



SCHOOL PROSPECTUS

2024



HOCHALPINES INSTITUT FTAN
SWISS INTERNATIONAL SCHOOL AND SPORTS ACADEMY

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SWISS MATURA



SPORTS ACADEMY



IGNITE SWITZERLAND



BOARDING

Hochalpinen Institut Ftan (HIF) is an international boarding school with a strong local identity, providing excellence in education for over 230 years. 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 at an altitude of 1'700 m.a.s.l. in a beautiful alpine setting in southern Switzerland. The region borders Italy and Austria. The local community comprises the village of Ftan, with a population of 500, the nearby town of Scuol, with a population of 2,500, and other villages in the Lower Engadine region. 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. The extensive network of hiking trails attracts summer and autumn visitors.



VISION

The Hochalpinen Institut Ftan aspires to provide the best all-round education so each child can discover and develop their talents while preparing them to contribute to making a more sustainable society.

MISSION

Through holistic education, HIF inspires its students to develop into open-minded, creative, and critical thinkers who understand that the world can be led to a better future with fairness, respect, responsibility, and a sense of community.

VALUES

At HIF, respect, responsibility, and open mindedness underpin our daily actions. We are committed to creating a supportive and safe environment for its students, staff, and wider community.

THE PILLARS

HIF education is built on the following pillars:

- **Students Come First:** Each individual student has a unique set of talents and personal qualities. An education at HIF helps them discover their talents, develop their potential and pursue their dreams.
- **One Family of Schools:** In our inclusive and diverse community, students, teachers and parents join to create a supportive environment. Together, we embrace different cultures and perspectives, fostering a global mindset. By working together, we aim to impact the world positively.
- **Pioneering Spirit:** By fostering creativity, innovation, and reflection, students are equipped with the tools they need to thrive in a constantly evolving world. They gain knowledge, courage, and resilience, empowering them to make meaningful contributions confidently.



OUR HISTORY

HIF can look back on a long history: It was founded as Institute à Porta on 1st October 1793 by pastor and teacher Andrea Rosius à Porta with a total of 18 students. Eight students came from Zuoz, three from Lavin, one from Scuol and six from Ftan, all children from wealthy Engadin families who lacked proper educational possibilities until then. Andrea Rosius à Porta headed his Institute until 1829, when he handed it over to his two sons. He died in 1838. By 1829, the co-educational Institute counted 556 students.

Influenced by Heinrich Pestalozzi's approach to education, à Porta promoted imparting knowledge on a basis built on patience, gentleness, and leading by example. He aimed to educate self-responsible, open-minded, kind, and happy young people. Also, à Porta never tired to call upon parents and teachers to challenge the intellect of their children and students to install in them a love of learning.

With the establishment of the first private school in the Engadine, Andrea Rosius à Porta laid an important educational foundation in this region. When the Lower Engadine was opened up by the Rhaetian Railway, the "Hochalpinen Töchterinstitut Fetan", a girls-only school, was founded in 1913 at the current location. The school opened its doors to boys as day students from 1976. In 1993,

the school was renamed Hochalpinen Institut Ftan and since then has been fully co-educational for day students and boarders.

In the 1993/1994 school year, one of the first and, at that time, unique winter sports school in Switzerland was founded at HIF. Over the years, the sports class has produced several national and international champions as well as Olympic medallists and is now a "Sports Academy" and a "Certified Swiss-Ski Performance Centre" in the disciplines of cross-country skiing / alpine skiing / freestyle snowboarding / biathlon.

In 2021, the Hochalpinen Institut Ftan became part of Dulwich College International and thus a member of the international Education in Motion (EiM) family, which represents another important step towards internationalisation.

Consequently, the institute in the heart of the Lower Engadine has grown steadily over all the centuries and now more than ever forms a community characterised by a diversity of personalities and nationalities, a strong sense of community and mutual respect for the individuality of all learners.

'Globally networked, locally anchored' is not just a slogan for us - it is our lifestyle. In our school, global horizons meet local traditions, and we are proud to maintain this balance.

