



HOCHALPINES INSTITUT FTAN
SWISS INTERNATIONAL SCHOOL AND SPORTS ACADEMY



SCHOOL PROFILE

INTERNATIONAL EDUCATION

SWISS BILINGUAL
SECONDARY EDUCATION

BOARDING

SPORTS ACADEMY

SUMMER ADVENTURE CAMP

HIF.CH



SCHOOL PROFILE



Switzerland has an education system which is second to none. It is rigorous but fair, opening doors of opportunity for young people to progress to higher education or vocational training at every stage in their secondary school careers.

HIF Swiss International Boarding School and Sports Academy is an open-hearted campus community where young people from around the world can thrive in the sublime, health-giving environment of the Swiss Alps. It is a co-educational secondary school offering a range of educational programmes for students in school years/grades 7 to 12. It is accredited by the Canton of Graubünden to prepare and examine students for the Swiss Matura and by Cambridge Assessment as a centre for the International General Certificate of Secondary Education (IGCSE). HIF proudly holds IB World School status and is offering the IB Diploma programme.



VISION

The Hochalpinen Institut Ftan (HIF) is a Swiss International School and Sports Academy founded in 1793 and guided by the humanitarian traditions of Switzerland and the values of the great Swiss educators. True to their legacy, HIF fosters a student-centred school culture and caring relationships between educators and learners. This is manifested in high standards of teaching and learning, the discovery and development of individual talent and achievement within a motivating, supportive community. The school's alpine location and the beauty of its surroundings inspire students to lead healthy, active and outdoor lives. They feel it a duty to protect this natural heritage and to promote the sustainable use of the earth's resources in the interests of all its people. Wherever they live, work and travel, at home and internationally, they are ready to be of help in the spirit of friendly and respectful cooperation.

MISSION

At HIF we prepare our students to go out into the world with the knowledge, intellectual skills and emotional maturity to find fulfilment in their personal lives as well as in their academic and professional careers. The school aims to promote open-mindedness, critical thinking, self-directed research and teamwork through teaching and learning with a local, national and international outlook. We challenge our students to become internationally minded citizens with a sense of responsibility for our shared planet. We want them to understand that fairness, kindness and community spirit help to make the world a better place.

HIF PRINCIPLES AND IDEALS

- The bedrock for successful learning and the ability to lead a happy, fulfilling life is for children to feel valued, appreciated and secure.
- Young people thrive when they develop a sense of connectedness with the natural environment and the intense joy to be found in outdoor activities. This promotes good health and a vital sense of personal well-being.
- Each individual student has a unique set of talents, learning preferences and personal qualities. An HIF education helps them discover their talents, develop their potential and pursue their dreams.
- HIF graduates believe in themselves and their ability to succeed.
- HIF graduates devote themselves to life-long learning.

THE SCHOOL IN THE LOCAL COMMUNITY

HIF is an international boarding school with a strong local identity. It is attended by students from the local region of the Lower Engadine and by boarding students from Switzerland and around the world. It is located above the village of Ftan (altitude 1648 metres) in a beautiful alpine setting in south-eastern Switzerland. The region borders on Italy and Austria. The local community comprises the village of Ftan (population 500), the nearby town of Scuol (population 2,500) and other villages in the region of the Lower Engadine. The first language of many local students is Vallader, one of the Rhaeto-Romanic family of languages. They are all, however, bilingual German-Romansh speakers. The local economy is centred around tourism with modern infrastructure for all winter sports such as alpine and cross-country skiing. Summer and autumn visitors are attracted by the extensive network of hiking trails.





PROGRAMMES OF STUDY

Depending on their age, life goals and learning preferences, students at HIF choose a programme best suited to their needs from a range of opportunities:

INTERNATIONAL EDUCATION

SECTION	GRADE YEARS	CURRICULUM	LANGUAGE OF TUITION
International Lower Secondary	Grades 7-8	Pre-IGCSE Intensive language learning	English
International Upper Secondary	Grades 9-10	IGCSE	English
International Senior	Grades 11-12	IB Diploma	English

BILINGUAL SWISS EDUCATION

SECTION	GRADE YEARS	CURRICULUM	LANGUAGE OF TUITION
International Lower Secondary	Grades 7-9	Lehrplan 21	German & English
Bilingual Swiss Matura	Grades 7-12	Swiss Matura	German & English

21ST CENTURY LEARNING AND TEACHING

HIF has chosen some of the world's leading programmes of study recognised for admission by the top universities in the USA, the UK, Switzerland and worldwide.

