the best feedback, the best reward, as a teacher. When creativity flows in such a way that your students can create their own jewels, combining techniques and just experimenting with colours, materials and their imagination, that is just the best design experience. This course also taught us that creativity is stronger and transcends any social distancing."



Faith (Swiss Gap, Botswana)

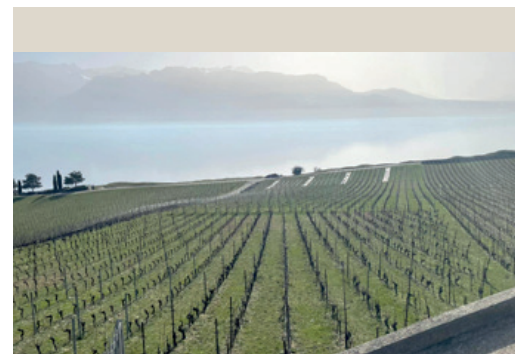
"I didn't realise I would be good at jewellery making. like making earrings and bracelets! The jewellery workshops awakened my creative skills and my desire to see other ways to make things beautiful!"

Faith (Swiss Gap, Botswana)

Savoir-Vineyard!

Savoir-vivre, the art of living; the importance of good manners which are defined by the ability to behave appropriately in a given social and cultural setting in addition to interacting appropriately with others. Surval's Savoir-vivre programme explores personal organisation, cultures and customs around the world, table manners, dress code, posture, personal style and colour analysis, the art of conversation, formal and informal invitations, formal table service, wine/food pairing, hospitality and workplace etiquette.

Following our Swiss Gap students' wine pairing session as part of their Savoir-vivre programme, we ventured to the stunning Lavaux Vineyard Terraces-Lutry, which was a real treat. Exploring the vineyard and its fabulous vines, seeing for ourselves where the wine was made, learning which grapes grow in specific conditions; their taste, their specific requirements and how they are processed. The girls enjoyed seeing in person the starting point of the wine and the impact of the sun on the grapes, the wine's sweetness, colour and scent. The day wrapped up with an exhilarating scenic hike from Chexbrenx to Lutry in the glorious spring sunshine.



Vive les Polyglottes!

Language is the most fascinating and direct link to other cultures and being able to communicate in a variety of languages is an essential skill which empowers our students and broadens their horizons. Extensive studies have also shown how learning another language enhances one's cognitive abilities, irrespective of chosen language or learner's age.

Due to popular demand, this term we have introduced Italian and German at Surval. Three students have taken up the opportunity for Italian Language and Culture classes. Our personalised programme focuses on a wide range of everyday interactions, grammar, culture and traditions, geography and travel. Once learners feel confident in their progress, we encourage them to work towards an internationally recognised certificate (CELI, PLIDA, or CILS). We are delighted that one girl is now taking the CELI 1 Elementary level external examination.

Speaking and Listening are the core features of our dynamic German Club, focusing on basic conversational abilities at Beginner level. The club was set up in response to three Swiss Gap students requesting German lessons and they are enjoying learning through role-plays, videos, and songs, keen to work on phonetics and pronunciation to help them communicate more confidently.

When asked by my pupils the fastest and most effective method for learning a foreign language, my answer is: motivation! If you really believe in speaking another language, and strive to achieve your goal, you will be successful!

Mme Spigarelli
Teacher of Modern Foreign Languages



New this term! Book Club

Humans, especially teenagers, are social creatures. If we have a chance to communicate and share our perspectives with others, we are more motivated and interested in whatever we do.

Surval's Book Club harnesses that sense of community to build a culture of literacy at Surval and set students up to be lifelong readers and learners. This term our 11 members spanning Foundation Year to Swiss Gap, have covered two books by Donna Tartt, Goldfinch and A Secret History.

Ms Kruse
Teacher of English

Surval Travel



Surval's Ski Thursdays



Whilst travel restrictions have clipped wings a little and only domestic travel has been possible, it has meant Switzerland has been thoroughly explored this term, and the spirit of adventure amongst our girls remains strong.

