



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND

50th
1961
2021

SURVAL NEWS

July 2022





Message from the Principal

"Looking back on 2021-22, last August seems just yesterday and yet so much has passed in between. What an enriching, challenging, rewarding year it has been, in equal measure."



Principal's Graduation Speech, 16th June 2022

Ladies and gentlemen - girls, mothers and fathers, grandparents, sisters, brothers, friends, Surval staff - welcome. It is really special to be gathered here from far and wide in this truly beautiful and inspiring setting to celebrate the academic that has been 2021-22. Welcome and thank you all for coming.

Today is a day of celebrations: the graduation of our Grade 12s; this academic year at Surval and everything that it has brought; the achievements and hard work of our prizewinners and all our girls this year; the Surval community from across the world; and the 60th anniversary of Surval, its history and legacy and everything that has come together to be the school it is today and everything we can look forward to in the school's future.

Looking back on 2021-22, last August seems just yesterday and yet so much has passed in between. What an enriching, challenging, rewarding year it has been, in equal measure. I for one have experienced everything that makes Surval special for the first time with genuine delight and pleasure. We have gone from COVID restrictions, isolation, uncertainty and unpredictability to treasured freedom, and will never again take for granted the freedom to travel and meet face to face. Many of you joined Surval in August having been online for a considerable amount of time and had to adapt not only to a



new country, culture and language but also re-adapt to being back in a school routine of face to face lessons.

Each term at Surval has a distinct character and colour, leaving girls with a true kaleidoscope of colourful memories and experiences which will stay with you for life.

Over the year you have travelled and embraced the spirit of adventure and exploration.

Girls, you have grown and flourished during the year, and been enriched and challenged by your experiences. You will each have a unique and individual story to tell of your time at Surval. And your Surval story will form part of the rich, colourful tapestry which will become your life story and shape and inform your future pathways. You won't be aware of the full impact of your Surval experience and education immediately, and maybe not until much later in life, but you will come to recognise the impact it has had on your development as an individual and your future choices. A Surval education has sown seeds, which will grow.

One of my pleasures this year has been meeting Survaliennes from across the school's 60 years and hearing their stories of how Surval has impacted them and the importance of the lessons they learned at Surval. When we heard from a few of our loyal Survaliennes through our Inspiring Women Speaker series last term, I challenged you to think ahead to what you might say to future Survaliennes. In coming to Surval you



have joined a global Surval network and, for those leaving us this year, I hope you will keep in touch - maybe some of you will even come back to us in future years - and continue to strengthen the Surval community for years to come.

The Surval community is what makes a Surval experience so special. The strength of friendships is, I know, what so many of you value most highly from your time here. I, personally, am very grateful for the warmth of the Surval community which has made me feel so welcome in my first year - from the girls and your families, to staff, to the Survalienne network. I would like to take this opportunity to say a very heartfelt thank you to you all for your support and commitment to Surval during this year.

It is a privilege to be Principal of Surval, to be building on the school's legacy and to be shaping its future to ensure it continues to provide an exceptional education for young women which enables them to flourish and go out into tomorrow's world ready to face the challenges of a fast-changing society, confident in their ability to step up and to own their voice. I am looking forward to the years ahead with genuine excitement.

And now, to our graduates. Paula, Sofia, Ana Paula, Sofia, Julia, Isheeya, Layla, Saba: You have had this end in sight for a long time, anticipating the next steps. Each of you is more than ready to leave school, to go out and spread your wings. The world is your oyster and your life pathway will take twists and turns that you can never imagine now. Life

is an adventure. I was thinking, 'if I could tell you just one thing' as you leave the safe harbour of Surval, what would it be? And so I turned to my favourite author - 19th-century pioneering female author Jane Austen whose often witty, direct, sometimes scathing and oh so true comments remain ever relevant. Austen wrote:

'We all have our best guides within us if only we would listen.'

Follow your heart, go with your gut instinct. If it feels right, give it a go. If it feels wrong, it probably is. You will each follow individual pathways. I look forward to hearing where life's journey takes you, and what pathways and detours you may take. The path will be smooth at times, at others times it will be rocky, it will go up and down, but remember challenges lead to opportunities. Work hard, play hard, be kind to yourself and others and embrace opportunities.

I wish you all the very best of luck!

