

# Lal

Unforgettable  
Real Life English  
for Adults & Young Learners

PROUD USERS OF

 NATIONAL  
GEOGRAPHIC  
LEARNING

# CAPE TOWN



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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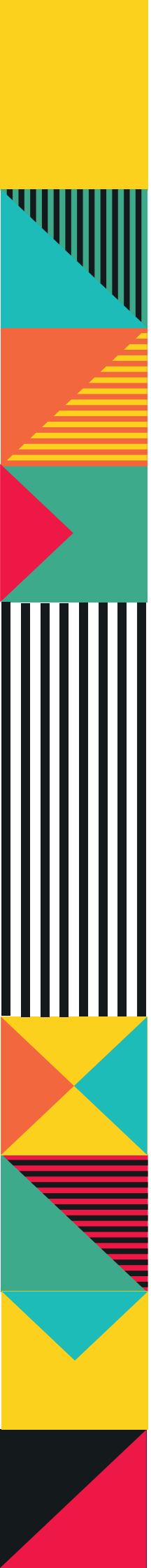
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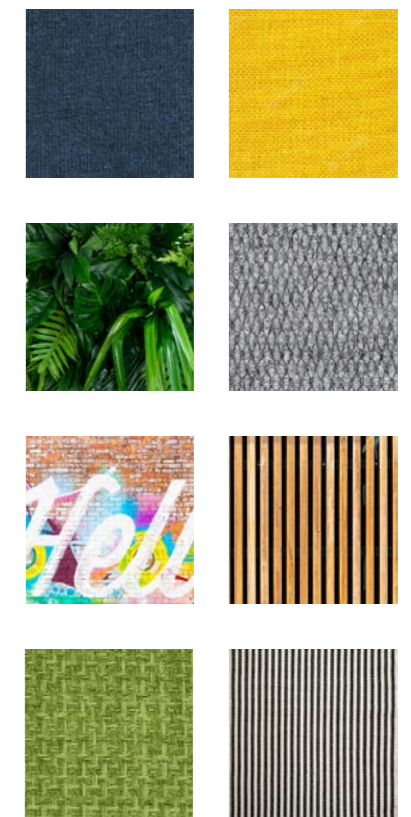
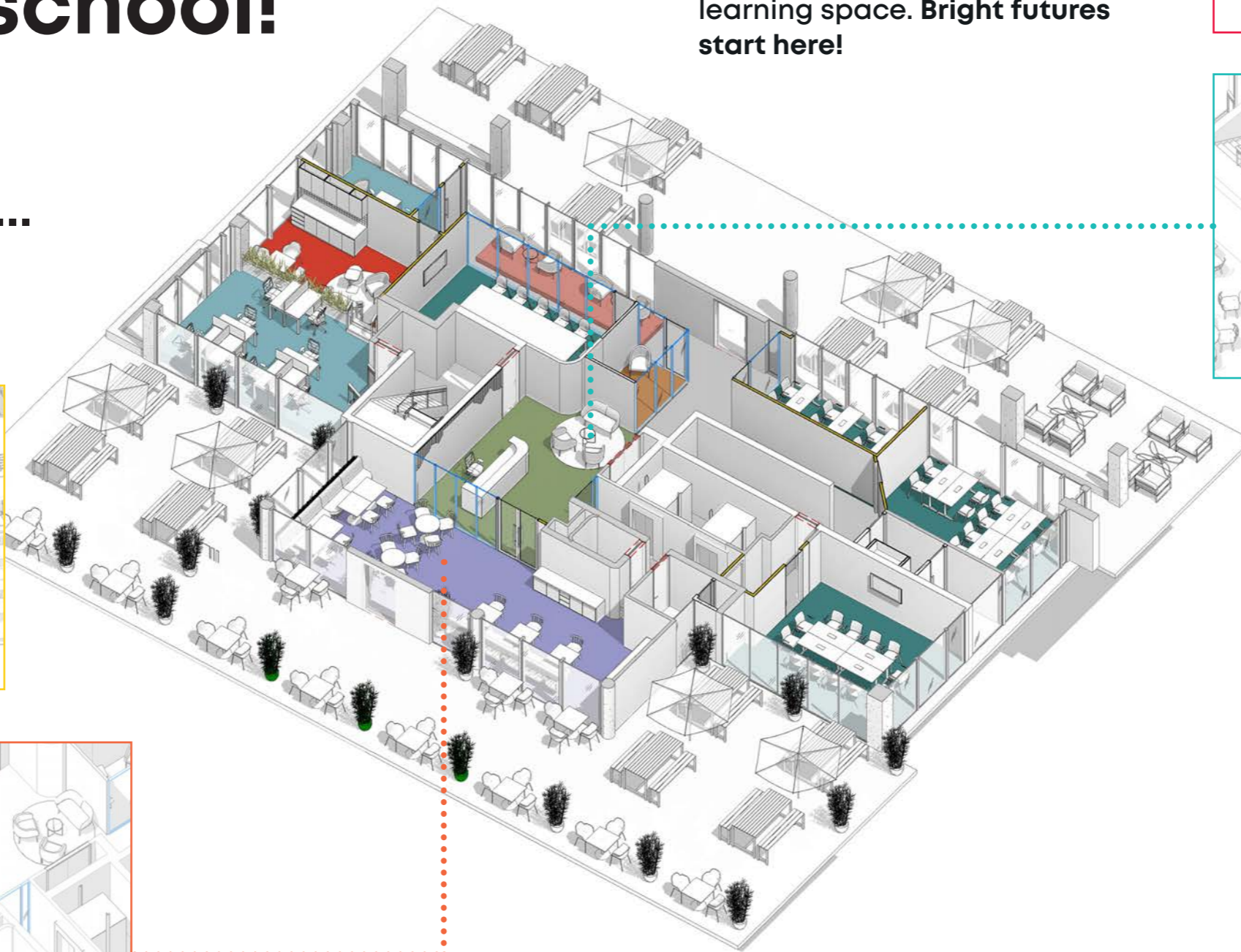
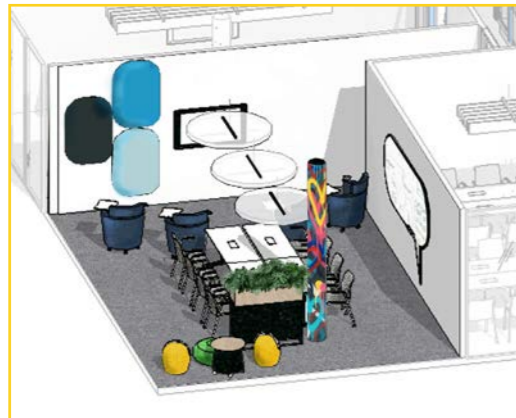


