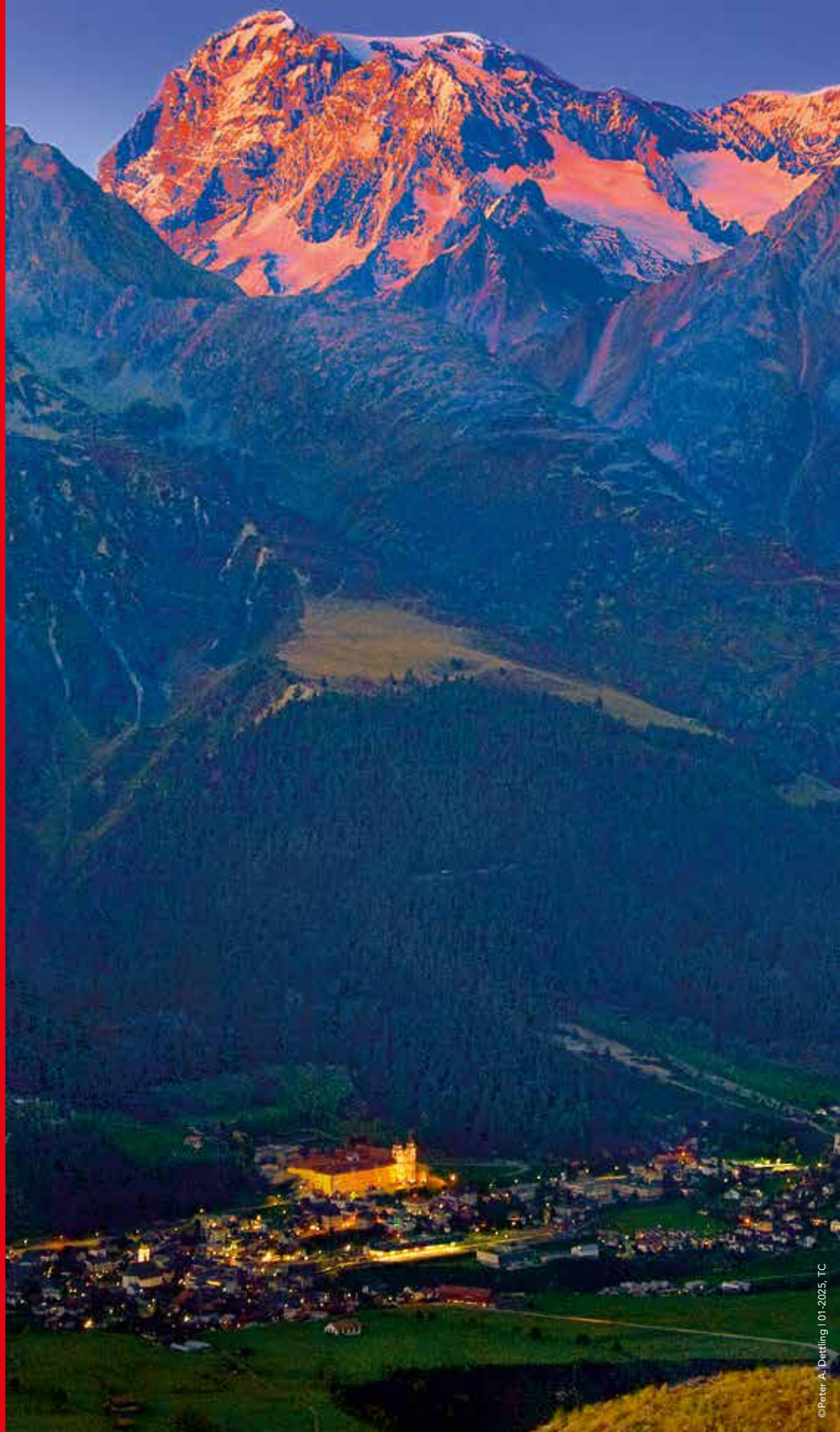




**GYMNASIUM & INTERNAT**  
KLOSTER DISENTIS

# 通往巔峰之路 Towards the ultimate





# 歡迎來到迪森蒂斯高級 文理寄宿中學—— 通往成功未來的橋樑！

巴洛克風格的迪森蒂斯修道院教堂及其巍峨的雙塔矗立於迪森蒂斯的山谷中，顯得格外雄偉壯觀。自1400年以來，我們以書面和口頭的形式向後代傳授知識。在我們的高級文理寄宿中學裡，來自世界各國的莘莘學子在「通往巔峰之路」上相約前行，從迪森蒂斯走向世界頂級大學。