Nicola Ardley.
Principal



Prizegiving & Graduation 16 June 2022

Thursday 16th June 2022
Prizegiving and Graduation at Victoria Hotel

11 am
Welcome & Introduction of Graduates
Principal's Speech
Ms Nicola Dudley, Principal

Guest Speaker
Mr David Williams, Director of Education,
Bellevue Education

Voice of Thanks
Students of the Year

Prizegiving
Graduation & Graduates' Speech

12pm
Photographs & Apéritif
11.45pm Lunch



Mindful May has created valuable opportunities for our girls to develop greater awareness of their social, emotional and mental health as well as to promote greater understanding of the impact that their decisions have on their present and future. In order to embrace a happy and successful life and prepare for adulthood, young people need consistent and effective support to develop their ability to make informed decisions, particularly when facing challenges and risks.

This month at Surval, we have been focusing on five weekly themes: Savouring and Gratitude, Participation and Collaboration, Mindfulness, Growth Mindset, and Resilience. During each week's focus students took an active role in decision-making and ultimately in shaping the culture of our school community. Participation activities such as leading assemblies, writing anonymous letters, suggestions box, designing their own wellbeing room, taking part in random acts of kindness, and producing a Surval wall of gratitude have been particularly beneficial for all participants, carried out with a clear purpose leading to positive change.

At school, teenagers' mental health is considered as equally important as physical health, since it strongly impacts students' learning and academic achievement. At Surval we believe that all young people should feel accepted, understood, supported and empowered and, as educators, our priority is to collaborate with our students and their families to achieve this goal.



Challenge launched by
Montse & Kiki (SG),
Regina Sandoval (G9),
Ana Paola (FY),
Paola (FY)

HEALTHY SLEEP CHALLENGE

one week without screens in the evening after 9:00 pm

MINDFUL MAY

Healthy Sleep

By: Surval Healthy Sleep Advocates

Potential Solutions

What can we do to sleep more?

- Avoid distractions and reduce screen time before going to bed**
We constantly get distracted with our phones and electronics, so when trying to sleep keep them away from you.
- Don't go to bed hungry**
Studies often prove that when going to sleep hungry it is much harder to sleep.
- Do a Relaxing Activity before sleeping**
Doing activities like reading, meditating, or listening to music can help wind down and eventually sleep.

DEVELOPING A GROWTH MINDSET

Surval, 23.05.2022

GROWTH MINDSET VS. FIXED MINDSET

ACTIVITY

Fixed	Growth
I'm just not good at this topic, what's the point?	I can get better - I just have to keep learning
This is so easy. I can get a B without any effort.	This worksheet is easy. What else can I learn? I might be able to get a B without trying, but I could get an A if I studied just 10 minutes everyday.

Looking after Our Wellbeing

Surval Mindful May 2022

Close your eyes and think of someone very influential in your life

Open your eyes and write down as much as you can about why this person is so important to you.
5 minutes

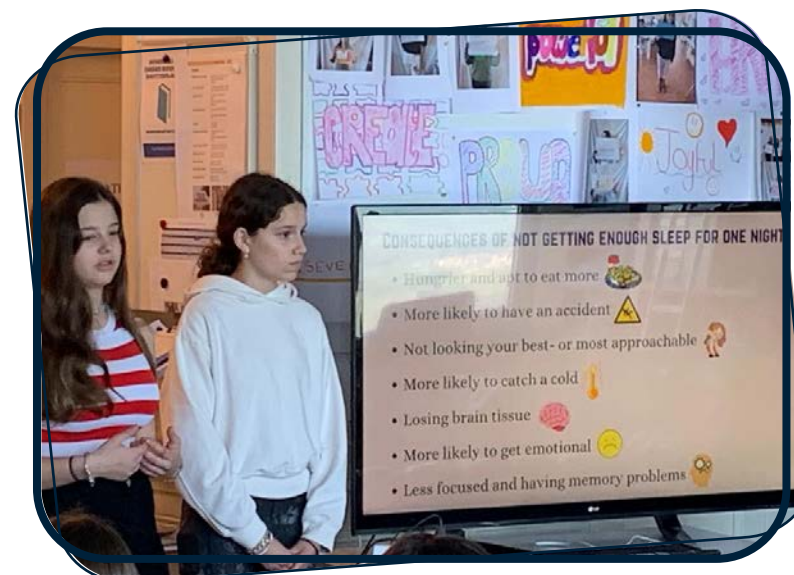
Now let's watch this:
<https://youtu.be/oHv6vTKD6lg>

SLEEP

> affects us emotionally and physically (Dinges et al., 1997)
> consolidates information and affects performance (Walker et al., 2002)
... and much more!