A knowledge-rich and skills-based curriculum promotes mastery of subject content in Languages, Mathematics, the Natural Sciences, the Humanities, the Arts, Sport plus classes focussed on issues facing societies and individuals across the globe. Excellent teaching inspires a sense of excitement and the drive to discover more. Students learn that success comes from perseverance, from sticking at a task and building on their progress in understanding and performance.

Learning skills

- Identify their own learning needs, preferred learning techniques and organise their time to achieve their goals

Independent, self-directed learning

- Plan and execute a research project independently using a wide range of resources

Collaboration

- Work collaboratively with other students on research projects and presentations

Communication

- Express ideas and arguments clearly
- Communicate remedies to problems clearly and convincingly
- Communicate in a variety of situations, also in an additional language
- Make appropriate use of modern communication technology

Creativity

- Design and present innovative solutions to problems or to meet needs, both local and global
- Develop personal means of artistic expression

Critical thinking

- Develop and justify their own opinions using rational, evidence-based reasoning
- Analyse and evaluate claims made by others, in the classroom, among peers, in the media



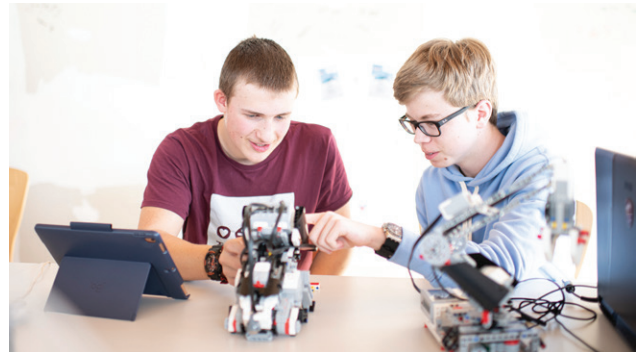


BLENDED LEARNING

Blended learning at HIF refers to an approach that combines e-learning with traditional in-person learning and independent study. A blended learning programme consists of in-person classroom sessions, peer-to-peer activities and an additional digital facilitation platform. One of the bigger benefits of blended learning is that it supports different learning styles and takes preferences into consideration, so that the students can make the most of their preferred learning channels. Due to its interactive and immersive nature, blended learning exposes students to a lot of different stimuli and encourages them to use diverse learning styles.

ROBOTICS AS PART OF TODAY'S LEARNING

Robotics classes at HIF open doors to new ways of learning. Students use algorithms to execute instructions in sequence, to use the multiple functions of the various sensors, and to adjust the parameters of the sensors. They learn how to programme loops and how to use „true“ and „false“ operations to exit the loops. Students are introduced in a playful way to the fact that measured values can be sent from one block to another using Bluetooth or data cables. They work with lists and tables, and design, use and evaluate programs that improve the robot's behaviour in ever-changing situations. In the process, they gain a deep insight into how robots today are taking on new tasks in automated production.



CURRICULUM ENRICHMENT

Learning at HIF goes beyond the walls of the classroom. HIF education is about students discovering and developing their unique talents and individual potential - intellectual, emotional, social, artistic, sporting - which every child possesses. It is also about exploring how knowledge and skills learned in academic subjects can be applied and extended in the real world. Among the opportunities for enriched learning are excursions in Switzerland, academic clubs, hiking in the Alps, music and arts, Leadership programmes and other projects.

SPORTS ACADEMY

Whether you are an aspiring Olympic skiing champion or simply enjoy a leisurely game of golf, sport is an essential element in an HIF education. It promotes health, well-being, resilience, self-discipline and team spirit. What is more, sport is a source of joy, excitement and inspiration. With its team of expert coaches and high-profile training facilities, HIF enables young talents and students interested in sports such as cross-country skiing, alpine and freestyle skiing, alpine snowboarding, freestyle snowboarding, ice hockey and golf to combine competitive or leisure sports with an academic programme of their choice. Special support and mentoring programmes ensure the coordination of sport and academics. We are responsive to the needs and the development of each student, regardless of his or her performance level. Motivation and pleasure are the decisive elements in achieving the school's objectives in both athletics and academics.