# Here is a sneak peek of parts of our new school!

Opening  
December 2023...

We are thrilled to share with you our new school!

Experience a vibrant, ultra-modern campus with stunning views. Get ready for a breath of fresh air in an exceptional learning space. **Bright futures start here!**



# LAL is unforgettable

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

Through LAL, the individuals you meet, the destinations you explore, and the beauty of the English language you uncover will profoundly influence your global interactions.

The experience gained from your language journey with LAL will have lasting significance. True learning, the kind that lasts, extends beyond mere coursework. Being a part of the LAL family is about venturing out and experiencing renowned places of interest from an entirely fresh perspective.

It's about cherishing moments with peers who, just like you, are creating their own paths and experiencing life abroad amidst a diverse international community. This essence, this experience, is LAL.

## Unforgettable English

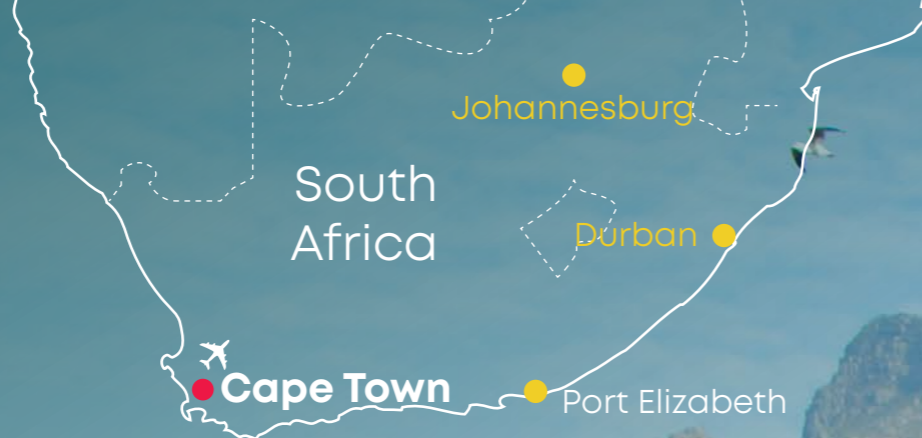
- You want to learn unforgettable English that will stay with you forever. With LAL, you will.
- We have a top-notch learning plan in and beyond the classroom.
- Out of classroom lessons give “real-life English” a whole new meaning.
- Never stop learning with our online continuation courses.

