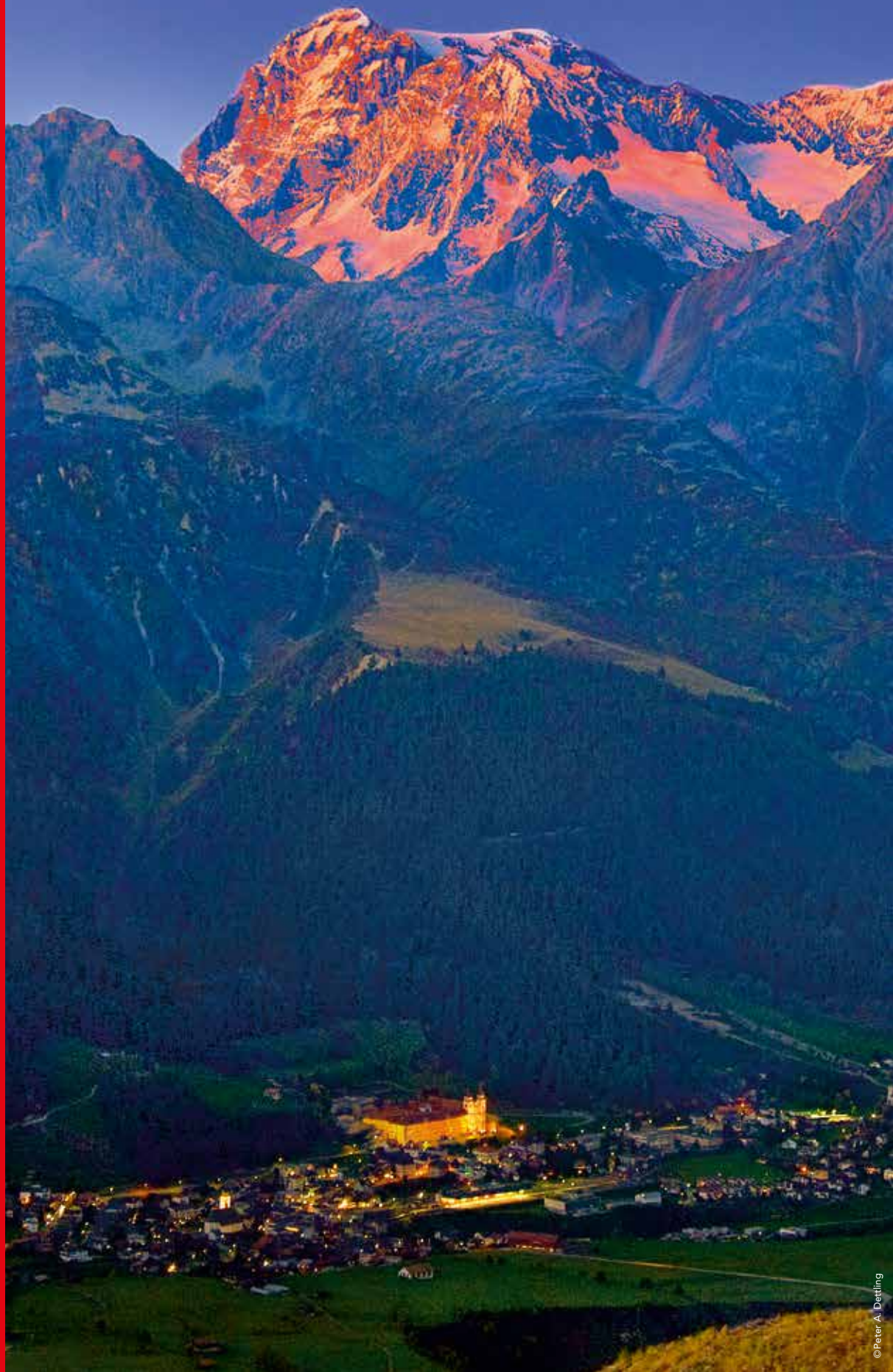




# 通往巔峰之路 Towards the ultimate





# 欢迎你!

# Welcome!

亲爱的读者:

