



SURVAL MONTREUX
GIRLS' SCHOOL IN SWITZERLAND



Spring 2024 News
Challenge, Own, Lead



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Principal's Prizegiving speech

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 year that has been 2023-24. Welcome and thank you all for coming.

What a year it has been! Girls, you have without exception, embraced Surval's values in full, Challenge, Own, Lead. You have stepped up to every opportunity and can certainly look back on the year with pride. Never more than this year have I seen the power of experiential learning in action. So much of the impact of a Surval experience is based on learning by doing. I find myself returning to the work of Kurt Hahn, whose educational philosophy has influenced my approach since the early days of my career.

Kurt Hahn (1886-1974) was the Founder of several schools and was instrumental in the foundation of the Duke of Edinburgh's Award scheme and Outward Bound. He was a proponent of the role of outdoor education in supporting personal development and emphasised opportunities for personal leadership, service, and physical challenge. He wrote:

'The foremost task of education is to ensure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial and above all, compassion.'

'Learning happens best with emotion, challenge, and the requisite support. People discover their abilities, values, passions, and responsibilities in situations that offer adventure and the unexpected. A teacher's primary task is to help students overcome their fears and discover they can do more than they think they can.'

There have been so many highlights of the year where these words have been played out.

At the start of this year we introduced Student Voices - student-led committees to drive initiatives in and beyond the school, each led by a duly nominated Student Ambassador. Particularly notable has been the work of the Etiquette and Events Student Voice who organised two impressive evening events - our St Nicholas' Dinner at Christmas, and our Charity Gala Dinner in March to raise funds for our service project in Tanzania. Our Charity Voice has gone from strength to strength with impactful work with Cartons du Coeur, the local food bank, and weekly visits to support refugee children at the local Domaine Foyer.

August saw the launch of our refreshed Gap programme with a strengthened emphasis on French language immersion and cultural experiences. The FLC students rose to the challenge and have each made strong progress in their French and wider development. We are delighted to have had 20 students pass their DELF exams over the course of the year.

February saw our inaugural trip to Boston to join the international Model United Nations conference at MIT. A group of four intrepid students embraced their first MUN experience with courage and returned rightly proud of having stepped up to own their voices in their committees.



At Easter, we enjoyed our service project in Tanzania - a particular highlight of my year. I will never forget the smiles of joy on the faces of children and Surval students throughout the project week. The girls enjoyed sharing songs, dances and games across cultures when visiting the local girls' High School; learning local dishes from the team of volunteers supporting us from the charity Better Lives; seeing the results of their trench digging to connect a home to the water supply; or putting their creativity to the test in decorating a pre-school classroom with educational murals. They demonstrated their capacity to challenge themselves physically in hot, uncomfortable conditions during the project work and through the camping experience. The girls embraced the challenges without hesitation, knowing that the experience was all about the impact on the Kindwitwi community. Through the fundraising efforts of the girls and the generous support of the wider Surval community, we are delighted to have donated 9'000CHF to support the ongoing work of Better Lives in Kindwitwi.

Then there have been trips to Paris, London, Italy, Christmas markets in Strasbourg and Colmar, not to mention ski trips to Verbier, Zermatt, Loèche les Bains and Anzère. Surval students certainly travel well! But underlying all this is a broadening of perspectives and the development of independence, and of course heaps of fun.

With our focus on broadening girls' horizons and empowering them with the skills and aptitudes for personal and professional success, each of these initiatives provided students with the opportunity to step up to leadership. Some took a leap of faith from the start of the year and have seen the impact. In the words of one of the students with whom I had the pleasure of discussing leadership during one of our student focus groups:

'In leadership you just need to get stuck in and get on with it.'

For others, it was a year of building up the confidence, ready to take the step to leadership when opportunities arise in future. Another insightful comment from this focus group was the importance of leadership of self, as the step to leadership of others. Indeed! Such wise words.

None of this would have been possible without the support of parents - thank you for giving your daughters this incredible opportunity and for entrusting us with your daughter's care. It is a huge responsibility and privilege - thank you.

These opportunities rely on the hard work, energy, commitment, care and inspiration of staff. A heartfelt thank you to all my wonderful colleagues. It is a team effort and every member of the Surval team plays a significant role. Thank you.

Toutes ces opportunités sont possibles grâce au personnel de Surval et leur dévouement, leur énergie, leur attention et leur inspiration chaque jour pendant leur travail à l'école.

Un grand merci à tous mes collègues. C'est un travail d'équipe et chaque membre du personnel joue un rôle important. Merci.

