

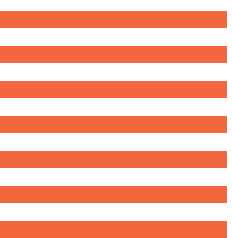
PROUD USERS OF



# **lal**

## **CAPE TOWN**

**Real Life English Courses  
for Adults & Young Learners  
2027**



# “What makes LAL unique?”

Real Life English,  
where your journey begins.

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.





# Begin something bigger than an English course

Most people arrive at LAL Cape Town believing they are coming to learn English.

Then something unexpected happens.

They find themselves sharing stories with classmates from five different countries. They order coffee with confidence. They stand on top of Table Mountain discussing life goals with people they met only days before. English quickly becomes more than a subject. It becomes the tool that allows them to participate fully in a new world.

At LAL Cape Town, language learning is never separated from life. Every lesson, every conversation, every excursion and every challenge becomes part of a journey that helps students grow not only as English speakers but as more confident, capable and internationally minded people.

Whether you are a student looking for a life-changing experience or an agent searching for a destination that delivers genuine value, Cape Town offers something truly unique.

And it starts the moment you arrive.

# Why Cape Town changes people

There are many places in the world where you can study English. Few offer what Cape Town does.

Set between mountains and oceans, surrounded by breathtaking landscapes, diverse cultures and extraordinary wildlife, Cape Town is a destination that naturally encourages exploration. One day you might be watching penguins at Boulders Beach. The next, exploring colourful local neighbourhoods, hiking mountain trails or sharing dinner with friends from across the globe.

English is widely spoken, making every interaction another opportunity to learn. But Cape Town offers more than practice. It offers perspective. Students discover new cultures, challenge their assumptions and gain confidence through experiences that simply cannot be recreated in a classroom alone.

Learning here feels different because life here feels different.





# A place to belong

Arriving in a new country can be exciting and intimidating at the same time.

That is why creating a sense of belonging is at the heart of everything we do.

LAL Cape Town is more than a language school. It is a community built around connection, friendship and shared experiences. Students quickly become part of an international family where everyone is encouraged to participate, communicate and support one another.

From welcome events and social activities to everyday conversations between lessons, friendships form naturally. Many students arrive alone and leave with a global network of lifelong friends.

For many, this becomes one of the most valuable parts of the experience.



# Learning through Real Life

Traditional language learning often stops when class ends. At LAL Cape Town, that is when some of the best learning begins.

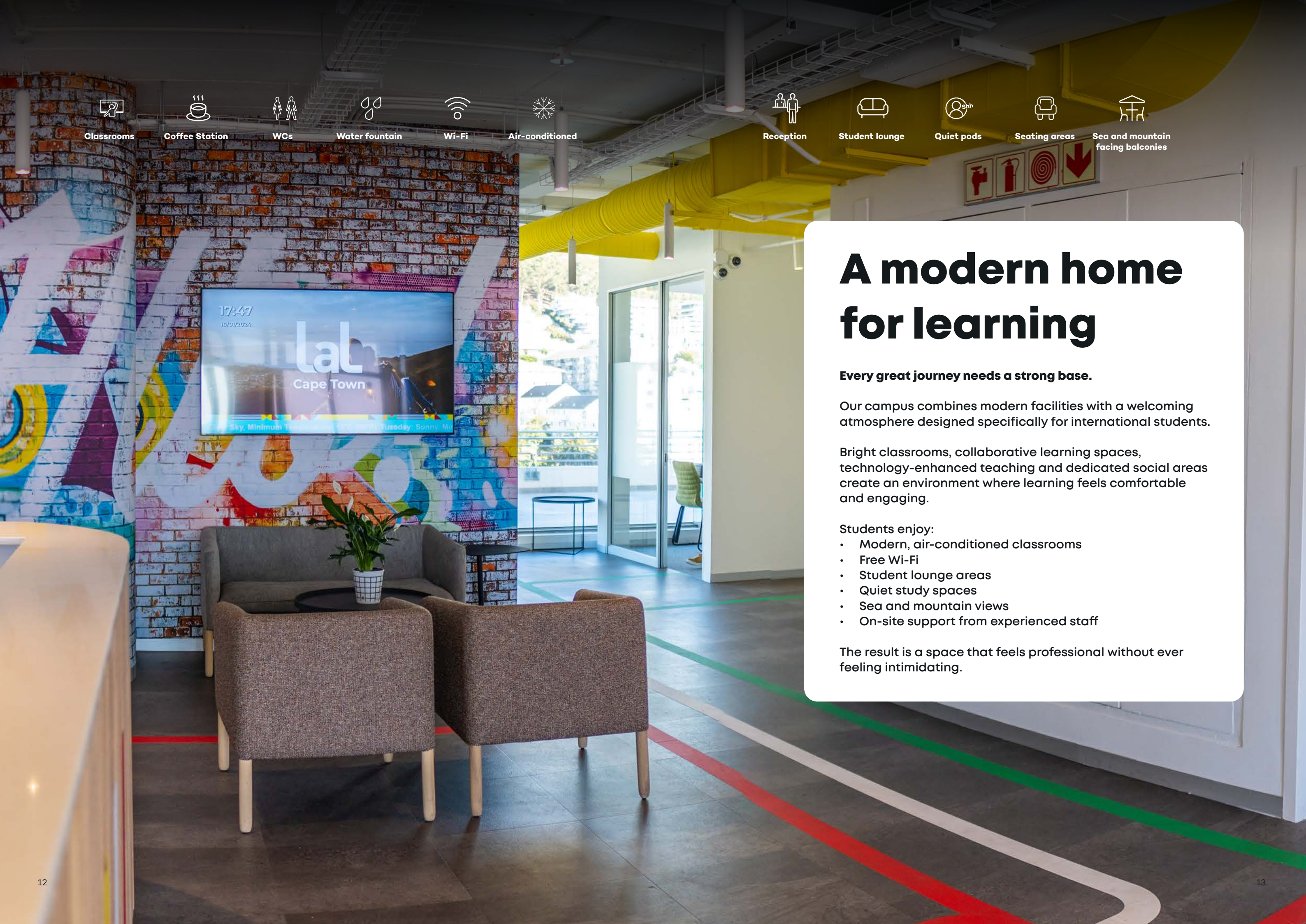
Our Real Life English philosophy is built on a simple idea: language is learned most effectively when it is used in meaningful situations. Students don't only practise grammar and vocabulary. They use English while navigating the city, joining activities, meeting local people and exploring South Africa.

