

LaL

Cape Town

Unforgettable Real Life English

PROUD USERS OF

 NATIONAL
GEOGRAPHIC
LEARNING



Discover the friendly culture of Africa for yourself in Cape Town! Meet new friends and explore a beautiful country while developing your English language skills at LAL.

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LAL is unforgettable

You might not know it yet, but LAL will be with you forever.

The people, the places and the English language you discover through LAL will shape the way you interact with your world.

The benefits of your language experience with LAL will endure, because real-life learning resonates long after you have finished your course. The experience goes way beyond the classroom: belonging to the LAL community really means getting out and exploring the places you always heard about, from a completely new angle.

Being able to share moments with people who, like you, are building their own future, and living abroad as part of an international community - this is LAL.

LAL: Unforgettable

Unforgettable English

- You want to learn unforgettable English that will stay with you forever. With LAL, you will.
- We have a top-notch learning plan in and beyond the classroom.
- Out of classroom lessons give “real-life English” a whole new meaning.
- Never stop learning with our online continuation courses.

Unforgettable People

- We are people who believe in a better world too. You'll never feel alone.
- Being far away from home, we'll create the opportunities for you to interact with people that make you feel like you belong.
- English is for sharing – Real Life English ensures you both learn and communicate with people from all over the world.

Unforgettable Experience

- Locations you've never been to before, experienced in ways you've never imagined before.
- Living within the community, safely in the hands of LAL's dedicated staff.
- Not out of your comfort zone, but in your element.

Real Life English in Cape Town



Cape Town is one of the world's best beach cities, with natural beauty, an energetic, multi-cultural community, world-class food, long summers and a vibrant nightlife. This is the capital of a former British colony, ideal for English language learning and unique travel opportunities.

There are thousands of ways you could spend your time in Cape Town. But at LAL, we pack our Real Life English activities with specially-designed dynamics to make sure you're not only having fun, but learning new skills, connecting with people who share your interests, exploring the culture of South Africa and, most importantly, living all of it in English.

Real life is irreplaceable, unforgettable - what better way is there to learn English?

“What makes LAL unique?” - Real Life English



Free Welcome Events

LAL Cape Town has a free, unforgettable welcome event to kickstart our students' LAL Experience by welcoming them to our school in the most authentic, immersive and fun way possible, introducing them to the destination, the school and their new friends.



'English on the Go' lessons

At least once a month our teachers take students for their lessons outside of the classroom, teaching English out and about in real life.



Exclusive activities

Designed by us for students to connect with one another; teachers and staff join students on selected free and low-cost fun activities to immerse them in English in real life situations.



Real Life English Excursions

Much more than regular excursions, we've selected and designed local "must-do" experiences to provide our students with unforgettable English through unforgettable experiences.



Our school

16

Minimum Age

17

Number of Classrooms

12

Max Class Size

1994

Founded



Free WiFi



Student Lounge



Book shop & Library



Swimming Pool



Computer Access



Garden



Iconic On-site Student Residence

The school simply could not be in a better location. Everything you need is on your doorstep! You can be on top of a mountain, lying on a beach or just chilling in a bar within minutes. It's a place where cultures come together and you can be part of that.

LAL Cape Town occupies a beautiful heritage building, offering a real all-in-one campus setting – eat, sleep, socialise and learn English in Cape Town, all under one roof. With all the facilities you need, there's no school in Cape Town like ours.

What do we offer?

- Qualified, experienced and enthusiastic teaching staff
- Wide range of courses
- On-site residence (school and residential accommodation are in one location), with local hotels and host homes on offer nearby. Please see price list for more information.
- Free wireless internet and computer access
- Modern classroom technology and teaching methods
- One-on-one tutorials for students booking 8 weeks or more.

Lal

At LAL we believe in comfortable relationships; we want you to make new friends. We put our students first so you can relax and **speak English** in or out of school. Friendly staff work together to make sure you enjoy **learning a language** that is an important part of life.