And girls, thank you for embracing the year with enthusiasm, open-mindedness and courage. It has been an absolute pleasure working with and supporting you. Thank you.

To finish as I started, with more wise words from Kurt Hahn:

'We are all better than we know. If only we can be brought to realise this, we may never be prepared to settle for anything less.'

Ladies, you have all proved your capacity to face challenge, step out of your comfort zone, embrace new perspectives, show compassion and passion, and have positive impact. Do not forget this, and never settle for anything less! Keep believing and pushing yourselves!



Graduation Speech

Victoria Figueroa Rivas

*French Language and Culture Gap Programme
August 2023-April 2024*

Good morning, esteemed leaders, teachers and distinguished guests who joined us today. Parents who are here with us and graduates.

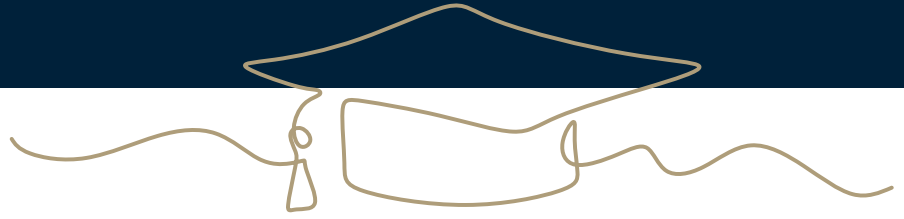
I am Victoria Figueroa and I'm a Mexican Survalienne.

I am honored to stand virtually here before you today. Unfortunately, I was not able to be there tête-à-tête, but please know that my heart and spirit are present.

The day we have long awaited has finally arrived: You are graduating from Surval. It feels like just yesterday I was bidding farewell to my parents and greeting the girls with whom I would share a transformative year, full of hope, dreams and expectations, wishing to learn everything I thought I needed to continue my path as an engineer, but as the days, weeks and months went by, I realized Engineering was not my dream nor my next steps, something else was waiting for me.

It is no coincidence that we gather here together in this moment; we owe our gratitude to our parents: "GRACIAS MAMÁ Y PAPÁ", teachers, staff, and fate.

I am convinced that our paths converged this year because each of us had something to learn from the other, as we shared experiences, skied, studied, laughed and cried together. Some people pass through our lives and leave their indelible mark forever. I would like to take this opportunity to express my deepest appreciation to the most amazing, hardworking and brilliant teachers, as well as the boarding, security, kitchen and reception staff. Your presence has made this year an exceptional one surrounded by kindness.



Nathalie, Sebastien, Daniel, Maria , Slavica, Tudor, Luigi, Raman, et Edith
Merci d'avoir toujours eu le sourire et d'avoir fait de Surval notre maison.
Tudor merci pour vos recommandations de livres sur la diplomatie.

Mrs. Vipond, whose poise and elegance left a lasting impression even while skiing.

Ms. Hill, thank you for sharing with us your passion for science and emphasizing the importance of women in this field.

Ms. Gonzalez, always with a smile on her face, for showing we can get through every circumstance with determination and a smile.

Mrs. Premand, thank you for the most interesting art history class I have ever been to.

Mr. Peltier, for instilling confidence in our French proficiency, enabling me to achieve my goal for the year of having a B2.

Ms. Pelosi, thank you for sharing with us your passion for serving others.

Mrs. Byrne, for continuously pushing us to exceed expectations and empower ourselves.

Ms. Tsypysheva, Ms. Barrett Ms, Grewal, and Mrs. Gordon, thank you for taking care of us every single day and helping me the day I lost my passport and I felt the world over me.

Ms. Dudley, thank you for creating a nurturing environment where I found a home, a place where women learn the significance of self-empowerment, as well as guiding us in our expedition in Tanzania along with Ms. Hill.

Mr. Byrne thanks to your core classes in university guidance through which, along with spending every Wednesday at Domain Foyer, MUN, Tanzania and our charity events (I must say thank you to each of you for always supporting us in every activity we did to fundraise), I found or rather stayed true to my real vocation, my essence of life, to study international relations.

These past eight months have been a journey of self-discovery, teaching me the importance of remaining authentic to ourselves and our aspirations and dreams. Now I know I have a family here to whom I can always turn. I know closing a chapter and starting a new one can evoke fear, but trust - you will be all right, I was.

In moments of uncertainty or apprehension, reflect on how far you have come, how this year has fortified your resilience, independence, empathy, and wisdom.

We are sure, you and I will make the right choice for us and for our future. We are capable of making decisions that shape our future.

As we celebrate your achievements today, we must never forget there is still so much to learn, so much to achieve, and so much to contribute.

