

cíee®



**HIGH SCHOOL USA**

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# A MESSAGE FROM CIEE



“

***We have designed High School USA to be the type of program we would want for our own children: one that encourages cultural curiosity, empowers students to discover who they are, and prepares them to live in a multicultural world.***



Dear Students and Parents,

We are so glad you are considering CIEE for your exchange experience.

CIEE is the oldest and largest nonprofit cultural exchange and study abroad organization in the U.S. But we are more than just a company; we are also parents, travelers, and lifelong students of the world. From this experience, we have designed High School USA to be the type of program we would want for our own children: one that encourages cultural curiosity, empowers students to discover who they are, and prepares them to live in a multicultural world. Our students emerge from their year in the U.S. with the confidence to reach their goals and dreams.

During your year or semester with CIEE High School USA, you will have a fully immersive American school experience, master your English, and receive industry-leading support. We also bring you an exceptional network of host families to ensure that you will have a safe and welcoming home, share American family life, learn new traditions, and build life-long relationships.

We are delighted to invite you to join us!

Sincerely,

Matt Smith  
Executive Vice President, International Exchanges



# ABOUT CIEE



Founded in 1947, CIEE is the country's oldest and largest nonprofit study abroad and intercultural exchange organization, delivering the highest quality programs that increase global understanding and intercultural knowledge. We provide participants with skills, competencies, and experiences that elevate their ability to contribute positively to our global community.

This long history is one of our greatest assets; it is the foundation of experience and knowledge upon which our high-quality programs are built.

## OUR PROGRAM

High School USA gives international students the opportunity to become adventurous and open-minded global citizens. Our aim is to offer program opportunities that meet your individual needs, provide outstanding support, and to create a program that is right for you.

## WHAT WE DO

At CIEE, we deliver outstanding exchange and study experiences to international students. We do that by:

- Providing you with a genuine American high school experience.
- Working to ensure you have a safe and welcoming place to live in the U.S.
- Delivering a nationwide network of American high schools—from coast to coast.
- Handpicking every school in our network to ensure their quality.
- Creating new options for you to further customize your American experience.







## CIEE BY THE NUMBERS



49

STATES WHERE  
STUDENTS ARE PLACED



OVER  
70

NATIONALITIES  
REPRESENTED EACH YEAR



OVER  
1,000

U.S. HOST HIGH SCHOOLS  
EVERY YEAR

OVER  
18,500

U.S. HOST FAMILIES HAVE WELCOMED  
STUDENTS INTO THEIR HOMES



OVER  
450

LOCAL COORDINATORS



OVER  
16,000

COMMUNITY SERVICE HOURS COMPLETED  
BY OUR STUDENTS LAST YEAR

# HIGH SCHOOL USA PROGRAM



High School USA is a cultural exchange program that allows international exchange students the opportunity to come to the U.S. for 5 or 10 months to live, study, and immerse themselves in American culture. While here, you will attend an American high school, live with a caring host family, practice your English, and experience American culture firsthand.

## WHAT'S INCLUDED IN THE PROGRAM:

### **A CIEE international representative in your home country.**

We have more than 100 international representatives from all over the world, most of whom have been working with us for years. These experts will help guide you through the High School USA application process—everything from filling out the forms to providing in-country orientations.

### **Visa application support.**

As experts in the field of international education, CIEE works closely with our international representatives to ensure you have all the documents and guidance you need to get through the J-1 visa application process. With us, applying for your visa is easy!

### **A large, high-quality school network.**

At CIEE, we have lasting relationships with every high school in our network; each is handpicked by our staff to ensure it provides the educational opportunities and support you need to succeed. American schools can be large or small, but no matter what school you are placed at, you will have a genuine American high school experience.