Snowsport Days

Ski Thursdays this term have taken our intrepid snow sportsters far and wide. With full and half day trips, it's been a term of trying and testing the best of Swiss slopes. See above our map of destinations discovered. Leysin (famous for its snowpark where our Advanced group learnt to jump half a metre high!) and Villars-Gryon (with its vast array of ski slopes, excellent balance of red and blue slopes and awesome off-piste and slalom experiences) are the first choice resorts with our girls.



"I enjoyed the level of inspiration, how we improve in our technique every time and how we are exhausted at the end of the day!"

Ekaterina (Grade 10, Russia)

"The views and the places, the weather and our ski instructors were all amazing!"

Anastasiia (Grade 12, Ukraine)



Survall Ski Week 2021

Our Snow Extravaganza in Anzère at the end of February was an absolute triumph! With sledging in Les Rousses en route to the resort, and days of skiing, snowboarding, snowshoeing, Nordic skiing, and snowmobiling, we all enjoyed the Swiss springtime snowscape at its best. Gifted with fun, fellowship, bright sunshine, new snow and fresh powder on the pistes, it certainly was a joy for all! Anastasiia (Grade 12, Ukraine), who started as a novice when she joined Surval 3 years ago is now an accomplished Advanced skier. She shares her Ski Week experience below.

Since I have been in Surval, we have gone every year to the Swiss resort of Anzère in Valais. I remember myself waking up at 7am on our day of departure and being so excited about going on Ski Week. This year is a special year for everyone and I am so grateful that in the end we had a Ski Week.

On the first day, we went sledging - it was so memorable! I still remember that feeling when I was sledging all the way down and jumping on every bump; I was laughing a lot, I think this 'crazy' day will stay in my memory forever! That evening, when I found out that our Advanced group was to ski with the same instructor I learned to ski with 3 years ago, I was sure that the week would be unforgettable!

It was such a fairy tale to wake every morning with such an inspiring view from our window. The most wonderful things of the week were: lunch on the mountain in a restaurant with a stunning view, night sledging and night skiing after dinner with our instructors. This year was the first time that I did a torchlit night-time descent... it was awesome!

We were so lucky with the weather conditions during the week: we had a mixture of both sunny and snowy days, but we still skied. It was a lovely experience to ski in both bad weather as well as in good weather.

During this incredible week I learned a lot of useful information. For example, on the Tuesday evening we had an activity about safety in avalanches and we learned the five most important rules about skiing, like where to look on the piste or who has the better opportunity to ski safely and avoid the oncoming avalanche on the run.

Now, I can say that every Ski Week in Anzère was different. Since 2017, I have seen myself growing up little by little. Anzère is a special place for me; spending every year there, I always thought about everything that happened to me in Surval over the previous year, for example, two years ago I could not speak French fluently, but this year, I could confidently ask for something or just talk to people in French. My English skills have also continued to improve, but it is definitely my skiing that has ameliorated as I took second place in the ski races, which I could not even think of four years ago. I know that when my mother came to the school for the first time, she really wanted to see Surval as a second home for me. She was not mistaken! These will be unforgettable years in my life and the warmest memories!

Overall, it was such an amazing week. I think all of the students and staff enjoyed spending this amazing time together on the slopes. This was my last trip to Anzère before I graduate in June and I already start missing all of the memories from this trip!



Grade 12 Skiers
Camila (USA),
Anastasiia (Ukraine),
Katie (Ireland)

Reflections on Ski Week 2021

"It was good and fun and I made huge progress."

Seeteh (Grade 10, Saudi Arabia)

"I feel like I learned a lot and I enjoyed trying snowboarding. I loved learning how to jump on skis."

Katie (Grade 12, Ireland)

"It was challenging and I was scared but I learned a lot and fell a lot - I had a great time."

Camila (Grade 12, USA)

"We really improved on one ski doing the Charleston!"

