

International House

# Cape Town

Speaking to the World

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[www.ihcapetown.com](http://www.ihcapetown.com)



**International  
House**  
Cape Town



# Welcome to IH Cape Town

IH Cape Town is part of the International House World Organisation. IHWO is a network of language schools worldwide that are committed to implementing high standards of quality and innovation in education and training. There are currently over 150 schools in more than 50 countries, with more than 60 years of experience in teaching languages for international students.

## We Thrive On:

**Personalised care** – from arrival to departure, we have a hard-working team dedicated to guaranteeing a safe, comfortable and rewarding stay at IH Cape Town.

**Excellence in quality** – all our teachers are highly qualified to teach English for speakers of other languages. They are committed to our students, ensuring that they have an enjoyable, fulfilling learning experience that exceeds expectations.

**Premium location** – IH Cape Town is located in the heart of the beautiful Mother City, as Cape Town is affectionately known. Surrounded by every amenity you can think of, just around the corner from the famous Greenmarket Square. The bus stop outside will have you on Camps Bay beach in a flash! You can walk to the V&A Waterfront or take a quick trip to the top Table Mountain any day.



## THE IH CAPE TOWN WAY...

- To have the spirit to succeed and the passion to work harder to be the best.
- To be a respected company in the terms of our professionalism, innovation, honesty trust and integrity.
- To take care in what we do and how we do it, always being fair and treating everybody with respect.

## OUR PROMISE...

Is that we will strive, through our personal involvement and commitment, to provide students and teachers with an enjoyable, fulfilling learning experience that exceeds expectations.





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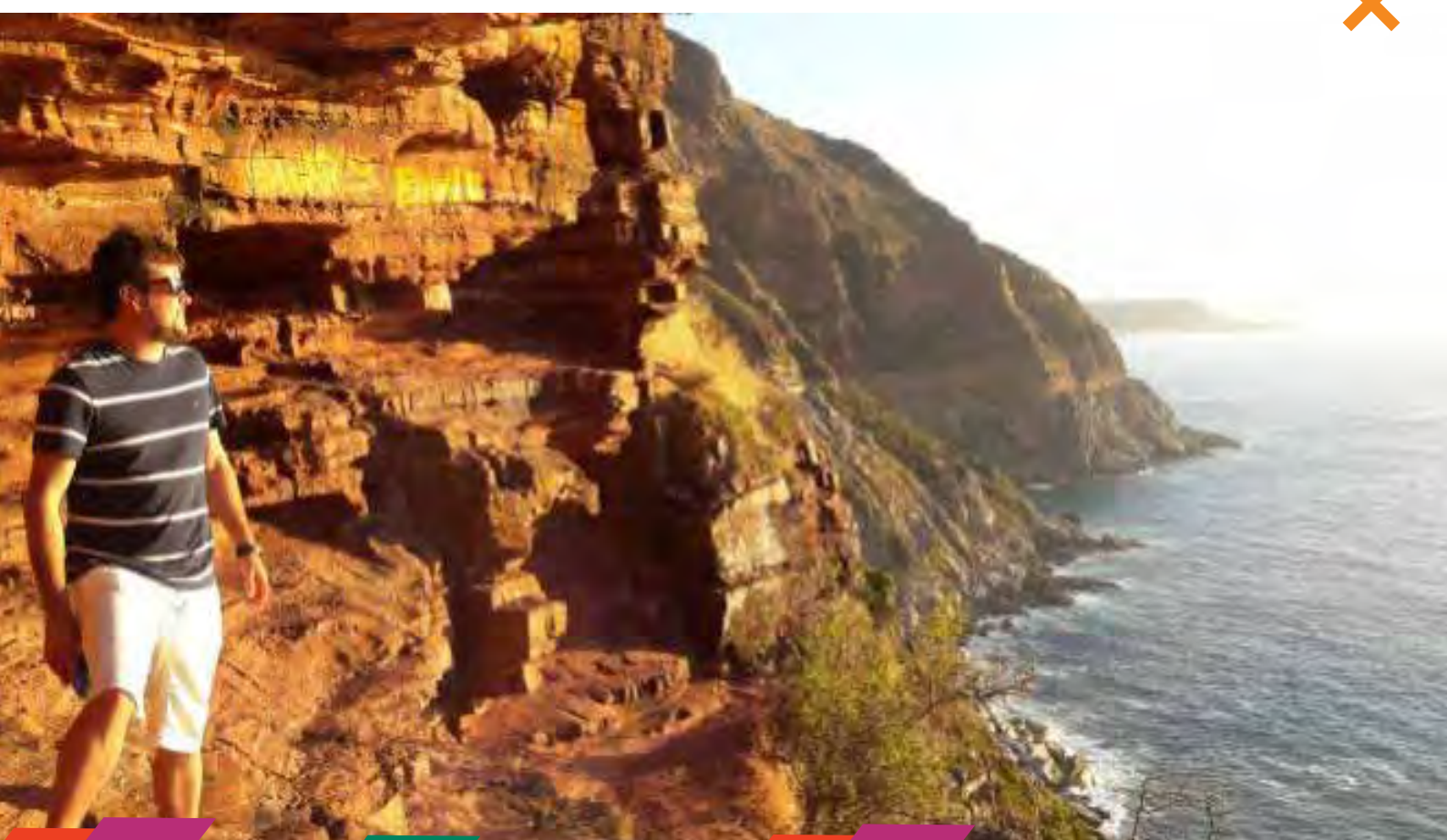
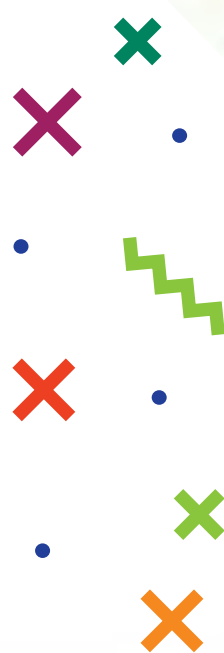
# Living in Cape Town