This approach helps students:

- Build confidence faster
- Improve fluency naturally
- Communicate in authentic situations
- Develop practical life skills
- Enjoy the learning process

Because real conversations create real progress.





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

# A modern home for learning

**Every great journey needs a strong base.**

Our campus combines modern facilities with a welcoming atmosphere designed specifically for international students.

Bright classrooms, collaborative learning spaces, technology-enhanced teaching and dedicated social areas create an environment where learning feels comfortable and engaging.

Students enjoy:

- Modern, air-conditioned classrooms
- Free Wi-Fi
- Student lounge areas
- Quiet study spaces
- Sea and mountain views
- On-site support from experienced staff

The result is a space that feels professional without ever feeling intimidating.



# Finding the right path

No two students arrive with exactly the same goal. Some want to travel more confidently. Some need English for university. Others are preparing for international careers or future opportunities abroad.

Our courses are designed to meet students wherever they are in their journey.

As students progress through internationally recognised language levels, they develop the skills needed to communicate effectively in academic, professional and everyday settings.

With regular feedback, ongoing assessments and personalised support, progress is always visible and achievable.





# Choosing the experience that fits you

For many students, General English becomes the foundation of everything that follows. Others choose to specialise by combining their studies with professional or academic goals.

Available pathways for Adults students include:

- General English
- Intensive English
- IELTS Preparation
- Cambridge Examination Preparation
- English for Business
- English for Marketing
- English for Law
- Private Tuition

Each programme combines practical communication skills with meaningful real-world application, helping students move closer to their personal ambitions.

# Building confidence through

## Real Life English courses

For most students, the journey begins with our Real Life English programme.

More than simply learning grammar and vocabulary, this course is designed to help you communicate confidently in everyday situations. Lessons are practical, interactive, and tailored to your language level, helping you develop the skills needed to navigate life, work, study, and travel in English.

As your confidence grows, so does your ability to engage with the world around you. Classroom discussions, real-world tasks, collaborative projects, and meaningful conversations become opportunities to strengthen your English and build fluency naturally.

|                   |                                                                                                                                                                                                                                                                     | 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    |

# Turning English into opportunity:

## Real Life English+

As your confidence grows, you may discover that English is more than a language. It becomes a tool that opens doors.

For students with specific academic or professional ambitions, our specialist programmes combine language development with industry-focused skills and practical applications. These courses help students communicate effectively in professional environments while building confidence in subject-specific contexts.

|                       |                                                                                                                                                                                                                                                               | 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+    |

## Preparing for Success: English for Academic Purposes

For many students, studying English is part of a bigger educational journey.