Leah (Swiss Gap, USA)

"It was very fun and very tiring as well!"

Martina (Swiss Gap, USA)

"I had a bad knee so I couldn't ski but I made an effort walking around in the snow and enjoying the sunshine and seeing everyone progress in the skiing... the best bit was the snowmobile. No matter where you are in the world, you should always try your best even in the most challenging of circumstances!"

Faith (Swiss Gap, Botswana)



Anastasiia (Grade 12, Ukraine)



Martina (Swiss Gap, USA)





Mariana (Swiss Gap, Mexico) shares her term's travel with us

Mariana was heading to university in Boston but with the pandemic, her degree programme changed. Her first term was meant to be studying abroad in London but with all the travel restrictions, the best option seemed to be to defer entry until September 2021. Mariana has since chosen Rome for her first term destination... Bravissima!

Mariana came to Surval for the start of this academic year, with the aim to learn French. Mariana has had to quarantine on both her start of term arrivals here, but with the whirlwind of the Swiss Gap programme, she has never looked back! Making the most of her Swiss base this term, Mariana has explored Zurich, Bern, Gstaad, and as an Advanced level skier, delighted in a ski weekend in Villars ("the best weekend! A 5 day ski fest!"). Mariana has also taken responsibility as the chief organiser of a (small) group overnight trip of mixed ages and nationalities to Nyon for Regina's Quinceañera (big Mexican celebration for a girl's 15th birthday), reinforcing the precious sisterly bond shared at Surval. And what of Ski Week?

"The highlight was snow boarding and the night time descent – it was really good to try something new!"

Ever-hungry to explore, next term Mariana hopes to make trips as far afield as possible – hopefully to the Swiss border countries France, Germany and Italy and beyond. At least she knows she will be in the Eternal City for Autumn 2021 (and we are delighted she may be close enough to come back and visit!!)

Gstaad

The snowy, stylish village of Gstaad is mesmerising! With horses and carriages, quaint chalets and an imposing chateau-style hotel perched above the village, our girls felt like they were in a fairytale.

Bern

We were excited to be out and about in the capital, despite the chill factor (-6.5 degrees). Marked as an UNESCO Heritage Site, Bern's medieval architecture and polished streets fascinated the girls who loved walking through the Old Town and seeing the bears!



Crista (Swiss Gap, Guatemala)

Aisheeya (Grade 11, India), Vicky (FY, England), Seeteh (Grade 10, Saudi Arabia)

Geneva Shoppers!

Faith (Swiss Gap, Botswana)

Geneva

Popular with our girls for its shopping experience as well as its famous Jet d'Eau, Geneva is always a great day out. One hour's train ride from Montreux, it's just a short walk over the Mont Blanc bridge to the Rive shopping district which always gets girls googly-eyed at the endless purchasing possibilities!

Lausanne

The Swiss Gap girls visited beautiful, historic Lausanne, the capital of the Vaud region and just 20 minutes by train from Montreux. Exploring the city centre with its 12th century gothic cathedral overlooking Lac Léman and the city below, the girls were delighted with their day out (especially the window shopping and the famous macaron shop in the fabulous pedestrianised streets radiating from St François Square!).

Surval Summer Camp

"One of the most incredible experiences in my life!"

Survalienne Maricarmen (2019, Mexico), joined Surval Summer Camp 2019 for 3 weeks and in her own words had "a blast of a time"! Here, she tells us what made Surval Summer Camp so special and why she would recommend this all-girls' Swiss holiday experience to all!

"Since I was little, one of the first things on my bucket list had been going to a summer camp. I planned it for a long time but never thought it would be as amazing and that it would be one of the most incredible experiences in my life.

Before going to camp I was super excited to see all the activities and do the schedule but since the moment I arrived there everyone was extremely welcoming and nice, they just made me feel safe and sure I was going to have so much fun. The first girls I met were all from different nationalities and even different continents. It was an amazing first impression but it just continued to get better day after day.