### **Live with a carefully selected host family in one of 49 states\*.**

We match students with host families based on personality traits, hobbies, curricular or extracurricular interests, family make-up, and more. That way you feel less like a guest and more like a member of the family. Host families are carefully selected to ensure they are open-minded, welcoming, and warm people who are ready to accept a new member to their family! Keeping an open mind to our network of over 1,000 host families will give you the opportunity to experience the true diversity of American life!

### **A Local Coordinator (LC) who lives in or near your host community.**

Your LC, who is highly trained in intercultural communication, mediation, and support, will be there to welcome you to the U.S. and to provide supervision and support throughout your experience; they will act as mentor, ambassador, facilitator, advocate, and friend.

### **A program orientation in New York City (or your host community).**

Every High School USA student who begins their program in August has the opportunity to join us in New York City for our kick-off orientation. Meet other international students and get a comprehensive introduction to life in the U.S. while exploring one of the most famous cities in the world. If you can't join us in New York City, don't worry! You can also attend an orientation in your host community. Students who join us in January will have an orientation in their host community.

### **Insurance for the duration of your program.**

Our in-house travel health insurance provides extensive coverage against typical risks to international travelers such as accidents, sudden illnesses, and more. Utilize our network of more than 672,000 health care providers around the country.

### **24/7 multilingual phone support from CIEE's dedicated support services.**

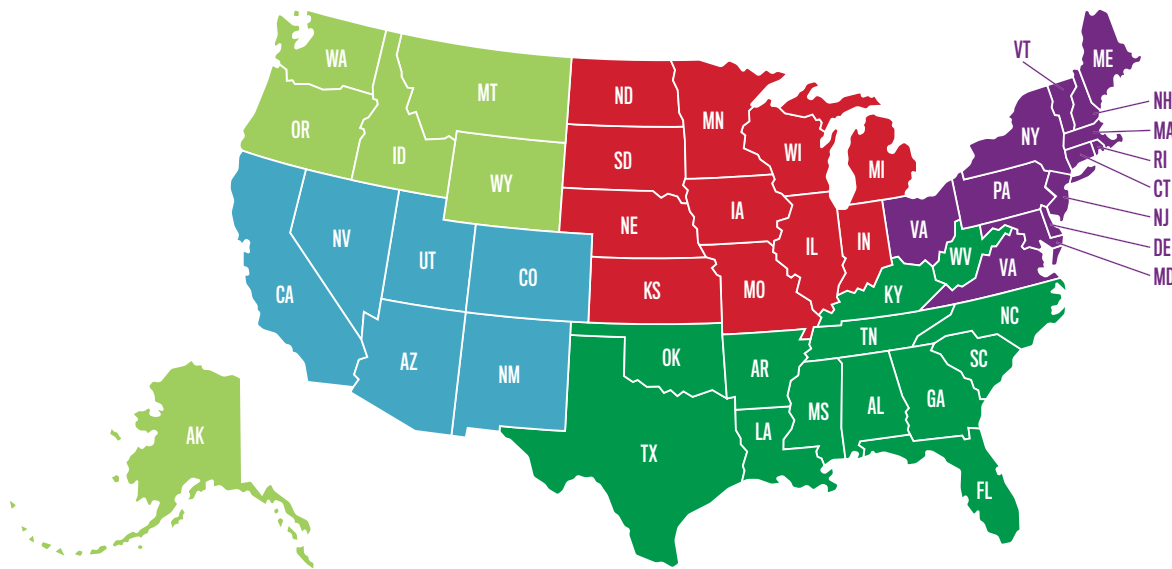
CIEE's highly-trained and multilingual support staff is available by phone during business hours to provide assistance and, available 24/7 in case of emergencies.

\*There are no placements in Hawaii.



# YOUR PROGRAM, YOUR WAY

Every High School USA student will have a genuine American high school experience, live with a caring host family, and benefit from industry-leading support. But we know every student is unique, which is why we also offer custom options. Now you can personalize your program to you! CIEE offers the following custom options\*:



## Regional Requests

Have you always dreamed of visiting a particular region of the U.S.? Good news! You can request a placement in one of the following U.S. regions: the **South**, **Southwest**, **Midwest**, **Northwest**, or **Northeast**.