Never forget how valuable you are, the world eagerly awaits the contributions of strong, determined people, prepared to advocate for the change we urgently require. We are, undeniably, the future.

The world is ours.

To my fellow 12th-grade graduates and myself: while we may not know what lies ahead, I am certain it beckons greatness, wisdom, and even failure; but I have no doubt we will confront it with grace and a lot of French.

I wish you all a life full of peace, happiness, and love and respect for yourselves.

The world is evolving and we must adapt alongside. Embrace new opportunities for growth, something new to learn, start a new book, meditate, do good without regard to whom, and breathe, just breathe.

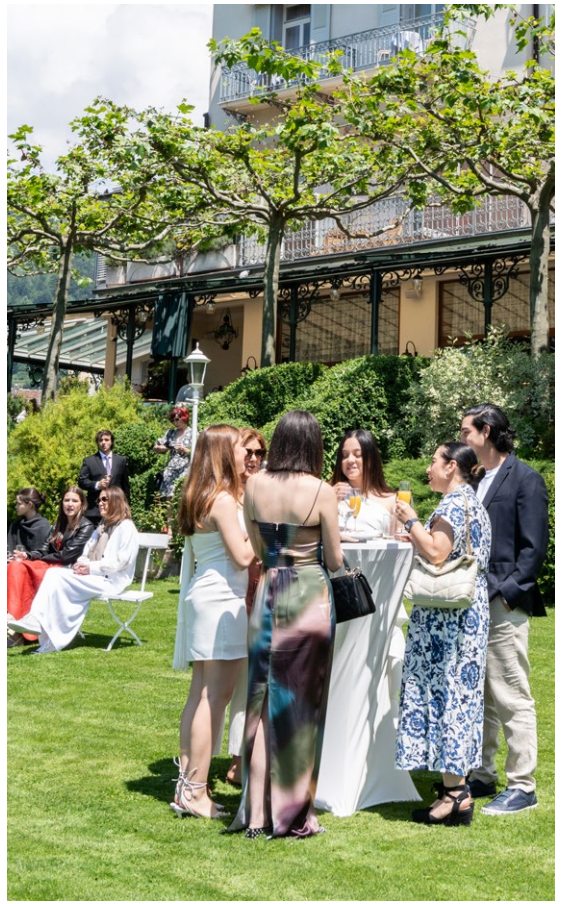
Mistakes are inevitable, we all make them, it is through them that we learn and grow.

Cherish the support of your loved ones: Be close to your family and friends, no one desires your success more fervently than they.

In closing, I will quote Seymour Papert, graduate from the university of Geneva, mathematician, pioneer of artificial intelligence, inventor of the Logo programming language: "POUR APPRENDRE QUOI QUE CE SOIT, COMMENCEZ PAR Y TROUVER UN SENS." To learn anything, start by finding meaning in it. PARA APRENDER CUALQUIER COSA, COMIENZA POR ENCONTRARLE SIGNIFICADO. Yo lo hice este año en Surval.

Congratulations class of 2024!





Graduation
2024

Achievement & Ambition



Celebrating wide-ranging, competitive university offers for 2024 entry

This year's graduating class will depart Surval to take up university places throughout Europe, the UK and the USA, with offers from a wide range of universities including:

- *Northeastern University London*
- *The American University of Paris*
- *The University of Amsterdam*
- *IE University, Madrid*
- *University of Washington*
- *Fordham University*
- *UMass Boston*
- *Baylor University*
- *IFM Business School*
- *Geneva Business School*
- *Webster University.*

We are extremely proud of our Grade 12 students and congratulate them for receiving offers to their universities of choice. Each application involves a lot of hard work and commitment on the part of the students, supported by our team of dedicated staff. Many factors go into choosing the right university for an individual student and rankings are just one aspect.

- ***University of Washington:***
Ranked #25 in the world by Times Higher Education
- ***University of Amsterdam:***
Ranked #61 in the world by Times Higher Education
- ***Geneva Business School:***
Ranked the #2 business school in Switzerland by CEOWorld
- ***IFM Business School:***
Ranked the #3 business school in Switzerland by CEOWorld

This excellent range of offers represents our internationally minded community: the world is their oyster and their aspirations and dreams are wonderfully diverse. We wish them all the very best in their next exciting step!



Boarding Life at Surval 2023-24



Halloween

We had a spooooooky start to our winter term this year! The girls got creative dressing up for Halloween activities in the evening... we were even joined by Zombie Taylor Swift herself. Truly a Thriller of a night...



