



GROW
ABROAD



CREATE MEANINGFUL EXPERIENCES





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ABROAD

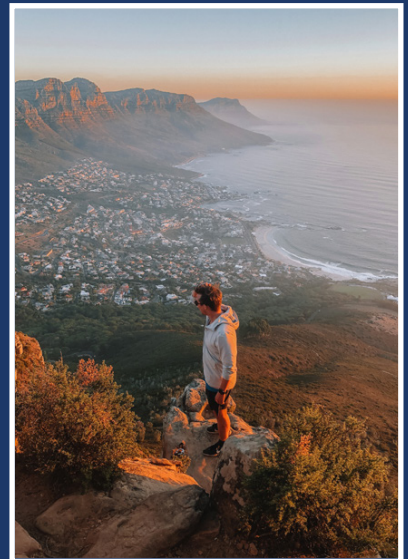
Committed to create a unique, eye-opening and growing
experience for young people.



Meet



Grow



Discover



Experience



Learn



Share

Introducing GROW Abroad High School - South Africa

What could be more life changing than being able to perfect English language skills and make friends from other cultures whilst living in one of the most beautiful cities in the world?

GROW Abroad believes that young people experience immense personal development when they spend time at an educational and cultural exchange.





During this time of growth in understanding, we believe that students will feel an increase in self-esteem and self-confidence. They will return home with a new ability to view life and face its challenges differently, as they now understand the meaning of a multi-cultural viewpoint.

The High School Abroad programs have been running successfully since 2012

We are committed to providing an inspirational growth opportunity for young students, from the age 14 to 18, by immersing them in the society of a foreign country. This includes staying at a warm local family and attending a local school, which will give them the best possible experience of integration.

Our mission is to allow students to achieve a true appreciation of the value of diversity, as they learn about the unique qualities of other countries and cultures.



About Us

GROW Abroad has its roots in the High School Abroad program initially developed in 2012. In 2017 the program was rebranded to its current status. Together with a strong and close knit team of co-ordinators, the program has evolved from focusing on inbound European high school students to include a mentoring and High School Abroad program for South African students.

We share a set of values that inform everything we do. We provide a safe yet exciting way for students to expand themselves, to have fun, grow and change through international experiences.

Our values:



ADAPTIBILITY

Our team believes in being flexible, adaptable and well able to facilitate healthy communication between students and partners.



QUALITY

We strive to deliver ethical, high quality programs that meet the needs of all stakeholders - working alongside partners who are equally committed to uphold our values, norms and standards.



COMMITMENT

We are committed to facilitating opportunities for special, extra-ordinary and unforgettable experiences!



HOLISTIC APPROACH

We take the overall wellbeing and holistic development of each of our students seriously and strive to create opportunities for our students to develop and GROW., and strive to create opportunities for our students to develop and GROW.

Why Cape Town?

Cape Town has been named one of the top tourist destinations in the world.

The High School Abroad programs run in the Western Cape province, in and around the city of Cape Town.

Cape Town has been named one of the top tourist destinations in the world. From the famous **Table Mountain** to the **ocean**, with **glorious forests** in between, it's a cinch to take part in fantastic outdoor activities that students may not be able to do at home. The city is desirable for its natural drawcards like **penguins in Simonstown**, **fynbos** and oceans meeting at **Cape Point**, **Kirstenbosch Botanical Gardens** and the great **surfing beaches of Muizenberg, Blouberg and Glen Beach**. Not forgetting historical spots like the World Heritage Site of **Robben Island** (also known as Madiba Island), where Nelson Mandela and other anti-apartheid activists were jailed.

Shoppers can find leading brands at the Waterfront mall, the hipster boutiques on Bree and Loop Streets or find something unique at a neighborhood market. Walking tours help students discover the city's secret corners and intriguing mix of Xhosa, Dutch-Afrikaans, English, Malaysian, Indian and Portuguese cultures.





Students will meet the descendants of all these cultures in the Cape Colored people, whose roots in slavery developed a rich musical culture and cuisine found nowhere else in the world, such as divine **Samoosas**, **Bobotie** and **Koeksisters**.

South Africa offers a favorable exchange rate to students from all over the world, making it an affordable option for those who may otherwise not be able to have this experience. The country's moderate climate makes this a favourable destination for travelers all year round.

“

**“It was the best decision to come to
Cape Town, South Africa - from the first
moment I felt welcomed and safe.”**

HENRIETTE - GERMANY

”

What do students gain from living in South Africa?

At GROW Abroad we are driven by the belief that travel and living in other countries increases confidence and maturity in a young person.



It also promotes understanding and tolerance among cultures. We are proud that this understanding is a far-reaching consequence of our program.

It is clear to us that during their time here, students experience an increase in self-confidence, flexibility and problem solving ability. Their understanding of

spoken and written English improves immensely and they learn how to interact with friends from other cultures, races and religions with sensitivity. They go home as true **Global Citizens**, able to share their experiences and encourage interaction between different kinds of people wherever they go.



A woman with long, wavy brown hair and tortoiseshell sunglasses is shown in profile, looking out over a vast blue ocean under a clear blue sky. She is wearing a maroon long-sleeved shirt and a necklace with colorful beads. The background shows a distant horizon line over the water.

“I recommend a stay in South Africa. Everything was organized very well, I had unforgettable outings and learned a lot from other people. I gained so much and made new friends from other parts of the world!”

PAULA - GERMANY



Host Families

Students are placed with our carefully selected host families, who provide an instant local connection for warm support and friendship.