我們是一所位於瑞士東南部格勞賓登州的高級文理中學。三分之二的學生來自這個美麗的地區，我們的寄宿生則來自世界各個國家和地區。在這裡，他們共同營造了一種國際氛圍，多元文化在此交匯、碰撞。

希望這本宣傳冊能給你留下深刻的第一印象，並鼓舞你踏上進山旅行的勇氣。

我們非常願意花時間為你介紹我們的學校，期待與你相見！

# 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

## 氛圍



© Fabienne Ganterbein

莎拉·卡洛爾徹爾  
劇作家、音樂家及作家  
2024年克萊斯特獎得主

「我對那裡的家庭氛圍有著美好的回憶，並十分感激學校為藝術興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."*



## 嚴守秩序，明確目標， 堅持我們的價值觀—— 1400多年來，我們始終 不忘初心，不負使命

1400多年來，我們這所聞名遐邇的中學在瑞士東南部萊茵河源頭地區的文化和經濟領域中始終發揮著重要作用。

我們對自然與文化的熱愛，結合本篤會的開放精神，營造出一種激勵人心的教育氛圍——這種氛圍多年來塑造了無數卓越的人才。每年有150多名來自瑞士各地和國外的學生在我們學校學習，並逐漸成長為獨立且富有責任感的個體。

## 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.





塔博·貝勒  
第91屆奧斯卡金像獎最佳視覺效果得獎者

「在迪森蒂斯高級文理寄宿中學度過的那些歲月是我一生中最美好的時光。」

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

## 我們的教育模式



### 人文主義教育

我們學校以追求優異成績為導向，旨在培養學生對自己 and 他人負責的精神。我們提供六年制文理中學課程（7到12年級）或四年制文理中學課程（9到12年級），兩者均可取得瑞士大學入學資格——Matura文憑。

本著迪森蒂斯基督教人文主義教育的精神，我們學校開設語言、自然科學、音樂及體育課程。其中有些課程以英語授課。此外，我們還擁有一個一流的合唱團。負責學生教學與生活的是由教育工作者組成的專業團隊。

在生物、化學、物理和地理等自然科學課程中，學生在獲取新知識的同時，還能學習這些領域中的全新認知方法。透過以實踐為導向的教學方式，學生不僅能夠學習自然、技術、醫學和環境方面的最新知識，還能掌握如何探索和理解這些科學領域的技能。

### 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

## 面向世界各國

迪森蒂斯高級文理寄宿中學是歐洲最古老的學校之一。它架起了與世界各國文化交流的橋樑。

在學校國際化的進程中，無論是瑞士學生還是國際生，都應該學會如何應對當今這個緊密聯網的現代化世界所帶來的挑戰。

如果你了解了其他國家和各大洲，你將以不同的眼光看待世界，並以不同的方式對待環境和同胞。對於位於阿爾卑斯山脈中部的迪森蒂斯修道院來說，國際化並非新鮮事：1400多年來，這所修道院一直面向世界各國。迪森蒂斯高級文理寄宿中學與修道院為來自世界各國的學生提供在瑞士獲取國際認可的高中文憑的最佳機會。

學校的主要課程包括十三個科目和三種語言。瑞士的 Matura 文憑是全歐洲要求最高、同時也是質量最優的高中畢業文憑之一。憑藉 Matura 的高品質，我們的畢業生可免試進入瑞士所有的大學，並有機會免試進入歐美及其他國家的許多一流大學。

**Towards the ultimate**

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

## 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.





克勞迪奧·吉納爾  
AXA安盛集團歐洲市場與全球健康首席轉型官

「迪森蒂斯高級文理寄宿中學不僅為我提供了培養學術知識和興趣的理想環境，更是一段深刻塑造我性格的寶貴旅程。這段經歷讓我建立了在個人與職業生活中持久受益的心理與身體韌性。」

**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."*

阿爾卑斯北部  
最古老的  
本篤會修道院

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





## 高級文理中學： 穩步向前邁進

年輕人在阿爾卑斯山腹地學習，在多語言和多文化的環境中成長，為未來進入瑞士德語區、法語區或英語國家的知名大學學習打下堅實的基礎。

## 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：  
終身的友誼

**Boarding school:  
friendships for life**





迪森蒂斯：  
原生態的自然環境與最現代化的  
休閒文化相得益彰

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



# Your second home

## 你的第二個家



克萊門斯·西亞爾姆教授  
美國德克薩斯大學奧斯汀分校 金融市場理論與國民經濟學教授

「(高中時)我學會了分析與思考，學會了自律地學習並養成了與人合作的習慣。剛開始上高中時，我並不是一個好學生。井然有序的學習氛圍以及教師們的悉心照管使我受益匪淺。」