## State Request

If you have more specific geographic preferences, then this custom option is for you. Maybe you want to live in New York. Or California. Maybe you love the great outdoors and have always wanted to visit Montana. Now you can! Request a placement in a state of your choosing (excluding Hawaii).

## Single Room Request

If you prefer your privacy and would like to sleep in a room by yourself, then this custom option is a dream come true. We guarantee to place you with a host family that has a bedroom just for you.

## Early Placement Request

Want to receive your placement by July 31 or earlier? Request an early placement and our placement team will make it happen.

\*Speak to your CIEE international representative to learn how to add custom options to your High School USA Program. Custom options are an extra fee.

“

*This exchange year made me grow up as a person. I found out how important people could become in just one year and it also showed me how different cultures can be around the world. Most of all, it made me mature in so many ways I can't even describe. But for me, the best part was the relationships I got to make and the memories that I will always miss but never forget.*

Brian, Mexico



# KICK-OFF ORIENTATION IN NEW YORK CITY!



The Welcome Orientation—available to all CIEE High School USA participants who begin their program in August—is a guided start to your American adventure.

Meet other exchange students and CIEE staff, learn more about program rules and regulations, and get answers to any last questions you have before flying to meet your host family. Plus, explore one of the greatest cities in the world – New York City! We'll take you on a guided tour to famous sites such as Rockefeller Center, Times Square, the Statue of Liberty, and more. It's the perfect start to your life-changing American journey.

## WHAT'S INCLUDED:

- 2-night stay in a hotel
- Escorted transfers to and from the airport
- All meals for the duration of the orientation
- Activities, presentations, and small group sessions
- A tour of New York City, including a boat cruise to the Statue of Liberty!

## COME AWAY WITH:

- Information about your program
- Support and safety information
- Tools for navigating cultural differences
- Tips for having the best year ever
- Memories of meeting other students and experiencing New York City!





## SAMPLE SCHEDULE

### DAY 1:

- Arrive in the world-famous New York City
- Escorted transportation to hotel
- Delicious welcome dinner with fellow students

### DAY 2:

- Breakfast with CIEE staff and fellow students
- Welcome group presentation introducing CIEE
- An exciting tour of New York City that includes Rockefeller Center, Times Square, the 9/11 Memorial, and more!
- A dinner boat cruise on the beautiful Hudson River—see the Statue of Liberty and Brooklyn Bridge
- Departure meeting (exchange contact info with your new friends!)

### DAY 3:

- Breakfast to go
- Escorted transportation to the airport
- Depart New York City to start your #CIEEBestYearEver!



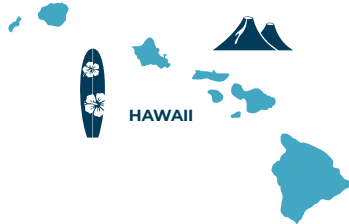
“

*During my orientation meeting, I met a lot of people from all over the world— Russia, Taiwan, Czech Republic, Mexico — and I was happy to share the experience with them. I learned many interesting facts and I let my breath be taken away by everything. It was wonderful to see everything with my own eyes.*