Our Methodology



If you need English for work, travel or study, LAL's experienced teachers can help you practise the language for everyday situations. Our teachers are familiar with how you need to learn English, including using technology and real-life situations. Learning English means speaking, listening, reading and writing. You will use important communicative skills and improve your confidence.



LAL likes you to check on your progress. We offer daily feedback from your teachers, weekly written or aural tests as well as written and spoken end of level exams. Our materials align with levels in the Common European Framework of Reference for Languages (CEFR).

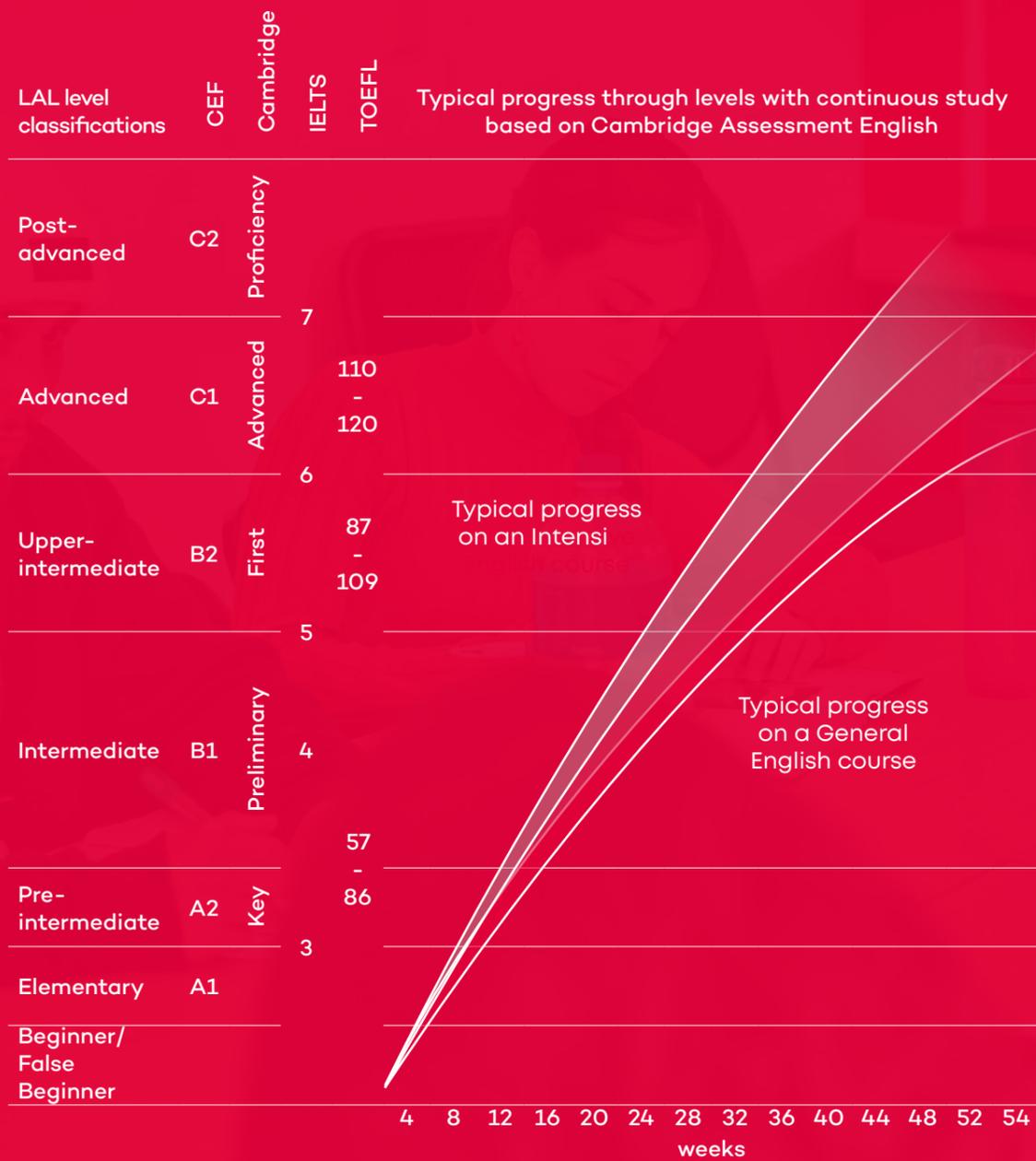


We like our students to be involved in their learning, so as well as planning lessons and progress checks for you, we ask you about the language you want to learn. Discussing and negotiating the week's' work with your teacher and class creates a course perfect for your language needs.



