



Lal

CAPE TOWN

Real Life English
for Adults & Young Learners

PROUD USERS OF



Why study with us? 4
 Real Life English in Cape Town 6
 A Modern Unique Campus 10
 Our Teaching Methodology 12
 Level Progression 15

Adult Courses

Real Life English 17
 English for Academic Purposes 18
 English for Work 19
 Work Experience 20
 Online English 21
 Your Lesson Schedule 22
 After Hours Learning 23

Young Learner Programmes

Young Learner Programmes 26
 Programme Information 28
 Example Timetable & Upgrades 29

Upskill

Corporate Language Solutions 30

“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, we believe that learning a language is more than just acquiring a new skill; it's an adventure that transforms lives and opens doors to a world of opportunities. Nestled in the heart of one of the world's most vibrant cities, LAL Cape Town is where bright futures start. Our dynamic community is built on the foundations of fun, friendship, and unforgettable experiences.



Community & Fun

LAL Cape Town is more than a school; it's a family. We foster a welcoming and inclusive environment where students from all corners of the globe come together to learn, grow, and thrive.



Unforgettable Experiences

Cape Town's stunning landscapes and rich cultural heritage provide the perfect backdrop for an unforgettable learning journey. Our immersive activities, including wildlife safaris, mountain hikes, and cultural tours, offer students unique opportunities to practice English in real-life contexts, making every moment memorable.

Bright Futures Start Here

Our mission is to empower students to achieve their dreams and unlock their full potential. With expert teachers, a comprehensive curriculum, and a supportive community, LAL Cape Town equips students with the language skills and confidence they need to succeed in today's globalised world. At LAL Cape Town, we don't just teach English; we create bright futures.

Lifetime Friendships

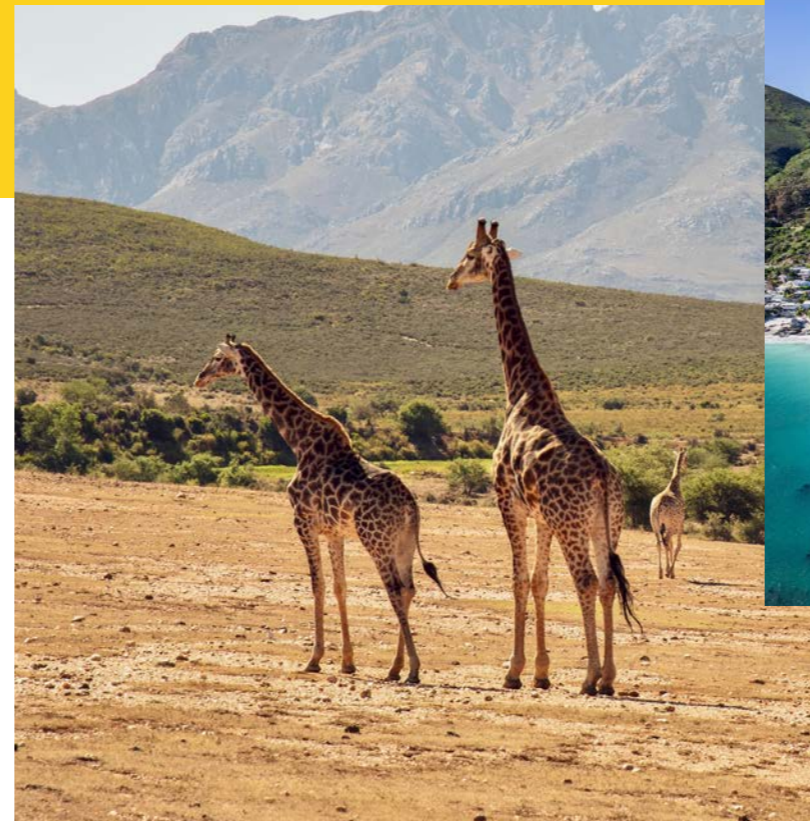
At LAL Cape Town, lifelong friendships are formed as students build strong connections through shared experiences and collaborative learning.

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?



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 learning English is more than just a classroom experience—it's a cultural adventure. Our state-of-the-art, modern facility offers an unparalleled environment in terms of both facilities and ambiance, making us the top choice among schools in Cape Town.



- 13 Minimum age
- 17 Classrooms
- 12 Max class size

-  Classrooms
-  Cafeteria
-  WCs
-  Water fountain
-  Wifi
-  Air conditioned
-  Reception
-  Student lounge
-  Quiet pods
-  Seating areas
-  Sea- and mountain facing balconies



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.

Our Teaching 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.