Whether your goal is to gain entry to university, meet visa requirements, or demonstrate your language proficiency to future employers, LAL Cape Town offers pathways that help you prepare for internationally recognised examinations and academic environments.

|                               |                                                                                                                                                                                                                                                                               | Hours per week | Max class size | Weeks   | Levels         |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|---------|----------------|
| <b>General English +IELTS</b> | Add an hour and a half to your General English morning course to work on skills and strategies for the successful completion of the IELTS exams                                                                                                                               | 22.5           | 14/10          | 1+      | B1+            |
| <b>Cambridge Exams</b>        | Cambridge English Certificates are internationally recognised lifetime qualifications which give a good indication of your English proficiency as well as your personal level of commitment and motivation to universities, potential employers and other interested parties. | 22.5           | 10             | 6<br>10 | See Price List |

## Wherever Life Takes You: Online English Courses

Learning does not have to end when your time in Cape Town ends.

Our online learning options allow students to continue developing their English from anywhere in the world. Whether you want ongoing support after returning home, additional examination preparation, or flexible lessons while travelling or working, online tuition provides a convenient way to stay connected to your learning journey.

Because the goal is never simply to complete a course. The goal is to build the confidence, communication skills, and global perspective that will continue opening doors long after your time in Cape Town has ended.

|                                 |                                                                                                                                                                                                                                        | Lessons per week | Lesson Times | Lesson Length | Levels |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------|---------------|--------|
| <b>Private (1-2-1 ) Tuition</b> | <p>You might prefer General English lessons in 1-2-1 classes for a more focused learning experience.</p> <p>Choose from General English or Specialised English classes (IELTS Exam Prep, Cambridge Exam Prep or Business English).</p> | 1+               | Flexible     | 60 mins       | All    |

# 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.

Intensive English

Faster progression

General English

Steady progression

| LAL Level Classification | CEFR Level | IELTS Level | Typical Weeks of Study*                                  |               |
|--------------------------|------------|-------------|----------------------------------------------------------|---------------|
| Proficiency              | C2         | 8.5 - 9.0   |                                                          | 54+ weeks     |
|                          |            |             |                                                          | 36+ weeks     |
| Advanced                 | C1         | 7.0 - 8.0   |                                                          | 36 - 54 weeks |
|                          |            |             |                                                          | 24 - 36 weeks |
| Upper-Intermediate       | B2         | 5.5 - 6.5   |                                                          | 24 - 36 weeks |
|                          |            |             |                                                          | 16 - 24 weeks |
| Intermediate             | B1+        | 4.5 - 5.5   |                                                          | 16 - 24 weeks |
|                          |            |             |                                                          | 12 - 16 weeks |
| Pre-Intermediate         | B1         | 4.0 - 4.5   |                                                          | 8 - 16 weeks  |
|                          |            |             |                                                          | 6 - 12 weeks  |
| Elementary               | A2         | 3.0 - 4.0   |                                                          | 4 - 8 weeks   |
|                          |            |             |                                                          | 4 - 6 weeks   |
| Beginner                 | A1         | 1.0 - 3.0   | Start your English Journey<br>Start your English Journey |               |

**Please note:** Progress times are approximate and vary depending on individual ability, course intensity and study habits.

\*Weeks shown indicate the estimated cumulative time to reach each level.

## A1 Beginner: Starting Out

"I can introduce myself and handle simple everyday situations."

### You will be able to:

- Order food and drinks
- Introduce yourself confidently
- Ask and answer basic questions
- Begin participating in conversations

## A2 Elementary: Finding Your Feet

"I can manage daily life in English."

### You will be able to:

- Travel more independently
- Describe experiences and plans
- Join simple social conversations
- Understand common spoken English

## B1 Intermediate: Becoming Independent

"I can confidently navigate study, travel and work situations."

### You will be able to:

- Express opinions clearly
- Solve everyday problems
- Build friendships in English
- Participate actively in class discussions

## B2 Upper Intermediate: Opening New Doors

"I can communicate comfortably in most academic and professional environments."

### You will be able to:

- Work effectively in international teams
- Study in English-speaking environments
- Present ideas with confidence
- Discuss complex topics naturally

## C1 Advanced: Thriving Internationally

"I can communicate fluently and professionally."

### You will be able to:

- Negotiate and persuade
- Succeed in university-level study
- Manage professional conversations
- Express yourself with confidence and flexibility

## C2 Proficiency: Global Citizen

"I can communicate almost as effectively as a native speaker."

