

PROUD USERS OF



Lal

CAPE TOWN



Real Life English
for Adults & Young Learners

2026

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“What makes LAL unique?”

- Real Life English

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.



Why study with us?

At LAL, learning a language isn't just a skill you gain—it's a life-changing journey that sparks growth and unlocks endless opportunities. Set in the heart of one of the world's most vibrant cities, LAL Cape Town is where futures take flight. Our lively community thrives on fun, friendship, and moments you'll never forget.



Community & Fun

LAL Cape Town is more than a school—it's a global family. We create a warm, inclusive space where students from every corner of the world connect, learn, and grow together, turning classrooms into communities.



Unforgettable Experiences

Think English lessons with a view! From spotting lions on safari to conquering Table Mountain and dancing through colourful markets, Cape Town turns learning into an adventure. Here, every experience doubles as a language lesson you'll actually love.

Bright Futures Start Here

Our mission is to inspire students to dream big and realise their full potential. With teachers who inspire, a curriculum that delivers, and a community that's got your back, you'll leave with the skills and confidence to take on the world.

Lifetime Friendships

Come for the English, stay for the people. Shared adventures, inside jokes, and "remember when" moments mean you'll leave Cape Town with friends you'll keep for a lifetime.

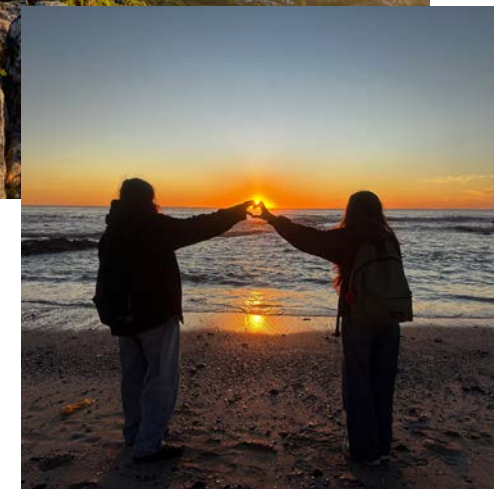
Real Life English in Cape Town

Cape Town isn't just one of the world's top beach cities—it's a feast for the senses. Picture jaw-dropping landscapes, a vibrant mix of cultures, mouth-watering cuisine, amazing summer days, and nights that don't end.

Once the capital of a British colony, it's the ultimate playground for learning English while soaking up unforgettable travel adventures.

In a city this alive, anything can happen. At LAL, our **Real Life English** activities make sure every moment counts—you'll be learning, laughing, and living the language. Meet curious minds from around the world, dive into South Africa's rich culture, and practise English in the heart of the action.

Because nothing beats real experiences—and there's no better way to master English than living it.



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.














A Modern & Unique Campus

Welcome to LAL Cape Town—where English isn't just learned, it's lived. Here, every lesson is a passport stamp, every conversation a cultural exchange, and every day an adventure waiting to unfold.

Housed in a sleek, state-of-the-art facility, we blend world-class amenities with an electric atmosphere that fuels learning and inspires connection. This is where modern comfort meets Cape Town's untamed energy—making us the city's ultimate destination for students ready to sharpen their English and supercharge their lives.



- 16 **Minimum age**
- 14 **Classrooms**
- 12 **Average class size (max 16)**

-  **Classrooms**
-  **Coffee Station**
-  **WCs**
-  **Water fountain**
-  **Wi-Fi**
-  **Air-conditioned**
-  **Reception**
-  **Student lounge**
-  **Quiet pods**
-  **Seating areas**
-  **Sea and mountain facing balconies**



What do we offer?

- Qualified, experienced, and enthusiastic teaching staff.
- A targeted range of courses for real progress.
- Student accommodation options which are conveniently located close to the school, ensuring you remain at the heart of the action. For those seeking alternatives, we also have recommendations for local hotels and host homes.
- Free Wi-Fi
- Advanced classroom technology paired with innovative teaching methods.
- Personalised one-on-one tutorials for students booking 8 weeks or more.

Our Teaching Methodology

At LAL Cape Town, our students come first. We've created a space where English flows as naturally as the ocean breeze—whether you're chatting in class, over coffee, or out exploring the city. Our warm, welcoming staff are by your side every step of the way, making your learning journey not just effective, but an unforgettable and joyful part of your life in Cape Town.



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.