Decorating the house for Christmas

It was all hands on deck to deck the halls as Christmas arrived at Surval. Our wonderful house team, helped by the girls, truly turned Surval into a winter wonderland complete with a real Christmas tree in the heart of the school and plenty of carol singing... (thanks Ms Mitchell!)

Sunset Yoga

After long school days, yoga in the sun was just what we needed, and where better to watch the sunset over the lake than from our tennis court? Aaaaaaand relaxxxxxx...





Running Club

Have you ever seen how still and quiet the lake is on a crisp Wednesday morning at 7am? Our run club has! Getting those endorphins flowing and pushing ourselves physically and mentally has been a challenge and a joy this year, although definitely the former for those brave enough to run back up the hill afterwards.



Art Club

Who could possibly look out of any window at Surval and not feel inspired? There's enough artwork in Surval to fill a gallery; from sculptures to paintings, to jewellery to prints, everyone had a go this year at finding the creative practice for them. Whether it was to develop a new skill, or to just chill out, art at Surval has been different for everyone but for everyone all the same.



Gala dinners

Our Etiquette society made their debut with our wonderful Winter Gala dinner this December, giving us all an excuse to glam up for a fine dining extravaganza. Setting the bar so high with their first event was a risk, but the team met it and more with their second Gala dinner which included fundraising for the upcoming Tanzania service trip. There was a buzz all day as the girls prepped the dining room and library to receive guests for apero.



Wall painting

It's safe to say the students this year have left their mark on Surval... figuratively and literally. And what a beautiful mark it is! Designed and painted by a dedicated group of individuals in rain and shine alike, our new mural is a source of great pride for us all. And of course, no Surval mural would be complete without the special addition of a certain small black and white dog... Can you spot Windsor?



Travel & Exploration



London Trip *9-12 May 2024*

Our trip to London was amazing and full of great experiences.

When we arrived, we started our adventure with some shopping at Selfridges. The store was impressive and had so much to offer. The great atmosphere and vast selection made it the perfect start to our journey. That night, we went to see the musical “Hamilton” at the theatre. The performance was fantastic, with incredible music and a gripping story. After the show, we were ready for a good night’s sleep, feeling excited for the days ahead.

The next day, we visited the British Museum, one of the world’s greatest cultural institutions. We saw the Rosetta Stone and the Elgin Marbles, which were really interesting and gave us insight into ancient civilizations. Each exhibit was a fascinating journey through history. Afterwards, we enjoyed a nice brunch at the Polo Ralph Lauren Café, where the cozy ambiance and delicious food made for a relaxing meal.

In the afternoon, we headed to Horizon 22. The stunning views from the top were breathtaking, offering a panoramic look at London’s iconic skyline. We took in the sights and enjoyed the peacefulness above the bustling city. We then had a refreshing matcha at Joe & The Juice, which was the perfect way to recharge.

Later, we explored Harrods, one of the world’s most famous department stores. It was huge and had a lot of different items, from gourmet foods to high fashion. Wandering through the luxurious halls of Harrods was an experience in itself. Dinner at Sketch was one of the highlights of our trip; the restaurant had a unique vibe with its quirky decor

and artistic presentation. The food was excellent, and every dish was a delight. After dinner, we walked around Soho and tried the popular chocolate strawberries, which were as delicious as we had heard. The lively streets and vibrant nightlife added to the charm of our evening.

On our last day, we dedicated our time to exploring some of London’s most famous landmarks. The London Eye gave us amazing views of the city, and we could see all the way to the horizon. We also visited Big Ben, Buckingham Palace, and Westminster Abbey. Each landmark was impressive and filled with history, making us appreciate the grandeur of London.

Throughout the day, we did more shopping, exploring various stores and soaking in the lively atmosphere of the city. London’s energy was infectious, and we enjoyed every moment of it. For dinner, we went to a well-known restaurant near London Bridge, famous for its pasta. The meal was delicious, and the location offered a picturesque backdrop. We took some beautiful pictures with the bridge in the background, capturing memories we will cherish.

In the evening, we met up with our friends to watch “Sister Act” at the theatre. The show was delightful, filled with humor and great music, and it was a perfect end to our trip.

During our trip, we learned how to manage our time well, making sure we saw and did as much as possible without feeling rushed. We left London with a deeper appreciation for its rich history, diverse culture, and vibrant energy. It was the best trip we’ve ever had, filled with wonderful memories and experiences that we will remember for a lifetime.

Olvido, Grade 9

Monaco Trip *15-21 April 2024*

My trip to Monaco was incredibly productive, cultural, enriching, and fun, it provided an opportunity to learn more french language and culture, it also really helped for my preparation in the DELF exam.