We love it when our students talk to us in English outside the classroom, whatever their level*. This builds confidence and lets you use language in lots of real situations. Because of this, we think you should try to speak English as much as you can, even to people from your own country.

Level progression



Years of experience in teaching, course planning and getting feedback from students mean that we know how you learn English. We assess you to start you in the level best suited to you. You can then progress quickly and work towards reaching your personal goals.



Adult Courses

LAL Cape Town has a range of great courses to suit your needs. Take our popular General English and add everyday skills or focused language lessons, work specialisations and academic courses.



Real Life English Courses



Recommended for any person who wants to improve their general English skills.

These courses will give you the confidence to use new language while you get to know your classmates, talk about situations and topics that interest you and bring your real-life pastimes to life in English.

Hours per week
Max. class size
Weeks
Levels

	Hours per week	Max. class size	Weeks	Levels
General English	15	12*	1+	All
Intensive English	22.5	12	1+	All
General English + Mini Group	22.5	12	1+	All
English for 30+	15	10	2+	All
Travelling Classroom	5	8	1	A2

English for Academic Purposes

There is nothing better than preparing for an English exam while living in an English-speaking environment. You can improve all your skills while learning how to approach the exam you are taking. Classes focus on exam content, strategies and timing, with teachers who have a high success rate and a good understanding of the exam system.



Recommended for any person who is planning on taking a Higher Education Course.

English for Work

In the international world that is a part of modern life, a good level of English is essential. Our courses give you a chance to improve your English communication skills across the board with a focus on your work requirements. Our engaging range of business courses cover language from company management to client relations in a practical and relevant way.



Recommended for people who want to improve their job prospects or are looking for a job in an international environment.

Hours per week
Max. class size
Weeks
Levels

General English +IELTS	You can add an hour and a half a day to your current English course if you need to work on IELTS strategies and start preparing for an exam.	22.5	12/10	1+	B1
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Cambridge Exams	Cambridge Exam Certificates last your whole life and are recognised worldwide to show the depth of your English; they also give an idea of your personal commitment and ability to work when applying to universities, employers and other interested agencies.	22.5	10	6	B1
				8	B2
				10	B2
					C1

English for Academic Purposes	Are you involved in or beginning college or university? Do you want to take exams such as IELTS in the future? This course highlights academic skills and study abilities to make you more proficient when you are learning with or in English.	7.5	6	1+	B1
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Hours per week
Max. class size
Weeks
Levels

General English + Business	Develop your General English skills in the morning, then use your afternoon class to focus on business vocabulary or language specific to your needs.	22.5	12/6	1-7	B1
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English for Law	Use authentic case studies and legal texts in a practical way to cover a variety of legal language. After a General English morning, you will enjoy your afternoon class practising topics ranging from company law to human rights, depending on your needs.	22.5	12/6	1-4	B1
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English for Marketing	Do you work or want to work in the exciting world of marketing, public relations or advertising? Top up your General English morning with classes practising situations in your field when you book this course.	22.5	12/6	Any	B1
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Work Experience

From living in a bustling city to working on a wildlife reserve, LAL has links with a variety of placements, internships and volunteer programmes. Improve your English while trying out a dream job!



Recommended for students and recent graduates who would like to gain experience in the work place, help communities or care for animals.

Online English Courses

We offer private one-to-one lessons, for students who want to study online anywhere in the world or for those who want extra tuition after they leave LAL.



Recommended for students working from home or travelling the world, who want to improve their English skills.