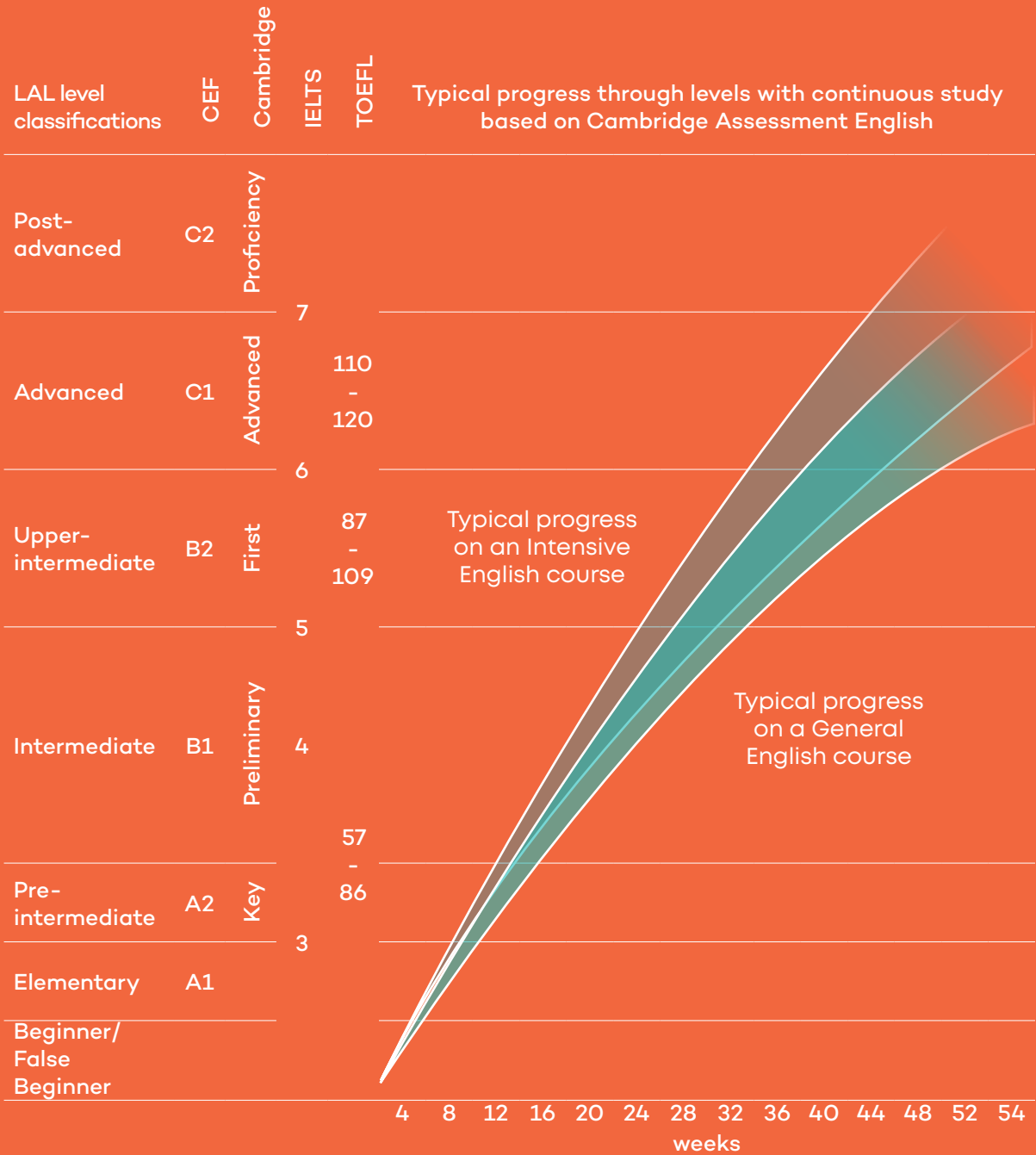


We love it when our students talk to us in English outside the classroom, whatever their level. This builds confidence and lets you use language in lots of real situations. Because of this, we think you should try to speak English as much as you can, even to people from your own country.



Level Progression

With years of expertise in teaching, creating courses, and getting student feedback, we've honed our understanding of English language acquisition. Our assessments ensure you begin at the level that's just right for you. This allows for rapid progression, pushing you closer to your individual objectives.



