# Two weeks. Measurable progress. Lifelong confidence.

### Location

Montreux, Switzerland (1h from Geneva Airport)

### **Duration**

1-2 weeks | Ages 12-18 | Groups of 20-50+

### **Seasons**

Skiing in winter; hiking, sailing & outdoor leadership in spring/fall

Reserve your child's place. Request a group quote <u>here</u>

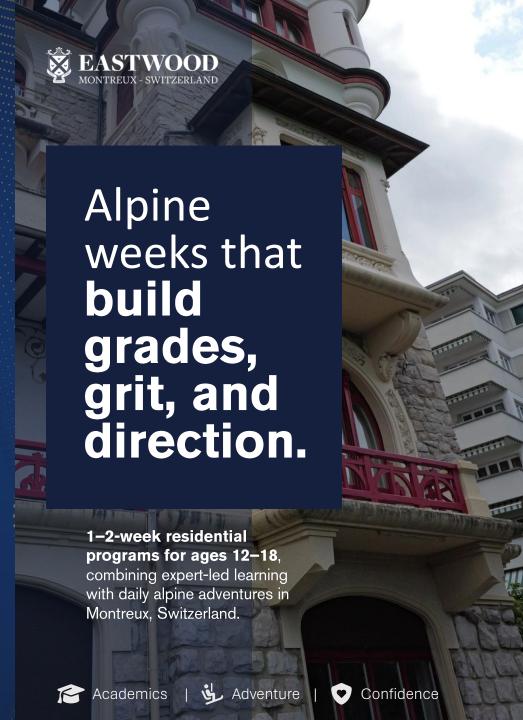


## Spaces are limited.

Scan the QR code to learn more and reserve your spot camps@eastwoodmontreux.ch
www.eastwoodmontreux.ch/emprograms

**Pricing Note:** Custom quotes provided; per-student costs vary by group size, season, and program customization.





# Program **Options**



# IB Excellence Intensive (Ages 16-18)

10–20 hours targeted IB coaching with IB examiners Eastwood Global average IB 39 vs global 30 Resilience & test-taking strategies Skiing (winter) / hiking & leadership (spring/fall)

## Resilience & Courage (Ages 12-18)

Based on neuroscience, CBT & positive psychology Mental, emotional & physical resilience pillars Alpine challenges for lasting confidence Peer support & mentoring networks

### **Design Your Life (Ages 16–18)**

Stanford-inspired Life Design framework
Clarify values, explore passions, set goals
1:1 coaching + guest speakers
Build a roadmap for education & career choices

# Shared Benefits & Experience

oo Why families choose ୮ନି Eastwood Montreux Camps

## **Shared Program Elements**



Comfortable château accommodation



Nutritious meals & wellness facilities



Evening reflection + social activities



Certificate & portfolio evidence



Experienced facilitators & staff

Academic
excellence +
personal
development +
alpine adventure =
a transformative
experience.



### Sample Days

Summer: Reflection + workshop •
Mountain lunch + Via Ferrata • Sharing
Circle

Winter: Intention setting • Skiing in Verbier • Evening goal-setting



### **Program Activities**

**Summer:** Paddleboarding, sailing, summit hikes, Montreux Jazz, thermal spa

**Winter:** Alpine skiing, snowshoeing, glacier walks, Christmas Market, fondue evenings

