



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND

Surval Swiss Gap Experience





The Surval Swiss Gap Experience provides a truly unique programme, preparing young women to play an active part in our increasingly global society. Our aspirational and inspirational programme motivates, challenges, encourages and supports each student. The programme is designed for young women aged 17 to 19 looking for an international programme of languages, culture, personal development, new experiences and travel before embarking on their chosen career or educational path.



Independence



The programme provides a bridge between school and university, enabling girls to broaden their horizons, gain new skills and experiences, grow in independence and confidence and develop a sense of purpose and social responsibility. Embedded in our multilingual, multicultural environment, the programme focuses on developing business acumen and entrepreneurial skills and attitudes, with a focus on practical application of skills learnt in authentic environments. All this prepares young women with a competitive edge for the global workplace.

Empowerment

The Surval Community

Surval students are happy and fulfilled – they make friendships that last a lifetime.

During their time with us, Swiss Gap students are fully integrated into the life of the Surval community, enjoying social and enrichment activities with all girls in the house.

Surval is a much-loved home to our international family of full-boarders aged 12-19 from around the world. We are committed to ensuring every girl feels safe and secure, well cared for and happy here. We celebrate our diversity of nationalities; part of the fun of living in Surval is learning about, enjoying and sharing each other's background – our languages, customs and traditions.

Housed in a former hotel, Surval Montreux offers the comfort and luxury of Swiss hospitality within a warm, friendly family atmosphere. Bedrooms, all with en-suite shower room and balcony, are typically shared by two to three girls and enjoy stunning views of the mountains and lake.

Our striking, majestic setting guarantees an awe-inspiring view wherever you are, and the alpine fresh air is crystal clear, heightening a sense of mindfulness and wellbeing. Girls can relax and unwind in the comfort and space Surval affords, both indoors and out, and really enjoy their home from home existence.

Swiss Gap students have full access to the programme of sports, activities, clubs and societies, cultural excursions and international trips organised by Surval, giving girls every opportunity to explore and discover their passions and talents, try new things and have a go, with many initiatives being student-led.

Surval benefits from its own tennis court, dance studio and fitness room. A small campus, we also make full use of the wonderful surrounding environment for our rich sporting programme. We offer a wide range of individual and team sports according to the interests of the girls. Winter brings the opportunity for skiing, snowboarding, ice skating and exploring Swiss resorts and slopes. With the warmer weather comes the opportunity for water sports on nearby Lac Léman, as well as rafting and water-canyoning high up in the Swiss mountains and horse riding at a local equestrian centre.



Surval girls love to travel and the relatively safe environment of Switzerland and excellent transport links enable girls to enjoy a high level of freedom and independence. Our fantastic location makes travel very accessible, with Milan and Paris only three hours away. The international trips organised by Surval cover the globe, and typically take place during Public and School holidays.

Programme

Leadership	Becoming confident, self-aware young women with an entrepreneurial mindset to step up to opportunities and own their voice	<i>Mini MBA</i> - developing foundation skills in business, management, marketing, strategy, event management, chairing committees <i>Communications - Personal Presence:</i> presentations, online presence, applications and interview skills, networking
Languages and Culture	Developing an international mindset, multilingual competence and multicultural appreciation to walk into a range of settings with confidence	<i>Languages</i> Intensive French tuition leading to DELF certification (or English tuition leading to Cambridge certification) Language enrichment: Optional introductory language courses in Italian, German, Spanish <i>Global etiquette</i> - appreciating differences in dining, dress, communications, business and social etiquette around the world <i>Culture</i> Art masterclasses History of Art Culinary Arts <i>Clubs - covering sporting, creative and intellectual spheres</i>
Global Perspectives	Embedding an international awareness and understanding	<i>International Relations</i> Taught course complemented by visiting speakers and masterclasses with external partners including a visit to the UN. <i>Sustainability initiatives</i> <i>Clubs</i>
Social Enterprise	Instilling a mindset of social responsibility leading to leadership of service opportunities and a commitment to having impact for a better world	<i>Charity Committee</i> <i>Outreach work - locally and internationally</i> Examples: Weekly visits to an old people's home; support for food bank distribution; Habitat for Humanity - trip to Kenya to build houses and help transform the life of a family. <i>Young Enterprise</i> <i>Advanced Race4Good</i>
Adventure	Encouraging risk takers who are adaptable and unphased by challenge	<i>Sports & Wellbeing programme - from risk taking and exploration to mastery</i> Water sports, climbing, hiking, cycling, skiing, yoga, winter sports & ski week <i>Survival Adventure</i> - an introductory team building weekend of challenge and adventure <i>Residential trips programme</i> - exploring Europe and beyond <i>Independent travel</i> - exploring the cultural and linguistic richness of Switzerland and further afield in Europe from our central location <i>Clubs</i>

Programme length - 3, 6 months or academic year (end of August - mid June). We recommend the full academic year to develop fluency in French, and to take full advantage of Surval's extensive opportunities leading to growth and personal development.

Sample timetable

(Please note this is provided as an example only and the exact schedule may differ)

	Monday	Tuesday (Winter Term - Ski day)	Wednesday	Thursday	Friday	Saturday/ Sunday
8.30-10.40	French*	Mini MBA	Communications	French*	French*	Travel
10.40-11.00	Morning break					
11.00-12.50	Mini MBA	French*	French*	Language Enrichment	Mini MBA	
12.50-13.40	Lunch					
13.40-15.40	International Relations	Culture: History of Art /Culinary Arts	Social Enterprise outreach	Sports & Wellbeing	Travel	
16.00-17.00	Clubs					
17.00 onwards	Free time / Boarding evening activities / Study					
18.30	Dinner					

*or English

Internationalism

Social
responsibility

Joining a global network of alumnae



“Once a Survalienne, always a Survalienne”. On completing the Surval Swiss Gap Experience, our students join a truly global network of Survaliennes – impressive, empowered women making their own distinguished and distinctive difference in the world in their own special way.

Our alumnae network is made up of inspiring, able women who have gone on to have exciting adventures, careers and lives across the globe. All from different countries, cultures and backgrounds, Survaliennes have one thing in common – Surval has helped to shape their future, whichever path they have taken.

We are delighted to be growing our contact with this vital group, connecting Survaliennes with the school and each other for milestone birthdays, personal and professional achievements, career guidance and local reunions, led by our regional Survalienne Ambassadors.

Wherever Survaliennes are, whatever they are doing, our cherished collective history as a bespoke international girls’ boarding School in Switzerland is a treasured bond. Each Survalienne, through her life, manner and attitude inspires so many others – the Surval students who follow, and everyone she meets in the world.

Self-discovery





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