HEALTHY SLEEP ADVOCATES

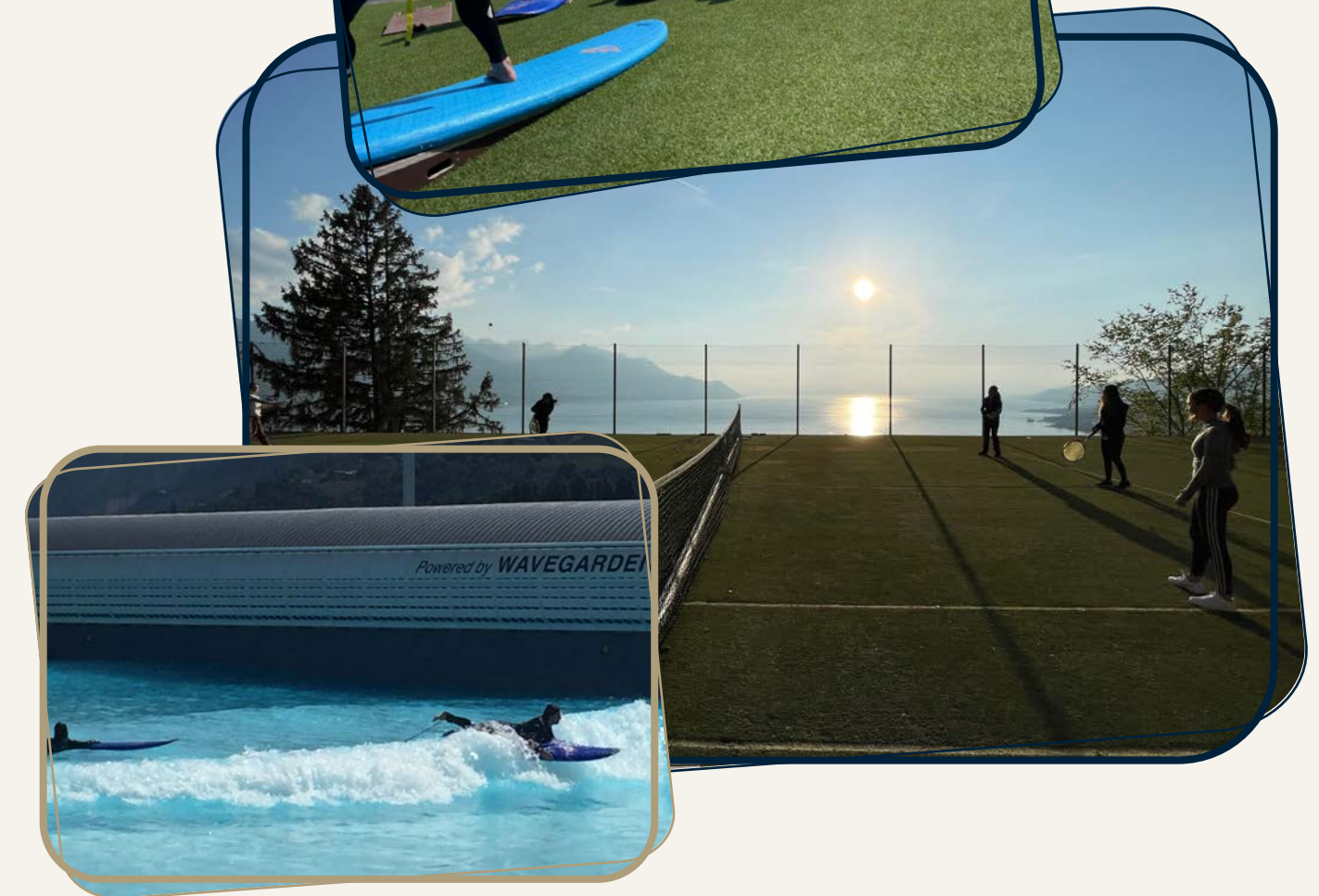
Will meet at 4:00 pm on Wed to research and prepare a presentation with the aim of making a positive change within the School



At Surval we believe that all young people should feel accepted, understood, supported and empowered.

Sports and Outdoor Activities

With the arrival of Spring, we swapped our skis for bikes, hiking shoes and swimsuits in order to make the most of the beautiful environment around us, whether in the forest or on the lake. Girls tried a range of different activities over the term and were encouraged to step out of their comfort zone and be open to new experiences.