## 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 ranks among the world's premier beach cities, characterised by its breathtaking natural landscapes, dynamic multicultural population, top-tier cuisine, extended summers, and lively nightlife. As the capital of a former British colony, it presents an optimal setting for English language learning complemented by unmatched travel experiences.

In a city as vibrant as Cape Town, the possibilities are endless. Yet, at LAL, our 'real life English' activities are carefully crafted to ensure you're not just enjoying, but also gaining new skills. It's about creating connections with like-minded individuals, digging deep into South Africa's rich culture, and immersing wholly in the English language.

Real experiences are unmatched and lasting. And truly, what could be a more profound way to master 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



Computer Access



Garden

The school is in a unique location. Everything you might desire, be it the serenity of a mountain top, the calm of a beach, or the buzz of a local bar, is just a short stroll away. At LAL Cape Town, diverse cultures meet and we warmly invite you to immerse yourself in this unique blend.

LAL Cape Town is situated in a state-of-the-art, modern facility, providing a harmonious environment where learning English goes beyond the classroom, transforming into a cultural journey. In terms of facilities and ambiance, we are unparalleled among schools in Cape Town.

## What do we offer?

- Qualified, experienced, and enthusiastic teaching staff.
- An extensive range of courses.
- Student Residence located a mere stone's throw from 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. Detailed pricing is available upon request.
- Complimentary wireless internet.
- Advanced classroom technology paired with innovative teaching methods.
- Personalized one-on-one tutorials for students booking 8 weeks or more.



At LAL, we champion the essence of **nurturing relationships**. Our aim is for you to forge **lasting friendships**.

# Our Methodology

With our students at the top of our priority list, we create an environment where you can comfortably converse in English, whether within the school confines or outside. Our friendly staff work with you to ensure that your language learning experience is not only enriching but also an enjoyable part of life.



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).



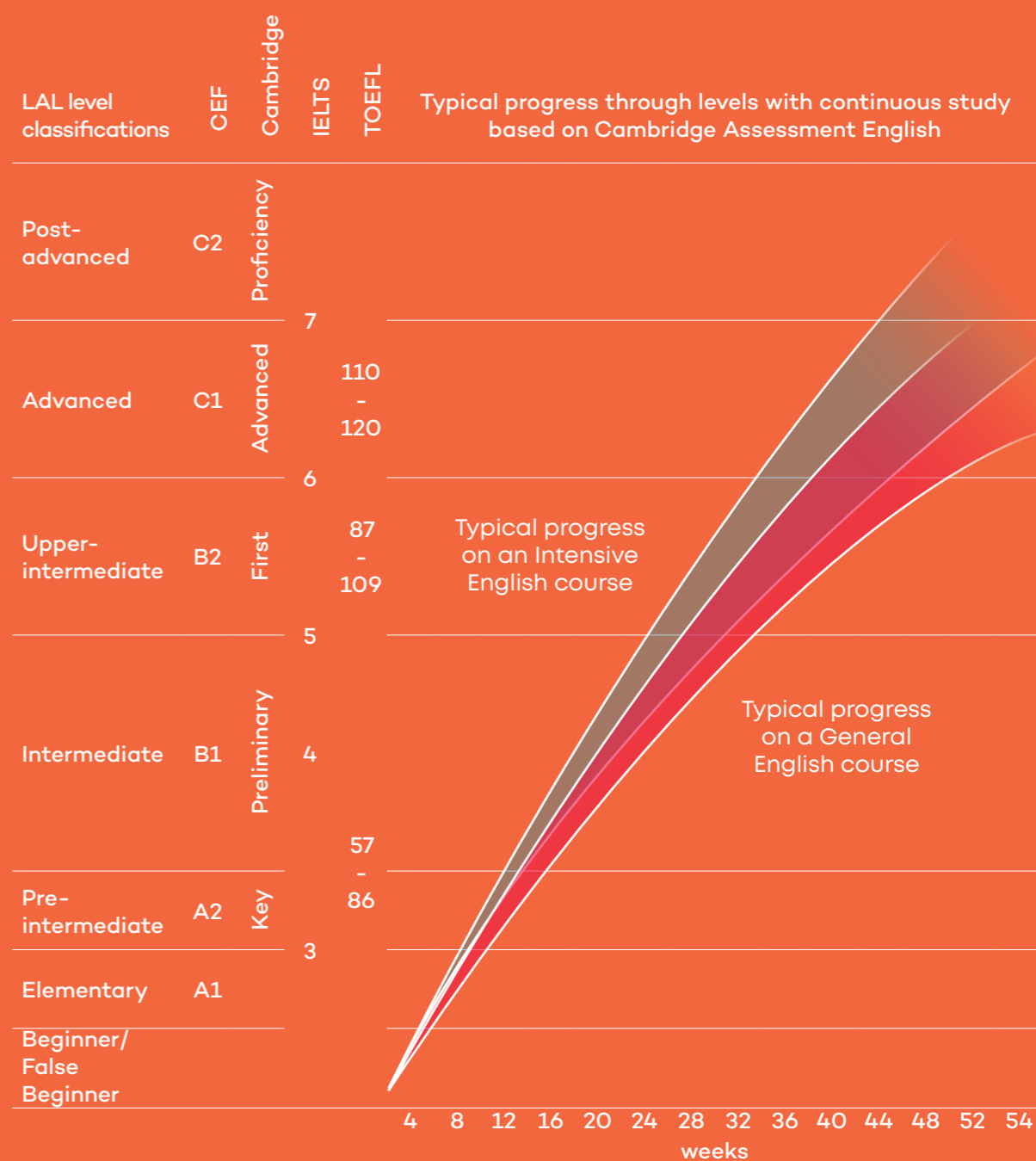
We like our students to be involved in their learning, so as well as planning lessons and progress checks for you, we ask you about the language you want to learn. Discussing and negotiating the week's work with your teacher and class creates a course perfect for your language needs.