		Weeks	Levels
Internship Placement	Experience a company internship in South Africa after your time at LAL to help prepare for work during or after university.	up to 1 year	B1
Work Adventure	Live and find a work placement in South Africa for up to 12 months after your course at LAL so you can improve work prospects while practising English.	up to 1 year	B1
Wildlife Volunteering	Love wildlife and preserving the environment? Come to LAL Cape Town and volunteer on a game reserve near Port Elizabeth after your course. 18-30 year olds welcome, but older volunteers may apply.	2-12	B1
Social Volunteering	Work in education, childcare, healthcare or social sector businesses with this one-of-a-kind programme which allows you to practise English while immersed in the local culture.	2-12	B1
Study and Social Volunteering	Study English in the morning and volunteer and work in the local community in the afternoon on this great programme. Various social placements from childcare to local NGOs are available, with times dependent on the type of placement you are interested in.	2-24	B1

		Lessons	Levels
Private 1-2-1 Tuition	You might prefer General English lessons in individual 1-2-1 classes for a more focused learning experience. Choose from General English or Specialised English classes (IELTS Exam Prep, Cambridge Exam Prep or Business English).	60 minute lessons	See price list

Blended Learning

In our goal to provide the most unique and authentic learning adventures, LAL has always excelled in delivering outstanding in-school experiences. However, many of our students are eager to maximise their opportunities to learn with LAL beyond the classroom so we can now offer all of our students a highly effective 3-step learning process.

Here's how it works.



Before arrival, take our pre-school online English language course on our own online learning platform: 'Connect' by LAL. This course will help you to develop your English so that you can 'hit the ground running' when you arrive and make the most of your in-country stay. Our pre-school course improves your English and builds your confidence in preparation for an unforgettable Real Life English experience in our LAL schools.



Your in-school Real Life English experience will be something you will never forget. Our everyday English courses are designed to give a good grounding in relevant, modern English, giving you confidence and improving your ability in a wide range of day-to-day situations. Our exam preparation classes will help you towards globally-recognised qualifications that can shape your future.



Your learning experience doesn't end when you return home. As well as all the memories you will take with you, LAL students can take advantage of our post-school English courses. Simply log onto Connect and continue developing your language skills from the comfort of your own home.

From any device, anywhere in the world with internet access, or in school living the language, your LAL experience need never end.

After Hours Learning

We offer after school clubs to help you improve your confidence and enjoyment with the English language.



Book Club



Film Club



Study Club



University Study Focus



University Admissions Workshop



Your Lesson Schedule

We welcome new arrivals every Monday unless arranged otherwise. Classes are in the earlier part of the day with several breaks and excursions and other activities take place after your lessons.

Example Timetable (General English)

	Monday	Tuesday	Wednesday	Thursday	Friday
Early morning	Arrival, Induction & Welcome Event	Listening Vivid Recollections of Early Childhood Grammar Used to/ would for past habits & states	Speaking Top attractions Webquest Planning a weekend Writing Filling in an online form	Vocabulary Current affairs – multi-word verbs Reading skills Prediction – newspaper articles	Learner training Making use of study websites Authentic listening BBC iPlayer
Break					
Late morning	Negotiation of week's work Giving/asking for opinions Study skills Using a mono-lingual dictionary	Vocabulary Building descriptive language Speaking Describing a childhood memory Library lesson	Functional English Making a complaint – roleplay Pronunciation Sounds in connected speech	Language Of presenting an argument Speaking Discussion of topics from newspaper	Progress test Speaking Discussion – ways to continue learning English after the course

This is an indicative timetable, and the exact contents of the course will vary from week to week.



Key Facts

Lesson schedule:
Mornings or afternoons

Maximum class size:
16 students

English tuition hours per week:
15 hours

Course length:
1-4 weeks

Young Learner Programmes

Vacation English Plus

Our Vacation English Plus course allows students to learn English while having the opportunity to explore the local culture. The programme includes lots of fun trips out and daily activities including four evening activities per week, allowing students to use English in real-life situations.

