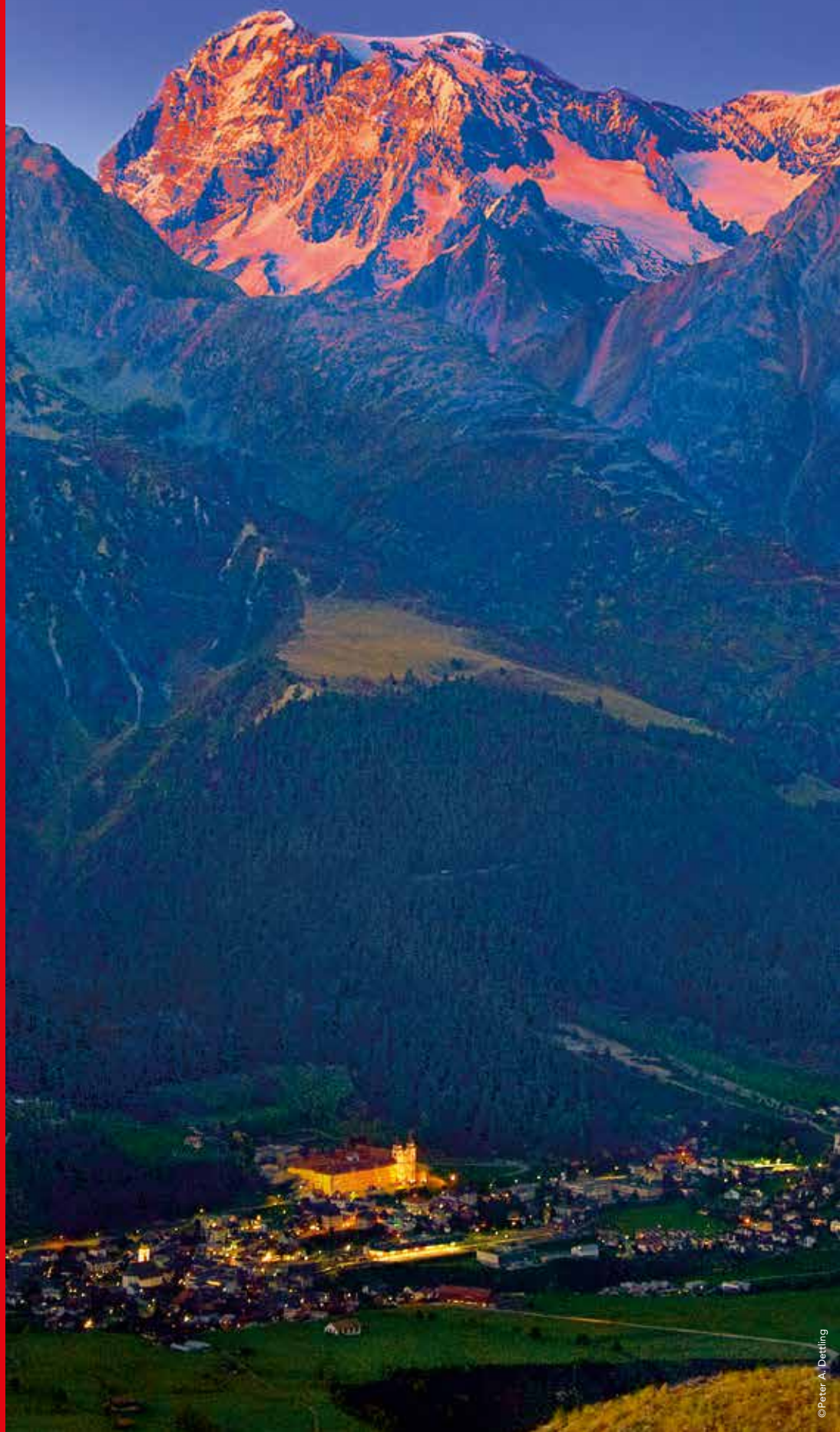




**GYMNASIUM & INTERNAT**  
KLOSTER DISENTIS

# 通往巔峰之路 Towards the ultimate





# 欢迎来到迪森蒂斯高级 文理寄宿中学—— 通往成功未来的桥梁！

巴洛克风格的迪森蒂斯修道院教堂及其巍峨的双塔矗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。在我们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个国家和地区。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。

# Welcome at Gymnasium & Internat Kloster Disentis – your gateway to a successful future!

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.



**GYMNASIUM & INTERNAT**  
KLOSTER DISENTIS



# The ethos

# 氛围



© Fabienne Ganterbein

莎拉·卡洛尔彻尔  
戏剧家、音乐家及作家  
2024年克莱斯特奖得主

“我对那里的家庭氛围有着美好的回忆，并十分感激学校为艺术兴趣提供的自由和支持。”

Sarah Calörtscher  
Dramaturg, musician and author,  
Kleist Prize 2024

*“I have fond memories of the family atmosphere and I appreciated the fact that there was room for artistic interests.”*



## 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。

我们对自然和文化的热爱，与本笃会的开放精神相结合，营造出一种激励人心的教育氛围——这种氛围多年来塑造了无数卓越的人才。每年有150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 river Rhine, our renowned school has played a major cultural and economic role for almost 1400 years.

Our appreciation for nature and culture, combined with our Benedictine spirit of openmindedness, creates an inspiring educational atmosphere – one that has shaped countless personalities over the years. The student body of almost 150 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.”*



The success rate  
at the “Numerus  
Clausus”: 80 percent  
of our graduates  
managed the entrance  
exam for medical  
studies.