Each day began with classes from 9 AM to 12 PM, where we learned French language skills and did exercises for the DELF. After class, we explored different places such as the Oceanographic Museum, the Opera of Monaco, Nice, Cape Ferrat, Vence, and more. These excursions were not only enjoyable but also highly educational.

Through these trips, we gained a deeper understanding of the local culture and history. We sampled various local cuisines, discovering the region's flavors and culinary traditions. Visits to museums enriched our knowledge of art, history, and marine biology. Each location offered unique experiences, from the stunning coastal views of Cape Ferrat to the historical charm of Vence.

Overall, this trip was a perfect blend of learning and having fun, providing memorable experiences and valuable educational benefits.

Gala, Grade 8



Tanzania Service Project

23 March - 5 April 2024

Fourteen days later how do I even start... After spending the most amazing two weeks in Tanzania, with the best team I could ever ask for, doing life-changing projects, it is time to go back home.

I dare to say, our lives have also changed forever, seeing the little kids dancing, smiling, and singing really gave us a different life perspective. Seeing how everyone in the community of Kindwitwi worked together to help each other in whatever challenge someone is facing.

Talking about challenges, camping for one week, taking showers of five minutes in an outdoors shower, going to the restroom in a whole different way we are used to was nowhere easy, but totally worth it.

The first day, we planted banana trees for the community to consume organic high quality food. The second day we went to an all-girls high school, where we donated a sewing machine and got the opportunity to interact with the students, walk around campus and learn about their dances and sports. In the afternoon we visited another primary school where we also donated school material such as wooden numbers games, chalkboards and exercise books. The third day and the most physically challenging one for me, we built a trench for one of our amazing hosts Miriam, because of this she and her family will have access to clean water for the first time ever. For the next two days we painted a whole classroom for the local kindergarten, and continued helping in the garden.

The night before we departed to our next destination, the Kindwitwi community threw us a thank you dinner, where we ate local delicacies, and the girls of the schools we visited sang us traditional songs. What a spectacular way to end our week in Kindwitwi. We continued with an amazing safari and two days on the beach.

I would like to take this opportunity to say thank you to everyone in the team: Ana Sofia, Ivanna, Arleen, Gala, Sara, Vivian, Marina, Monse, Romina, Anaeliz, Isabella, Ms. Dudley, Ms. Hill and Jack, our expedition leader. Thank you for all the meals cooked, for all the laughs, for the 8-hour bus rides, for singing every song very passionately, for singing me happy birthday fifteen times, you will all be in my heart forever. Victoria of two weeks ago would not believe everything the team and herself have accomplished.

Victoria, FLC





Scan here to experience our trip to Tanzania





The Surval Award

Over the year, girls are encouraged to write reflections in their Surval Award padlet in order to capture and reflect on the highlights of their Surval experience. A selection of the students' favourite reflections are copied below:



My passion project is about running. It reflects a journey of self-improvement, hard work and dedication. This shows the progress I have made, not just in terms of physical fitness but also in building mental strength and discipline. Kilometer by kilometer I have transformed my commitment into progress. My love for running has gotten greater with time. I have been dedicating a lot of time towards running and I am really proud of how far I've come. I am also really grateful for all the teachers that have helped me achieve this. My passion project supervisor Ms. Byrne, got me into a race in Sion which I am attending this Saturday. This is a great chance to show off my progress. I am really surprised that I could improve that much in such a small amount of time. This passion project really showed me that I can do anything with hard work and dedication.

Gala Grade 8

This quarter I made my first trip to America where I had the opportunity to participate in a model UN conference at the University of Massachusetts. Before the trip, I talked with a girl who had already participated in a similar conference, she said that MUN changed her worldview and that it was something special and I definitely needed to go, then I didn't attach any serious importance to it, but I was wrong. It was an incredible experience. I gained a lot of knowledge in the field of politics, economics and society. I made a lot of friends and now I have contacts all over the world, which is incredibly cool. Next year I'm very excited to go again, no longer afraid and actively participating in the process because it's quite fun. Also, next year I am ready to take part in helping students prepare for going to this conference, because now I have experience and a visual understanding of what is happening.

Maiia Grade 9



I chose the club of charity because I like helping people, my heart is really big for everyone, I really enjoy seeing smiles on faces because of something, helping people makes me feel I am doing good in life. The first time I went to charity and helped people, I mean, I gave them supplies such as food, ice, etc. The people to whom we gave supplies really need it. The place where I went is called Carton du Coeur. I really enjoyed meeting new people and talking some more French. I will certainly repeat it.