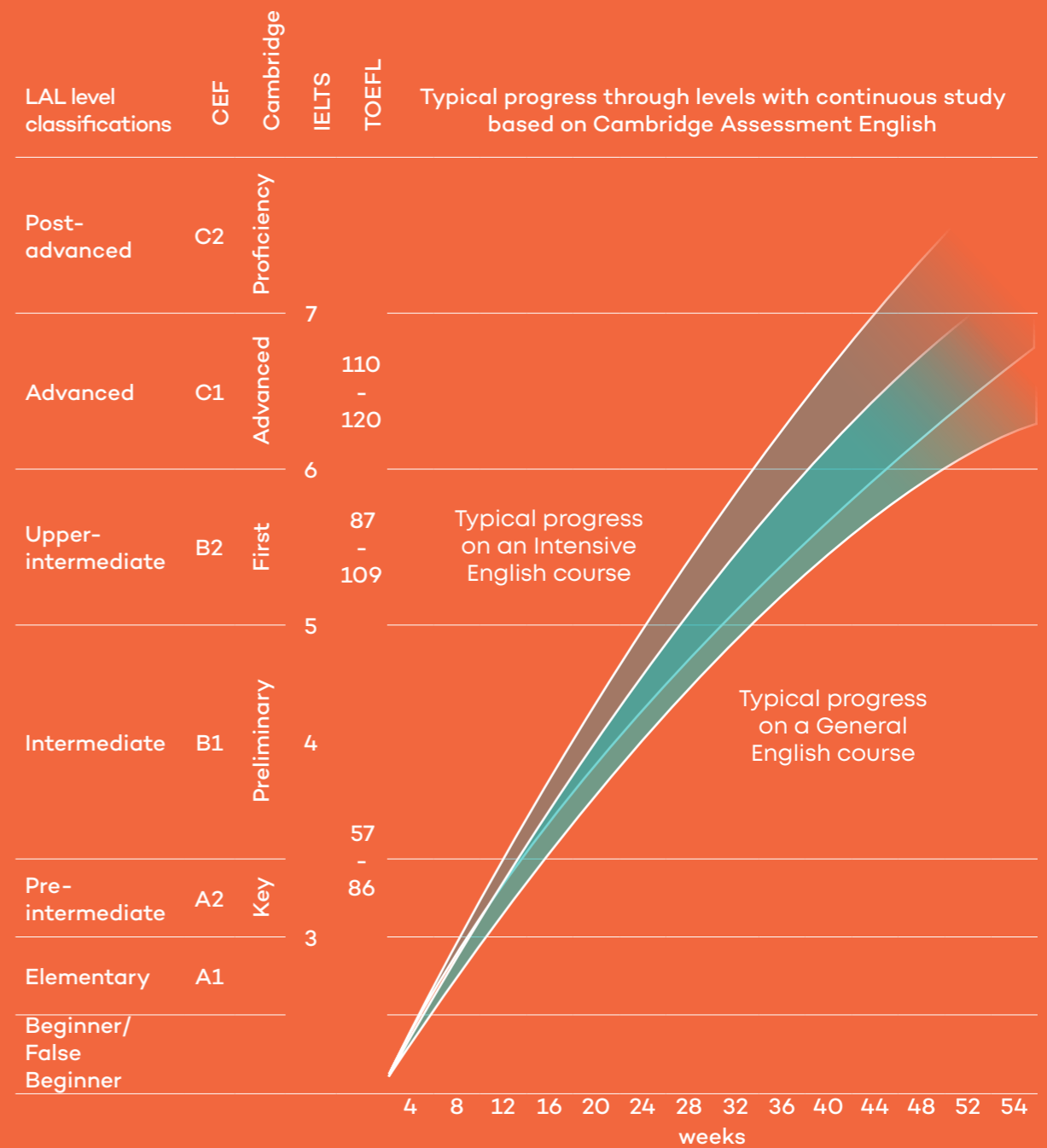


We love it when our students talk to us in English outside the classroom, whatever their level. This builds confidence and lets you use language in lots of real situations. Because of this, we think you should try to speak English as much as you can, even to people from your own country.

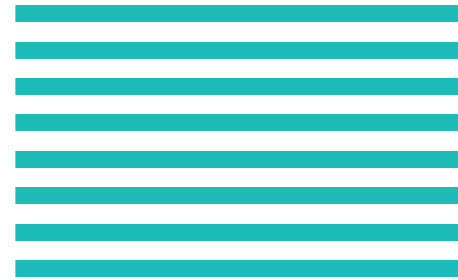


Level Progression

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



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.



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 12* 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 12 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 12/6 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 12/6 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 12/6 Any 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 12/10 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 8 10 B1 B2 B2 C1

More information at lalschools.com



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

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!