### You will be able to:

- Operate comfortably across cultures
- Work globally
- Lead discussions and presentations
- Use English naturally in almost any situation

# 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)

1st Session (1.5hr)

| Monday    | Tuesday                                         | Wednesday                 | Thursday                           | Friday                                            |
|-----------|-------------------------------------------------|---------------------------|------------------------------------|---------------------------------------------------|
|           | Listening                                       | Speaking                  | Vocabulary                         | Learner training                                  |
| Arrival   | Vivid recollections of early childhood          | Top attractions           | Current affairs – multi-word verbs | Making use of study websites                      |
| Testing   |                                                 | Webquest                  |                                    |                                                   |
| Induction | Grammar Used to/ would for past habits & states | Planning a weekend        | Reading skills                     | Authentic listening of podcasts, radio clips, etc |
|           |                                                 | 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 English after the course |
| Using a mono-lingual dictionary | Describing a childhood memory | Sounds in connected speech    |                                     |                                                                 |

## 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**



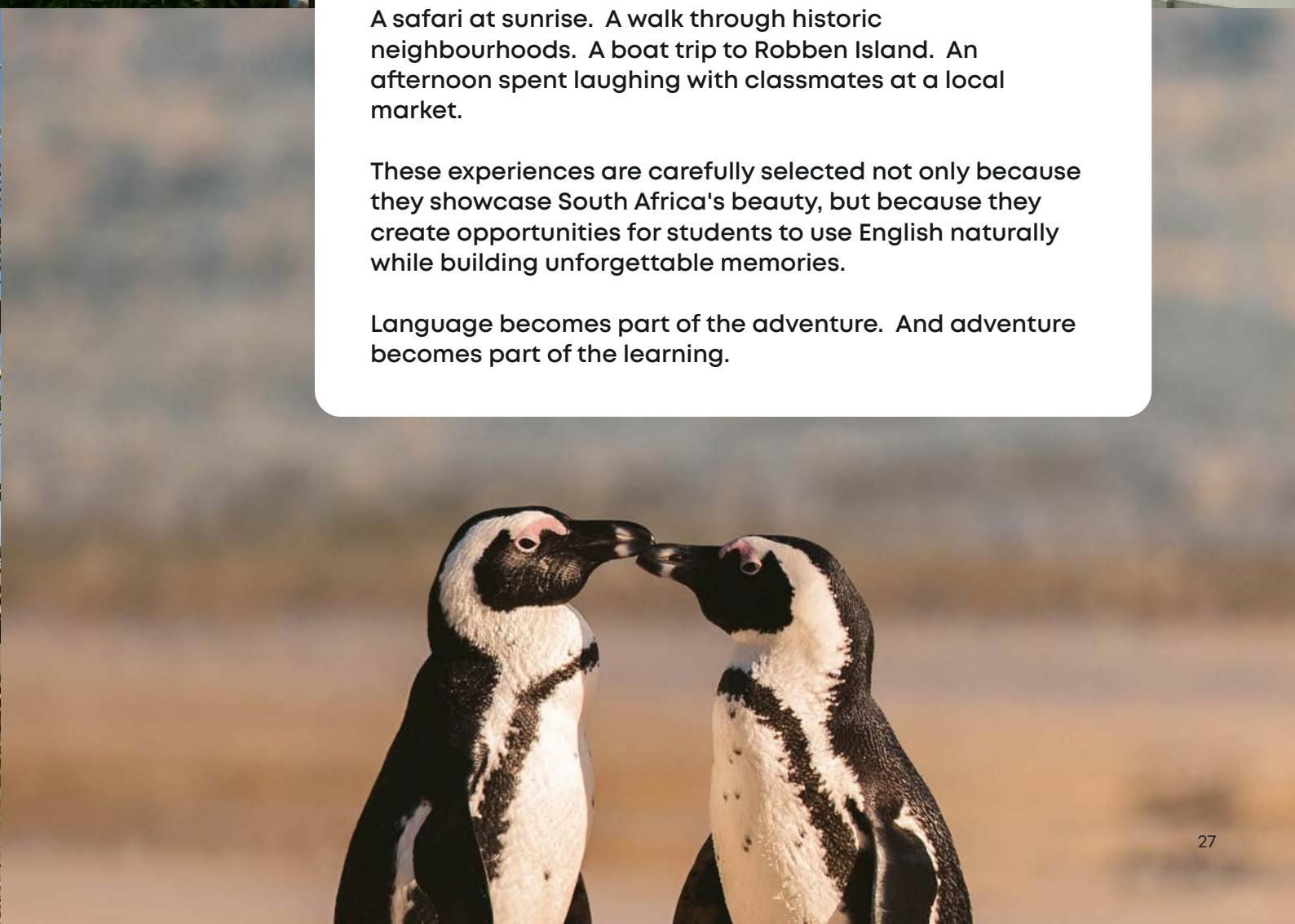
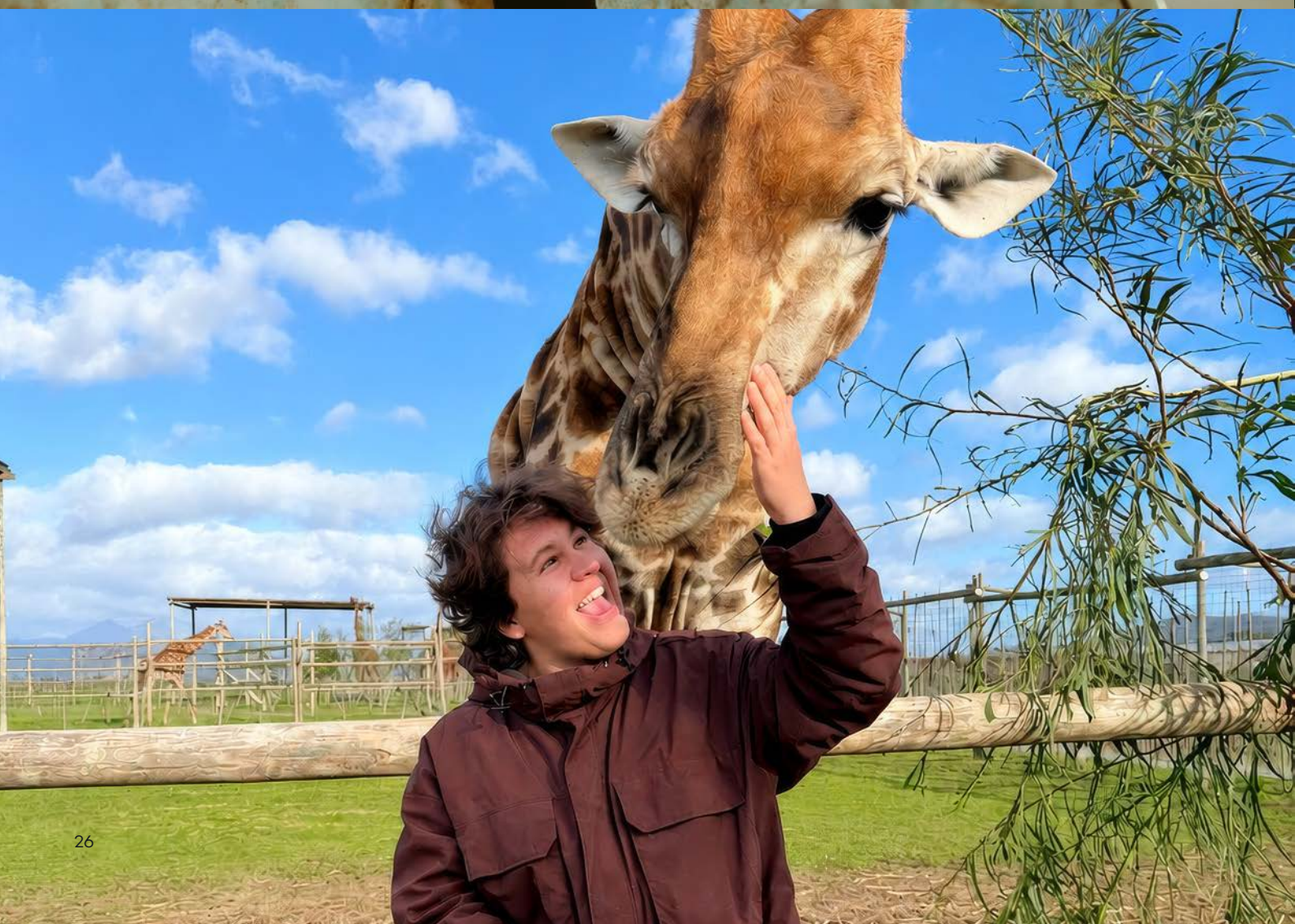
# Beyond the Classroom