OUR LEARNING PRINCIPLES

Learning is effective when it has a clear purpose:

- Students take ownership and responsibility for their own learning
- Students use what they already know to construct new understanding

Learning is effective when it is adapted and applied:

- Students make connections between knowledge, concepts and skills
- Students transfer knowledge and skills to a variety of contexts

Learning is effective when it is personalised:

- Students are appropriately challenged from their own starting points
- Students can engage in meaningful and deliberate practice in lesson time
- Students respond to quality feedback with concrete strategies for improvement

Learning is effective when it is relational:

- Students engage in effective collaboration and build positive, safe relationships
- Students are able to recognise mistakes as collective learning opportunities

Two Core Outcomes:

- The long-term retention of valuable knowledge, concepts and skills
- The ability to transfer what has been retained into different contexts and situations



In the same way, learning is a life-long endeavour that can occur in a classroom, mountainside, playing field or gym. These learning principles are interconnected and multifaceted in their broader application.

At HIF, we use these principles in the classroom to help assess the effectiveness of learning, when talking with students during lessons as well as a part of the professional development of our educators. We also use these principles to build student metacognitive understanding of learning, leading to greater student advocacy and independence.

We firmly believe the best foundation for student wellbeing and social-emotional literacy lies in greater control and understanding of the learning process, which leads to greater autonomy and independence of the students.

These principles have also been developed with the forward-looking lens of a 21st century education in mind. The agile and adaptable skills required in the future demand that schools seek to secure a deeper level of student understanding that will enable the transfer of thinking from one domain to another.



“It is truly wonderful to work in a place where students exhibit such commitment to learning, approaching their studies with enthusiasm and dedication. This creates a positive atmosphere at HIF, where students are motivated to excel and support one another.”

Caroline Taylor, Head of Campus

21ST CENTURY LEARNING AND TEACHING

HIF offers 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 focused 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.

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 health-giving environment of the Swiss Alps. It is a co-educational school offering a range of educational programmes for students in 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). 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:



OUR OFFER

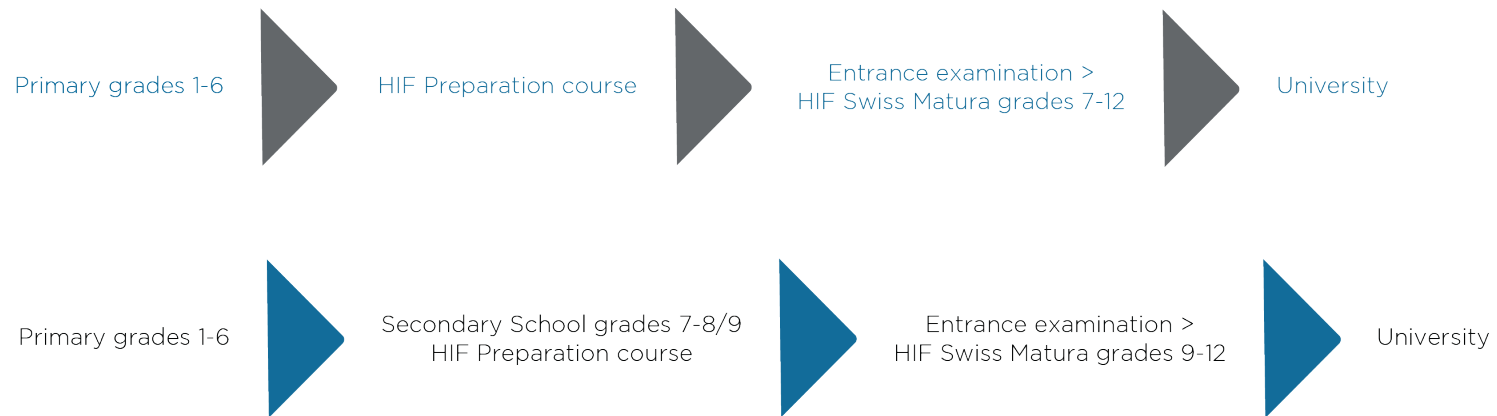
SECTION	YEAR	CURRICULUM	LANGUAGE OF TUITION
Bilingual Swiss Matura	7-12 (G1-G6)	Swiss Matura	German/English, German/Rhaeto-Romanic
Sports Academy	7-12 (G1-G6)	Swiss Matura	German/English, German/Rhaeto-Romanic
Boarding	7-12 (G1-G6)	Swiss Matura	German/English
Ignite: Switzerland (12 weeks)	8	IGCSE Electives Outdoor learning	English
Ilgnite: Switzerland (One year)	8	IGCSE Electives Outdoor learning	English





SWISS BILINGUAL MATURA GYMNASIUM

BILINGUAL SWISS EDUCATION AT HIF



“The view is a dream - the mountain scenery unique. However, what makes HIF special for me are the people who learn and work here: individuals from near and far with the most diverse backgrounds who engage in mutual learning and appreciation, giving their best every day and continuously developing themselves.”