巴洛克风格的迪森蒂斯修道院教堂及其巍峨的双塔耸立在迪森蒂斯的山谷，显得格外雄伟壮观。1400年以来，我们以书面和口头的形式向后代传授知识。在的高级文理寄宿中学里，来自世界各地的莘莘学子在“通往巅峰之路”上相约前行，从迪森蒂斯走向世界顶级大学。

我们是位于瑞士东南部格劳宾登州的一所高级文理中学。三分之二的学生来自这个美丽的地区。我们的寄宿生来自世界各国和地区。他们在这里营造了一种国际氛围，多元文化在此相遇，碰撞。

希望这本宣传册能给你留下深刻的第一印象，希望它能鼓起你进山旅行的勇气。

我们很愿意花时间为你介绍我们的学校，我们期待与你相见。

致以最衷心的问候！

迪森蒂斯高级文理寄宿中学学校领导

**Dear reader!**

The Benedictine abbey of Disentis, a vast baroque structure with a magnificent, twin-towered church, thrones majestically over the valley of Disentis. As a place of learning, our tradition – both oral and written – of passing on knowledge to the next generation looks back on 1400 years of history. In our Gymnasium & Internat (grammar and boarding school), students from all corners of the globe embark “towards the ultimate” – from Disentis on to the best universities in the world.

Our grammar school serves the Surselva region; two thirds of our students come from this beautiful, idyllic area. The boarding school students come from all over the world, creating an international community where multiculturalism is a part of daily life.

Gain a first impression from our brochure – and plan a trip to the mountains. We would be delighted to meet you personally.

Kind regards,  
The School Management



GYMNASIUM & INTERNAT  
KLOSTER DISENTIS

[www.gkd.ch](http://www.gkd.ch)



# 氛围



圣加仑医学检验中心首席执行官兼主任医师、  
医学博士沃尔夫冈·柯尔特教授

“（上高中时）我学会了专心致志地学习，还学会了给自己安排轻松而又有意义的课余活动。我现在使用的不少工作方法和通信技术还是那时候学会的。”

Prof. Dr. med. Wolfgang Korte  
CEO und Chefarzt Zentrum für Labormedizin, St. Gallen

*"I learned to study with focus while having the freedom to make my leisure time meaningful and 'mine'. To this day, I still use many of the work and communication techniques I learned in Disentis."*

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# The ethos



## 严守秩序，明确目标，坚持我们的价值观 – 1400多年来我们始终不忘初心，不负使命

1400多年来，我们这所闻名遐迩的中学在瑞士中东南部莱茵河源头地区的文化和经济领域里始终起着重要的作用。

本笃会对自然与文化独具一格的认识和面向世界的观念营造了一种激励人心的教育氛围。在这样一种教育氛围里，多年来我们培养出了无以计数的成功人士。每年有180多名来自瑞士各地和国外的学生在我们学校学习并逐渐成长为独立的、有责任心的个性。

## Structure, values, prospects – our commitment. For almost 1400 years

**Situated in the heart of Switzerland, at the source of the Rhine, our renowned school has played a major cultural and economic role for almost 1400 years.**

Our affinity for nature and culture combined with our Benedictine open-mindedness makes for an inspiring educational atmosphere – one that has shaped innumerable personalities over the years. The student body of almost 180 boys and girls is an optimal size; throughout their education, teenagers from all over Switzerland and abroad develop into independent, responsible adults.