The Spring Term Art classes focused on detail and accuracy in drawing and tone as well as sculptural thinking and making. Whilst FY and Year 9 studied the masters such as Rembrandt and Samuel Palmer to more contemporary artists such as Sarah Graham and Olivia Kemp, Year 10 delved into the world of Sculpture with the likes of Alexander Calder and Alberto Giacometti. The AP students successfully completed their folios with some incredible digital and photographic pieces whilst Year 11 strove to finish symbolic portraits as a homage to Fridha Khalo. The term culminated in our Surval Art Exhibition - a fantastic display of the creative talents of Surval students.



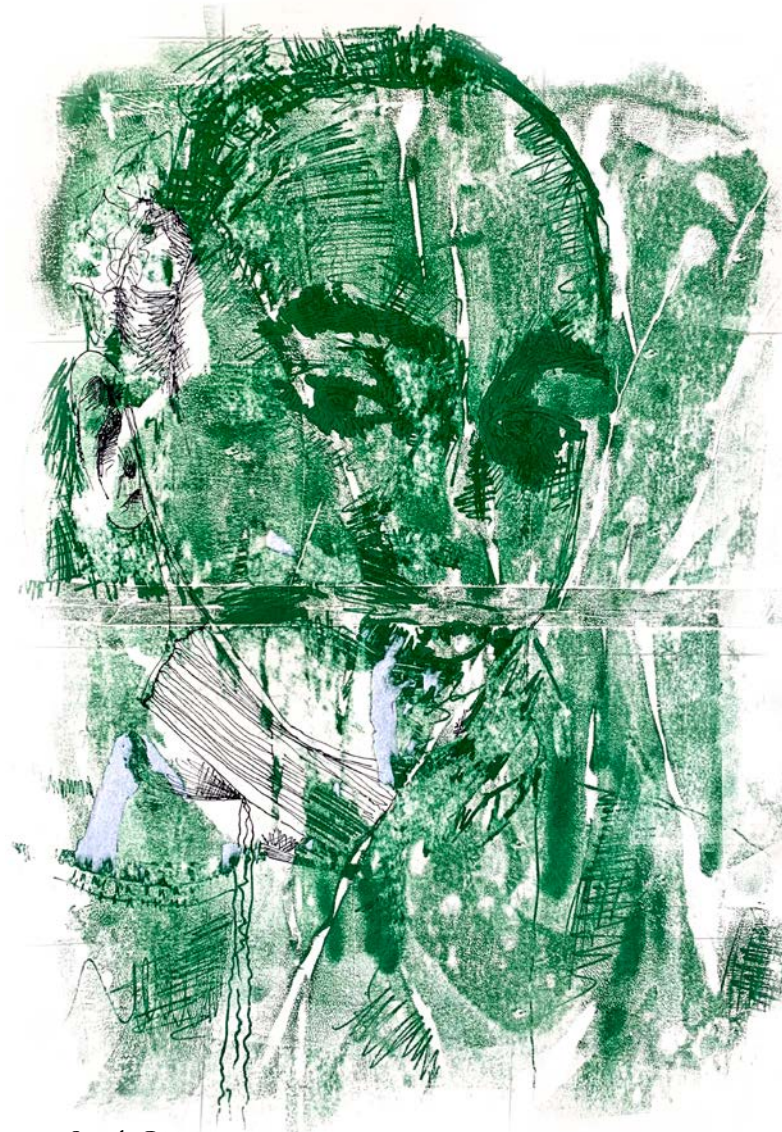