Cape Town is one of the most multicultural cities in the world. It is not only the most popular international tourist destination within South Africa but also the entire African continent. The Mother City has something for everyone, from lavish and luxurious safari's to backpacking on a tight budget.

The climate is wonderfully mild, the sights range from historical castles to ultra-modern art museums. Blue flag beaches like Camps Bay adorn our shores and are a stone's throw from the city centre. Table Mountain, Lion's Head and Devil's Peak offer an array of wonderful walks, trails and hikes. Thousands visit the city each year for its affordable nightlife and entertainment, excellent restaurants, wine estates and bars.

During your stay in Cape Town you will have the opportunity to immerse yourself in the culture of this amazing city while rapidly improving your English. As you explore and acquaint yourself with the city, you are sure to increase your English language skills both inside and outside the classroom.





# Our Location

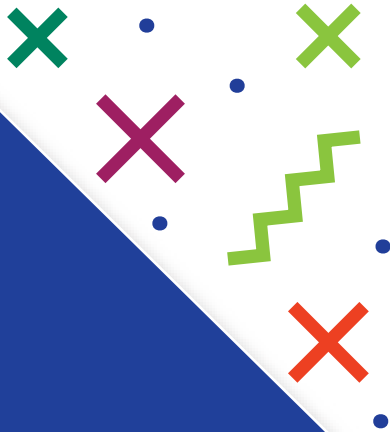
IH Cape Town was established in 2008 and has become an institution within the South African EFL (English Foreign Language) market. We are located in the midst of shops, restaurants, banks, bars, cafés and much more, with a bus stop conveniently right outside our door.

Our school has 8 large, air-conditioned classrooms, a lounge, a kitchen and a games area to relax in during breaks. We offer free, fast Wifi plus coffee and tea facilities. As we are located in the city centre, students have easy access to world famous attractions within minutes. Green Market Square, the V&A Waterfront, The Castle of Good Hope, Company Gardens, Table Mountain and an array of museums are all in close proximity.

We offer accommodation within walking distance or a short bus ride away. You can choose between immersing yourself into the home of one of our trusted host families or join other international students at our various student residence options.