Some experiences change how you see the world. Others change how you see yourself. The moments students remember most often happen outside the classroom.

A safari at sunrise. A walk through historic neighbourhoods. A boat trip to Robben Island. An afternoon spent laughing with classmates at a local market.

These experiences are carefully selected not only because they showcase South Africa's beauty, but because they create opportunities for students to use English naturally while building unforgettable memories.

Language becomes part of the adventure. And adventure becomes part of the learning.



# Travelling Classroom

## An Unforgettable Journey

Some lessons can only be learned by leaving the classroom behind.

Imagine standing at the southernmost tip of Africa, watching two oceans meet. Picture yourself hiking through ancient forests, spotting elephants in the wild, sharing stories around the dinner table with fellow travellers, and discovering places you never knew existed. Along the way, every conversation becomes an opportunity to connect, every experience becomes a lesson, and every day brings a new perspective.

LAL's Travelling Classroom takes students beyond Cape Town and into the heart of South Africa. Following spectacular coastal roads, mountain passes, wildlife reserves and world-famous landmarks, the journey blends adventure, culture and discovery in a way that no traditional classroom ever could.

From the whale coast of Hermanus and the dramatic landscapes of Cape Agulhas, to the forests of the Garden Route, the beaches of Jeffreys Bay and the wildlife of Addo Elephant National Park, each destination brings new experiences, new friendships and new opportunities to use English in real life. Canoe on peaceful rivers, walk among towering forests, encounter incredible wildlife and create memories that will last long after the journey ends.



By the time you return to Cape Town, you won't just have seen more of South Africa. You'll have grown in confidence, gained new perspectives, built international friendships and collected stories you'll be telling for years to come.

Because sometimes the most important part of learning is simply being brave enough to explore.

You will return with photographs of elephants, mountains and oceans. But those won't be the things that stay with you. What you'll remember are the conversations, the laughter, the friendships, the confidence you discovered in yourself, and the moment you realised the world was far bigger and more accessible than you ever imagined.

# Real Life Impact

## Leave more than just footprints.

Some experiences stay with you long after you've returned home. Through our volunteer partnerships, students can engage with Cape Town in meaningful ways, contributing their time, energy and enthusiasm to causes that matter.

Whether your passion lies in protecting wildlife, caring for animals, supporting communities or creating opportunities for young people, every experience offers a deeper understanding of South Africa and a chance to make a positive impact.



## Conservation

### **SANCCOB: Protecting South Africa's Seabirds**

Every rescued seabird has a story. At SANCCOB, students support rehabilitation and conservation efforts that help injured and endangered seabirds return to the wild while gaining valuable insight into South Africa's unique marine environment.

## Compassion

### **Oscar's Arc WOOF Project: Giving Dogs a Second Chance**

At Oscar's Arc WOOF Project, students help support rescue dogs on their journey to loving homes. Through adoption initiatives and welfare activities, volunteers discover how compassion, patience and care can transform lives.

## Community

### **Ladles of Love: Connecting Through Community**

Through Ladles of Love, students support initiatives focused on food security, sustainability and community development. By working alongside local communities, volunteers gain meaningful insight while contributing to projects that create lasting positive change.

## Opportunity

### **SALT Projects: Helping Communities Thrive**

From school feeding schemes to community gardens and youth development programmes, SALT Projects creates opportunities where they are needed most. Students support practical initiatives that strengthen communities across Cape Town.

## Hope

### **The Homestead: Empowering Children's Lives**

For over forty years, The Homestead has helped vulnerable children move towards brighter futures. Students support programmes focused on care, education and personal development, gaining insight into the positive impact of guidance and opportunity.



# Finding Your Place in Cape Town

**Every great adventure needs a place to come home to.**

Where you stay shapes your experience as much as the classroom, the city, and the people you meet along the way. It is where conversations continue long after lessons end, where friendships are formed over dinner, and where Cape Town begins to feel less like a destination and more like a second home.

Whether you want the energy of student life, the independence of a residence, or the warmth of a local family, LAL offers accommodation options designed to help you feel comfortable, connected, and fully immersed in your experience.

**One City. Three Ways to Experience It.**

Whether you choose a comfortable student house, a lively student residence, or the warmth of a local family, each option is designed around the same goal – helping you feel safe, comfortable, connected, and ready to make the most of every moment in Cape Town.

After all, your accommodation is more than just where you sleep. It's where your Cape Town story unfolds.

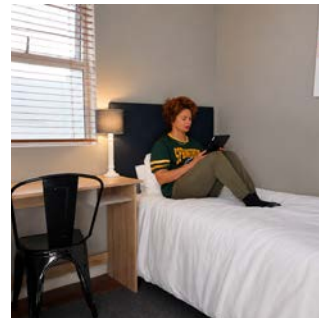
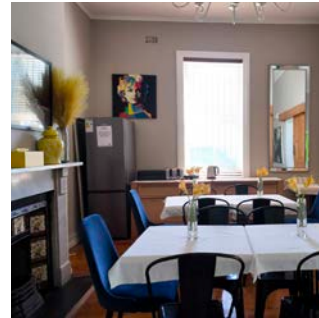
# Live at the Heart of the Action