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.

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.

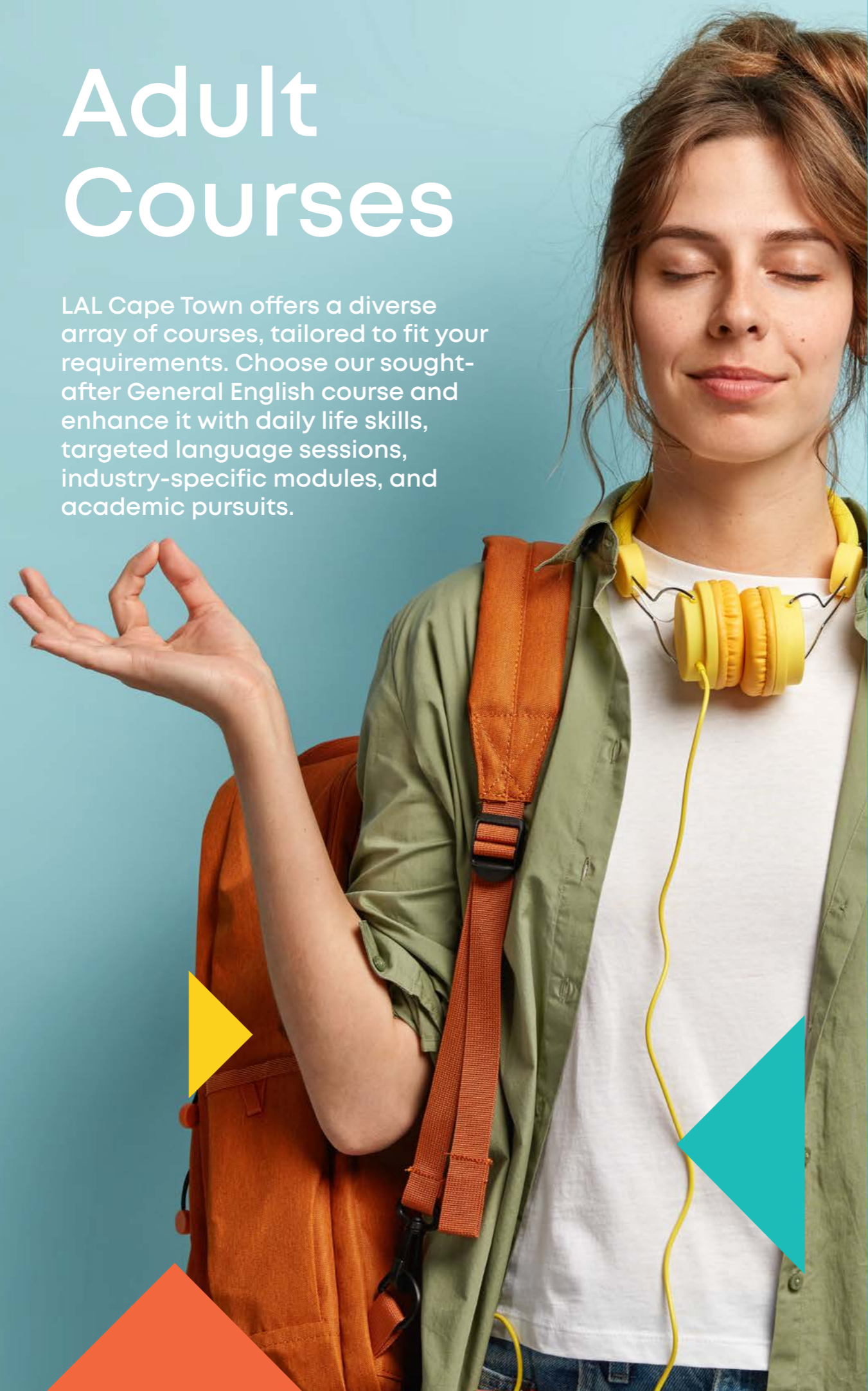
# Level Progression





# Adult Courses

LAL Cape Town offers a diverse array of courses, tailored to fit your requirements. Choose our sought-after General English course and enhance it with daily life skills, targeted language sessions, industry-specific modules, and academic pursuits.



## Real Life English Courses

These courses empower you with the confidence to communicate in a new language. As you bond with your classmates, you'll take part in discussions on topics that captivate you, enabling you to express your real-world hobbies and interests seamlessly in English.



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

		Hours per week	Max. class size	Weeks	Levels
<b>General English</b>	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	12*	1+	All
<b>Intensive English</b>	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	12	1+	All
<b>General English + Mini Group</b>	You will learn General English in the morning and in the afternoon you will join our Mini Group, a class with reduced sizes, giving you more attention from the teacher helping you to improve even faster.	22.5	12	1+	All
<b>English for 30+</b>	Sometimes it's nice to have something obvious in common with your classmates. With this course you can make friends with people around the same age who also have life experience to share.	15	10	2+	All
<b>Travelling Classroom</b>	You will explore the famous Garden Route and travel to the most amazing locations accompanied by your teacher.	5	8	1	A2

# English for Academic Purposes

Immersing yourself in an English-speaking setting is the optimal way to prepare for an English exam. This environment not only enhances your overall proficiency but also offers insights into effective exam strategies. Our classes emphasise the structure of the exam, from content to tactical approaches and timing. Guided by teachers with an impressive track record and deep comprehension of the examination process, you're in excellent hands.



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

# English for Work

In today's globalised landscape, a proficient level of English is imperative. Our courses offer you an opportunity to enhance your English communication skills comprehensively, tailored to your professional needs. Our captivating suite of business courses addresses language aspects from company management to client relations in a pragmatic and pertinent manner.



**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

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>General English + IELTS</b>	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

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>Cambridge Exams</b>	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
				10	C1

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>English for Academic Purposes</b>	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

Hours per week  
Max. class size  
Weeks  
Levels

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>General English + Business</b>	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

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>English for Law</b>	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

Course Name	Description	Hours per week	Max. class size	Weeks	Levels
<b>English for Marketing</b>	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

## Work Experience

From residing in a vibrant city to working amidst 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!



**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 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.



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

		Weeks	Levels
<b>Internship Placement</b>	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
<b>Work Adventure</b>	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
<b>Wildlife Volunteering</b>	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
<b>Social Volunteering</b>	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
<b>Study and Social Volunteering</b>	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
<b>Private 1-2-1 Tuition</b>	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

