

Eastwood Montreux Short Programs Portfolio

2025-2026



Overview

Eastwood Montreux offers **three distinctive short programs (1-2 weeks)** designed to support student development through academic enhancement, resilience building, and life purpose exploration.

Each program combines structured learning with alpine activities to create transformative experiences for groups ranging from 15 to 50+ participants.



Program 1

IB Excellence Intensive



Key Components

Academic Support 10 hours of specialized IB training (1-week program) or 20 hours (2-week program)

Personal Development Additional lectures on self-awareness and resilience, specifically tailored to test-taking success, given by trained coaches and educators

Elite Instruction Led by specialized IB trainers, many of whom are IB examiners

Proven Excellence Instructors from Eastwood Global Online, which achieves an average IB score of 39

Skills Development

Test-taking strategies and self-regulation techniques

Seasonal Activities

Winter: 3 days of skiing integrated into the program

Fall/Spring: Alpine hiking, outdoor leadership activities

Online Learning

Supplementary digital lectures and resources



Duration

1 or 2 weeks

Target Audience

IB students seeking academic enhancement, 16-18-year-olds

Group Size

15-50+ participants



Program 1

IB Excellence Intensive



Program Benefits

Learn from IB examiners who understand exactly what earns top scores

Benefit from teaching methods that produce exceptional results (39 average vs. 30 global average)

Develop mental resilience and self-awareness for exam excellence

Intensive IB curriculum support in a focused environment

Development of critical study skills and exam strategies

Balance of academic rigor with outdoor recreation

Scalable format accommodates both intimate and larger groups



Program 2

Resilience & Courage



Key Components

3 Pillars of Resilience

Mental

Mindfulness, stress management, cognitive flexibility

Emotional

Self-awareness, emotional regulation, interpersonal skills

Physical

Fitness challenges, outdoor activities, wellness practices

Enhanced Learning Comprehensive lectures on personal development and self-awareness integrated throughout the resilience curriculum

Methodology Based on proven resilience frameworks grounded in positive psychology, cognitive behavioral therapy, neuroscience, and executive coaching principles

Experiential Learning Alpine challenges that build confidence and courage

Group Dynamics Team-building exercises and peer support networks



Duration

1 or 2 weeks

Target Audience

Students ready to cultivate resilience for all life's challenges, 12-18-year-olds

Group Size

15-50+ participants



Program 2

Resilience & Courage



Program Benefits

Evidence-based resilience training
adapted for young adults

Scientifically grounded approaches
from multiple psychological disciplines

Deep focus on self-awareness as
foundation for lasting resilience

Practical tools for managing
academic and life pressures

Physical challenges that
translate to mental strength

Lasting peer connections
and support systems



INSPIRING GROWTH
FOSTERING RESILIENCE



Program 3

Design Your Life



Key Components

Life Design Methodology Based on Stanford's successful life design approach, specially adapted for teenagers

Self-Discovery Values clarification, strengths assessment, passion exploration

Future Planning Goal setting, decision-making frameworks, action planning

Mentorship One-on-one coaching sessions with experienced advisors

Real-World Application
Case studies, guest speakers, practical exercises



Duration
1 or 2 weeks

Target Audience
Students exploring life direction and career paths, 16-18-year-olds

Group Size
15-50+ participants



Program 3

Design Your Life



Program Benefits

Proven Stanford methodology
tailored for teen development

Clear framework for making
important life decisions

**Personalized roadmap for
education** and career choices

**Tools for ongoing
self-reflection** and
adaptation

**Connection between
personal values** and
life choices



Programs 1, 2 & 3

All Programs Include



Key Shared Elements

Comfortable accommodation
at Eastwood Montreux

Healthy, nutritious meals

Access to wellness facilities

**Evening reflection and
social activities**

Experienced facilitators and
support staff

Certificate of completion

Flexible Group Formats

Small Groups (15-25)

Intimate setting with maximum
personalized attention

Medium Groups (30-40)

Balance of individual focus and
dynamic group energy

Large Groups (50+)

Vibrant community experience
with diverse perspectives



Eastwood Montreux Switzerland



Unique Value Proposition

Eastwood Montreux short programs combine academic excellence, personal development, and alpine adventure in a supportive environment. Students leave with practical skills, renewed confidence, and clarity about their path forward.





EASTWOOD
MONTREUX - SWITZERLAND



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