Adult Courses



At LAL Cape Town, our course range has been sharpened through years of experience to focus on what students really need—and what truly delivers results. Start with our sought-after General English course, then supplement it with practical life skills, targeted language sessions, industry-focused modules, or academic pathways designed for maximum impact.



Real Life English Courses

These courses empower you with the confidence to communicate in a new language.



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

Hours per week
Max. class size
Weeks
Levels

General English

This course builds on your current language skills, adding new structures, vocabulary and practical language suitable to your level. The tasks and activities get you to use and improve your English in a variety of situations while conversing in a natural way.

15 14 1+ All

Intensive English

Develop your language skills with an extra 7.5 hours a week added to your General English course. You can apply new language you are learning with speaking-based lessons, reading, listening and writing to introduce topics.

22.5 14 1+ All

More information at lalschools.com



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

Real Life English +

Our courses offer you an opportunity to enhance your English communication skills comprehensively, tailored to your professional needs.

Hours per week
Max. class size
Weeks
Levels

English for 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 14/10 1-7 B1

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 14/10 1-4 B1

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 14/10 1-4 B1

More information at lalschools.com



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

English for Academic Purposes

Immersing yourself in an English-speaking setting is the optimal way to prepare for an English exam.

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 14/10 1+ B1

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 See Price List

More information at lalschools.com



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

Work Experience

From residing in a vibrant city to working in a wildlife sanctuary, LAL is connected to a diverse range of placements, internships, and volunteer schemes. Hone your English skills whilst pursuing your dream role!

		Weeks	Levels
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
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
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 then volunteer or work with 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
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

More information at lalschools.com



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

Online English Courses

We provide bespoke one-to-one lessons, catering to students wishing to study online from anywhere globally, or for those seeking additional tuition after their time at LAL.

		Lessons	Levels
Private (1-2-1) Tuition	You might prefer General English lessons in 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	All

More information at lalschools.com



Your Lesson Schedule

At LAL, flexibility is part of the adventure! We welcome new students every Monday.

Your days at LAL flow between lively lessons, refreshing breaks, and unforgettable excursions and activities — blending learning with adventure, just the way it should be.

Example Timetable (General English)

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Session (1.5hr)			Speaking		
		Listening	Top attractions	Vocabulary	Learner training
	Arrival	Vivid recollections of early childhood	Webquest	Current affairs – multi-word verbs	Making use of study websites
	Testing	Grammar	Planning a weekend	Reading skills	Authentic listening of podcasts, radio clips, etc
	Induction	Used to/would for past habits & states	Writing	Prediction – newspaper articles	
			Filling in an online form		
			Break		
2nd Session (1.5hr)	Negotiation of week's work	Vocabulary	Functional English	Language of presenting an argument	Progress test
	Giving/asking for opinions	Building descriptive language	Making a complaint – roleplay	Speaking	Speaking
	Study skills	Speaking	Pronunciation	Discussion of topics from newspaper	Discussion – ways to continue learning
	Using a mono-lingual dictionary	Describing a childhood memory	Sounds in connected speech		English after the course

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



After-hours Learning

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

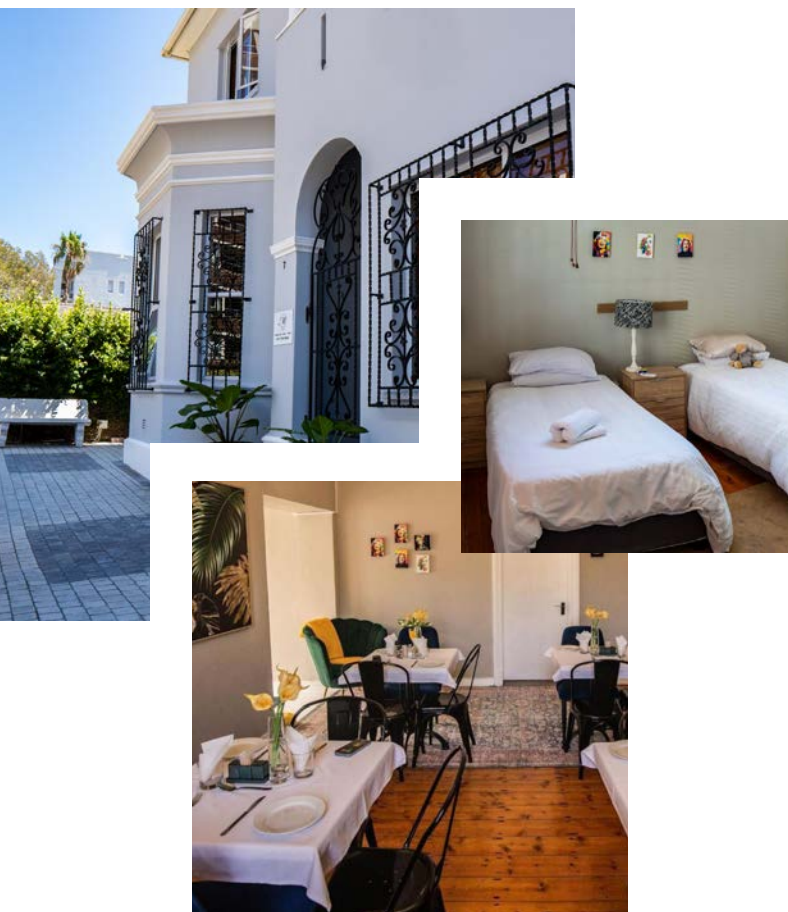
-  **Reading & Pronunciation Club**
-  **Writing Club**
-  **Media Club**
-  **Study Club**
-  **Real Life English Activities**