Luisa Grade 10

This Trip is one of the biggest experiences that has most impacted my life. It has not only impacted the way I see life, it has also made me more flexible in my way of living the way of staying in a camping also the bathroom and shower.

Before Tanzania I was really scared about how it would be, what would the bathroom be like, if we could get a shower every day, also the food, the conditions we would be living etc... but I was also excited to work and help the community of Kindwitwi. We didn't know if we could see the kids but in the end we did and that was the most wonderful thing that I experienced in my whole life.

The day we were going to the place we were going to stay I was really nervous to see where we would stay. When we arrived my nerves were gone it was a house and outside were our tents. We did various activities like: planting banana trees, painting a mural in a school, we also gifted some stuff to help the education in two schools but the most amazing thing was meeting new people and meeting their culture - we had really different ideas of life. My favorite part was meeting the kids of Kindwitwi and that was the part that impacted me the most, they were happy just by seeing us and playing but when we started giving some toys they were even happier. The thing that showed me the most was seeing how the kids shared everything and didn't keep it to themselves that made me see that you can be happy with the basic things or with just a few. It made me more thankful for everything that I have, all the opportunities of education, all the trips, all the food that I can have, all the things that I have like a toilet, a shower, a good classroom - everything. But my biggest challenge was the bathroom and outside shower that's why I am thankful that I can have it. Kindwitwi will be always in my heart and in my mind.

Sara, Grade 11

French Language & Culture immersion



In Surval's intensive French Language and Culture programme, the girls participate in an activity outside of school once a week (on Wednesdays). This initiative allows for **total immersion in the French language** in Switzerland. The activities vary each week, allowing the girls to explore the French region of Switzerland more deeply and to become acquainted with the culture of the region.

Among these activities **are visits to cities** such as Fribourg, Neuchatel, Bern, Gruyères, Nyon, Lausanne, Ivoire... traveling through the different French-speaking cantons of the country. In each city, they receive a guided tour in French to understand the history of the city. In addition to walking through its streets, we usually dine in typical restaurants of the city to experience the local cuisine (such as the Gruyères cheese tasting or the Cailler chocolate factory), where the students learn to order in a restaurant, learn about foods, and speak with local people. This initiative is designed to help overcome the fear of speaking and become familiar with the country.

We can't forget about the **cultural visits**: we visit museums and internationally renowned foundations such as the Olympic Museum in Lausanne, the Charles Chaplin Museum, the Gustave Eiffel Photography Museum, and the visit to Chillon Castle, the official studio of singers like Freddie Mercury... where at the end of the visit, they participate in a small workshop to enhance their learning.

We also visit **small villages** in the region to explore the food markets and artisanal products they sell (Morges, Thonon, Vevey, Rolle, Montreux...) It's a great opportunity to purchase local products and learn the vocabulary used in everyday life. Therefore, the students are able to learn and use their knowledge and skills in a simple and enjoyable way.

We don't forget the **importance of reading**, so once every term, we go to the Montreux library to read together in French and discover French authors.

Of course, at the end of each term, a **special day** is organized, with a surprise activity where fun is guaranteed: activities such as doing a French escape room or visiting the zoo are some of the proposed activities for this year.

To carry out all the activities, we have a bus provided by the school, but we also use public transportation (train or boat) to learn how to navigate and understand everything related to transportation, enabling the students to orient themselves in the region.

Without a doubt, these activities encourage the girls to learn in a dynamic and enjoyable way and to experience studying at the school in a **unique** manner.

Sara Gonzalez, Teacher of French and Spanish



NOS PARFUMS :

VANILLE D'EGYPT	CHOCOLAT CARAMEL	CARAMEL SALE	FRUIT	CITRUS DULCE	FRUIT	ACIÀ DI BARRANA
COFFEE MOCHA	ARTISANAL CHOCOLAT	POURCHÉ BLACK	FRUIT	FARRO	FARRO	CHOCOLAT
ANANAS MONTPELLIER	BEURRE	PASTICHE DE NOIX	FRUIT	FRUIT	FRUIT	FRUIT
FRUIT BAUM	FRUIT	NOIX DE COCO	FRUIT	FRUIT	FRUIT	FRUIT
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT

Glaces Sans Gluten
Glaces Vegan

CRÈMES GLACÉES
SORBETS

BUBBLE WAFFLE

Bubble Waffle Nature/Sucre 4,4€
Bubble Waffle Nutella/chocolat/caramel 5,6€
Bubble Waffle sur mesure 6,9€

RÉALISE TA BUBBLE WAFFLE !