**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."*



## 寄宿部的單人間

國際生在自習時間有教師陪伴，每天都能得到個性化的學習輔導，以最大程度確保學有所成。

生活老師的定期反饋促進學生的人格發展。寄宿部的特色是設計時尚，每個單人間都配備浴室和衛生間。

阿爾卑斯山脈的自然環境為學生在體育、文化和音樂方面的發展提供了最理想的條件。

專業生活老師的指導、24小時全方位照護、共進用餐與集體生活，為學生提供安全溫暖的生活環境；多樣化的活動與郊遊、共同的責任感以及學業支持，促進學生的全面發展。同時，電影院、自習室、健身房、體育館、桌球室等豐富設施，進一步為學生提供多元的成長空間與支持。

## 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

## 課餘時間與友誼



弗盧林·卡維澤爾博士 (DPhil)  
牛津大學癌症研究所候選人

「強烈的集體意識為建立深厚的友誼和增廣個人見聞提供了絕佳的環境。學校高度重視獨立性和責任感，這些最重要的價值觀讓我一直向前邁進。」

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."*





## 學習的保障

迪森蒂斯高級文理寄宿中學始終將保障學生的生活品質放在首位。

學校配有專門關注學生心理健康的教師，他們的任務是在必要時為學生提供幫助和支持。此外，我們還為學生提供各種豐富多樣的課餘活動。參加文體活動以及在國內外廣交朋友，同樣有助於提升學習成績。我們所提供的各項活動兼顧了學生在音樂、體育和休閒等各方面的興趣。

## 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.*



# 在通往巔峰 之路上 相約前行

## 有很多理由讓你選擇 我們的高級文理中學 和我們的寄宿部：

### 學習成績

你能輕鬆跟上班級的學習進度，但你想學到更多的學問。

### 學習內容

如果你追求的不僅僅是常規課程，不妨嘗試學習拉丁語，深入探索化學、經濟與法律等領域，或參與我們充滿活力的合唱團，發掘更多的可能性。

### 高中畢業文憑與大學學習

你有一個目標。你希望達成這個目標，並在未來的幾年裡以最佳的方式為之努力。

### 培養獨立性

別人在做什麼並不重要，別人如何看待你做的事也不重要。對你來說至關重要的是，你自己在做什麼，以及你所做的事是否適合你。

### 價值觀

對他人、對不同的觀點、對不同的語言和文化採取開放的態度。

### 休閒與運動

你可以和我們一起在山裡度過週末、節假日以及春秋季假期。

### 同事與朋友

你與同齡人朝夕相處：一起上課，一起自習，一起做功課，一起用餐，並一起度過課餘時間。他們中的一些人將來可能會成為你的朋友，或許還會成為你最好的朋友。

### 我們的承諾——秩序、目標、價值觀

你準備好了嗎？那就來拜訪我們吧。我們期待與你相見。

## 通往巔峰之路的最佳途徑 我們的高級文理寄宿中學

### 秩序

- 對每周的上課和自習時間都有明確的安排
- 各種體育和文化活動
- 學校擁有一個享有盛譽的合唱團
- 在寄宿部內，住校生得到全面的照管和學習輔導
- 舉辦形式多樣的集體活動週
- 提供豐富多彩的課餘活動

### 目標

- 來自本地、各大城市和世界各國的教師與學生一起學習和生活
- 在配備現代化設施的學校中上課
- 高標準畢業要求：掌握三門語言，通常情況下可免試入讀全球頂尖大學及其他高等教育機構
- 可參加英語國家為期三週的語言強化班
- 報考劍橋高級英語證書（CAE），並可根據需求報考劍橋熟練英語證書（CPE）
- 每年可參加跨學科的專題討論周
- 通過參加興趣小組可體驗多樣化體育活動：如滑雪、攀岩、山地自行車等豐富運動項目
- 可訪問在校生和校友會的社交網絡
- 可參加學校每年為準備就業和升讀大學的學生提供的，由已就業校友參與的諮詢日

### 價值觀

- 來自世界各國的教師和學生每天共同生活，一起參與教學活動
- 在多次榮獲國際建築設計獎的校舍和宿舍中學習與生活

想來親身體驗一下  
我們的高級文理  
寄宿學校嗎？

歡迎隨時與我們的秘書處聯繫！  
郵箱地址：  
info@gkd.ch  
電話號碼：  
+41 (0)81 929 68 68



Basel



Zurich

Lucerne

Lug





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

## Structure.

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- 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.

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- 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

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- 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.

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

### School subjects.

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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.

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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.

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

### Horizons.

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

### Leisure & sport.

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You spend the weekends, public holidays and school holidays in autumn and spring with us in the mountains.

### Friends & peers.

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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.

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



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# GYMNASIUM & INTERNAT KLOSTER DISENTIS