Stay with us!

Live, Learn, and Love Cape Town with LAL's picks.

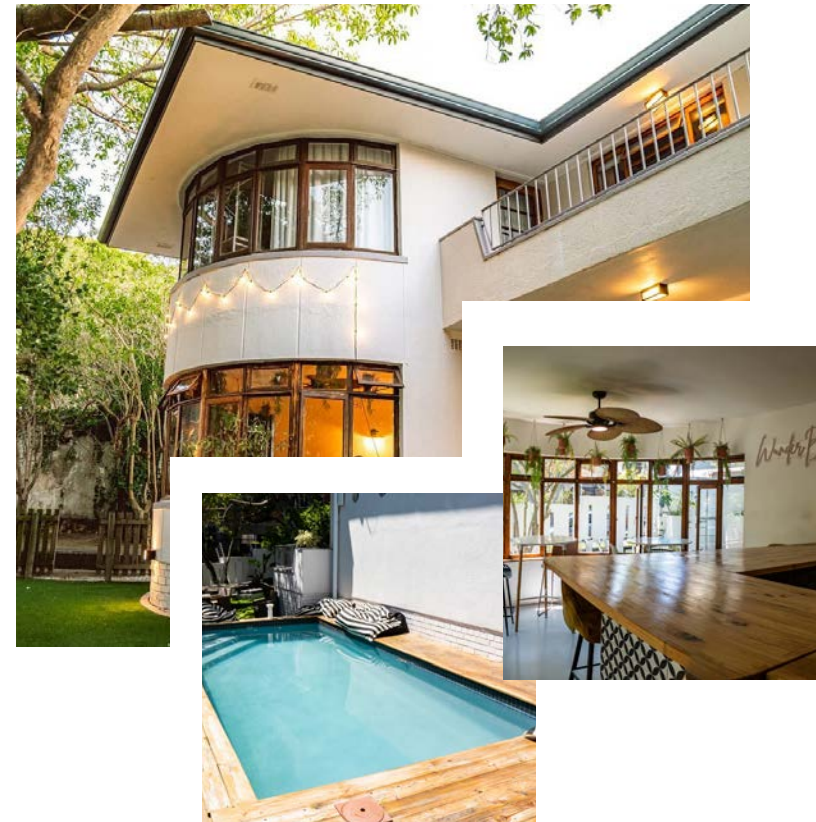
Enjoy the perfect blend of comfort, convenience, and style in our student accommodation options. Our choices are designed to make every moment of your stay unforgettable, — from relaxing after class to exploring the city.

Milton Road Student House



-  **Less than 1 minute on foot to LAL Cape Town**
-  **Close to all amenities**
-  **24h support**
-  **Wi-Fi**
-  **Housekeeping**
-  **Outdoor dining and chill-out areas**
-  **Barbeque grill**
-  **Student Kitchen**
-  **Dining area**
-  **TV Lounge**
- 18+ Minimum age**

Sea Point Student Residence



-  **15 minutes on foot to LAL Cape Town**
-  **Set in a quiet and safe residential area**
-  **24h Reception & Security**
-  **Wi-Fi**
-  **Housekeeping**
-  **Outdoor Swimming Pool**
-  **Barbeque grill**
-  **Outdoor dining and chill-out areas**
-  **Student Kitchen**
-  **Dining areas**

Homestay

Stay local, speak local, feel at home!

