

Be successful studying abroad

HIGH SCHOOL FLEX PROGRAM



**EXCHANGE
MATE** 
INTERNATIONAL EDUCATION

HIGH SCHOOL FLEX PROGRAM



PUBLIC



HOMESTAY



COED



STEM



ARTS



SPORTS



PROGRAM



DIPLOMA

14 to 18
years old

F-1
VISA

ELTS
online test

PROGRAM DETAILS

Grades Accepted: 9 - 12

Student Population: Co-Ed (Boys & Girls)

Type of Schools: Public

Accommodation: Homestay (Private Room)

Religious Affiliation: Not religious

Graduation & Diploma: Yes (Must meet graduation requirements)

Sports: Yes (Must pass school tryouts - Restrictions may apply according to each state's regulation)

Program Length: Fall & Spring Semester and Fall Year



UNITED STATES

ADMISSION REQUIREMENTS

- Must be between 14 and 18 years old
- Have an intermediate level of English
- Hold and maintain a passing grade point average
- Provide academic transcripts of the last three years, including current year
- Have not graduated from high school in home country

The United States of America is the world's third largest country in size and nearly the third largest in terms of population. Located in North America, between Canada and Mexico, the country is bordered on the west by the Pacific Ocean and to the east by the Atlantic Ocean. The USA consists of 50 states, a federal district, five major selfgoverning territories, and various possessions. The United States is comprised of some of the world's most beautiful and diverse landscapes, ranging from vast deserts to rainy redwood forests to alpine meadows and tropical beaches.



TIME ZONES

Continental USA spans over five time zones (Eastern, Central, Mountain, Pacific and Alaska).

TRICK OR TREAT

Halloween is celebrated on October 31st. Kids dress in costumes and go around the neighborhood knocking on doors and calling out "Trick or treat!".