Veronika, Slovakia



# WELCOME TO THE U.S.



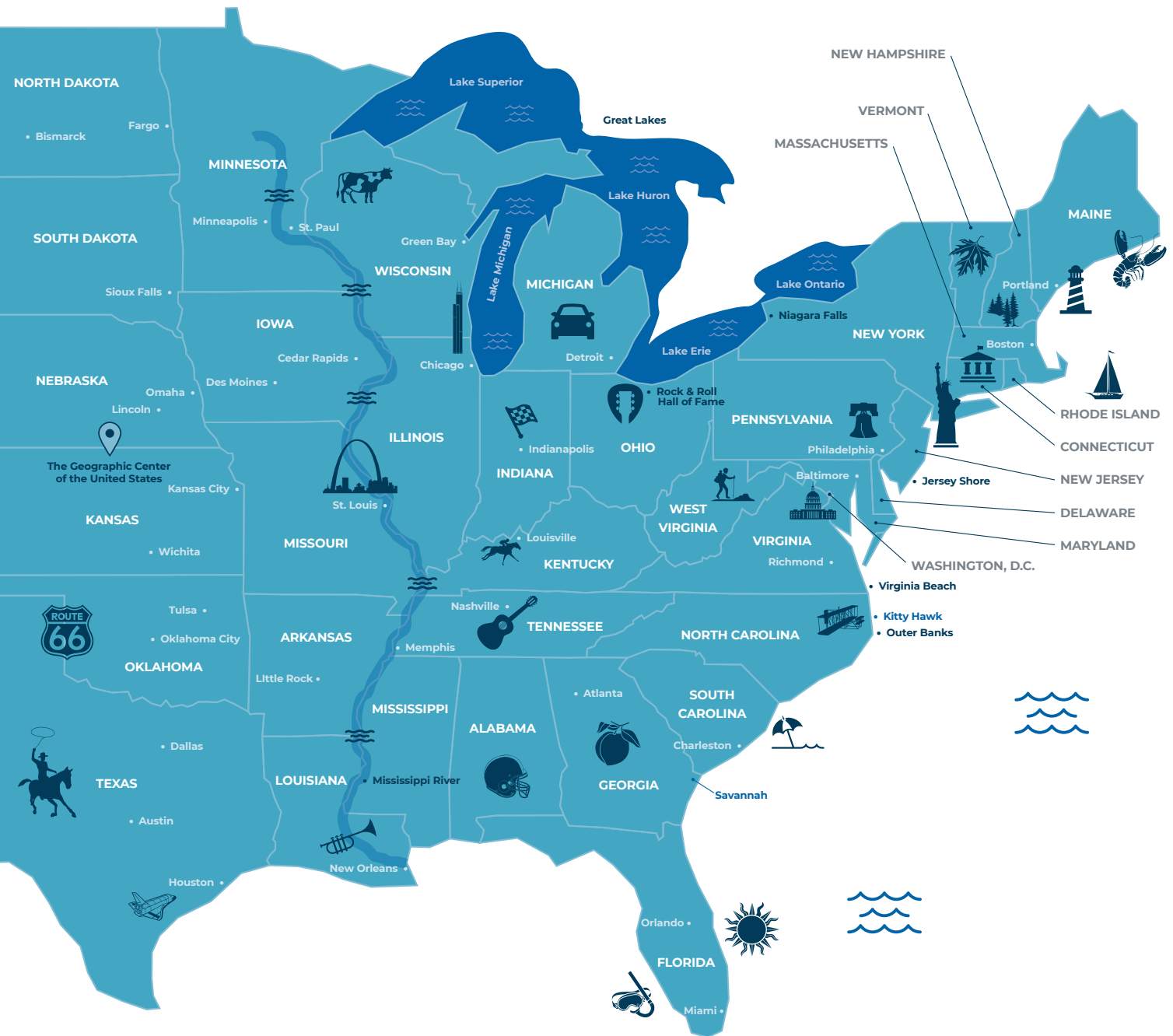
## DID YOU KNOW?

The U.S. is the  
**FOURTH LARGEST COUNTRY  
BY AREA IN THE WORLD**  
—only China, Canada, and  
Russia are larger.

If you drove without  
stopping, it would take  
**41 HOURS**  
to travel the  
**2,790 MILES**  
from Los Angeles to New York.



The U.S. offers a wide variety of lifestyles, cultures, cuisines, cities, historical sights, and geologic wonders. See what is out there by exploring the map below!