# Study English



- Standard English
- Personalised Study Programme (PSP)
- Business English
- Intensive English
- Private Tuition
- English for Exams

## Standard English

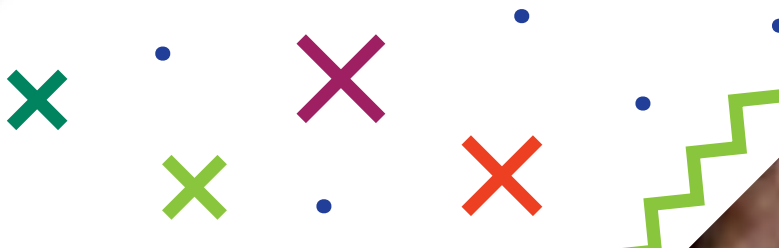
Standard English is perfect for students who are looking for a course that helps them use English more accurately and fluently in a variety of contexts. Our interactive lessons include all four skills - listening, speaking, reading and writing - and focus on building grammar and vocabulary. Teachers will also help students develop independent learning strategies, so they can keep improving beyond the classroom. A Standard English course will leave plenty of time for students to explore the city and local attractions.

*This course is 15 hours a week:  
2 hours of group classes a day.  
1 hour of PSP a day.*

## Personalised Study Programme (PSP)

All our English courses will include one hour of PSP every day in a dedicated learning space. PSP is an opportunity for students to focus on their individual English needs, and reach personal goals more quickly, without the expense of 1:1 tuition. With the guidance of teachers, students choose what they want to work on, from a wide range of print and online resources.

The PSP Hour could involve studying independently or in group practise speaking, revise grammar, build vocabulary, improve pronunciation, develop business English skills, prepare for international exams, and so on. The teacher student ratio is 1:6, which allows closer interaction with the teachers. They are available throughout PSP to support individuals and encourage students as they map their own learning journey.



## Business English

Business English is the right option for students who need to use English at work or in business contexts. Our Business English course centers around three main areas - presentations, meetings and social exchanges. Lessons include a focus on relevant grammar, vocabulary and pronunciation, as well as on skills practice (reading, writing, speaking and listening) within a business setting.

The syllabus could include various Business English functions, based on students needs:

- conducting business on the telephone
- participating in formal and informal meetings
- planning and delivering effective presentations
- taking part in negotiations
- writing business emails and reports
- socialising within the work environment

*This course is 23 hours a week:  
2 hours of group classes  
1 hour of PSP a day  
2 hours Business focus (Mon. - Thurs.)*

## Intensive English

Intensive English is ideal for students who want to optimise their study time. In addition to Standard English lessons in the mornings, our Intensive course includes English for Life lessons in the afternoon. These lessons will prepare students to function more confidently as they live, work and study in an increasingly English-speaking world.

Lessons are highly practical and focus on further developing vocabulary, and improving listening, speaking, reading and writing skills in real-life situations. Students will also explore topics central to 21st century life.

*This course is 23 hours a week:  
2 hours of group classes  
1 hour of PSP a day  
2 hours Skills focus (Mon. - Thurs.)*







## Private Tuition

One-to-one lessons can be either intensive or additional to group lessons. These lessons are ideal for focusing on English for specific Purposes (for example Legal English or Medical English).

Personalised attention ensures that teachers are able to design lessons according to students' needs, which leads to rapid progress. Lessons can be combined with other English classes.

## English for Exams

IELTS and TOEFL

These courses are offered as intensive one on one lessons. Students wanting to take these exams in Cape Town are advised to book the exam before the course starts as the exam centres have limited spaces available.

Cambridge FCE, CAE and CPE

Courses are intensive and focus on both language (grammar, vocabulary and pronunciation) and skills (reading, writing, listening and speaking) work relevant to each exam. Full mock exams are regularly administered to ensure that students are suitably prepared for their exams.

*This course is 23 hours a week:  
2 hours of group classes  
1 hour of PSP a day  
2 Hours Private Exam preparation focus  
(Mon - Thurs)*





## Online English Courses

We offer a range of Online English lesson options. Our packages are designed with you in mind, offering flexibility to ensure we meet your unique English learning requirements. Your course content can be structured around IELTS Exam Preparation, Business English or General English.