Maria Barbara Kapeller, Teacher



With a curriculum approved by the federal and cantonal authorities, the Swiss Matura gives students the unrestricted right to study at Swiss universities.

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

BILINGUAL SWISS MATURA PROGRAMME

In the Swiss Matura, 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 subjects taught in German/English or German/Rhaeto-Romanic. The Matura in German/Rhaeto-Romanic is a commitment to our Engadin culture, which is firmly anchored in Switzerland's linguistic and cultural diversity and serves as the foundation for global networking.

The curriculum includes a very broad range of subjects from language, science, humanities and social science, arts, sports and many more, divided into compulsory and elective subjects, providing an excellent foundation for a successful academic career:

- German, Rhaeto-Romanic
- French, Italian
- English (also as immersion subjects)
- Latin
- Mathematics (arithmetic, algebra, geometry)
- Natural sciences (science, biology, chemistry, physics, computer science, media)
- Humanities and social sciences (geography, history, introduction to economics and law)
- Arts (visual arts, music)
- Religion, ethics, household, work technology/psychology of learning, gymnastics, sport

MATURA PROJECT

The Matura project allows students to focus for one year on a topic of their choice. In the process, they learn how to work according to the criteria applied to conducting and presenting academic research.

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 can make 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 supervised by two teachers. The topic of the work is determined in mutual agreement between the supervisors and the student.



HIF BILINGUAL SWISS MATURA FOR INTERNATIONAL STUDENTS

The Swiss Matura Programme can be entered in grade 7 or 9, provided that the language requirements are met in German, a second Swiss national language (French, Italian) and English, and passing the compulsory internal examination at the end of the first completed academic year at HIF. The bilingual Matura is examined in German respectively English (immersion subject).

THE SWISS MATURA AS A PATHWAY FOR ATTENDING A SWISS UNIVERSITY

- Individuals who have completed the Swiss Matura enjoy the right to study at any Swiss university of their choice without having to take an entrance examination (an exception is the study of medicine)
- The broad, demanding curriculum means students can choose any course of study, depending on their interests and vocation
- The Swiss Matura is recognised for admission by leading universities worldwide



CURRICULUM ENRICHMENT

Learning at HIF goes beyond the walls of the classroom. Education at HIF is about students discovering and developing their unique talents and individual potential - intellectual, emotional, social, artistic, sporting - which every child possesses. It also explores how knowledge and skills learned in academic subjects can be applied and extended in the real world. The multi-faceted learning is enriched by excursions in Switzerland, academic clubs, participation in the student parliament, hikes in the Alps, music and art, as well as programmes to develop leadership skills and resilience.







THE HIF LEGACY

The Hochalpinen Institut Ftan (HIF) is one of Switzerland's leading sports schools with a proud legacy of educating elite athletes both in the classroom as well as on and off the snow.

The Sports Academy is a certified Swiss-Ski performance centre in the disciplines of alpine skiing, cross-country skiing, freestyle snowboarding, and biathlon.



HIF is the school of Olympic and world champions who were professionally prepared for a successful long-term career on the slopes and trails of the Engadine. Our current athletes also complete their extensive school education at HIF while they are optimally prepared by our competent coaching staff for the next big sporting challenges on the national and international stage.

But whether you are aspiring to be an Olympic contender or a leisurely skier, at HIF, students can combine their passion for sports and their love for the outdoors into their education without compromising their training schedules or academic responsibilities.

FIT FOR SPORT AND FIT FOR LIFE

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

With its team of expert coaches and high-profile training facilities, HIF 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 the school.

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

HIF SPORTS ACADEMY: THE DISCIPLINES

Cross-country skiing

Alpine skiing

Alpine snowboarding

Freestyle snowboarding

Ice hockey

“Talent gets you to the start. Attitude gets you to the goal. We support you every step of the way!”