Our carefully chosen host families offer a warm, authentic home environment just a short distance from the school. Live the language by practising your English in everyday situations, immersing yourself in local culture, and enjoying the comfort and support of a true family setting — the perfect way to connect and belong.





Young Learner Programmes

LAL Cape Town's Young Learner Programme is where epic adventures meet top-notch care. We've crafted an action-packed experience that blends fun, friendship, and world-class English learning—so students grow in confidence while having the time of their lives.

Every day is a new chapter: hiking up to breathtaking views, sinking toes into golden beaches, exploring Cape Town's legendary landmarks, and diving into hands-on cultural experiences. And with our expert team guiding every step, parents can rest easy knowing safety and well-being are always our top priority.

Beyond the thrills, this is a place where friendships are forged for life. Through team challenges, creative projects, and shared adventures, students return home with not just better English, but unforgettable memories and a global circle of friends.



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.

24/7 Support

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

Airport Transfers

LAL staff, or a reliable LAL representative, will collect and watch over our students when they travel between the airport and their accommodation on the day of arrival, and similarly, on the day of departure.

Selecting our Staff

We follow a rigorous and reliable recruitment process to ensure every member of our team is fully suited to working with our students.

Insurance

Complimentary opt-in travel and health insurance can be provided with all Young Learner packages (except Tuition only Day Programme).

Conditions apply.



Key Facts

Age: 15+ (flexible)

Dates: 04 Jan - 07 Feb, 28 Jun - 15 Aug

Lesson schedule:
Mornings or afternoons

Maximum class size:
16 students

English tuition per week:
Grammar+ Skills 15 hours

Recommended course length: 2 weeks*

What's Included?

- ✓ General English tuition
- ✓ Course Material (not course book)
- ✓ Registration fee
- ✓ Full-board accommodation
- ✓ Extensive leisure programme
- ✓ Meet & greet airport transfers (arrivals & departures)
- ✓ Travel & Health insurance (opt-in)
- ✓ Certificate of attendance
- ✓ Report (on request)
- ✓ Bus Pass for journeys between the accommodation and school (conditions apply)

Vacation English Plus – Grammar + Skills

This programme equips students with grammar concepts and everyday language skills to enable them to interact in English with the world around them. It is packed with enjoyable excursions and activities. It enables students to apply what they've learnt in class to real-life situations.

Day Programme**

This programme can be booked for young learners on holiday and living with their families. Choose from 4 options: Tuition only, Daytime programme (Mon-Fri), Daytime & Evening Programme (Mon-Fri), and Full week.

**Please note: Airport transfers and accommodation are not included in these packages. Complimentary Opt-In Travel and Health insurance is available for all programmes except Tuition only programme.

*longer stays are possible but may result in a repeat of certain excursions and leisure activities.

Sample Schedule of Excursions & Activities

	Excursions	Evening Activities
Sun	Arrivals	Dinner & Free Time
Mon	Two Ocean's Aquarium and V&A Waterfront	Dinner at Mojo Market
Tue	City Tour / Free Time	Dinner & Ten Pin Bowling
Wed	Robben Island	Dinner & Free Time
Thu	Ostrich Farm & Blouberg Beach	Ice Skating & Dinner at Grandwest
Fri	Seal Island & World of Birds	Dinner at V&A Waterfront
Sat	Cape of Good Hope & Boulder's Beach	Dinner & Free Time
Sun	Free Day (all meals included)	
Mon	Canal Walk / Free Time	Dinner & Karaoke
Tue	Table Mountain	
Wed	Cool Runnings	Dinner & Games night
Thu	Kirstenbosch Botanical Gardens	Dinner & Mini Golf
Fri	District Six Museum & Slave Lodge	Dinner & Movie Night
Sat	Lion Park & Alpaca Loom	Dinner & Free Time

*all activities and excursion are subject to changes, availability, and weather conditions.

Optional Excursions

- Full-day Safari
- Paragliding
- Sand Boarding & Quad Biking
- and so much more

Step out of the classroom and into the world.
Join LAL's Travelling Classroom.



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

Reach out to us to find out more on
English training opportunities.

upskill

 corporate language solutions

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LAL

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