Book your free 30 minute lesson with one of our excellent teachers today! During the lesson we will also discuss your individual learning needs and goals



### Online English Course Packages Include:

- One-on-one or group lesson with your tutor
- Free 30 minute Consultation before you start
- Comprehensive Level Test
- Course Material
- Access to our platform
- End of course report
- Course certificate

# English for Specific Purposes

(ESP) - 23 hours a week

ESP (English for Specific Purposes) refers to any course where the main objective is to focus on the specific needs of a group of learners or individuals. It centers not only on the language (grammar, lexis, register) but also the skills, discourse and genres of that specific group of learners. IH Cape Town works in line with international trends to offer a range of ESP courses. Additional courses can be designed to suit any special interest group. Student's profiles are collected prior to arrival in order to design a course which will enhance the learning experience.

- 15 hours of Standard English
- 8 hours of Private English for Specific Purposes (ESP)

Students interested in any of our ESP courses should have a minimum B1 level.

## English for Secretaries and Administrative Staff

English has become the language of business and it has therefore become important for all administrative staff and secretaries to be able to communicate effectively in English. The focus of the course is on speaking and listening skills to ensure effective communication within the workplace.

The course assumes that students will have an intermediate level of English and is ideal for students who need to further their business English within the work place.

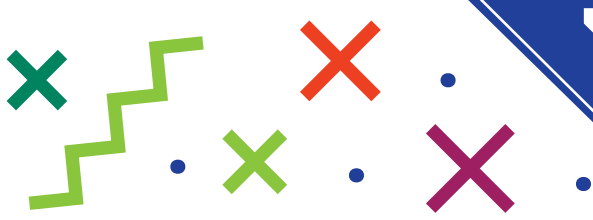
All personal assistants, warehouse managers, or administrative clerks, will find this course ideal to develop their skills.

## English for Engineers in the Energy Sector

The energy industry recruits people from all over the world and IH Cape Town has recognized the fact that English is now the common language used in the work environment. The course is ideal for students who need to further their technical English and will enable them to interact with co-workers and supervisors with confidence.

The course will focus on language needed for practical tasks and communication in the workplace and is ideal for engineers or technicians who work on oil rigs, gas fields as well as all personnel employed in the petrochemical and broader energy sector. This also includes those who work in workshops, laboratories, support office and general transportation.





## English for the Aviation Industry

The course is suitable for pilots, air traffic controllers, aviation ground staff, emergency services personnel and administrators. It is designed to improve students general English and industry-specific language and skills.



## Nursing & Healthcare



English for nursing & healthcare is designed to improve the communication skills and specialist English language knowledge of healthcare professionals, enabling them to work more confidently and effectively. With an emphasis on listening and speaking, the course covers core areas of nursing such as patient admission, taking medical specimens, patient handover, post-operation assesment and discharge planning. The course focuses on authentic scenarios- from dealing with patients in pain, hospital admissions relevant and motivating. The course also features online activities which focus on the latest advances in nursing technology. The course is for all nurses, medical practitioners and general medical personnel working in either patient care or specialist medical facilities.



# Young Learners

Young Adults: 16 - 18  
Teenagers: 13 - 15  
Juniors: 9 - 12

Cape Town is an iconic destination — it offers such a remarkable and real value for money experience. The Mother City's breath-taking natural beauty and excellent tourism infrastructure, with world-renowned attractions and facilities, contribute to Cape Town's status as one of the top city travel destinations in the world.



## Language programme

The very popular Young Learner English course at IH has been designed by IH World to meet the needs of all young learners.

Our focus is on unlocking the language that the student is already aware of and building on this. Courses are structured to cover such aspects as conversation and discussions, listening and reading practice, and role play, with a small amount of written work included. Up-to-date teaching methods and material, as well as the buzz within the classes, create an informal and happy environment.

The course for Teenagers and Juniors is 10 hours per week in group classes. Additionally, they get 1 class outing with the teacher per week.

**Young Adults** join our normal Standard English group classes, including 1 hour of PSP a day.

### Groups

For groups we offer a package deal which can be individually designed to your specific inquiries and budget.

### Accommodation

We recommend dorm rooms in one of our various accommodation options for the students and a single/ twin room for the group leader.

### Tours

An extensive tour package from half-day to full-day and evening activities can be organised for groups. The most popular package is 3 half-day and 1 full-day tour a week plus a 2-day safari.

### Transfer

IH Cape Town provides transfers to and from the airport, which is approximately 20-30 minutes' drive away. This service is included in the young learners package.

### Meals

Meal vouchers and money for breakfast, lunch and dinner can be added to the package if required.