Marco Ritzmann, Head of Sports Academy





SCHOOL CAMPUS: A SPORT AND SKI RESORT

HIF students have almost endless possibilities in summer:

- Two tennis courts
- Football field
- 100 m sprint track
- Skateboard mini ramp
- Slackline
- Outdoor trampolines
- Countless biking, hiking, running and roller ski trails on the school's doorstep.

... and during the winter:

- Direct access to cross-country skiing tracks
- Direct access to the skiing resort Scuol Motta Naluns, including a freestyle park
- Direct access to endless kilometres of winter hiking and running trails
- Ice hockey rink and skating facilities

Our large sports department has a gymnasium, a spacious strength and gymnastics room, a wellness and therapy room, and meeting and conference facilities. Numerous other infrastructures are also available in the immediate vicinity.

The school has direct access to the alpine ski resort of Scuol Motta Naluns at 2146 m.a.s.l. Additional training facilities can be found nearby in Samnaun, Davos, St. Moritz, Laax, and in various glacier skiing resorts, including Diavolezza, Stelvio, Schnalstal, Pitztal, and Kaunertal.

HEALTH AND WELLBEING

HIF places its students and athletes' health and well-being above all else. They benefit from a holistic health monitoring. 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 a setting be more breathtaking and uplifting than the mountain panorama that stands before them at HIF? This is where they will discover and develop their sporting strengths and get a solid general education to help to build their future.

The sport may be uppermost in their mind, training and competing are what they live for. So how can they succeed in both sport and at school? Undoubtedly, doing well in both requires organization, dedication and determination. A team of teachers, advisers and coaches are at their side to help find the right balance and plan a programme consisting of an individual training schedule and the curriculum. They will also monitor their progress in sports as well as in the classroom and help to stay on track. The result: students will emerge from the experience stronger and be equipped with the skills they need to build their career.

“Only thanks to the coordinated timetable, high-level competitive sports and school become possible for me.”

Anna Trapl, Student







8:1

Athlete : professional
coach ratio



28

Participations in
Winter Olympics



6

Olympic medals



23

Participations in
EYOF/YOG



7

EYOF/YOG
medals

“At HIF, I laid the foundation
for all subsequent successes
in my career.”

Nevin Galmarini, Olympic Champion,
Alpine Snowboarding, HIF Alumni







Ignite: Switzerland is a programme for the curious, passionate, and brave. It gives Grade 8 students an exceptional experience of indoor and outdoor learning. Through the new challenges they encounter, they will discover their best selves. They will lead their own expedition into the world of learning, finding new ways to reflect on the world and themselves in an awe-inspiring natural environment. Ignite: Switzerland is a transformative experience that will be the highlight of any student's education.



1 YEAR PROGRAMME

The one year programme is ideal for students who wish to take a year away from a traditional educational programme and setting. Although the core elements of a traditional education remain in place, the students are challenged to grow personally and discover more about themselves.

ACADEMIC PROGRAMME

For five days a week, students are involved in classes with a timetable, much like any other school. The academic programme is full and challenging, with a very familiar core curriculum of Maths, English, Science, wellbeing, and languages. The focus will be on continuing to develop the skills required to be effective, independent learners as well as critical and reflective thinkers with inquiring minds.

Taking inspiration from our immediate environment, the elective curriculum provides the perfect platform to embark on an exciting educational journey. This is a golden opportunity for students to develop their passions or try something new as they select a personalised pathway through the electives. The Electives are designed to encourage students to explore, extend, and reflect on their learning and are focused on experiential learning.

PASSION PROJECT

The Passion Project provides an excellent opportunity for students to produce a truly personal and often creative product/outcome that demonstrates a consolidation of their learning during their time at Ignite: Switzerland. The personal nature of the project is important; the project should revolve around a challenge that motivates and interests the individual student. The Passion Projects are student-centred and age-appropriate, and they enable students to engage in practical explorations through a cycle of inquiry, action and reflection. Each student develops a personal project independently.

The Passion Project emphasizes experiential learning. Through the project, students experience the responsibility of completing a significant piece of work over an extended period of time, as well as the need to reflect on their learning and the outcomes of their work—key skills that prepare students for success in further study, the workplace and the community.

OUTDOOR LEARNING PROGRAMME

The Outdoor Learning Programme will be the highlight of Ignite: Switzerland. We believe that the outdoors is our classroom without walls.