Choisis 1 boule de Glace Artisanale Antolin...
Choisis 1 topping au choix...
et 1 nappe au choix

Crème Glacée	Vanille D'Egypte	Chocolat Caramel	Caramel Sale	FRUIT	CITRUS DULCE	FRUIT	ACIÀ DI BARRANA
Vanille D'Egypte	Chocolat Caramel	Caramel Sale	FRUIT	CITRUS DULCE	FRUIT	ACIÀ DI BARRANA	FRUIT
Vanille D'Egypte	Chocolat Caramel	Caramel Sale	FRUIT	CITRUS DULCE	FRUIT	ACIÀ DI BARRANA	FRUIT

MILKSHAKE 350 ml 6€
Choisis 1 ou 2 Parfums parmi les 30 Parfums disponibles + Chantilly

SMOOTHIE 350 ml 6€
Fruits frais au choix + Framboise & Mangue
Fraise & Banane
Fraise & Framboise
Mangue & Banane
Mangue & Fraise
Ananas & Mangue





“Je pense que le cours de français est parfait. J’aime étudier et écrire des notes tous les jours et j’ai l’impression d’apprendre beaucoup et d’améliorer. Les excursions sont toujours amusantes et j’apprends quelque chose de nouveau à chaque fois : Les visites des musées, des différentes villes de Suisse et le fait que je parle français tout le temps, m’ont permis d’apprendre de manière dynamique la culture du pays. L’expérience du programme FLC est formidable! Je suis sûre que si je restais à l’école pendant un an, j’aurais fait l’examen officiel DELF A1. Les professeurs Madame Gonzalez et Monsieur Peltier sont très cool. Ils nous encouragent dans les cours et nous aident à progresser dans la langue: J’apprends sans peur et de manière ludique. Finalement, je pense que ce cours de français est mon préféré et je ne veux rien changer! “

Beatriz Guajardo- FLC niveau A1

“ J’ai déjà essayé d’apprendre le français avec d’autres professeurs, mais c’est à Surval où vraiment j’ai appris le français. Ma professeure, Mme Gonzalez m’a donné suffisamment de vocabulaire pour avoir des conversations avec d’autres personnes et comprendre la langue. Dans ce cours, j’ai l’opportunité d’apprendre chaque jour et je suis toujours encouragé à pratiquer mon français et à ne pas avoir peur de me tromper.

Le voyage à Monaco est la meilleure opportunité pour préparer le DELF. C’est un voyage idéal pour améliorer mon français parce que j’ai utilisé tout ce que j’ai appris pendant mes cours de français à Surval. Je suis très motivée pour avoir mon diplôme de français! Je ne sais pas à quel moment j’ai commencé à apprendre cette langue, mais ma professeure a fait que le français soit très facile d’apprendre. Ça vaut la peine de faire le programme de FLC! “

Romina Rodriguez - FLC niveau A1+

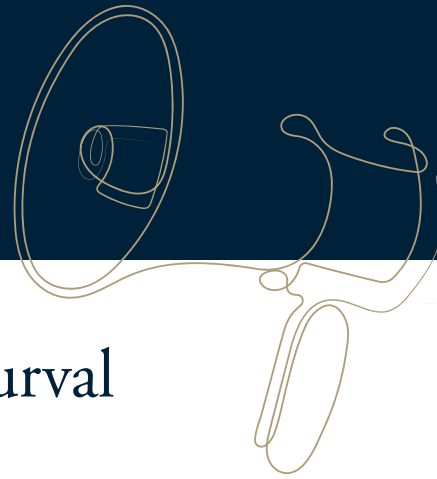
Creative Pursuit

Art elective





Student Voices



Surval of Tomorrow - Building a better Surval - delivered at assembly on 21 May 2024

Adapted from Theodore Roosevelt's speech 'The Strenuous Life' delivered on 10 April 1899



Today our Surval Core class is going to be presenting about what it means to live a purposeful and meaningful life. Theodore Roosevelt, in his famous speech "The Strenuous Life," talked about living with effort and courage. Inspired by his speech we will share what we believe will help you live a strenuous and impactful life.

Life is full of challenges; but these challenges are just opportunities for us to grow as they make us stronger and more confident.

It's important to enjoy life, like appreciating nature, playing sports; doing the hobbies that you love. Setting goals helps lead you in a direction and keeps you motivated, so set goals that you want to do like learning a new language or travelling the world.

Living a strenuous life means getting out of your comfort zone, working on self improvement, and pushing yourself.

Thank you for listening. I hope this helps inspire you to live with purpose and determination. Whether your goals are good grades, meaningful friendships, or memorable experiences.