## Milton Road Student House

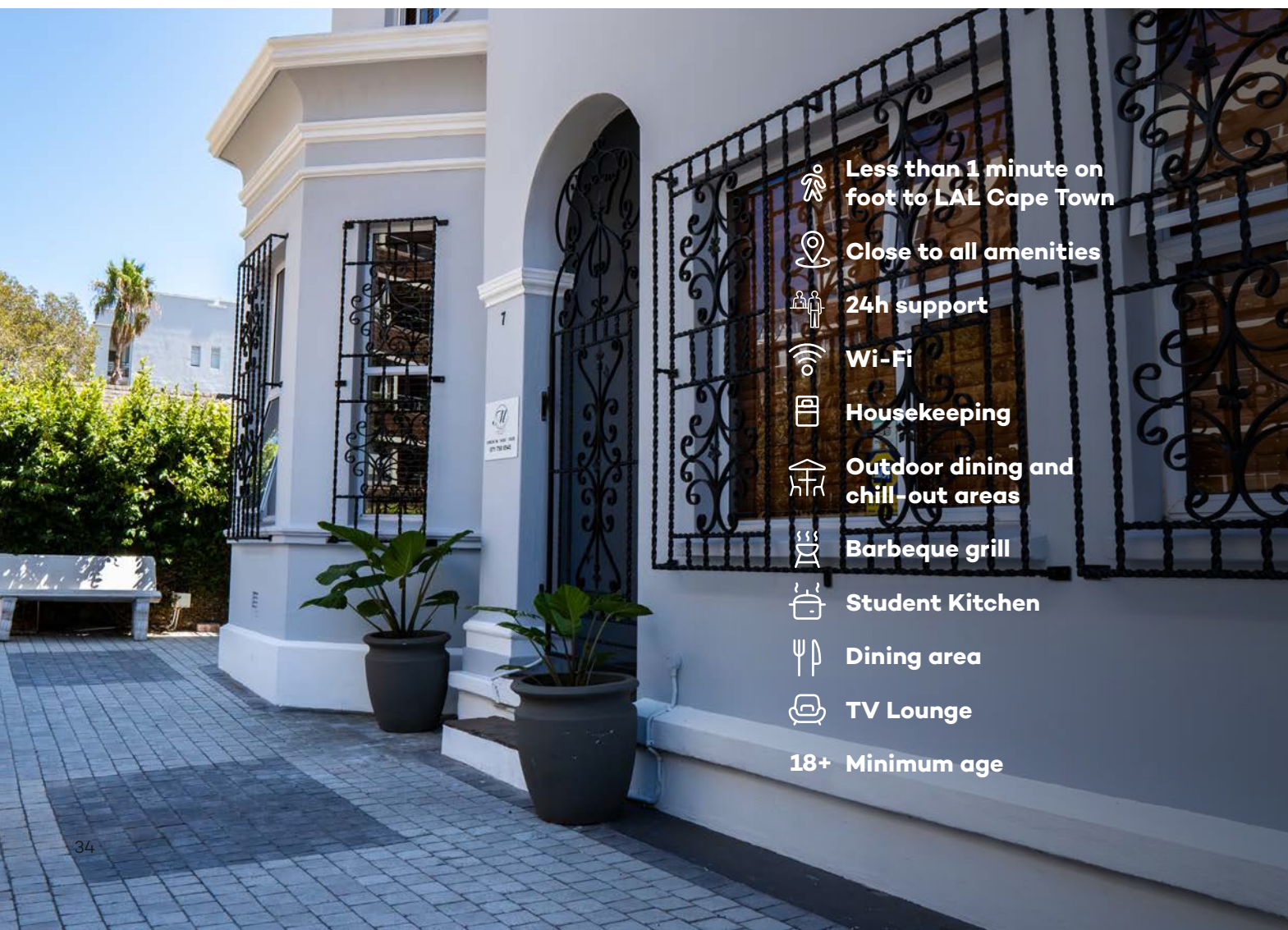
Some students are looking for more than a room. They are looking for a community.

Located less than a minute's walk from LAL Cape Town, Milton Road Student House places you at the centre of both school life and student life. Walk from breakfast to class in moments, spend afternoons relaxing with friends in the communal spaces, and enjoy the convenience of having everything you need right on your doorstep.

**This is the perfect choice for students who want a vibrant, social atmosphere and the opportunity to build friendships from day one.**



- 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



- 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**

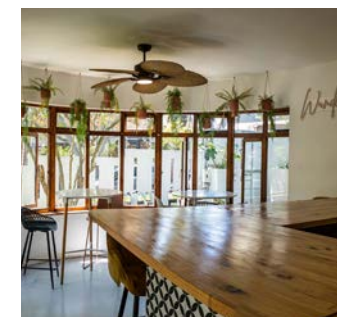
# Enjoy Independence with Comfort

## Sea Point Student Residence

If you like having your own space while remaining connected to the international student community, Sea Point Student Residence offers the best of both worlds.