Helena G9



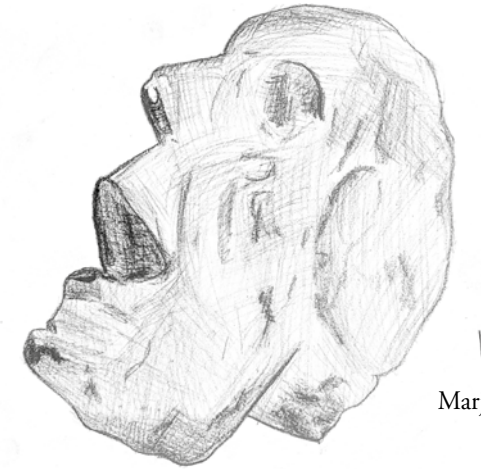
Regina G10



Valeria G11



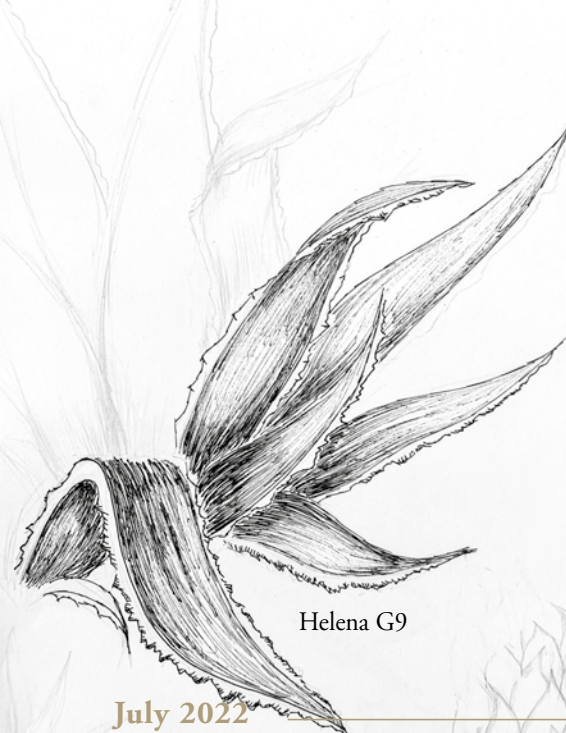
Seeteh G11



MG
 Marjana G10



July 2022



Helena G9

July 2022



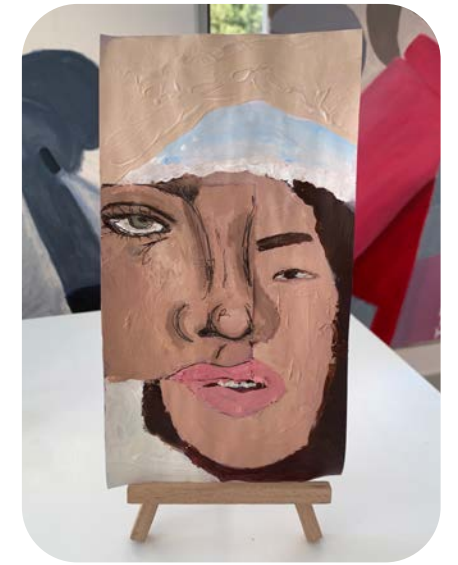
Roberta G10



Milann G10

Art Exhibition

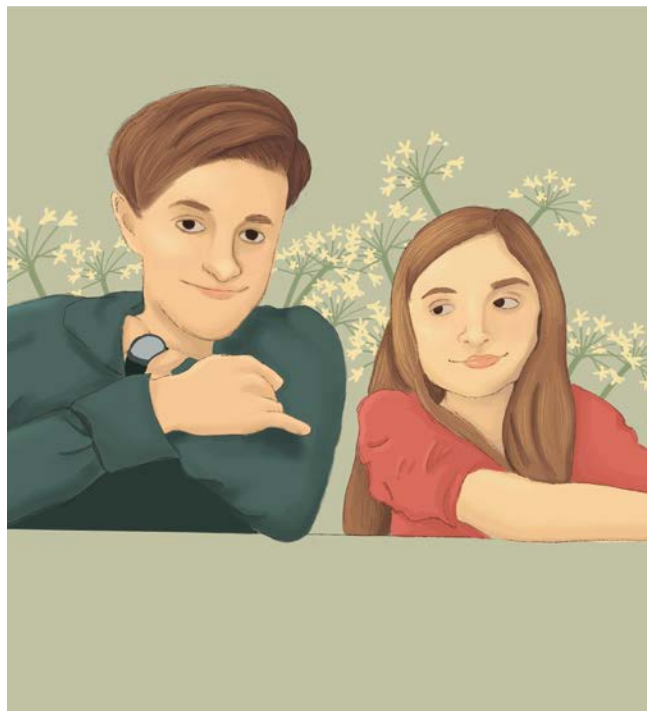
Today we celebrated the artistic talents of our students with our Surval Art Exhibition and Open House on the Terrace. Girls from Grade 8-12 study Art in the curriculum with our first cohort of Advanced Placement students having submitted their Art portfolios in May. It was fantastic to welcome our parents from around the world who have come to celebrate their daughters' achievements over the year.