Malak



I will share the message of the importance of being and remaining interested in life. So how do we stay interested in our daily life? Well, I know that people use their hobbies as a motivator because it helps them to explore their real selves away from their problems. When people are interested in their lives and enjoying it, they have already succeeded and will continue to find more success in their future. There are many ways to stay interested in your life.

Firstly you need to seek out a sport that you will enjoy. This will keep you busy away from negative thoughts and keep you healthy. Secondly, you can listen to music that keeps negative thoughts away too and makes you feel more relaxed. You could go outside more so you can admire the nature around you. Lastly, set yourself a goal. This will give you a sense of what you're trying to achieve in your path towards your life's mission. You can learn new skills which will come in handy and create your own journal to keep all good memories in it. Meet new people from different parts of the world to see how they lead their life, to have a clearer idea and to exchange your own experiences with each other. All of these will help you, the next generations to have a good productive life.

Mariana



As you go into the future, remember that a life of fulfilment and happiness is based on a few fundamental ideas. No matter how difficult a task might be, always put your best effort into it. This will not only bring you to the success you're seeking, but it will also bring you personal satisfaction because when you look back at all the effort you put into what you do, you'll see that you're capable of accomplishing all of your goals and dreams but you have to make it happen little by little.

Life is full of unavoidable failures and challenges, but these mistakes also represent an opportunity for learning and development. But don't get frustrated by this, since this will help you grow out of your comfort zone and gain more confidence in yourself and your capacities.

Ivanna



Do you truly know yourself? Or are you pretending to be liked? Pretending to be someone else ends up being a dead-end road, you will never satisfy others and you won't feel like "you". Find who YOU are, as I always say "first you go, then you go and in the end it's you" we are here to be ourselves. If you find yourself you are able to take care of yourself, to create a healthy lifestyle where you can achieve everything you want, because you know you are capable and enough, we all are, but you need to find your spark, what makes you want to live, and that's our mission in life getting to discover ourselves not only our qualities also our low points. Life is not simple and we can never expect everyone to like us but we can expect to like ourselves enough to never wait for something in the future to be more.

Anaeliz



Nowadays we are lazy. Technology has made us lazy, technology now does everything that we used to do with our own hands. For example, writing and sending a letter. Some years ago people wrote handwritten letters and sent them through postal mail. They had to wait a long time to receive a response. Now we just wait a few minutes, we have lost patience, we want everything in the moment, we want to do things effortlessly, we don't want to take a lot of time doing something, we want everything fast and well done. This speech is about effort. You have to make an effort to have success. If you don't move, think, or act for yourself, you won't succeed. Do not expect someone or something to do it for you if the goal is to succeed. The way to do it is to stop being lazy and trusting in a robot. The results of effort don't appear immediately; it



G. Michael Hopf is a bestselling author credited with a quote accurately summarising almost all of human history- "Hard times create strong men, strong men create good times, good times create weak men, and weak men create hard times." We've seen this cycle repeat over and over, most notably with the Roman Empire, the Middle Ages, and the Renaissance. While the challenges we face are vastly different from those our ancestors faced, the virtue of working hard is timeless and relevant no matter the era we live in, and the world we create is the world our children will live in.

We live in an age of convenience where ease dominates almost all other priorities, and while there is no shame in utilising the newest technological advancements, both as humans and as members of an academic setting we must make sure we are not completely reliant on technology. In the past few years, AI development has seen huge advancements, especially with the ChatGPT engine, infamous for being able to generate essays and answers so you don't have to do your own schoolwork.

While it can be incredibly tempting to take the easy way out with this new technology, we ask that you think not in the present, but in the future. Do we want to live in an AI generated world? Do we want our children to live in an AI generated world? In an era where the conflict between man vs. machine seems to escalate more every day, take your own step in securing our future by depending on yourself and your own research, and while it may seem completely unrelated, know that every essay you write yourself is a sign of your humanity and knowledge, and the strength that it takes to be self-dependent. To bring it back to Hopf's quote- be strong, and create good times.

Beatriz

takes time and now we are not used to waiting. We want everything in the moment. We can't even wait for the microwave to heat our food. We want everything done in the exact moment we want. We have to stop these habits that we have created due to technology. Years ago if you wanted to search for any information you had to look for it in a book or ask it to someone. Now you can just open a safari type and obtain everything. Those times were more difficult than these but difficult people stop being lazy and start looking for success. In the speech Roosevelt tells "A mere life of ease is not in the end a very satisfactory life." which means that an easy life at the end won't be satisfactory, what is satisfactory is doing hard work and after that seeing everything you have done.

Sara



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