INTERNATIONAL EDUCATION



Recognised by the world's leading universities

The International Baccalaureate Organisation and the University of Cambridge are two of the most widely-respected names in international education. The qualifications they offer to HIF school leavers are designed to meet the educational and professional demands of the 21st century.

INTERNATIONAL SECTION

SECTION	GRADE YEARS	CURRICULUM	LANGUAGE OF TUITION	SPORTS ACADEMY
International Lower Secondary	Grades 7-8	Pre-IGCSE Intensive language learning	English	
International Upper Secondary	Grades 9-10	IGCSE	English	
International Senior	Grades 11-12	IB Diploma	English	

PATHS OF STUDY

Direct entrance to the mainstream international curriculum is possible at different points, depending on completed years of school, age, language skills and academic results.

LANGUAGE REQUIREMENTS TO HIF INTERNATIONAL SECTION

Communicative competence plus prediction based on past learning will also be taken into account.

Pre-IGCSE:

Grade 7: English A2 / IELTS 4 / TOEFL 30+

Grade 8: English A2 / IELTS 4 / TOEFL 30+

IGCSE:

Grade 9: English A2/B1 / IELTS 4.5 / TOEFL 32+

Grade 10: English B2 / IELTS 5.5 / TOEFL 46+

IB Diploma Programme:

Grade 11: English C1 / IELTS 7 / TOEFL 94+





INTERNATIONAL LOWER SECONDARY: PRE-IGCSE / INTENSIVE LANGUAGE LEARNING

Combined with PRE-IGCSE (English) or Swiss Lower Secondary (German)

Learning a new language is a long-term project which requires regular exposure to the language and practice in situations where you need it. Special teaching techniques make it possible to learn the new language while making progress in other school subjects. The programme is designed for learners with only an elementary knowledge of English or German (minimum of A1 level) who intend to enter the Upper Secondary (IGCSE) or Swiss Matura Programme.

OBJECTIVES OF THE PRE-IGCSE

- Understanding, especially in reading and listening
- Acquiring the language needed to participate fully in mainstream lessons
- Communicative fluency and confidence in using the language for everyday purposes
- Developing skills for writing short and gradually longer texts in various academic subjects

Students are assessed for their level of language before they enter the mainstream programme.

PRE-IGCSE 1: Intensive English

- 20 lessons per week
- Core subjects, Music and Sports

PRE-IGCSE 2:

- Mainstream class
- Continued English support
- Preparation for transition to IGCSE 3



INTERNATIONAL UPPER SECONDARY: IGCSE

Cambridge IGCSE is the world's most popular international qualification for 14 to 16 year olds. It is recognised by leading universities and employers worldwide. Developed over 30 years ago, it is tried, tested and trusted by schools worldwide.

The IGCSE offers students broad, general education, challenging and rich in knowledge but based on a varied classroom approach. This gives students with a range of learning preferences the opportunity to succeed. It is thus an ideal preparation for the IB Diploma. Students must study one subject from five groups (two from Group 1 Languages). At our school the subjects are:

Group 1: Languages (English or German)

Group 2: Humanities and Social Sciences

Group 3: Natural Sciences

Group 4: International Mathematics

Group 5: Computer Sciences, Art & Design

Physical Education / Sports

Business Studies

Total: 7 subjects*



*Find subject list on HIF.CH



INTERNATIONAL SENIOR: INTERNATIONAL BACCALAUREATE DIPLOMA (IBDP)

Regarded by many as the best preparation worldwide for university studies, the IB Diploma is a 2-year course of studies which combines in-depth specialist learning within a broad educational framework.

MISSION STATEMENT FROM THE IB

The International Baccalaureate® aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect. To this end, the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment. These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

THE IB DIPLOMA AT HIF

Students in grade 11 and 12 must choose six subjects, at least one from each of the five groups, three at Higher and three at Standard Level.

- Group 1: Studies in Language and Literature**
- Group 2: Language Acquisition**
- Group 3: Individuals and Societies**
- Group 4: Experimental Sciences**
- Group 5: Mathematics**
- Core:** Theory of Knowledge, Extended Essay, Creativity Action Service (CAS)
- Total: 6 subjects***



SKILL-BASED LEARNING AND TEACHING

The IB Diploma helps learners develop key skills such as:

- Critical thinking
- Self-reflection and self-management
- Analysing and evaluating the reliability of evidence
- Developing and formulating well-reasoned arguments
- Communicating clearly and convincingly
- Conducting independent research and presenting the results in an academic paper

Such skills are learned in all subjects but especially in the Theory of Knowledge (TOK) course and by completing a 4,000-word Extended Essay. The IB Diploma is aimed at educating the whole person and the Creativity, Activity and Service (CAS) component of the programme is essentially a journey of self-discovery and personal development by means of reflection, active involvement in community projects, by learning and developing new or existing skills, by identifying and solving problems in their local community or simply by helping others who are in need.