AP Art Portfolio



Layla G12



Regina G10



Katya G11



[VIEW
MORE
HERE](#)

Jewellery masterclass

An annual highlight of our Swiss Gap programme is our jewellery masterclass run by Survalienne Amalia Lopez. After being inspired in her creative talents during her time at Surval, Amalia went on to set up her own jewellery business - Malia Joyeria. Returning to Surval is a highlight each year for Amalia and students alike.

'This year has been a gem! Having the opportunity to travel, and come to Surval to teach the Jewellery Design Course has taught us more than just Jewellery design. In the art room, each student got creative as soon as she saw all the crystals, gems, beads and all sorts of materials in different shapes and forms she had available for her jewellery collection. The design possibilities were infinite and the creative process was so much fun!

This jewellery design course taught all of us that as we are capable of designing a jewel; we are capable of designing our lives. As colourful and intricate as we can imagine, it is possible.

As we bead each piece of life, as we coil each detail, as we redo and start again; the journey is as beautiful and colourful as the outcome.' Amalia López, Surval Ambassador in Mexico.

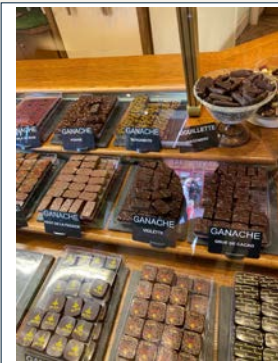


Well done to all Surval students who have recently passed their DELF exams. 100% pass rate and some outstanding results - well done! DELF provides an internationally recognised certificate of their French level.

Many girls come to Surval Montreux with the goal of developing a high level of French. An English speaking international school situated in beautiful French speaking Switzerland, all girls study an intensive French programme and get to put their French into practice in an authentic French-speaking environment. Curriculum and leisure trips this term provided opportunities for girls to immerse themselves in French-speaking environments in preparation for their DELF exams.



- Je suis allée à Annecy vendredi dernier.
- Nous sommes arrivées à 10h30
- J'ai pris cette photo parce que j'ai aimé la vue



- Nous avons vu un très joli magasin de chocolats et mes amies ont acheté des chocolats.
- Je n'ai rien acheté parce que je n'aime pas le chocolat



- J'ai acheté une crêpe au jambon et au fromage avec Hanna
- Je n'ai pas aimé la crêpe parce qu'elle était froide



- J'ai déjeuné dans un restaurant de cuisine française et italienne.
- J'ai mangé de l'entrecôte et de la pizza

Grade 9 History trip – Fort Chillon

This term the Grade 9 History students have been learning about the Second World War. Wanting to link this topic to local history whilst here in Surval, we took a trip to a Swiss WWII bunker. These structures are a feat of engineering, built into mountains they offer full protection and are equipped with their own hospitals, kitchens, air filtration systems and more within a vast network of tunnels.

The Swiss began constructing these bunkers for defence, finding themselves surrounded by impending war at every border. They aimed to show aggressive powers in Europe that taking Switzerland would not be an easy feat, and that it would be best to allow them to remain as a neutral power. Switzerland managed to arrange a deal with Nazi Germany, allowing them to use the Swiss rail network to transport weapons in exchange for no invasion. The Swiss government thought it was better to do this deal than have their cities bombed by the Nazi tactic of “Blitzkrieg” warfare.

In the Swiss bunker that we visited, it had been adapted over

the years to also protect against a nuclear attack (which became a threat during the Cold War period). The bunker has supplies of oxygen, should they need to lock down the air supplies. Now used as a museum, it is fitted with Virtual Reality technology games that visitors can use as they explore the tunnels and various rooms, showing how soldiers would have lived and worked together underground. The students were able to see how well camouflaged the bunkers are, why they were, and continue to be, a key part of the Swiss defence strategy. One of the highlights for students and staff was the opportunity to try the delicious rations that soldiers are given in Switzerland - military chocolate!



Italy Easter 2022

The memories I have created in Surval throughout the year are ones that I will cherish forever, and it is easy for me to say that the Italy trip truly contributed to this grand collection of memories. Although the group of girls was very small, this trip was just what we needed to get closer to each other and to make connections with girls that we hadn't had the chance to interact with before. Personally, this trip really surpassed my initial expectations. We not only had the opportunity to visit incredible locations and sights throughout Italy but we got to experience the “Italian lifestyle” first-hand and got to learn about the cultural and traditional aspects of Italy. The trip started off in Milan, the well-known, magnificent city of fashion, and ended in Sorrento, a beautiful island near the Amalfi Coast; this allowed us to experience Italy as a whole. For many of the girls, including myself, one of the many highlights of the trip was

Florence. Although every single place we visited was both unique and had something special to it, the views, the people, the food and energy in Florence made it without a doubt one of the most enjoyable and wonderful places. I think I can speak for most of the girls when I say this: this trip was entirely life-changing, and will forever reside in our memory.