The U.S. has  
**95,471 MILES**  
of shoreline,  
which includes over  
**6,000 BEACHES.**

The Great Lakes are  
so big they contain  
**OVER 20%**  
of the world's  
surface fresh water.

The U.S. is made up of  
**50 STATES**  
—each with its own lifestyle,  
culture, and government.



## LIVING WITH YOUR HOST FAMILY

CIEE host families truly reflect the multicultural landscape that makes the United States unique. Our families come in all shapes and sizes, and from many different backgrounds and cultures. Some have children, while others do not; some are working families, while others are retired. Some families live in populated urban areas, while others live on farms in rural America. In other words, there is no typical American family.

Some of the most common types of host families in our nationwide network include:

**Two-parent and single-parent families**, which consist of host parents and children living in one home. Host parents may be a heterosexual couple or a same-sex couple who have young children or teenagers, or single parents. Some families may also include stepchildren.

**Single-person host families** that consist of one person—either a host mom or host dad—and no children.

**Empty-nester host families** that consist of host parents who are usually middle aged or retired and have grown children who no longer live at home.

CIEE strives to **match students with host families** based on personality traits, hobbies, curricular or extracurricular interests, family make-up, and more. The result: you become a member of the family, building relationships that span the globe and last a lifetime.

Your host family will play an integral role in your exchange experience. Their role is to:

- 🍷 Welcome you into their home as a family member.
- 🍷 Provide you with a single bed. You may or may not have a single bedroom. If not, you will share the room with a child of the same gender and approximate age as you.
- 🍷 Provide you with a quiet place to study.
- 🍷 Provide you with three meals a day, including a bag lunch on school days.
- 🍷 Provide you with necessary transportation (or assistance in arranging transportation) to and from school.





## MEET OUR HOST FAMILIES:

### The Brown Family, from Hopkins, Missouri

Sam and Steve Brown live in Hopkins, Missouri—a rural town of about 600 people – with their three children ages 14, 12 and 10. The Browns live on 500 acre cattle farm, and keep busy with chores, sports practices, and welcoming exchange students to their home. The Browns have hosted multiple students over the years, and make sure to meet up with other families with exchange students in their area to ensure everyone has a rich cultural experience.

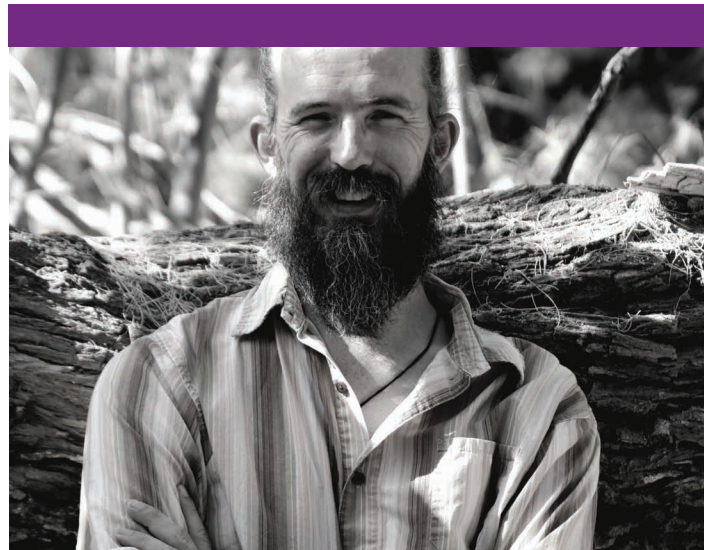
***“We wanted to give somebody the experience and give our kids the cultural experience. We live in a town of 600 people and there’s not much cultural difference there, now [our kids] have family around the world.”***



### Michael, a single host father from California

Michael lives in Desert Hot Springs, California. Desert Hot Springs is located in the Coachella Valley, and is about two hours away from Los Angeles. In his free time, Michael enjoys traveling, photography, hiking, and live music.