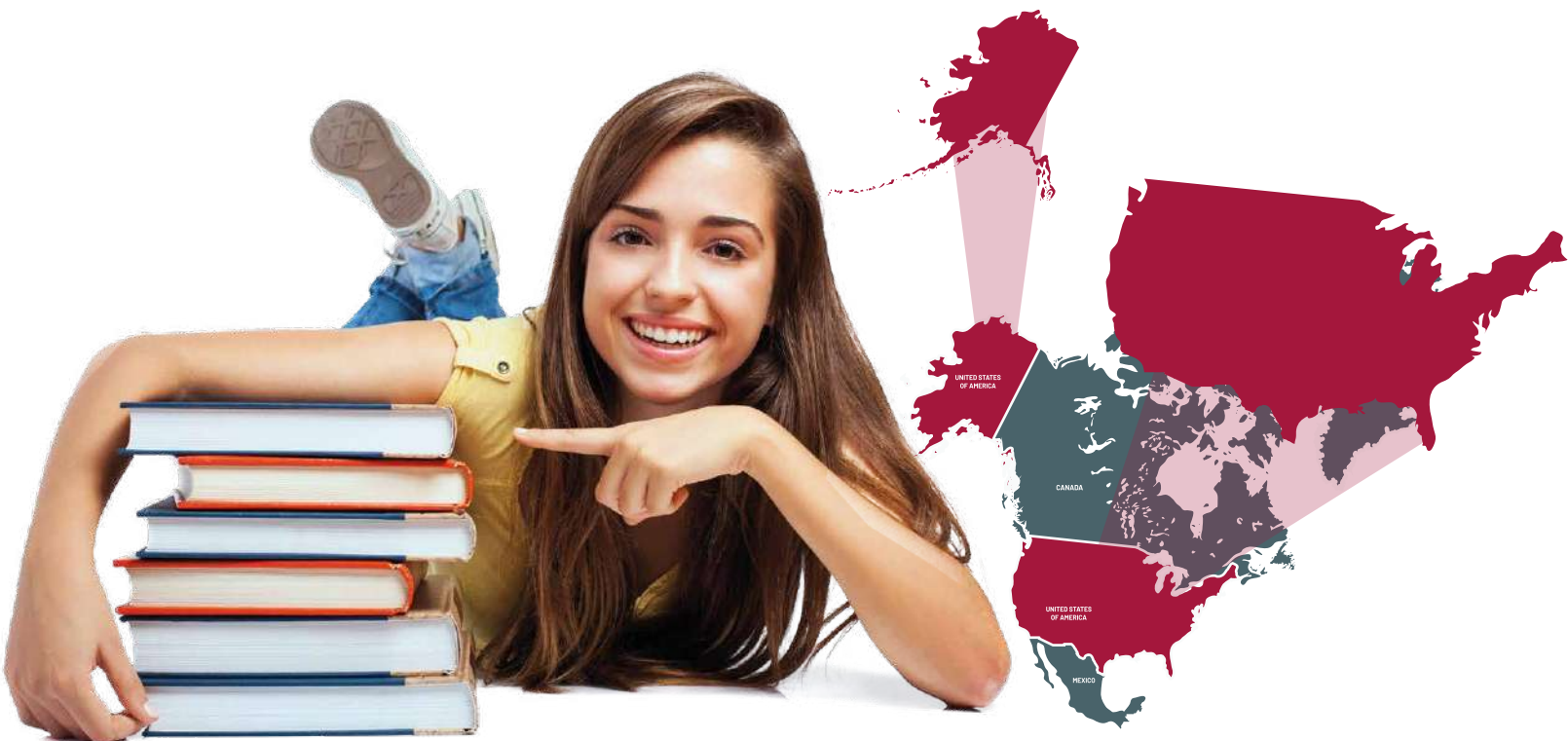
LOVE FOOD

A few American iconic foods include cheeseburgers, peanut butter and jelly sandwiches, twinkies, corndogs, s'mores, key lime pie and barbecue ribs.

NO LANGUAGE

The United States does not have an official language, however English is the official language in all states.

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FLEX PROGRAM

LOW COST

The High School Flex Program is a more affordable F-1 public school program where students don't choose a specific school or destination.



ONE CHOICE

Students can choose one of the following options for their placement:

Sport - Students must try out for the sport they would like to play, and final decision will be made by the coach.

Class (Foreign Languages, Arts, AP, etc.) - Class assignment will be determined by the school upon arrival based on availability and pre-requirements.

Graduation and Diploma - Students must meet all graduation requirements.



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HIGH SCHOOL SELECT PROGRAM



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HIGH SCHOOL **SELECT PROGRAM**



PUBLIC



PRIVATE



BOARDING



HOMESTAY



COED



STEM



ARTS



SPORTS



PROGRAM



DIPLOMA

14 to 18
years old

F-1
VISA

ELTS
online test

PROGRAM DETAILS

Grades Accepted: 9 - 12

Student Population: Co-Ed (Boys & Girls)

Type of Schools: Public, Private Day and Boarding

Accommodation: Homestay (Private Room) or School
Dormitory

Religious Affiliation: Not religious and faith-based
schools available

Graduation & Diploma: Yes (Must meet graduation
requirements)

Sports: Yes (Must pass school tryouts - Restrictions
may apply according to each state's regulation)

Program Length: Fall & Spring Semester and Fall Year



UNITED STATES

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- Have not graduated from high school in home country

AMERICAN FLAG

The 50 stars on the flag represent the 50 states of the United States, and the 13 stripes represent the thirteen British colonies that declared independence from Great Britain.

INDEPENDENCE DAY

July 4th is a federal holiday in the United States in celebration of the Declaration of Independence, signed on July 4th 1776.

GIVE THANKS

Thanksgiving Day is a national holiday that takes place on the fourth Thursday of November in the USA to celebrate the harvest and other blessings of the past year.

LOVE PIZZA

Americans eat about 100 acres of pizza each day, with about 3 billion pizzas sold annually in the USA.

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HIGH SCHOOL EXPERIENCE



The F-1 High School Program allows international students from all over the world to experience high school in the United States while living with a host family or in their school dormitory. Students are enrolled in a school of their choice, are allowed to participate in sports and after school activities and are expected to maintain a passing grade point average in all of their classes. ExchangeMate offers placement in public schools, private day and boarding schools in several American states.

PRIVATE SCHOOLS

Private Day schools are much smaller than public schools, offering a better academic setting for international students who need more guidance and support. The curriculum is designed with a focus on college preparation. As a result, Private Day school students generally perform higher on standardized achievement tests than Public school students. All students attending private day schools are allowed to graduate and receive a diploma. International students will stay with an American host family during the program.

BOARDING SCHOOLS

Boarding schools offer a higher level of academics with a challenging college preparatory curriculum, smaller class sizes with personalized attention, competitive sports, and leadership opportunities. Boarding schools are a self-contained community. Students will interact with all the members of that community, learning valuable lessons about diversity, independence and friendship in the process. Students who choose the Boarding Program will live on campus or in a boarding facility nearby.

PUBLIC SCHOOLS

American Public schools are usually quite large with an average of 2,000 to 3,000 students in attendance. Students have access to state-of-the-art facilities with everything they need right on campus. Public high schools have their own auditorium, labs, music and fine arts rooms, media center, library, cafeteria, gymnasiums, and other sports facilities. Students can choose from a wide array of subjects, clubs, sports and other extracurricular activities. International students will stay with an American host family during the program.



HIGH SCHOOL **SELECT PROGRAM**

PROGRAM
LENGTH

Students attending Public Schools may study in the USA for a maximum of one academic year with the F-1 Visa. Students apply directly to a specific city and school district and may choose up to three schools of preference within that district. Private Day and Boarding school students may study in the USA for multiple years until they graduate. Students apply directly to the Private Day or Boarding school of their choice.

SPORTS
PARTICIPATION

International students are allowed to play sports in school (restrictions may apply according to each state's regulation). Students who wish to play sports will have to try out and school coaches will make a final decision.