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 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
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 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
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More information at lalschools.com

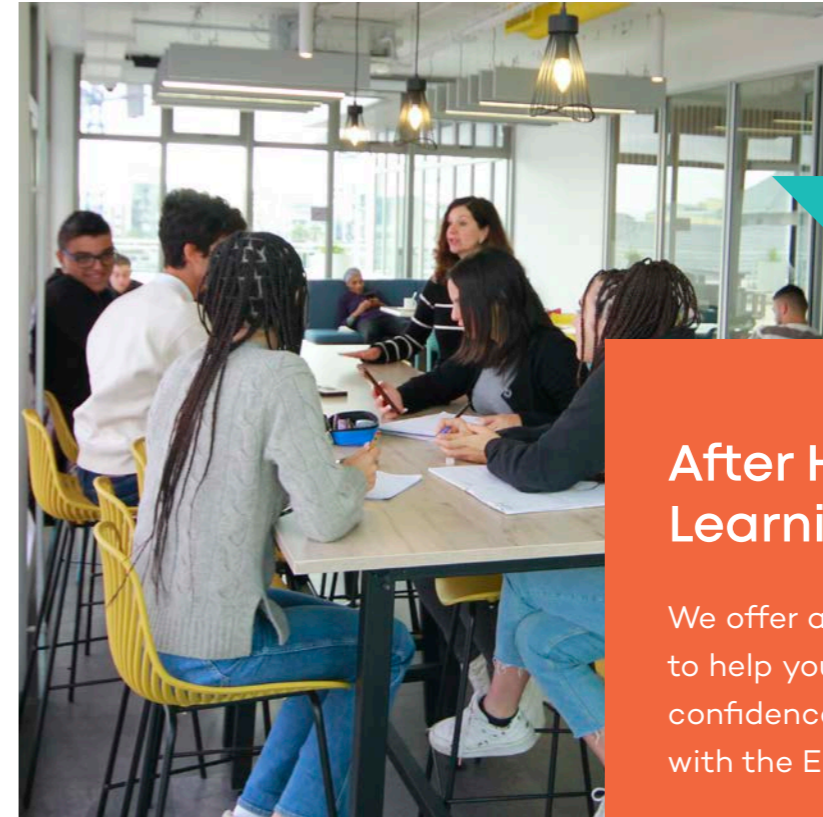
Your Lesson Schedule

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

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**



132



Young Learner Programmes

Our Young Learner Programme at LAL Cape Town is designed to provide a dynamic and enriching experience for young students. This program combines engaging English activities with a variety of fun and exciting excursions around the vibrant city of Cape Town.

Students will embark on **thrilling adventures**, from exploring iconic landmarks and beautiful beaches to participating in interactive cultural experiences. Each activity is carefully planned to ensure that learning extends beyond the classroom, making education an enjoyable and memorable journey.

In addition to the exciting excursions, our program fosters a warm and welcoming environment where students can form **lifelong friendships**. Through collaborative projects, group activities, and shared experiences, students build strong bonds that last long after the program ends.



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 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.



Key Facts

Age: 13-17

Dates: 5 Jan - 22 Feb,
29 Jun - 23 Aug

Lesson schedule:
Mornings or afternoons

Maximum class size:
16 students

English tuition per week:
Grammar+ Skills 15 hours
Skills 7.5 hours

Course length:
1-4 weeks

What's Included?

- ✓ General English tuition
- ✓ Course Material
- ✓ Registration fee
- ✓ Full-board accommodation
- ✓ Extensive leisure programme
- ✓ Escorted meet & greet return transfers
- ✓ Travel & Health insurance
- ✓ 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.

Vacation English Plus – Skills

Mastering a language is not just about learning grammar concepts. Lessons for this programme are tailored to the specific needs and interests of students thus making it more outcome focussed. Students will also have time for self-study to explore their interests further. The leisure and activity component of this programme ensures that learning continues outside the classroom.

Day Programme

This programme 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.

Example Timetable Grammar+Skill (Morning Lessons)

	Morning	Afternoon	Evening
Sun		Arrivals	Dinner & Free Time
Mon	Placement Test / Lessons	Two Ocean's Aquarium and V&A Waterfront	Dinner at Mojo Market
Tue	Lessons	City Tour / Free Time	Dinner & Ten Pin Bowling
Wed	Lessons	Robben Island	Dinner & Free Time
Thu	Lessons	Ostrich Farm & Blouberg Beach	Ice Skating & Dinner at Grandwest
Fri	Lessons	Seal Island & World of Birds	Dinner at V&A Waterfront
Sat	Cape of Good Hope & Boulder's Beach		Dinner & Free Time
Sun	Free Time		
Mon	Lessons	Canal Walk / Free Time	Dinner & Karaoke
Tue	Lessons	Hike up Lion's Head Mountain	Dinner & Free Time
Wed	Lessons	Cool Runnings	Dinner & Games night
Thu	Lessons	Kirstenbosch Botanical Gardens	Dinner at Mini Golf
Fri	Lessons	District Six Museum & Slave Lodge	Dinner & Movie Night
Sat	Cheetah Sanctuary & Lion Park		Dinner & Free Time

*all activities and excursions, subject to changes and availability

Optional Excursions

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

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

↑pskill

 corporate language solutions


plane language

inbound

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](https://www.upskill.international)

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