*Find subject list on HIF.CH



SWISS BILINGUAL SECONDARY EDUCATION



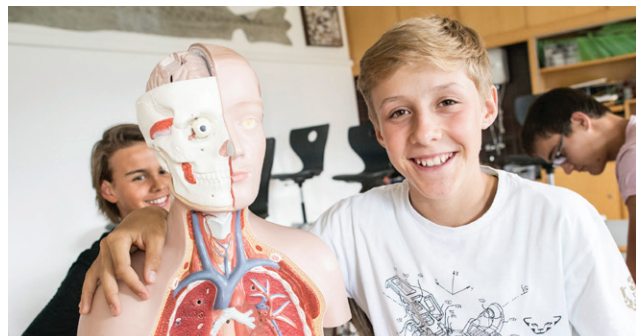
Limitless opportunities

In Switzerland's education system all roads lead either to higher education or to vocational training. It gives young people opportunities to transition from one programme to another at various points along their journey in accordance with their individual learning preferences, their life and personal goals and their developing maturity. At HIF a Swiss secondary education basically follows one of two paths but with a number of possible variations.

BILINGUAL SWISS EDUCATION

SECTION	GRADE YEARS	CURRICULUM	LANGUAGE OF TUITION	SPORTS ACADEMY
International Lower Secondary	Grades 7-9	Lehrplan 21	German & English	
Bilingual Swiss Matura	Grades 7-12	Swiss Matura	German & English	

With a curriculum approved by the federal and cantonal authorities, the Swiss Matura gives students the unrestricted right to study at Swiss and international universities, while the Bilingual Lower Secondary is a preparation for an apprenticeship and vocational studies. For some students, the Swiss Bilingual Lower Secondary can also be the ideal preparation for the entrance examinations to the Swiss Matura programme.



Teachers and learning support professionals provide the advice and support to help students find their own way to the course of studies which best matches their needs and abilities.



HIF BILINGUAL SWISS MATURA FOR INTERNATIONAL STUDENTS



The Swiss Matura Programme can be entered in grade 9, subject to reaching the language requirements in German, English and French as well as passing the compulsory internal examination at the end of the first completed academic year at HIF. For international students the ideal path is to join HIF Swiss Bilingual Lower Secondary in grade 7 and to obtain promotion in grade 9 to Swiss Matura Programme.

ADVANTAGES OF A SWISS MATURA

- Holders of the Swiss Matura have the right to study at any Swiss and international university of their choice without having to take entrance examinations (exception: medical school).
- The broad, demanding curriculum means students can choose any course of study, depending on their interests and aptitudes.
- The Swiss Matura is recognised for admission by leading universities throughout the world.



SWISS BILINGUAL LOWER SECONDARY - TARGETED PREPARATION FOR SWISS MATURA

A unique opportunity for HIF students: as the first secondary school in the Canton of Graubünden, HIF offers a three-year bilingual programme (grades 7-9) in the Lower Secondary. Subjects such as Mathematics, History and Geography will be taught immersively in English and others in German. The added advantage of a strong additional language on top of a broad general secondary education creates a solid basis for transition to Bilingual Swiss Matura in grade 9.





BILINGUAL SWISS MATURA PROGRAMME

In the HIF Swiss Matura section teaching and learning are guided by the aims and objectives set out in the federal and cantonal curriculum frameworks. These place emphasis on:

- A broad, rigorous general education
- Developing age-appropriate study skills and problem-solving strategies
- Self-directed, independent learning
- Project-based collaborative learning in teams
- Acquisition of in-depth, specialised knowledge in selected subjects
- Ability to evaluate arguments and evidence used in academic publications

SWISS MATURA SUBJECTS AND SPECIALISATION

HIF offers a bilingual Swiss Matura with some subjects taught in English and others in German. Students must study each subject listed below and must choose a second national language as a foreign language. From grade 11 students can specialize and choose higher level elective subjects.