- MidWeek:**  
**13:30 - 17:00**  
 Table Mountain  
 V&A Waterfront  
 Beach Soccer  
 Pirate Boat Trip  
 Surfing  
 Cheetah Outreach  
 Visit to Canal Walk  
 Karting  
 Putt-Putt Mini Golf  
 District Six Museum  
 Castle of Good Hope  
 City walking tour  
 Two Oceans Aquarium  
 Kirstenbosch Botanical Gardens  
 Planetarium & National Art Gallery  
 World of Birds  
 Walk up Lion's Head

- Weekend Tours:**  
**09:00 - 16:00**  
 Paintball  
 Tour of Best Beaches  
 Blouberg Beach & Ostrich Farm  
 Cape Point Tour & Penguins  
 Cheetah & Lion Park  
 Hermanus  
 Monkey Land  
 Hout Bay  
 World of Birds  
 Table Mountain  
 Hike Robben Island  
 Blue Rock Waterski Resort

**Individuals**

We have set Young Learner start dates which are designed for individual bookings. During this time we offer Young Learner classes where everyone from 9 - 15 years of age can join.

**Accommodation**

IH Cape Town can arrange a host family when the student travels alone or a different accommodation when accompanied by a guardian.

**Tours**

Tours can be booked either in advance or upon arrival and depend on availability and weather.

**For more information, please contact us!**



# Accommodation

IH Cape Town is privileged to be located in the heart of the city. This means we have a vast range of accommodation options available to us. You can choose to live with a local family and experience true South African culture while improving your English, or join other international students and travellers in one of our residences. All our accommodation suppliers follow the same standards of quality.



We have a variety of residence options available to students:

- 4-10 pax Dormitory rooms
- Twin and single rooms with shared bathrooms
- Twin and single with en-suite bathrooms
- Self-catering apartments
- Hotel and Guest houses
- Wifi

*\*\*Please refer to the information fact sheets for detailed information about the specific location and facilities of each accommodation option.*







## Homestay

This choice of accommodation is perfect for students who want to get to know the South African culture during their stay. You will be accommodated in a comfortable room. It is very important that the selection of the host family meets your individual requirements. We therefore ask you to send us as much information about yourself as possible.

### Other features include:

- Dinner, Bed & Breakfast OR Bed & Breakfast
- Standard-sized bed  
*with a weekly change of bed linen*
- Wardrobe space
- Work/study area
- House keys
- Internet Access

*Note: Laundry can be arranged between students and families. However, laundrettes are available in the area.*



# Study, Volunteer & Demi Pair (on request)

This exciting new programme has been developed to include English lessons in the morning and a meaningful volunteer project in the afternoon. With present day time restraints on people who need to learn English for work or leisure and at the same time want to have a lifetime experience participating in one of our volunteering projects, International House Cape Town has designed a programme with 2 projects which combines learning English with participating in a project in Cape Town.

## • Internship

Our internships range between 4 weeks and 6 months.

## • Volunteer South Africa

Volunteer is one of our many social and environmental programmes. Humanitarian, Wildlife and Conservation programmes are available. The student can choose between our part-time or full-time options.

## • Demipair South Africa

A demipair is a part-time student and part-time volunteer. The programme gives a student the opportunity to study, perfect their English skills and volunteer in Cape Town, South Africa. The minimum stay with a family is 3 months and maximum is 6 months.

*After your English course is finished, you will be taken to the volunteer project either by car or bus. The same transfer will also drop you off back at school at the end of the day.*



## Accommodation

- Will be in dormitory or a twin shared bedroom. It is ideal for the international travellers looking for a clean and comfortable room with a luxury mattress.
- Apartment service once a week
- Linen changed weekly
- Towels changed weekly

Everything you need is right on your doorstep, within walking distance of restaurants, shops and all main transport terminals.



## Project 1

### Adventure Surf club

The children on this programme range from 10-16 years old and live in townships in Cape Town. The main goal is to keep them off the streets after school. As a volunteer you will help teach valuable life lessons through adventure activities, teamwork, educational classes and sports such as skateboarding, swimming or surfing. For most of the children this is the highlight of their day, which is why we also use it as an incentive for them to do well in school.