第91届奥斯卡金像奖最佳视觉效果得奖者

“在迪森蒂斯高级文理寄宿中学度过的那些岁月是我一生中最美好的时光。”

Thabo Beeler  
Oscar-award winner 2019

*“My years at the boarding school in Disentis belong to the best of my life.”*



## 人文主义教育

我们学校以追求优异成绩为导向，旨在培养学生对自己和对他人负责的精神。六年制的文理高中与六年制的小学相衔接。我们的学生在六年里完成高中课程，取得高中毕业文凭。

我们为国际生提供四年制的文理高中（3到6年级）。

本着迪森蒂斯基教人文主义教育的精神，我们学校开设语言、自然科学、音乐及体育课程。其中有些课程用英语授课。此外，我们还拥有一个一流的合唱团。负责学生教学和生活的是由教育工作者和神职人员组成的专业团队。按照学校井然有序的安排，学生既有规定的学习和课余时间，也有一定的上网和使用其他电子设备的时间。国际生住的宿舍曾屡次获得各种建筑设计奖。其房间都是带浴室和卫生间的单间。此外，他们还可以使用各种休闲设施、公共休息室和其他公用房间。

在生物、化学和、物理和地理自然科学的课程中，学生在获取新知识的同时还能学到这些领域里新的认知方法。通过以实践为导向的教学方法，学生不仅能学到自然、技术、医学和环境方面的新知识，而且还能掌握如何学习和了解这些科学领域的技能。

# 我们的教育模式

# Our educational provision



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## Christian-humanistic

**Our school culture is distinguished by a high-achievement approach that encourages students to take responsibility – for themselves and for others. Our six-year grammar school programme commences after the 6th grade of primary schooling and leads to completion of the “Matura”, Switzerland’s university entrance qualification.**

In keeping with the Christian-humanistic tradition of our education model, we foster the disciplines of language, music and natural sciences and complement these subjects with sporting programmes. Selected subjects are taught through the medium of English. In addition, our school boasts a first-class choir. Students are supported by our professional team of secular and church staff. The weekly

schedule is clear and compulsory, enabling students to benefit from defined learning and leisure times as well as clear rules for internet and media use. The boarding school students live in award-winning residences that have been recognised for their architectural excellence; the rooms are single occupancy with bathroom en suite. The boarding residences also feature a range of spaces for reflection and retreat, leisure facilities and common rooms.

In the natural sciences, students are instructed in the latest findings and methods in biology, chemistry, physics and geography. Through practice-based teaching, students gain new insights into the natural world, technology, medicine and the environment, thus mastering the skills and knowledge required to understand these domains from a scholarly perspective.

## 面向世界各国

迪森蒂斯高级文理寄宿中学是欧洲最古老的学校之一。它架起了与世界各国文化交流的桥梁。

在学校国际化的进程中，无论是瑞士学生还是国际生都应该学会如何去应对当今这个紧密联网的现代化世界的挑战。

如果你了解了其他国家和其他各大洲，便会用不同的眼光去看待世界，便会以不同的方式去对待环境和同胞。对于位于阿尔卑斯山脉中部的迪森蒂斯修道院来说，国际化并不是什么新鲜事：1400多年来这所修道院一直面向世界各国。迪森蒂斯高级文理寄宿中学和修道院为来自世界各地的学生提供在瑞士获取国际认可的高中文凭的最佳机会。学校的主要课程包括十三个科目和三种语言。瑞士的Matura是全欧洲要求最高的、同时也是质量最好的高中毕业文凭。由于Matura的高品质，我们的毕业生可免试进入瑞士所有的大学，并有机会免试进入欧美及其他国家的很多一流大学。

欢迎随时来我们学校上暑期和冬季学校，欢迎参加我们的交换生项目。想来探望孩子的父母可以在我们的修道院酒店入住并享受专门为其定制的文化及休闲活动。

### 通往迪森蒂斯的途径

1. 参加每年三月的交换生项目
2. 参加我们的暑期和冬季学校
3. 参加我们的高中课程

# 地域性 - 全球性

## Local – global



©Daniel Winkler

美国德克萨斯大学奥斯汀分校  
金融市场理论与国民经济学教授克莱门斯·西亚尔姆

“（高中时）我学会了分析与思考，学会了自律地学习并养成了与人合作的习惯。刚开始上高中时，我并不是一个好学生。井然有序的学习氛围以及教师们的悉心照管使我受益匪浅。”

Prof. Clemens Sialm  
Finanzmarkttheorie und Volkswirtschaft, University of Texas at Austin, U.S.A.