German, English, French or Italian
Mathematics
Humanities and Social Sciences
Natural Sciences
Economics and Law
Visual Arts
Sports
Music



MATURA PROJECT

The Matura project gives students the opportunity to focus for one year on a topic of their choice for investigation. In the process they learn how to work in accordance with the criteria applied to the conduct and presentation of academic research.

The Matura work is an independent work and an integral part of a Swiss Matura education. It offers the opportunity to work independently on a topic and apply scientific methodology. Thanks to the personal involvement with scientific questions, the Matura thesis makes a valuable contribution to the later choice of studies and career.

The Matura thesis consists of a scientific paper or work with accompanying text and an oral presentation and is supervised by a teacher. The topic of the work is determined in mutual agreement between the supervisor and the student.





International education in its purest form

Our vibrant campus community thrives on its diversity, tolerance and a shared sense of belonging. For many months of the year HIF is literally 'home' to most of its students: those who live in one of the boarding houses. During the day - in the classroom, on the sports field, in the gym and in the wide variety of out-of-class activities - local students from the village and the valley below learn and play alongside them. It is a melting pot of languages and cultures in which life-long bonds and networks of real friendship are created. This is international education in its purest form, where the local meets the global and both learn from each other, take part in each other's lives and are enriched by the experience.

YOUR HOME AWAY FROM HOME
The safety, security and well-being, in short, the happiness of each student is the basis for their academic and sporting success.

The choice for a boarding school education is a family decision and one not taken easily or in haste. It is a decision you want to get right first time. The place to start is with the most fundamental and most important factor: the people who will be looking after your child, those responsible for the pastoral care of each child in their house: the house parents. They see it as a privilege to be the most significant adult person in each child's boarding house life. For the dedicated house parents at HIF nothing is more important than the happiness of their

house and that depends on the health, happiness and safety of each child in their care. House parents are not just carers or activity organisers or supervisors. Although they are all of these, they are first and foremost educators. They work as a team in close cooperation with teachers, school leaders, sports coaches, medical staff and, of course, parents to provide the holistic education expressed in HIF's mission statement.





Teenage years are a cocktail of emotions, an intense roller coaster ride of excitement, the greatest happiness and at times confusion. It is the period when the closest friendships are formed, bonds which last a lifetime. These bonds are strengthened by the shared experience of learning to stand on your own feet perhaps earlier than other children. It is a period when youngsters gradually make the transition from childhood to young adulthood and the step into the greater freedom of university, vocational training school or the workplace. They need trained and dedicated educators to guide them.

House parents are trained in the basics of first aid. However, in urgent cases they can call a doctor at any time of the day or night or the student can be taken immediately to the regional hospital in Scuol, just 10 minutes' drive away.

On a day-to-day basis house parents are concerned with the practical realities of life. They help make sure students:

- Get a good night's sleep
- Are ready for school punctually each morning
- Tidy their rooms and dress appropriately for school
- Organise and make good use of their time to complete homework assignments
- Attend breakfast, lunch and dinner
- Talk about anything that might worry them or cause them anxiety
- Celebrate their joys and successes
- Solve problems in a sensible, constructive way
- Pay attention to personal hygiene
- Are packed and organised for outings and the journey home



House parents are vigilant, alert to what is going on around them and they expect high standards of conduct, tolerance and manners. There are house and school rules to be respected and at times house parents are called on to issue sanctions. At the same time, they help students to learn from mistakes or misbehaviour and to take responsibility for their actions.

House parents are present seven days a week and around the clock to ensure the highest standards of care and protection. They can be reached easily, as required, by telephone, short message or email.