I was able to meet incredible staff and friends that I consider some of the best in my life because we created so many memories, good times and it is so impressing that I was there just for three weeks. Adding to the amazing people, the best roommates, staff; the activities are just a blast. I was able to do so many things I never thought I would be able to do.



Every single moment there was special, full of memories and experiences. For me the highlight of my summer at Surval was Lake Day, I had so much fun every single time I went because there was always something new.



Maricarmen (2019, Mexico), Jimena (2019, Mexico)

If there was a list of all the new things I learned or did during my 3 weeks at Surval, it would be endless. I went canyoning, paddle boarding, learned a new language, kind of learned to dance (I'll never master my dance), met lifelong friends in no time, visited new places, learned to say hello and quite a lot of other phrases in many languages, did things on my own, believed in myself and opened up to others, I could go on and on.

Surval Summer Camp is the best experience I could ever have and I'm sure that it is also for everyone that goes there. If you haven't gone yet and are thinking about living this experience, don't hesitate because I'm sure you are going to create lifelong memories and have a blast of a time."

Have Fun, Learn a Language, and Make Friends for Life!

Surval Summer Camp promises an action-packed summer adventure of language learning, exploration and discovery. Exclusively for girls aged 8-16, Junior Campers (8-11s) follow a fully supervised group programme and Senior Campers (12-16s) tailor make their own activities and excursions for their unique holiday experience.

+41 (0)21 966 16 16 info@surval.ch
www.surval.ch @Surval Montreux

www.survalsummercamp.ch

Survاليennes

Introducing our Ambassadors

This year marks the sixty year anniversary of Surval, and we have much to celebrate. We will be starting **Surval at Sixty** celebrations with Prizegiving and Graduation in June, with events rolling from there.

This is an ideal opportunity to strengthen Survاليenne links in different countries, regions and year groups and we are delighted to introduce four of our Survاليenne Ambassadors to you. They have agreed to work with us in forging strong links with fellow Survاليennes, networking/re-introducing Surval to alumnae, coordinating events such as reunions, as well as assisting with prospective families looking to join Surval and acting as mentors/careers advisors to our current students.

Viviana Aguilar Izquierdo
(2020, Mexico)



Vivi joined us for Foundation Year for one year, returning to Mexico in summer 2020 to to finish 9th grade and is now studying at Tecnológico de Monterrey, a prestigious high school in Monterrey. Vivi is currently seeking scholarships and opportunities. She is also working on a global

innovation water challenge with the United Nations and students all around the world looking for alternative solutions to solve the water crisis. She recently began hiking and cycling.

"My time and experiences at Surval helped me become the strong independent woman I am today. Surval gave me the opportunities and adventures that allowed me to grow as a person and live in the moment. I learned about the power and importance of friendship and how, irrespective of distance, age, or differences, a powerful friendship is forever. Surval opened my mind by giving me support and opportunities, helped me realise that everything you set your mind up to, you can achieve. I discovered my passions, my ambitions, and who I want to be in life. My time at Surval helped me realise that I should not be finding the right path to walk on; I can create my own path."

Vivi says she is excited to fulfil the role of Ambassador and ready to help in any way possible.

Valeria Pacifici Sanchez
(2017, Venezuela)

Valeria studied our Liberal Arts (now Swiss Gap) programme. She was planning to return to Venezuela to study Law, but soon realised that she didn't want her time in Europe to end so she applied to read Law at university in Madrid, Spain. Valeria graduates this summer. Since leaving Surval, in addition to her studies, Valeria travelled extensively with her family and participated in charity programmes with her university, giving legal advice to women victims of human trafficking. Valeria says that Surval helped her develop her focus on International Law and helped her discover her passion for charity, travelling and learning about different cultures worldwide.



Due to the pandemic, Valeria is currently back home in Venezuela, completing the final year of her degree, working on her thesis which focuses on the measures taken by the Spanish government during COVID-19.