The alpine environment offers a variety of exciting, challenging, and easily accessible sports and activities for all. With the Swiss National Park and the southern alpine peaks on our doorstep, students will develop confidence and resilience in the outdoors that will enable them to take leadership roles in other aspects of their lives in the future.

Students will develop climbing (outdoor and indoor) skills, skiing/snowboarding ability, and water skills through rafting and canoeing. During the year, students will also study mountain, avalanche, and water rescue skills, as well as First Aid.

Participating students will receive a certificate stating they have been trained in the activities they have experienced during their time with us. Students will also be presented with a nationally recognized (Swiss) First Aid certificate.



CULTURE WEEK

Each semester there is an additional special culture week. Switzerland, Germany, Austria as well as Italy offer students the opportunity to get to know different aspects of the German-speaking as well as the neighbouring Mediterranean cultural area and to gain a different perspective. Immersion in history, music, art, science and culture, as well as active exploration of cities as well as the surrounding countryside, ensure that students gain a better understanding of the region in which they find themselves.

The Christmas holidays, when school is closed, are spent at home with their families.

Please contact us for more information and further details about this transformative programme; we will be happy to advise you.

12 WEEKS PROGRAMME



Ignite: Switzerland's 12-week programme is for those students who feel a year is too long to be away from friends and family. It gives students similar opportunities to the one-year programme but the learning is not so deep, and the certification opportunities are not available.

Students follow the core curriculum and the electives as above. However, less time is spent on the core curriculum and there is a greater emphasis on outdoor learning and the electives. This reflects the shorter time the students have with us.

The 12-week programme has been divided into three terms. Rock Term is from September - December; Snow Term from January - March; and Water Term from April - June. Each term has different activities and sports available. This reflects the weather conditions.

ROCK TERM

From when the students arrive in September until late October, they will have the opportunity to be involved in a variety of sports. They will be able to choose from cycling, fly fishing, horse riding, canoeing, sailing and golf. From late October through to the end of November, ice skating and snowshoeing will be available. Indoor sports of basketball, volleyball and badminton will also be available. Often in December skiing is available; this is of course all weather dependent.

SNOW TERM

This is very much the 'snow' term. All the sports available will revolve around snow. The students will be able to choose from: alpine skiing, snowboarding, cross-country skiing, ice hockey, curling, and ice skating. Those who arrive at Ignite as beginner skiers/snowboarders should feel confident that they will have access to expert instruction and support from our team of dedicated professionals. Students are grouped by ability and ski/snowboard with other students of a similar ability. Students are always under the supervision of an instructor or Ignite staff member.

In order for students to enjoy the ski slopes and mountains more generally, it is vitally important that students are supervised at all times: Nobody may ski alone. Students are reminded there are serious consequences for failing to observe this Ignite: Switzerland rule.

WATER TERM

By the end of April, the snow is beginning to thaw. As the school is at a high altitude, snowshoeing may be an option in the first few weeks. If the conditions are right, then skiing or snowboarding may be available in the first week. But in early May the following options are available: tennis, cycling, rock climbing, fly fishing, football and golf. In the middle of May, sailing in Italy is also an option. By the end of May, lake canoeing and horse riding are available. Indoor sports of basketball and badminton will also be available. Swimming is also one of the options, either in the outdoor pool from June onwards or throughout Water Term at the spas and baths.



CULTURE WEEK

Each semester there is an additional special culture week. Switzerland, Germany, Austria as well as Italy offer students the opportunity to get to know different aspects of the German-speaking as well as the neighbouring Mediterranean cultural area and to gain a different perspective. Immersion in history, music, art, science and culture, as well as active exploration of cities as well as the surrounding countryside, ensure that students gain a better understanding of the region in which they find themselves.

Please contact us for more information about this inspiring programme; we will be happy to advise you.





BOARDING HOUSE YOUR HOME AWAY FROM HOME

A COSMOPOLITAN COMMUNITY

Our educational campus forms a vital melting pot of diversity, characterised by a deep sense of community and respect for individuality. Throughout the school year, HIF transforms into a second home for our boarding students. Whether in the classroom, on the playing field or in recreational activities, our students are fully integrated and thrive in the company of young adults from the nearby community and the wider valley. This kaleidoscopic interplay of languages and cultures fosters the establishment of resilient social networks and often friendships for life. This is how we live the concept of international education: local and global merge for mutual benefit.