*“I learned to think analytically, work with discipline, and act in the interests of the group. At the beginning of my grammar school education, I was not a particularly good student. The mid-size school community and personal support did me the world of good.”*





## International outlook

**The school at Kloster Disentis is one of Europe's oldest education institutions – building bridges between cultures belongs to its tradition.**

In an increasingly globalised world, the school's internationalism gives both the Swiss and international students the opportunity to learn the skills to navigate life in a modern and interconnected world.

Experiencing other cultures and continents helps us to see the world with different eyes and to treat the environment and our fellow humans with more care. In this respect, internationalism is, for an abbey situated in the middle of the Alps, nothing new: Kloster Disentis has been open to all four points of the compass for 1400 years. Our boarding school offers students from all parts of the world the unique opportunity to complete the

"Matura", Switzerland's internationally renowned university entrance qualification. The core programme comprises 13 subjects including three languages: a demanding curriculum and the best preparation for university studies in Europe. Thanks to the high quality of our Matura, our graduates are exempt from university entrance examinations at Swiss universities, and they have the opportunity to study at the best higher education institutions throughout Europe, the US and many other countries.

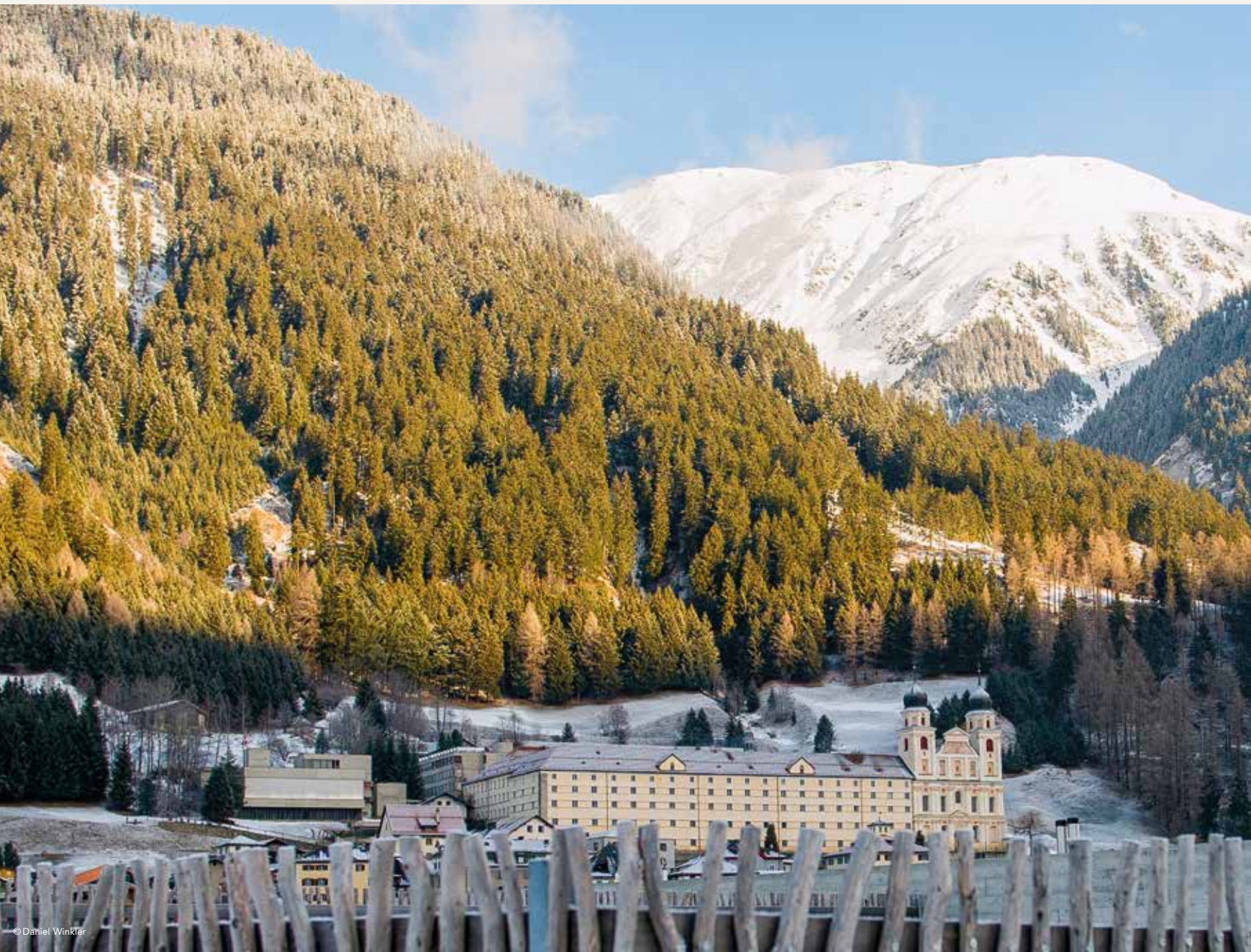
Shorter courses such as our winter and summer schools and our exchange programmes can be commenced at any time. Parents who would like to visit their children are offered a special cultural and leisure programme and have the possibility to stay in our own abbey rooms.