What's Included?

- ✓ General English tuition
- ✓ Course book & materials
- ✓ Registration fee
- ✓ Full-board accommodation
- ✓ Extensive leisure programme
- ✓ Escorted meet & greet return transfers
- ✓ Travel & Health insurance
- ✓ Certificate of attendance & report

Travelling Classroom

You will explore the famous Garden Route and travel to the most amazing locations accompanied by your teacher.

Day Programme

The above programmes can be booked for young learners on holiday and living with their families. Choose tuition only or try the full days of classes and fun activities.

Please note: Insurance, transfers and accommodation are not included with this type of booking.

Packages & Dates

Vacation English Plus

Age 13-17

08 Jan - 26 Feb

25 Jun - 20 Aug

Travelling Classroom

Age 16-17

06 Mar, 21 Aug, 06 Nov

Fun-packed courses for juniors & lifetime experiences for teenagers

English Is Fun

Our courses allow young learners to use English in a variety of fun and informative ways: teachers use tasks, games, projects and competitions to excite and interest their students.

Student Experience

Our school allows young learners to enjoy their English activities quite independently while being well looked after by our Young Learner teams.

Safeguarding

Our activity leaders make sure our young learners are safe while discovering new places and having a good time with friends.

Looking Ahead

Helping students feel positive when using English is a top priority for all our teachers and leaders. We like our students to have stimulating lessons with language based around their lives, so they can continue to progress and enjoy English long after their time with us.

Different People, Different Places

Over 100 different nationalities visit LAL each year.. This gives our youngsters a chance to make great new friends from lots of other countries while seeing the sights and exploring local culture together.

Safety & Welfare

Our top priority is our students' safety and well-being. We have dedicated welfare staff in our school who ensure our students are happy and healthy.

Experience

We have over 25 years of experience looking after young learners from all over the world!

24/7 Support

Our students can contact our well-chosen welfare teams for care and support at any time during their stay.

Escorted Transfers

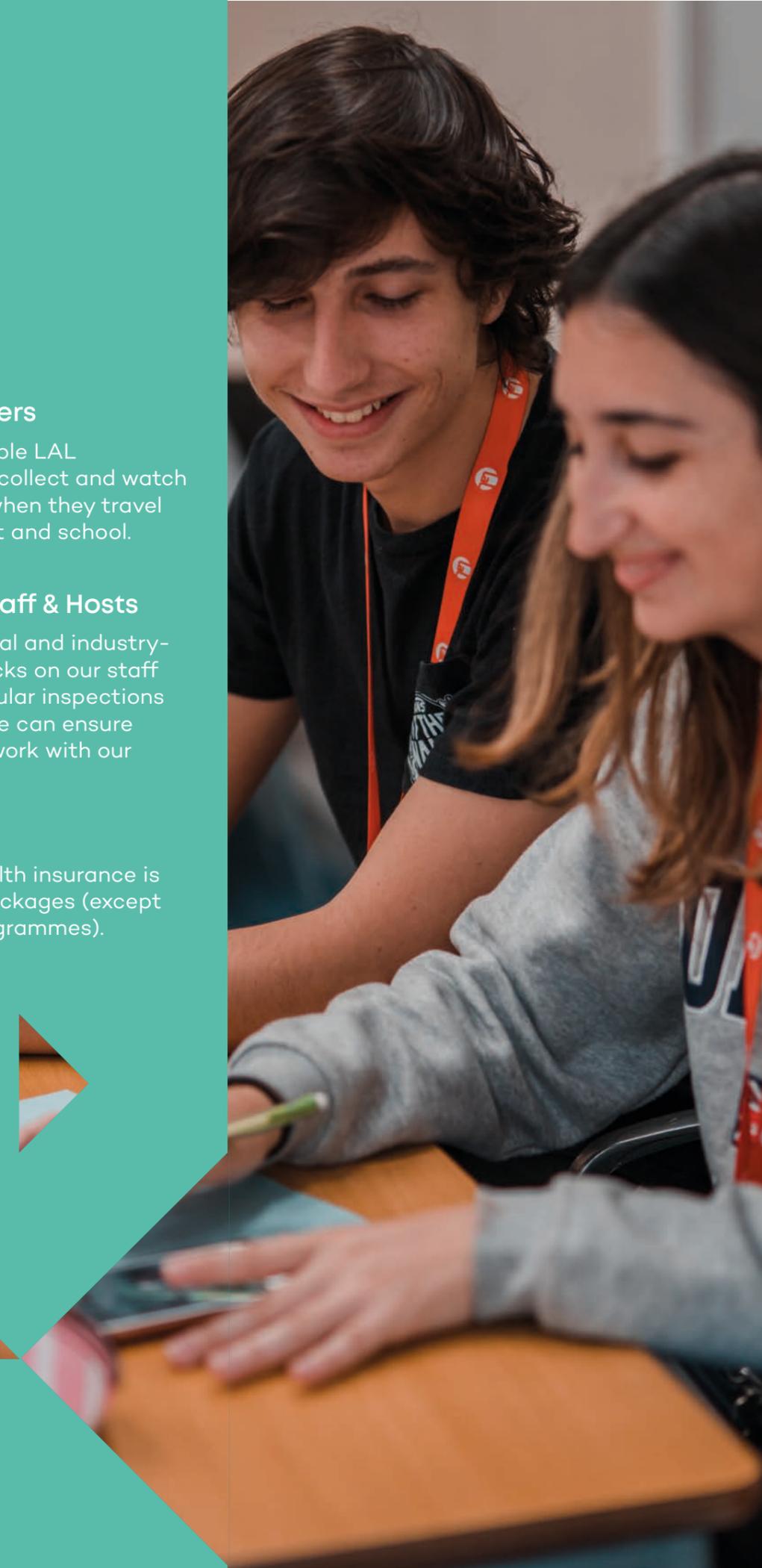
LAL staff, or a reliable LAL representative, will collect and watch over our students when they travel between the airport and school.