# Our educational provision

## 我们的教育模式



### 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他人负责的精神。我们提供六年制文理中学课程（7到12年级）或四年制文理中学课程（9到12年级），两者均可取得瑞士大学入学资格——Matura文凭。

本着迪森蒂斯基督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组成的专业团队。

在生物、化学、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。

### Christian-humanistic

**Our school culture is distinguished by a high-achievement approach that encourages students to take responsibility – for themselves and for others. We offer the six-year grammar school from grade 7 or the four-year grammar school from grade 9, both of which lead to 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.

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.

# Local – global

# 地域性 - 全球性

## 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国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，并有可能会免试进入欧美及其他国家的很多一流大学。

## 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.

**Towards the ultimate**

Through level-based study support, a success rate of 98% in passing the "Matura" is achieved.





克劳迪奥·吉纳尔  
AXA安盛集团欧洲市场与全球健康首席转型官

“迪森蒂斯高级文理寄宿中学不仅为我提供了培养学术知识和兴趣的理想环境，更是一段深刻塑造我性格的宝贵旅程。这段经历让我建立了在个人与职业生活中持久受益的心理与身体韧性。”

**Claudio Gienal**  
Chief Transformation Officer European Markets  
& Global Health, AXA Group



*“Besides being a great place to develop academic knowledge and interest, the Gymnasium & Internat Kloster Disentis was an experience that strongly formed my character, allowing me to build the mental and physical resilience from which I continue to benefit in my private and professional life.”*

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

年轻人在阿尔卑斯山腹地学习，在多语言和多文化的环境中成长。为未来进入瑞士德语区、法语区或英语国家的知名大学学习打下坚实的基础。

## Grammar school: towards the ultimate

Young people study in the heart of the Alps and thus come into contact with different languages and cultures. They lay the foundation for studying at a major university in a German-, French- or English-speaking country.



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**



# Your second home

## 你的第二个家



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.”*



## 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。

专业生活老师的指导、24小时全方位照护、共进用餐和集体生活，为学生提供安全温暖的生活环境；多样化的活动与郊游、共同的责任感以及学业支持，促进学生全面发展。同时，影院、自习室、健身房、体育馆、台球室等丰富设施，进一步为学生提供多元的成长空间和支持。

## 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.**

Supervision by trained prefects, 24-hour supervision, shared meal-times, communal living, activities and excursions, co-responsibility, academic support, cinema, study rooms, fitness room, sports hall, billiard room and much more.



# Free time and friendship

## 课余时间和友谊



牛津大学癌症研究所候选人  
弗卢林·卡维泽尔博士 (DPhil)

“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.”*





## 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.*



# 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

如果你追求的不仅仅是常规课程，不妨尝试拉丁语，或深入探索化学、经济与法律等领域，亦或参与我们充满活力的合唱团，发现更多可能性。

### 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

你可以和我们一起在山里度周末、节假日、以及春秋季节假期。

### 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
- 各种体育和文化活动
- 学校还拥有一个享有盛誉的合唱团
- 在寄宿部里住校生得到照管和学习辅导
- 举办形式多样的集体活动周
- 有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
- 高标准毕业要求：掌握三门语言，通常情况下可免试入读全球顶尖大学及其他高等教育机构
- 可参加英语国家为期三周的语言强化班
- 报考剑桥高级英语证书（CAE），并可根据需求报考剑桥熟练英语证书（CPE）
- 可参加每年的跨学科专题讨论周
- 通过参加兴趣小组可体验多样化体育活动：如滑雪、攀岩、山地自行车等丰富运动项目
- 可访问在校生和校友会的社交网络
- 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：  
info@gkd.ch  
电话号码  
+41 (0)81 929 68 68



Basel



Zurich

Lucerne

Lug





# 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
- Vocal training in a renowned choir
- Study and learning support for boarders
- Attractive community weeks
- Diverse range of leisure activities

## Prospects.

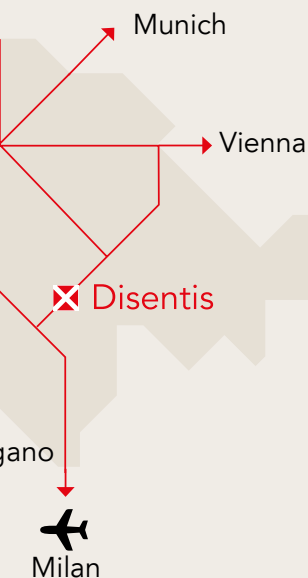
---

- Live and learn where students and staff from different regional, urban, and global backgrounds come together
- Modern classrooms and infrastructure
- Demanding graduation with three languages, 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
- Cambridge Advanced English certificate (CAE) and on request Cambridge Proficiency English certificate (CPE)
- Annual interdisciplinary focus weeks
- Sport in interest groups discover new sports including skiing, climbing, mountain biking and much more
- 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:

info@gkd.ch  
+41 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, 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 in autumn and spring 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!



电话号码 Tel. +41 (0)81 929 68 68  
邮箱地址 Mail info@gkd.ch  
网页 Web www.gkd.ch

迪森蒂斯高级文理寄宿中学地址  
Gymnasium & Internat Kloster Disentis  
Via Sogn Sigisbert 1, 7180 Disentis / Mustér, Schweiz

# GYMNASIUM & INTERNAT KLOSTER DISENTIS