OUR EXPECTATIONS

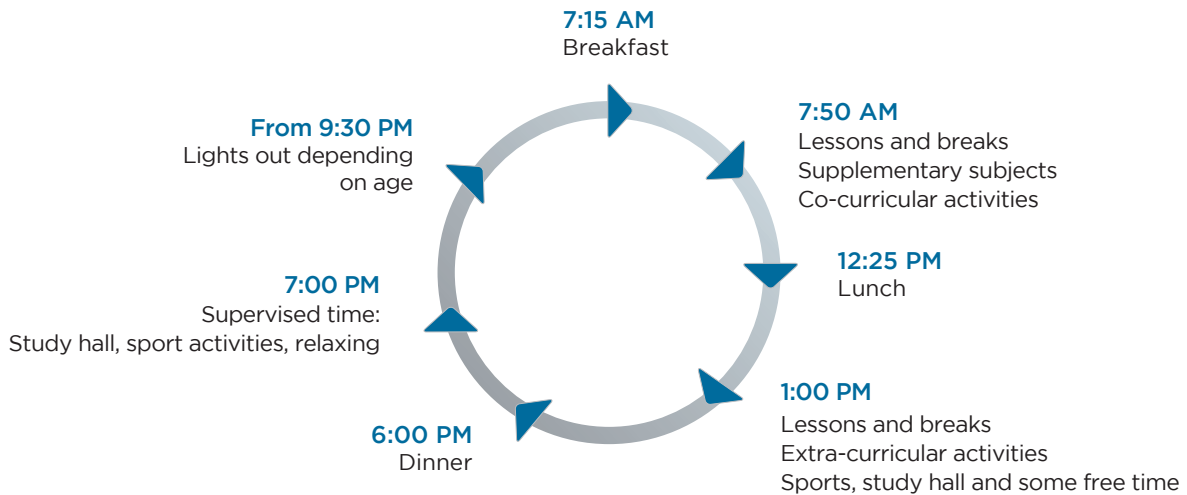
At HIF we want all our students to feel at home in Ftan and to love their school. At the same time we expect our students to make certain commitments. With our support, they agree:

- To commit themselves to and uphold the values and the reputation of the school
- To study regularly, to be open-minded and learn from constructive feedback and advice
- To be punctual, dressed appropriately for school, tidy rooms, fully prepared with books, homework and materials for each class
- To be satisfied with nothing but their best work
- To be attentive in class and to cooperate actively in the process of teaching and learning
- To encounter everyone at the school and in the local community with respect and courtesy in the spirit of friendship
- To make their own individual contribution to school life outside the classroom, for example, by training with a school sports team, helping with a drama production or being a member of a club
- To respect and protect the natural environment



A TYPICAL DAY

A school day is a working day but no two days are quite the same. However, there are routines and these give students the sense of security which comes with structure and regularity. After waking up at around 6.45 AM, a typical day at HIF might look like this:



THE FACILITIES

Sport is at the heart of campus life. After school or at weekends, it feels like a sport and ski resort. There is an unrivalled range of sports to choose from. The campus has direct access to the alpine ski resort of Scuol Motta Naluns (2146 metres) with lifts which take skiers up to nearly 2800 metres for thrilling descents all the way down to the valley station.

The school has its own gym with a trampoline and AirTrack, ergometers, treadmills, a large weights room, gymnastics and therapy rooms. A golf course, rope park, outdoor and indoor swimming pools as well as the thermal spa, Bogn Engiadina, are only a 10-minute journey away.

Comfortable rooms

You will live in one of the 70 bright study-bedrooms (single and twin rooms) furnished in a modern attractive style. Once installed you can make it into your own personal, private space. There are lounge areas with sofas for meeting up with friends over a coffee, for reading or just spending time relaxing. After all, you are at home. As you move up through the school, you are given greater freedom to organize your study time although you must, of course, attend all classes. Other factors are: age, performance in school, attitude and positive engagement in the school community.



The food

The quality of food is one of the most sensitive issues at any school. Sitting down together in the company of friends to have a meal is one of the highlights of the day and a key moment in the daily social life of the school. For it to be a really enjoyable occasion, the food has to be tasty, nutritious, varied and served up in an appealing way. HIF has given a lot of careful thought to this. Our nutrition concept prescribes a menu of light meals using locally-sourced ingredients which meets the dietary requirements of a demanding, health-conscious modern lifestyle with its mix of sport and study.



25
YEARS
SPORTS ACADEMY

SPORTS ACADEMY



The HIF legacy

Hochalpinen Institut Ftan (HIF) is one of Switzerland's leading sports schools with a proud legacy of producing top performers in the classroom, on the slopes and ski tracks, on the sports field and on the golf course. The school is a training site of the Grison Ski Nordic and Snowboard Association and an acclaimed regional performance center of the Swiss Ski Association for alpine skiing. HIF athletes are role models and an inspiration for the generations that follow them.

HIF is the school of Olympic and World champions who made their first attempts on skis or a snowboard on the slopes and cross-country ski tracks of the Engadine. They completed their secondary education at HIF while training for their next big challenge on the international circuit.