“

**“The most difficult thing
is to say goodbye to our
exchange students”**

AMELIA - HOST MOM

”

Most GROW Abroad host families have 1 – 3 children of varying ages, and a mother and father, although we do also have some wonderful single parent families. All families speak English as their primary

language and many families can also speak and use Afrikaans.

Most of our students form a lasting attachment to their host parents, brothers and sisters that brings joy and connection long after the student returns home. As a new member of a South African family the student will have an authentic cultural immersion.





High Schools

GROW Abroad high schools are based in middle class areas. Our schools are chosen for their commitment to cultural exchange and the dedication and enthusiasm of their teachers.

Our partner high schools are English speaking, culturally diverse schools, which will enhance the students' educational experiences. Subjects at schools vary depending upon the school, the grade of the student and whether they would like to take extra classes. Sport, art and music form an integral part of South African life. Therefore all schools will offer one or more of these after school activities.

Our schools are important assets in our GROW Abroad community, play an active role in the Care to GROW program by providing students with opportunities to get involved in humanitarian projects.

“

“I went to a really nice high school with lots of great activities.”

FLAVIA - ITALY

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GROW Buddies

Local high school students who perform the role of peer assists, known as GROW Buddies, aid our travelling students in understanding and settling into the South African high school environment. These young high school students have been identified and selected at our partner high schools to welcome the non-local students.



GROW Ambassadors

Our GROW Ambassadors are previous GROW Buddies who have graduated from high school. They mentor new GROW Buddies to ensure that they deliver the best support to our students at their school. This initiative benefits both local and non-local students and promotes global dialogue. In this way local students learn from and through the experiences of our travelling students.

In addition, by way of displaying our commitment to growing and developing young people and communities our GROW Buddies and Ambassadors are mentored in the field of personal and career development.

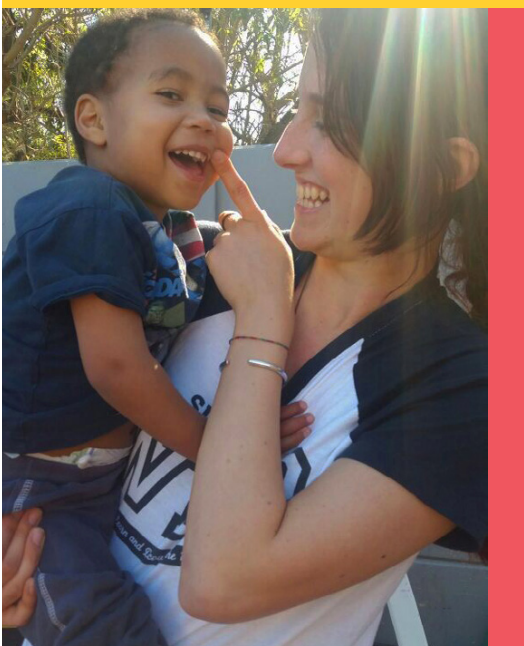
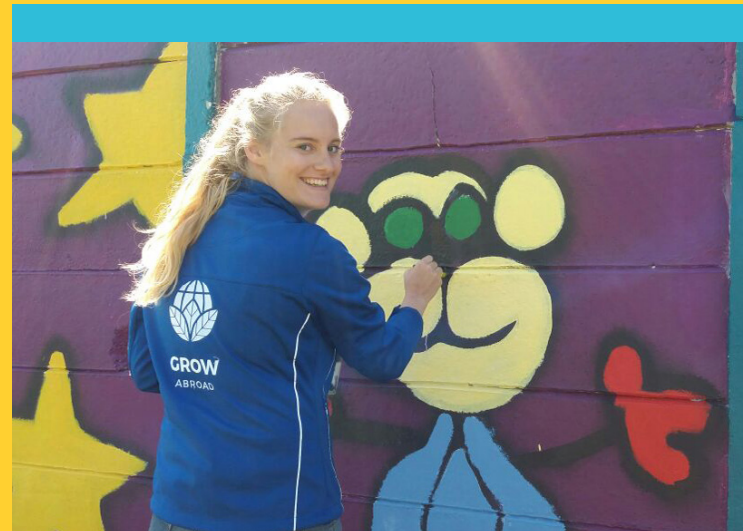




Care to GROW

African culture and traditions speaks to the philosophy and value system of **Ubuntu**, meaning “humanity”. It is often translated as “**I am because you are**” or “humanity towards others”. It embraces the idea that humans can not exist in isolation. We depend on Connection, Community and Caring. The Care to GROW initiative offers students the chance to promote Ubuntu by participating in volunteering programs that aim to help locals and communities in need.

Our projects include activities such as donating useful items to give to children during Christmas time, participate in feeding schemes and tutoring and mentoring programs. These programs are ongoing and run according to individual schools' guidelines.



Students are able to participate on a weekend day or during a holiday. All based on their own preferences. These initiatives seeks to sensitize our young adventurers around their role as **Global Citizens** in an effort to support and promote the **United Nations Sustainable Development Goals**.

Activities and Tours

South Africa is rich with all kinds of activities. Students will be able to spend time on gorgeous beaches, picnic in magnificent parks and gardens, hang out at colourful markets and visit cultural and historical landmarks.



Students will explore Cape Town with their host families, newly made friends and during GROW Abroad's regular student get-togethers.





We also offer students with the opportunity to learn how to surf with our accredited surf schools. In addition, young travellers can join a number of organized tours with our approved tour operators taking them further afield to places like Robben Island, the magnificent Garden Route, canoeing on the Orange River and opportunities to spot the country's iconic wildlife and divers landscapes in a range of beautiful National Parks.