Selecting our Staff & Hosts

We carry out all legal and industry-recommended checks on our staff and hosts, with regular inspections of homestays, so we can ensure their suitability to work with our students.

Insurance

Free travel and health insurance is included with all packages (except day and family programmes). Conditions apply.



Excursion Highlights

- Table Mountain
- Robben Island
- Cape of Good Hope & Boulder's Beach

Upgrades

- Full-day Safari
- Paragliding
- Sand Boarding & Quad Biking Combo



Example Timetable

	MORNING	AFTERNOON	EVENING
SUN	Arrivals		Dinner
MON	Placement Test / Lessons	Two Ocean's Aquarium and V&A Waterfront	Dinner at V&A Waterfront
TUE	Lessons	City Tour / Free Time	Djembe Drumming
WED	Lessons	Table Mountain	Barbecue / Free Time
THU	Lessons	Ostrich Farm & Blouberg Beach	Ice Skating
FRI	Lessons	Seal Island & World of Birds	Dinner at Hout Bay Market
SAT	Cape of Good Hope & Boulder's Beach		Dinner & Free Time
SUN	Free Time		
MON	Lessons	Canal Walk / Free Time	Laser Tag
TUE	Lessons	Kirstenbosch Botanical Gardens	Trampoline Park
WED	Lessons	Robben Island	Barbecue / Free Time
THU	Lessons	Township Tour	Dinner at Mzansi
FRI	Lessons	Cool Runnings	Disco
SAT	Cheetah Sanctuary & Lion Park		Dinner & Free Time

*all activities and excursions, subject to changes and availability

Get your team **speaking**
the language
of global business

upskill

 corporate language solutions


plane language

inbound

The ability to communicate effectively in English is essential in today's world.

LAL has developed a suite of off-the-shelf English language training programmes bringing together what lies at the core of our ethos: tourism, business, aviation and education, as well as bespoke solutions equipped to provide your organisation with the training you need: this is Upskill.

Contact us to find out more about English training opportunities.

upskill.international



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