Michelle, Grade 11



Iceland May 2022

24 hours under light

“Two roads diverged in a wood and so I took the less travelled by” (Robert Frost).

Taking the less travelled path reminded me of how gentle and pure life could be. I suppose the continuous breeze that forced the cold into me was the purest cold I'll ever feel. People are full of rights; there is always time to discuss, be free, and kill time.

As seated on the boat, you are prepared to hear “1pm, 9pm” and get the phones out because unexpected whales will surprise you and the camera. The gentle splash of the geysir and the heat of the rapidly evaporated water amazed me frequently as the underneath volcanoes were active.

With a population of less than 150,000 people in the capital, I was curious about how life works and performs. What a delight it can be to feel free, not judged, be safe, social, and be able to walk from one place to another in those stunning landscapes.

We went to the Blue Lagoon, which was a place that sparked my curiosity. Getting to know the blue lagoon was incredible. It amazed me with its colour and the natural temperature it had. As soon as I went into the lagoon, my emotions began to

calm. It helped me forget about my worries, especially after a particularly rough night.

Spring arrived, and the lights were never turned off. It's there when you start to feel more secure, satisfied, and optimistic than you have before. I could feel how life's pleasures exist while I stood by the waterfalls and rainbows appeared out of nowhere. Unplanned moments occur when you begin to feel hopeful. Things will happen in their own time in life; you can't force things to happen the way you want them to, so allow yourself to be surprised by life.

It flew by faster than I could have expected, and I couldn't believe it as we took our final steps in Iceland before boarding the plane. Without even realising it, it had become one of my favourite locations I'd visited. Life's expectations never fail to amaze me, and Iceland certainly caused me to reflect on life's wonders. This is not the end of my journey, and I definitely did not mention half of what I saw and experienced “for I knew I would not be believed” (Marco Polo).

Valeria, Grade 11



Iceland May 2022

Voyage en Islande

Du 25 au 30 mai, 36 étudiantes ont fait un grand voyage en Islande. C'était un voyage magnifique et je ne l'oublierai jamais! C'était une expérience très différente pour moi, parce que je n'ai jamais vu de tels paysages et une nature vierge si puissante!

Le programme de notre voyage était très chargé et grâce à ça on a vu plein de choses! Nous avons notamment pu observer des baleines dans la baie de Reykjavik, voir d'impressionnantes cascades et s'émerveiller devant des geysers. Les cascades étaient vraiment magnifiques et j'ai été à la fois étonnée et touchée par leur beauté. C'était très fascinant de voir le geysier exploser, car je n'avais jamais rien vu de pareil avant! Nous avons pu voir et faire une randonnée sur un glacier et c'était une expérience inoubliable! C'était encore plus amusant de le faire avec mes amies, car j'aime passer du temps avec elles. La vue depuis le glacier était incroyable et je la garderai dans ma mémoire pour toujours!

Le moment le plus spécial pour moi a été la randonnée que j'ai faite avec mes amies. Nous avons grimpé jusqu'à un sommet, juste pour voir la vue et c'était tout simplement incroyable. Nous avons vu le geysier exploser du haut de la montagne et c'était vraiment magnifique. Une autre expérience que j'ai beaucoup apprécié était le Blue Lagoon. L'endroit où il se trouvait était très beau et j'ai vraiment aimé la façon dont tout a été construit. On a passé beaucoup de temps là-bas et j'ai beaucoup profité. On a aussi eu l'opportunité de faire un masque pour le visage, qui était censé hydrater le visage. Il y avait aussi des masques et des crèmes que vous pouviez acheter.

Globalement le voyage était vraiment incroyable et intéressant. J'en ai beaucoup profité et j'aimerais bien retourner là-bas un jour!

Katya, Grade 11



Tina Kendi Mwirigi

High School 11 and 12, graduated 2017, Kenya



1. Where are you studying now and what subjects?

After pursuing my degree in International Relations and Diplomacy, I decided to come back home and help my parents run some of our Businesses. I am the Managing Director of our Bee Farm called Kibari (meaning The Hill) which is located near Mount Kenya; the business works include the making of beehives, honey production and packaging, forest repopulation and very recently the making of honey wine - Mead. I look to link what I have learned in my degree and apply it to my daily work. Seeing as we are the 2nd largest bee keeping company in the country, I am looking to connect with UNESCO to join their Women in Beekeeping program.