### Project Highlights

- Learn to surf and teach children how to surf
- Spend your days on the beach, play beachsports
- Gain experience working with children



## Project 2

### Sports & Youth Development

This project is for children from severely disadvantaged areas. After school we do various sport projects where we teach and play team sports, which not only develops children, but is also a way for the children to be exposed to better role models.

### Project Highlights

- Experience township culture
- Help lower socio-economic problems
- Make a genuine difference
- Learn about South African cultures
- Learn to assist in sport programmes of varying age groups
- Skills developments for the children
- Make new friends

Programme Timetable	Monday - Friday	Saturday - Sunday
9:00 - 12:40	English Lessons	Free time
13:00	Bus to volunteer project	Free time
13:00 - 17:00	Surf / Skate / Swim / Sport	Surf / Skate / Swim / Sport
17:00	Bus back home	Bus back home

# English & Volunteer

Combine your English studies, either before or after a course, with a volunteering experience. Volunteering in South Africa is a great way to give back to the community, to make a difference in the lives of others while also experiencing all that Cape Town and South Africa has to offer. Volunteers pay a fee that covers the costs of their stay such as accommodation, transport and meals as well as a donation that assists to finance the projects. In return, volunteers get to experience African culture, see our beautiful country, learn some new skills and make a difference to those people and communities most in need. Most importantly you will make many new friends and memories that will last a lifetime, and you will return home a changed person



**Choose from one of our four different volunteer programmes:**

- Humanitarian
- Conservation
- Wildlife
- Sports & Skills Development





# English Plus

Combine your English courses with one of the following exciting programmes:



## English & Surfing

Combine your English course with lessons in the afternoon on how to surf with Stoked on Surf, at Muzienburg beach. We guarantee that you will be able to surf! Surf lessons also include general ocean understanding, surf safety, weather and wave predictions.

## English & Safari

Combine your English course with a popular 3-day Garden Route & Safari tour, either before or after your English course at IH Cape Town. This is a great opportunity to explore more of South Africa and be fascinated by the Big 5 and other amazing wild animals.



## 50 Plus Programme

This course is for all the eager travelers who want to combine learning English and exploring a new country, city and culture with like-minded people their own age. Our 50+ course is designed to give you a great cultural, historic and culinary experience in Cape Town whilst improving your English skills.

It is aimed at helping more mature participants to communicate freely in English. Students can choose between our Standard English or 10 hours of Private lessons and all levels are available, including complete beginners. The course also includes a varied programme of activities and excursions designed specifically for this age group.



# Social Programme

The weekly social activities organised and hosted by the IH Cape Town staff are diverse, interesting and more importantly, fun! The team also organises an exciting monthly event which is by far one of the highlights for many students. This once-a-month gathering is a fantastic opportunity for students to mingle with each other and for the IH Cape Town staff to learn a little more about each of them. The activities are held at various distinctive locations in Cape Town.

## Activities Include:

Beach soccer

Games Night

Paintball

Table Mountain

Cooking Classes

Signal Hill Sunset

Brewery Tour

Casino Nights

Student Parties

Surfing

Lions Head Hike

Wine Tastings

Karting

Cape Town Stadium Tours

Club and Restaurant Nights



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**“This was the best experience of my life. I’m very happy and grateful for I’ve learned and lived many moments with Ih.”**  
- Vitor, Brazil





**“Thanks to all your staff for their help, support and kindness. As in the previous years, I've been enjoying every tiny minute and IH's cosy and welcoming atmosphere!”**

*- Suana, Germany*



**“I had only two weeks in Ih school, but I think I've learned so much. The teachers are professional, they can explain very well. Ih school gave me confidence to talk and learn English wherever you are or you came from.”**

*- Mawaddah, Saudi Arabia*







“One of my best moments, all the teachers I’ve been with were always doing their best to make our lessons useful and interesting. IH Cape Town is a five stars school and makes you feel the most comfortable possible.”

- Francis, Gabon

“International House gave me new friends. This period that I was studying here was the only time in my life that I wanted to go to school. I hope back as soon as possible.”

- Gabrielle, Brazil



“After 4 months in IH, I can say that it has been the English immersion experience I was looking for. I couldn’t have chosen a better school in Cape Town, not only for having such professional and friendly staff but also for meeting extraordinary people around the world. Strongly recommended!!” -

Ignacio, Spain



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