### **The path to Disentis**

1. Exchange every March
2. Summer and winter schools
3. Matura

阿尔卑斯北部最古  
老的本笃会  
修道院

**The oldest  
Benedictine abbey  
north of the Alps**





高级文理中学：  
正在稳步向前迈进

**Grammar school:  
towards the ultimate**



# 寄宿部： 终身的友谊

## Boarding school: friendships for life





迪森蒂斯：  
原生态的自然环境与最现代化的  
休闲文化相得益彰

**Disentis: idyllic nature  
combined with modern leisure  
pursuits**





© Annatina Nay

# 你的第二个家

## 寄宿部的单人间

国际生在自习时间有教师陪伴，每天都能得到个性化的学习辅导，以最大程度确保学有所成效。

生活老师的定期反馈促进其人格发展。寄宿部的特色是布置时尚，每个单间都有浴室和卫生间。

阿尔卑斯山脉的自然环境为学生在体育、文化和音乐方面的发展提供了最理想的条件。

24小时都能得到训练有素的生活老师全天候的陪伴；一起用餐，一起生活并一起参加丰富多彩的课余活动；学习如何共同组织集体活动以及如何共同承担义务和责任。寄宿部的活动和设施还有：学习辅导、看电影、与修道院的僧侣们交流、专门的自习室、健身房、体育馆、台球室和图书馆。



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# Your second home



克里斯多夫·冯·托根布尔格  
经理、人道主义专家和冒险家

“（寄宿部的）集体生活使我学会了不少‘软技能’，这在当今世界是必不可缺少的：比如团队合作精神、外交能力、适应能力以及交际能力。在我们一生中这个非常重要的成长阶段，学校在对提出种种要求的同时也给了我们许多支持与鼓励。”

Christoph von Toggenburg  
Internationaler Manager – humanitärer Experte – Abenteurer

*“Life in the school community gave me the soft-skills essential for today’s world: teamwork, diplomacy, adaptability and communication. In this crucial stage of my personal development, I was not only challenged, but supported and guided.”*



## Boarding school with single rooms

**Supervised study time and personal learning support on a daily basis guarantee the best possible learning success.**

Regular feedback sessions foster personal development and character. The boarding school has tastefully appointed single rooms with en-suite bathrooms.

**The Alpine landscape provides an inspiring environment for personal development in sport, culture, and music.**

Support from trained prefects, 24-hour supervision, shared mealtimes, communal living, activities and excursions, co-determination and co-responsibility, academic coaching, cinema, learning and study rooms, fitness room, gymnasium, billiard room, library and interaction with the monk community.