Situated in one of Cape Town's most popular coastal neighbourhoods, the residence places you within easy reach of beaches, cafés, shops, restaurants, and the famous Sea Point Promenade. It provides a comfortable and secure environment where you can study, relax, and enjoy everything the city has to offer.

**Ideal for students who value independence, comfort, and a balanced lifestyle.**



# Experience South Africa from the Inside

## Homestay Accommodation

For many students, it's the everyday moments that stay with them longest.

Living with a carefully selected host family offers a unique opportunity to experience South African culture first-hand while practising English every day in authentic situations. From everyday conversations to family traditions and local recommendations, homestay accommodation provides a deeper connection to the destination and the people who call it home.

A homestay offers:

- Daily opportunities to practise English naturally
- Genuine cultural immersion
- A welcoming family environment
- Support and guidance from local hosts
- An authentic experience of everyday life in Cape Town

For students seeking a truly immersive experience, there is no better way to live the language.



# A Journey of Discovery

For many young learners, a trip to Cape Town is their first taste of true independence. It is an opportunity to step beyond the familiar, experience a new culture and see the world through a different lens.

Along the way, English becomes more than a subject. It becomes the language of friendship, adventure and discovery. Whether exploring iconic landmarks, encountering incredible wildlife or sharing experiences with students from around the world, every day brings new opportunities to learn and grow.

Supported by experienced staff in a safe and welcoming environment, students develop valuable life skills, broaden their horizons and create memories that will stay with them long after they return home.

The result is not just stronger English, but a greater sense of confidence, curiosity and readiness for the exciting journey ahead.



## **Safety & Welfare**

Every great adventure deserves a strong support system. While students focus on making friends, exploring Cape Town and creating unforgettable memories, our dedicated welfare team is there every step of the way. From the smallest questions to unexpected challenges, students always have someone they can turn to.

## **24/7 Support**

Travelling abroad is exciting, and sometimes a little daunting too. That's why support is available around the clock. Whether students need guidance, assistance or simply reassurance, help is never far away, giving parents confidence and students the freedom to fully enjoy their experience.

## **Airport Transfers**

For many students, their adventure begins the moment they land in Cape Town. Our trusted team will be there to welcome them, helping them settle in and start their journey with confidence. The same care and attention is provided when it is time to head home, ensuring a safe and stress-free experience from beginning to end.

## **Carefully Selected Staff**

The people who shape a student's experience matter. That's why every member of our team is carefully chosen not only for their qualifications and experience, but for their ability to encourage, support and inspire young learners throughout their stay.

## **Travel & Health Insurance**

Peace of mind allows everyone to focus on what matters most: enjoying the experience. Complimentary opt-in travel and health insurance is available with all Young Learner packages (excluding Tuition Only programmes), providing an additional layer of reassurance for both students and their families.

## **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

**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)

## **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.

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

\*\*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.

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

# Student Stories

Every student's journey is different, but the impact often reaches far beyond improved English. Some arrive looking for new opportunities, others for adventure, experience or personal growth. Along the way, they discover new strengths, build lasting friendships and gain the confidence to embrace challenges they never thought possible. The stories may be different, but the transformation is often the same.

**Ahmed came to improve his English.  
He left confident enough to apply for university abroad.**

**Sofia arrived knowing nobody.  
She left with friends in ten different countries.**

**Lucas planned to stay for four weeks.  
He returned home with memories, friendships and a new perspective on the world.**

**Maria signed up for a language course.  
She discovered a passion for community development through volunteering.**

# Moments that Shape the Journey

Every student's experience is different, but certain moments have a way of defining a stay in Cape Town. Some are adventures. Some are friendships. Some are discoveries about the world. Others are discoveries about yourself.

Every journey is made up of moments. These are a few worth seeking out:

- ✓ Climb a mountain
- ✓ Watch a sunset
- ✓ Meet African wildlife
- ✓ Explore a new culture
- ✓ Volunteer for a cause you believe in
- ✓ Try something you've never done before
- ✓ Share experiences with new friends
- ✓ Create memories you'll carry home with you

Because years from now, these may be the stories you remember most.





# The Journey Continues

The end of a course is rarely the end of the story. Students leave LAL Cape Town with stronger English skills, but that is only part of what they take home. They leave with greater independence, new perspectives, international friendships, the confidence to communicate across cultures and a deeper understanding of themselves and the world around them. Most importantly, they leave knowing they are capable of more than they believed when they arrived.

That is the true value of studying abroad. Not simply learning English.

But becoming the kind of person who can use it to build a bigger future.

lal