2. How well do you think Surval prepared you for University?

Surval was a key start in my University life because it created a foundation on how to live abroad, and how to interact with new people in a different environment. I grew in terms of personal confidence, and openness to take on new opportunities when they came up.

3. What would you say to a girl thinking about joining Surval Montreux?

If you are considering joining Surval I think it would be the best way to develop a new outlook on the world, as you are guaranteed a new home away from home where you will learn all there is to navigate new environments and challenges in the world. You will most definitely have formed some friendships that will last a lifetime - speaking from experience.

4. How did Surval prepare you for "adult" life?

Surval gave/taught me a skill that I very much needed and use in my current work and that is Confidence. Without this I would have never believed I could be running such a crucial sector of the Apiary and I wouldn't have had the confidence to make it through living abroad on my own while finishing my first degree in Diplomacy & I.R.

5. What does it mean for you to be a Surval Ambassador?

To be chosen as a Surval ambassador is what I'd consider to be an extreme honor because it's a chance to become a role model to the young ladies everywhere and those that would potentially join Surval. I would love to show them that with enough work motivation you can get anything done; and to reassure them that if they are considering Surval it would be a great choice seeing as it was Surval that had given me all the essentials from etiquettes to languages and cultures of the world to navigate today's society.

Surval was a key start in my University life because it created a foundation on how to live abroad



One of my favorite memories was after my very first week in Surval. When the weekend came around, some of the L.A (Liberal Arts) Girls and I went out to explore Montreux and came across a Mexican restaurant, where they ushered us in and treated us like family. Looking back it was probably the first time that we all talked for that long, with it feeling like we knew each other for years but it was most likely what solidified our friendship for years to come. Seeing as I was only there for my Year 12&13 (Combined) it felt like I was in a home away from home.

Graciela Bosotina Arroyo

FY Grade 8, 2018-2019, Mexico



I think I would like to say that I did not appreciate what I had until I left, but I would be lying. From the moment I arrived at Surval in August of 2018, there wasn't a single moment where I did not cherish what I had right in front of me. I am now in the American International School of Zagreb, about to complete my first year in the IB program, and I have no doubt that Surval helped me become the hardworking person I am today. Surval gave me the academic tools which have helped me succeed in my academics and has helped me grow as a person by giving me opportunities to participate in charity programs, sports events, and more.



It really did feel like home from the first day that I arrived. All the moments and experiences that I spent during my time in Surval, I still carry with me in my heart. The little family I built in Surval has to be one of my favorite things. The people I met there are still my friends today, although we don't see each other as much, the time we spent together at Surval was like no other; all the trips around the world, like Greece and Iceland, skiing in the breathtaking Swiss Alps, walking around the beautiful Montreux on Sunday evening, and so much more.

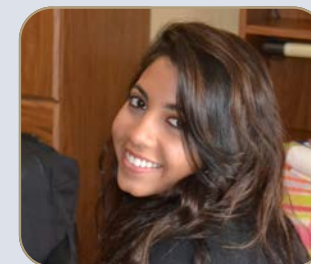
One moment that is still crystal clear in my mind is a Sunday evening picnic I had with my friends where I had time to look around and try to take in every single detail so I could remember years later the joy that I felt sitting around with the best people looking at the best view, and I do, I still remember.



Surval helped me become the hardworking person I am today.

Emilia A. Lujan

IVP Higher Certificate in Finishing 2012-2013, USA



When did you attend Surval?

I attended Surval in 2012-2013

Which university did you go to?

I attended Lynn University after graduating from Surval

What are you doing now?

I own and operate 2 businesses that inspire people to obtain better wellness through their consumer habits. One of my businesses is an online clean beauty store and the other one is client based where I work with wellness brands to help them grow in visibility.

What did Surval teach you?

Surval taught me how to grow into a polished woman

What are your favourite memories of Surval?

This is a hard one because I have so many. If I had to choose, my favorite memories are creating beautiful connections with other girls in the school and getting the opportunity to travel. I also loved going to Andermatt with our class and skiing. Lastly, the views from the balcony were extremely memorable!





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GIRLS' SCHOOL IN SWITZERLAND

50th
1961
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