YOUR HOME AWAY FROM HOME

The safety and well-being of every student is the foundation for success in school and sports.

A DECISION WITH A BIG REACH

Choosing a boarding school is a significant decision that should be well thought out in the best interest of the family. Key to this consideration is the care that one's child will receive within the boarding community. Our educational professionals consider it a privilege to be influential figures in the lives of the young adults entrusted to their care. Their stated goal at HIF is to create an environment in which everyone feels comfortable - with the health, well-being and safety of all students being a top priority.

TEAMWORK AT ITS BEST

Boarding team members are much more than mere supervisors; they are educators, mentors and trusted contacts. They network closely with teachers, the school administration, sports coaches, medical professionals and parents. This multi-professional cooperation aims to realise the holistic education set out mission and guiding principle: "Be present, be friendly, be supportive."

“The students are my focus, that’s what I work on 24/7. Throughout the day we work and at night we visualise what we want to achieve. Getting better and better in order to provide our students with the best conditions for their education is my driving force.”

Josef Zangerl, Head of Boarding





The teenage years are like an emotional rollercoaster full of excitement, joy, worries and hopes. Often, friendships that last a lifetime are formed during this important phase of life. Such relationships can be further strengthened by the early experience of independence, which may come against the same background. It is also the phase in which young adults make the important transition from child to adult and prepare themselves for the new freedoms in their studies or professional life. Dedicated mentors and counsellors are essential in this process.

Our boarding school team does not only deal with major life issues, but also with everyday interaction. Core areas include:

- Ensuring sufficient rest periods
- Timely preparation for the start of classes
- Maintaining order and appropriate dress
- Promoting personal hygiene
- Structured scheduling of school tasks
- Regular mealtimes
- An open ear for pupils concerns and fears
- Shared enjoyment of a sense of achievement
- Constructive problem solving
- Organisation of equipment and luggage for sports and other activities as well as trips home

AN ENVIRONMENT OF CARE AND RESPONSIBILITY

The boarding team keeps a constant watchful eye on the campus and places special emphasis on courtesy, respect and good manners among its young residents. Rules and policies of the boarding school and the school are non-negotiable in this regard. In the event of misbehaviour, those in charge see it as their responsibility to help the young adults learn lessons and take responsibility. All team members are trained in first aid and can provide round-the-clock medical care in case of an emergency. In addition, the nearest hospital is only a 10-minute drive away. The team is available 24/7 and on site to ensure the highest standards of safety and care.

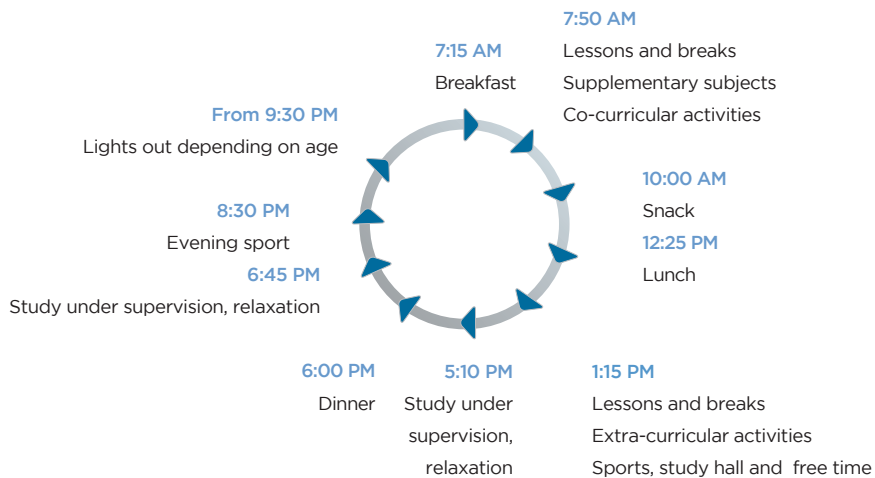
OUR GOALS AND EXPECTATIONS

Our top priority at HIF is to create an atmosphere where every student feels at home and builds a close relationship with their school community. In doing so, we expect active engagement on multiple levels. Those who visit our educational institution should have the following goals and expectations in mind:

- To not only respect but also proactively reinforce the ethical principles and reputation of the school.
- To follow a steady learning path, to show curiosity for new experiences and to take both critical and supportive feedback seriously
- Demonstrating reliability through punctuality, appropriate attire and bringing all necessary materials to class.
- To always strive for one's personal best
- To actively and attentively participate in class
- To treat all members of the school and local community in a respectful, friendly and courteous manner
- Contribute to the overall positive atmosphere on campus, whether through sports or active participation in projects
- To maintain a caring and respectful approach to nature and the environment

A TYPICAL DAY

No two days are alike in school life, but of course, there are structures and routines that provide students with a sense of security. After waking up at 07:00 a.m., a typical day at HIF looks like this:



LEARNING AND RECREATIONAL OPPORTUNITIES ON CAMPUS

Our educational environment is more than just a place of learning; it is a living space. Students have access to a warm lounge, stylish meeting areas, inviting common rooms with kitchenettes and an extensive library. The range of leisure activities is diverse, from billiards and table football to musical development opportunities on a grand piano in the assembly hall. Sports enthusiasts will find a wide range of facilities, from a climbing wall to indoor and outdoor trampolines and a fully equipped gym. In addition, there is a sports hall, tennis courts and a football field. Basketball enthusiasts can enjoy our streetball hoops, while the freeride mountain bike course is open not only to students but also to the general public. The surrounding mountain landscape is like an adventure playground for outdoor activities of all kinds, whether in summer or winter.



A CULINARY EXPERIENCE

The excellent quality of the meals at our educational institution is renowned, providing not only a nutritious diet but also serving as a social gathering and a daily highlight. At HIF, we have developed a nutritional concept that appeals to both the palate and the eye. Our kitchen focuses on light, nutritious dishes prepared from local ingredients. This is because we believe that our students, who excel both in school and in sports, deserve nothing but the best in culinary terms as well.

“At HIF, we believe that food should be a pleasure. That’s why we use products mainly from Switzerland, transformed by our experienced kitchen team into delicious, down-to-earth, and healthy dishes. The magnificent view of the Lower Engadine mountains from the dining room is the icing on the cake.”

Karl Hohenegger, Head of Kitchen





CONTACT HOCHALPINES INSTITUT FTAN

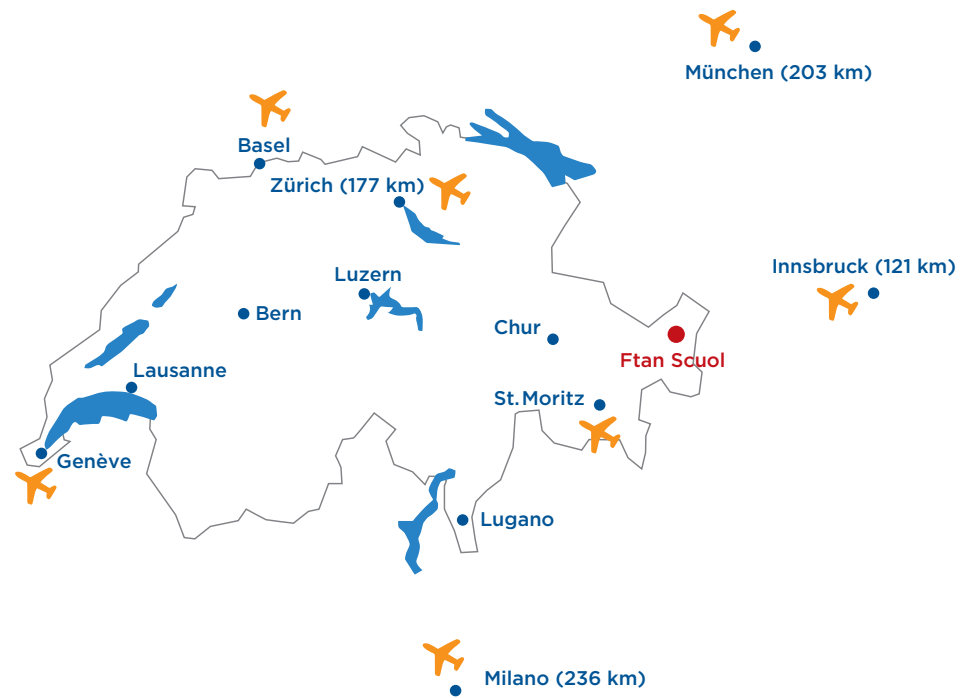
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