"Surval taught me about cultures, about how rich and wonderful is the world we live in and how many different cultures exist and that there is always a point in common from people who live in two different corners of this world. In the same respect, it taught me valuable skills such as languages, cooking abilities, business, event planning and many others. On a more personal level, Surval taught me how to be more independent, how to fight for what I'm passionate about, how to be more organised and how to travel while teaching me how to open my eyes into the world broadening my mind. It taught me that is possible to have sisters all around the world and that our future is in our own hands... Surval forged me into the woman that I am today."

Valeria says she feels extremely lucky and excited to be a Survاليenne Ambassador *"because Surval is really my home and I miss it dearly, and with this it feels that I'm not really that far away. I'm looking forward to helping this wonderful school!"*

Lucia Saiz Luque
(2019, Spain)



Lucia joined Surval Summer Camp 2016 and returned to complete her IGCSE and A Levels here. Lucia went on to read English Law and French Law at the University of Exeter in England and

plans to go on to University of Rennes in France. Returning to Spain during the pandemic, Lucia has been teaching languages and tutoring children and looking for ways to enrich her CV whilst also studying for her degree.

"My time at Surval taught me to never settle, to give my 100% in everything I do, and to never stop challenging myself. My time at Surval turned my life around, and made me realise that I wanted more than to just have a simple life. It not only challenged me but it also encouraged me to pursue a bigger life. It made me realise that I did not want to settle in Spain, that I wanted to continue my studies abroad, use my gift for languages and pursue a legal career within the international field."

Lucia feels this Ambassador opportunity is great, having *"the chance to support and contribute to the school that gave us so many opportunities"*. She is looking forward to sharing her experiences, supporting and guiding new Survاليennes.

Paulina Samanta Gaille (née Correa Topete)
(2006, Mexico)



Paulina joined Surval Summer Camp 2003 and returned for academic year study in Grades 11 and 12. Paulina remembers how living in Switzerland made her recognise and embrace seasons as they are not so apparent back home! She found that breathing and soaking up the beautiful lake and mountain views heightened her self-awareness.

After Surval, Paulina came back to Switzerland to undertake a Bachelors in Business Administration at European University ("EU") in Montreux. She subsequently married Raphaël (they met in Montreux!), and moved to Geneva in 2010. Paulina started work at a Trust, becoming a Trust and Estate Practitioner ("TEP") and working for Rothschild Trust for almost 5 years. In 2016, Mateo was born and Paulina is expecting a little girl this summer!

Currently Paulina is keeping very busy, dedicating her time to Mateo in his formative years and being actively involved in the Parent bodies at Mateo's school. She continues to keep abreast of developments in the Trust sector, which she considers very important.

"Surval was a great eye-opener into new cultures, a new lifestyle and most of all at that age self-awareness, realising and taking into account the great deal of trust that my parents have put into me to be in the other side of the world. My experience at Surval was indeed a very important turning point for me. After spending those fabulous years in Surval and creating for myself a world full of options, cultivating myself, learning, travelling and seeing really a whole different world... from what we see and experience in Mexico, I knew for sure that.. what I had experienced in the past years was too great to leave aside."

Paulina is very happy and eager to take on the Ambassador role, seeing it as a great opportunity to pass on knowledge *"to all those girls who are the future leaders of our society."*

World Water Day in March

Here at Surval, it's easy to think water is as abundant and crystal clear as the shimmering shores of Lac Léman, but indeed the globe is facing a water crisis. Passionate about human rights and global issues, Survاليenne Vivi (2020, Mexico) has been making a splash in a global innovation water challenge promoted by the United Nations bringing together students from across the world in search of solutions to improve the quality of the planet's drinking water. Vivi's team explored many topics, ultimately focusing on the threat posed by plastic pollution. Vivi says

"This was a great experience as I got to meet people from all over the world, sharing ideas and thoughts with each other. I learned about the value and importance of our drinking water and how even young students like me can help"



News Updates

Lorea Wetten (1995, Philippines)

Lorea is now living in USA. She came to Switzerland and enjoyed a weekend away with her daughter Martina (current Swiss Gap student) in Zermatt.