HIF AT THE WINTER OLYMPICS 2018 IN PYEONG-CHANG, SOUTH KOREA

Dario Cologna: Four-times Olympic Gold Medal Winner in cross-country ski racing.

Nevin Galmarini: Olympic Gold Medal in Snowboard Parallel Slalom and World Cup Winner 2018.

Irene Cadurisch: Two Olympic Diplomas as the most successful Swiss Olympic female Biathlon athlete finishing 6th in the Relay, 8th in the Sprint and 16th in the Pursuit.

Other Olympic participants in 2018: **Talina Gantenbein** (Ski Cross), **Thomas Tumler** (Alpine Super-G), **Elena Könz**, World Champion in snowboard Big Air (10th in Slopestyle and 18th in Big Air).

Coaches: Joe Zangerl, René Hürlimann and former HIF student Anna Barbla Carl (physiotherapist).





But whether you are aspiring to be an Olympic contender or simply enjoy a leisurely game of golf, at HIF you can combine your love of sport and the outdoor life with your formal education – without falling behind with your training schedule or your school assignments.

FIT FOR SPORT AND FIT FOR LIFE

Sport is a core element in the HIF philosophy of learning: it promotes health and well-being but also resilience, self-discipline and team spirit – vital qualities for future leaders. Just as important in the culture of our school: sport is the experience of intense joy and excitement, of being fully alive.

HIF with its team of expert coaches and high-profile training facilities gives young talents the flexibility to combine competitive or leisure sports with an academic programme of their choice. There are special support and mentoring programmes to help students coordinate their training and competition schedules with the demands of school.

At HIF our job is to be responsive to the needs and the development of each student, regardless of his or her performance level. Motivation and pleasure are decisive factors in young people achieving objectives in both athletics and academics.

HIF SPORTS ACADEMY: THE DISCIPLINES

Cross-country skiing / Alpine skiing / Alpine snowboarding / Freestyle snowboarding / Ice hockey

SCHOOL CAMPUS: A SPORT AND SKI RESORT

<p>On campus in summer and autumn:</p> <ul style="list-style-type: none"> • Two tennis courts • Football field • 100 m sprint track • Skateboard mini ramp • Slackline • Outdoor trampolines • Countless biking and hiking trails on the school’s doorstep. 	<p>During the winter:</p> <ul style="list-style-type: none"> • HIF has direct access to cross-country skiing tracks • Direct access to the skiing resort Scuol Motta Naluns including a freestyle park • Endless kilometres of winter hiking trails • Ice-skating and ice hockey
---	---

Our gym is equipped with a trampoline and AirTrack, ergometers, treadmills, a large weights room, gymnastics and therapy rooms. The school has direct access to the alpine ski resort of Scuol Motta Naluns (2146 metres). Additional training facilities can be found in Samnaun, Davos, Laax as well as in various glacier skiing resorts including Stelvio, Schnalstal, Pitztal and Kautertal.





HEALTH AND WELL-BEING

HIF places the health and well-being of its students and athletes above all else. They benefit from an integral mentoring system and there is a range of in-house health treatments, such as craniosacral therapy, kinesiology, massage and physical therapy to aid recovery after injury or illness.

The school provides support for both physical and psychological issues. In cooperation with the healthcare centre in Scuol, the regional hospital and the thermal spa, Bogn Engiadina Scuol, students and athletes can benefit from the expertise and experience of numerous medical specialists.

HIF SPORTS ACADEMY AND THE ACADEMIC CURRICULUM

At HIF Sports Academy students have the world at their feet. Could there be a setting any more breathtaking and uplifting than the mountain panorama that stands before you at HIF? This is where you will discover and develop your sporting strengths and get a solid general education to help you build your future.

Your sport may be uppermost in your mind, training and competing are what you live for so how can you succeed in both sport and at school? Without a doubt, doing well in both requires organization, dedication and determination. A team of teachers, carers and coaches is at your side to help you find the right balance. They will help you plan a programme consisting of an individual training schedule and study plan. They will also monitor your progress in your sport and in the classroom and help you stay on track. The result: you will emerge from the experience stronger and equipped with the life skills you need as you build your career.