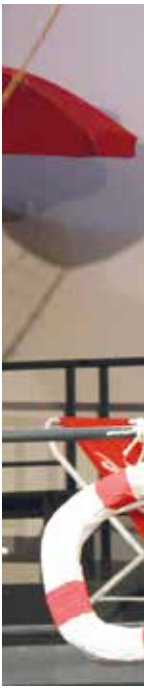


法学博士律师文森特·奥古斯丁

强烈的集体意识为建立深厚的友谊和增广个人见闻提供了绝佳的环境。学校高度重视独立性和责任感，这些最重要的价值观让我一直前进。

DPhil Flurin Caviezel, Candidate in Cancer Research,  
University of Oxford, United Kingdom

*„The strong sense of community offers an outstanding environment to build great friendships as well as broaden your knowledge! Independence and responsibility are taught with high priority and are up to date important values which helped me advance.“*



# 课余时间和友谊

## 学习的保障

迪森蒂斯高级文理寄宿中学始终把保障学生的生活品质放在第一位。

学校有专门负责关心学生心理健康的教师，其任务是在必要的情况下为学生提供帮助和支持。此外，我们还为学生提供各种丰富多样的课余活动。参加文体活动以及在国内外广交朋友同样会有助于提高学习成绩。我们所提供的各种活动兼顾了学生在音乐、体育和休闲各方面的兴趣。





## The foundation for learning

At our grammar and boarding school, the students' quality life enjoys top priority.

We provide pastoral care to support our young people with help and guidance, as well as a wide range of extra-curricular activities. Our commitment to healthy work-life balance enhances student well-being, and our strong international network provides opportunities to make the most of their school years. Students can also develop their interests through our diverse range of music, sport and leisure programmes.



## Free time and friendship



# 在通往巅峰之路上 相约前行

## 有很多理由让你选择我们的高级文理中学和我们的寄宿部：

### 学习成绩

你能轻松地跟上班级的学习进度、但是你想学到更多的东西。

### 学习内容

你不仅对常规的科目感兴趣，那么我们学校所提供的拉丁语课、用英语教授的化学课、商业与法律课以及我们的合唱团一定会引起你的兴趣。

### 高中毕业文凭与大学学习

你有一个目标。你希望达到这个目标并在未来的几年里以最佳的方式为之而努力。

### 培养独立性

别人在做什么并不重要，别人如何看待你做的事，也不重要。对你来说至关重要的是，你自己在做什么以及你所做的事对你是否合适。

### 开阔视野

对他人、对不同的观点、对不同的语言和文化采取开放的态度。

### 休闲与运动

你可以在自己家里度周末、度节假日和寒暑假、你也可以和我们一起在山里度周末、度节假日和寒暑假。

### 同事和朋友

你与同龄人朝夕相处：一起上课、一起自习、一起做作业、一起用餐并一起度过课余时间。他们中的有些人将来可能会成为你的朋友或许还会成为你最好的朋友。

### 我们的承诺—秩序、目标、价值观

你准备好了吗？那就来拜访我们。我们期待与你相见。

## 通往巅峰之路的最佳途径：我们的高级文理寄宿中学

### 秩序

- 对每周的上课和自习时间都有明确的安排
- 周末有各种体育和文化活动
- 学校还拥有一个享有盛誉的百人合唱团
- 在寄宿部里住校生得到经验丰富的生活老师的照管和学习辅导
- 举办形式多样的集体活动周
- 有各种学生倡议小组
- 有丰富的丰富多彩的课余活动

### 目标

- 来自本地、各大城市和世界各国的教师和学生在一起学习和生活
- 在具有现代化设施的学校中上课
- 可获得瑞士双语高中毕业文凭（德语和英语），可免试进入大多数世界一流大学
- 可参加英语国家为期三周的语言强化班
- 可参加每年的跨学科专题讨论周
- 可参加体育兴趣小组，认识和了解高尔夫、滑雪、探戈、太极拳、帆船、骑马等各种体育运动项目
- 可访问在校生的校友会的社交网络
- 可参加学校每年为准备就业和上大学的学生提供的、由已就业的校友参与的咨询日