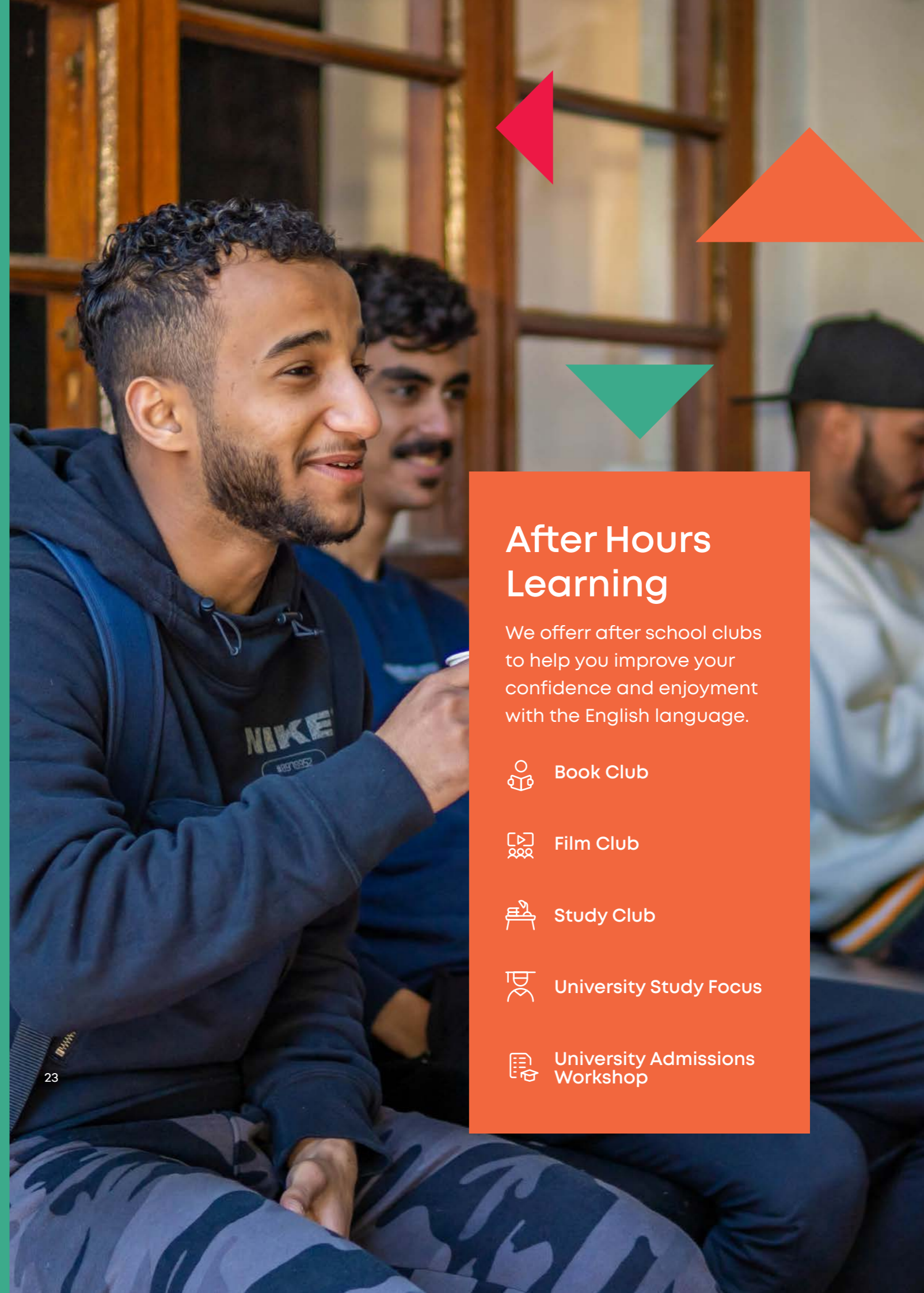
# Your Lesson Schedule

We greet new students every Monday unless a different arrangement is in place. Classes are scheduled for the earlier part of the day with several intervals, and excursions and other activities are organised post-lessons.

## Example Timetable (General English)

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



### 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

## 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 enables students to grasp English whilst immersing themselves in the local culture. The programme is packed with enjoyable excursions and daily activities, inclusive of four evening events per week. This ensures students get to apply their English in authentic real-world scenarios.

## 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'll journey through the renowned Garden Route, visiting breathtaking locations, all while 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



In today's globalised environment, fluent communication in English is paramount. LAL presents a SPECIAL selection of ready-to-use English language training programmes, reflecting our core ethos: tourism, business, aviation, and education. Additionally, our "Upskill" programme offers tailored solutions, ensuring your organisation receives the precise training it requires.

Reach out to us for more information on English training opportunities.

[upskill.international](http://upskill.international)

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