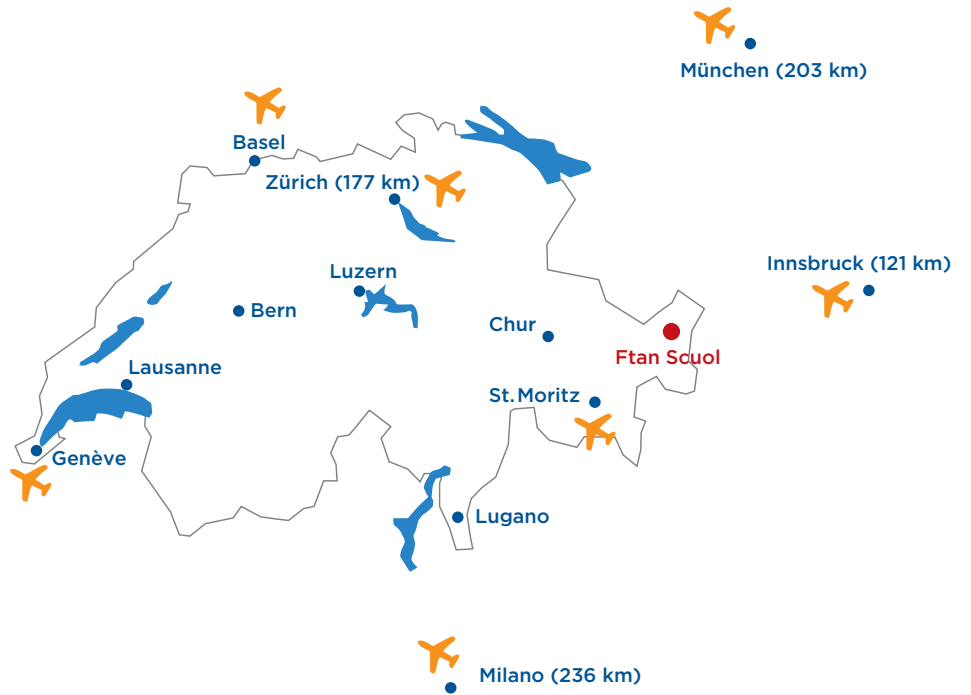


Contact

Hochalpines Institut Ftan AG
Institut Otalpin Ftan SA
Chalchera 154

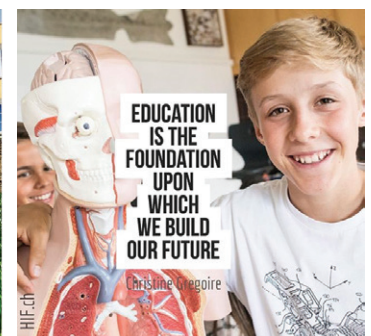
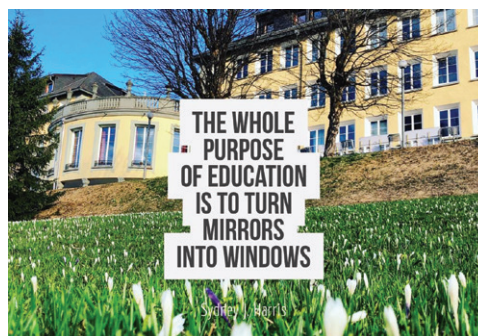
Head of Admissions & Marketing
Ursula Sommer
u.sommer@hif.ch

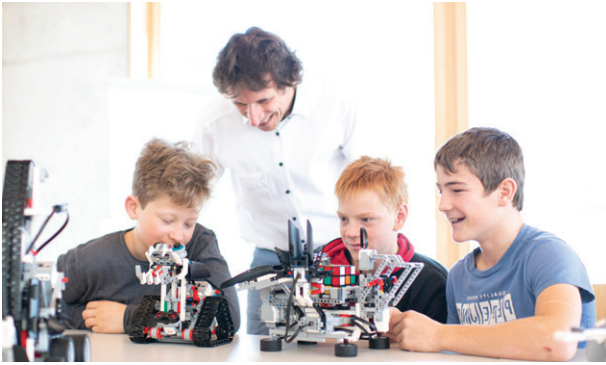
Tel. +41 81 861 22 11
admissions@hif.ch / www.hif.ch



Follow us  

Photos Mayk Wendt and others





225
YEARS
1793-2018

OF SWISS
EDUCATION

Hochalpinen Institut Ftan AG
Chalchera 154 • CH-7551 Ftan • Switzerland
Tel. +41 81 861 22 11 • Fax. +41 81 861 22 12
www.hif.ch • admissions@hif.ch

 **Cambridge Assessment**
International Education
Cambridge International School