### 价值观

- 来自世界各国的教师和学生每天在一起生活、一起参与教学活动
- 在多次获得国际建筑设计奖的校舍和宿舍里学习和生活

想来亲身体验一下  
我们的高级文理  
寄宿学校吗？

欢迎随时跟我们的秘书处联系！  
邮箱地址：  
matura@gkd.ch  
电话号码  
+41 (0)81 929 68 68



Basel

Luzern



## Make the most of your potential in our unique learning community.

### Structure

- Defined learning and study times in a weekly schedule
- Sport and cultural activities, also on weekends
- Vocal training in a renowned choir of over 100 voices
- Study and learning support for boarders provided by trained prefects
- Attractive community weeks
- Initiative groups
- Diverse range of leisure activities



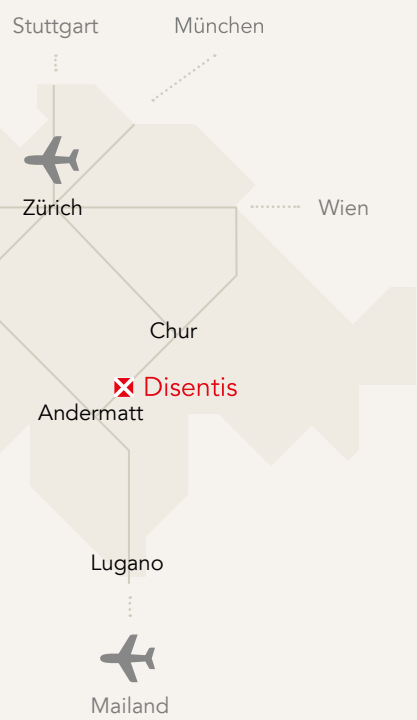
### Prospects

- Live and learn where students and staff from different regional, urban, and global backgrounds come together
- Modern classrooms and infrastructure
- Bilingual school leaving certificate (German/English), generally allowing examination-exempt entry to globally leading universities and other higher education institutions
- Three-week intensive English language course in an English-speaking country
- Annual interdisciplinary focus weeks
- Sport in interest groups  
discover new sports including golf, skiing, tango, tai chi, sailing, and horse riding
- Access to network of student association and the alumni association
- Annual career and study preparation days with active participation of professionals from the school's alumni



### Values

- Daily experience of an intercultural environment thanks to international students and staff
- Accommodation in internationally renowned buildings of architectural significance



**Want to try out our grammar and boarding school?**

Visits are possible any time by arrangement with the secretary office:  
[matura@gkd.ch](mailto:matura@gkd.ch)  
 +41 (0)81 929 68 68

# Together towards the ultimate:

## What makes us stand out – our grammar and boarding school:

### School grades.

You can keep up easily – and you are keen to excel.

### School subjects.

You're looking for more than regular school subjects. Latin could pique your interest. Or chemistry – taught in English. Or economics and law or our choir.

### A'level Matura & university studies.

You have a goal. You want to reach it. And you want to be able to focus optimally on your goals in the coming years.

### Independent spirit.

You do care deeply about your own path and whether it is right for you.

### Horizons.

You are open-minded towards other people, other views, other languages, other cultures.

### Leisure & sport.

You spend the weekends, public holidays and school holidays at home – or with us in the mountains.

### Friends & peers.

You are together with your peers, many of whom will become your friends – most likely your best. You spend time with them from early in the morning to late at night – in lessons, during study and homework time, at mealtime, and in your free time.

### Structure, values, prospects – our commitment.

Are you ready? Then pay us a visit. We look forward to meeting you!



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网页 Web [www.gkd.ch](http://www.gkd.ch)

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GYMNASIUM & INTERNAT  
KLOSTER DISENTIS