EDUCATIONAL
SYSTEM

The American High School educational system comprises four grades of study: Freshman (9th grade), Sophomore (10th grade), Junior (11th grade) and Senior (12th grade). Students will be placed in the appropriate grade upon arrival, according to their academic history.

GRADUATION
AND DIPLOMA

Some Public schools allow international students in 12th grade to graduate and receive a diploma with just one year of study in the USA. All Private Day and Boarding schools allow international students to graduate and receive a diploma as long as they meet all graduation requirements.

SCHOOL
SELECTION

In the ExchangeMate Public High School Program students may select 3 schools of preference in the school district they have applied to, and they will be placed in one of their schools of choice.

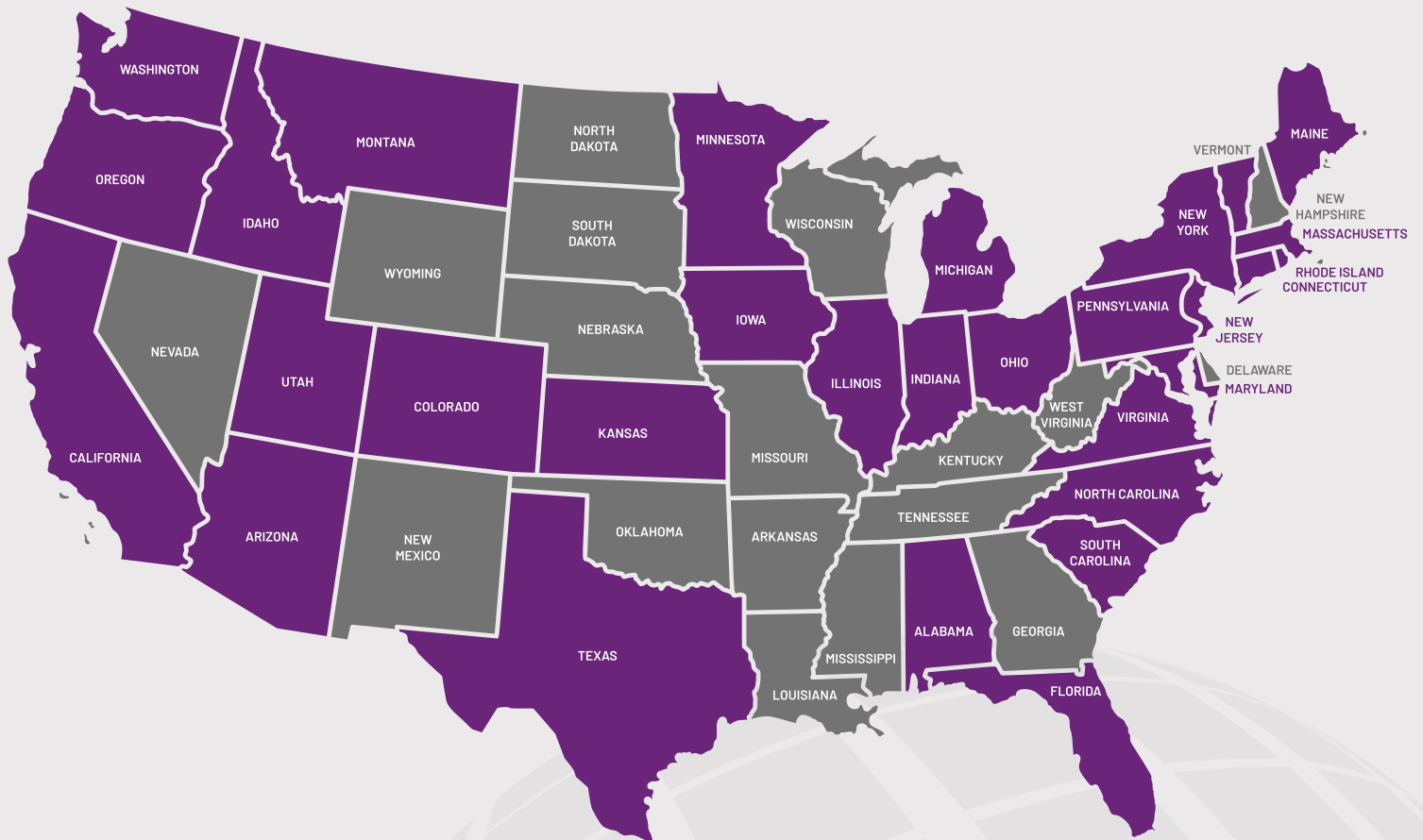
PRIVATE
ROOM

All students are guaranteed to have a private bedroom in their American Host Family.



HIGH SCHOOL LOCATIONS

ExchangeMate places international students in the following states:



COUNTRYFACTS

Language: English
Capital: Washington D.C.
Population: 329 million
Currency: American Dollar (USD)