"Some photos of our ski weekend in Zermatt - I had a wonderful time reconnecting with Martina and hearing her stories. I'm very glad she has the opportunity to spend time with new friends and explore Switzerland."



Facebook Connections

Isa Souchon (1988, Venezuela)

Hello ladies and friends! It's been a while since I posted anything but as some of you know, I'm a fine artist and have been since I was in Surval, 1987-1988. I participated in the French and Arts section that existed back in those days.

I moved to the US in 2007. As many of us, we had to leave our native country for political reasons as a dictatorship was installed in Venezuela. The US has been a very kind country towards immigrants who dream of opportunities and who will work hard for them.

After many years I decided to open my online shop, [IsaSouchonCreative.Etsy.com](https://www.etsy.com/shop/IsaSouchonCreative) where I can now offer my art on archival quality paper prints.



It's a new adventure that I just started last week. I hope you enjoy visiting and letting me know what you think. It's a learning process. You can also follow me on Instagram [@souchonisa](https://www.instagram.com/souchonisa) if you like what you see.

I'm married to Alvaro Betancourt, and we have three sons, Alvaro Jr (20) who is in the US Army, Alejandro (16) and Armando (14). If you ever plan to visit Houston, Texas, don't hesitate to contact me, I'd love to give you the tour of the city... It's not all cowboys! Take care! Stay safe! And I hope that Covid stays away from you and you get your vaccines soon.

"After so many years I'm still in touch with other Survaliennes. Those friendships are forever... Love you girls!"



Christina Ubong (1978, USA)

So you can kind of get to know some of us, I will name each photo with the names known at Surval.

We were all at Surval together in 1978!

Photos (left to right)

1. Ana Maria Benavides (Mexico) & moi (lives in Miami)
2. Rosa Murillo (Mexico) me, Kathy Watson (USA)
3. Tete Simioni (Brazil) & me
4. Kathy Watson (USA) & me
5. Teca Vilmar & me
6. Cecila Street (Brazil), Bia Medeiros (Brazil), me, Caroline Harari (Mexico), Teca Vilmar & Regina Tinoco (Brazil)
7. Caroline Harari, Ma Antonieta Ferreira, me, Teca Vilmar, Adriana Arasambic, Bia Medeiros, Regina Tinoco & Tete Simioni
8. Cecila Street & me



Milena Padilla (1993, Colombia)

I love all my memories of Surval! I come from Barranquilla, Colombia. I studied Psychology but now I am a realtor and I love my job because I not only sell houses, I sell dreams, delusions, goals! My best plan is share any activity with my family, especially my daughter Luciana.



Jennifer Jacobson-lowit (1973, Jamaica)

I left Surval in 1973 and was a Pre-Kindergarten Teacher until 2019. Now I look after my grandchildren and have continued playing the piano. We have 5 children and 5 grandchildren. Here is a picture of me and my students in my last year teaching, taken just before their graduation in June 2019. I also have fond memories of Mr Sidler and am still in touch with many friends.



Ana Cecilia Guingue Valencia (1986, Colombia)

Hi all! I was at Surval during 1986. I come from Medellín, Colombia. I graduated as an Economist in 1992. I live in Bogotá and worked in the social sector for some time (United Nations System and NGO) and leading my family's business. I was trained as an Executive Coach and Team Coach, and since 2009 I work in Organisational Development and Life Coaching. I am married and have a daughter who is 27 years old! This a recent picture of my daughter and me. She looks older than me... doesn't she?

Save the Date!

Surval End of Year Celebrations & Launch of Surval at Sixty
Tuesday 22 June 2021

Share your memories and news!

[Visit our Survalienne Facebook page](#)



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND

Surval Montreux, Route de Glion 56, 1820 Montreux, Switzerland

 +41 (0)21 966 16 16  info@surval.ch  www.surval.ch