***“My friend had a good experience [hosting], so I thought I’d look into it. I decided to apply because I’ve traveled extensively and I’ve always been welcomed by people wherever I went. I wanted to pass that experience along to someone else.”***



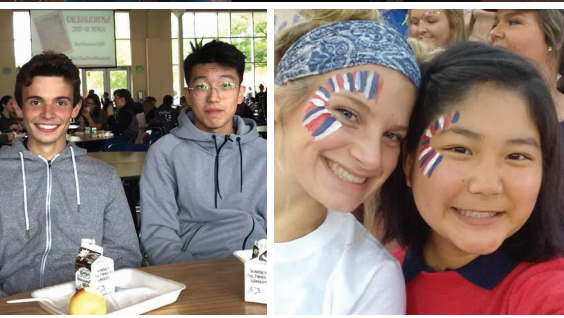
### The Williams Family, from West Monroe, Louisiana

The Williams Family—Christopher, Allana, and Caleb—hail from West Monroe, Louisiana, a city of about 12,000 people in the northeast region of the state. The Williams family likes to spend their time together singing, attending church, traveling, watching movies, bowling, and spending time with their family and friends!

***“You never know the kind of lifestyle someone lives and how different it is from yours until you experience it for yourself. I felt really strongly in my heart to host an exchange student, not really knowing the impact that it would have not only for them, but for my family as well. I really believe we made a difference in our exchange student’s life and he definitely made one in ours. That’s something we will cherish for the rest of our lives.”***







## ATTENDING AN AMERICAN SCHOOL

High school in the U.S. will be different than in your home country. Open your mind to this educational opportunity! You may take more classes—up to seven or eight at a time. You could participate in team sports such as basketball or extracurricular activities such as theater and debate.

You will probably also experience, possibly for the first time, what we call school spirit! Your school may have a mascot, school colors, pep rallies, football games, and dances. American students love to get involved and show their spirit. Join in on the fun and excitement!





## A TYPICAL DAY AT SCHOOL

In the U.S., a typical day of high school starts at about 7:30 a.m. and ends around 3:00 p.m., Monday to Friday. Extracurricular activities are typically scheduled in the afternoons and early evenings during the school week; however, some extracurricular activities may also be scheduled on weekends.

Class schedules will vary by school. At some schools, students will attend the same classes every day. At other schools, students may take one set of classes Monday, Wednesday, and Friday, and a different set of classes on Tuesday and Thursday.

The sample schedule below may be different from the schedule you end up with, but should give you an idea of what a typical day in a U.S. high school is like.

### A TYPICAL DAY AT SCHOOL\*

7:30 a.m.	HOMEROOM
8:00 a.m.	ENGLISH
9:00 a.m.	HISTORY
10:00 a.m.	ART
11:00 a.m.	MATH
12:00 p.m.	LUNCH
12:30 p.m.	PHYSICAL EDUCATION
1:30 p.m.	STUDY HALL
2:00 p.m.	SCIENCE
3:00–6:00 p.m.	OPTIONAL EXTRACURRICULAR ACTIVITIES (SPORTS OR DRAMA PRACTICE, GAMES, CLUB MEETINGS, ETC.)

*\*American high schools vary greatly in size, schedule, and class availability. This example is for illustrative purposes only.*

As you can see, your school days will be busy; but they will also be filled with new experiences, challenges, and fun!



*Luncheon in American school is very different from my experience I had in Germany because you either bring your lunchbox - it's like a little baggie, and you have your stuff in there — or you actually buy your lunch. You have your student ID and then you go in the line like in the movies. You get your food, and then you put your student ID in and it's like a credit card system. Then they have three different lunches at my school. You have those big, round tables where everybody sits at. You have lunch together, then the bell rings and you just go back to your classroom.*

Anna, Germany



*No matter whether you're an international student or a student coming right from town, we want to make sure this is a welcoming place that sees you as an individual. We want to know your story. We want to know what you like, what you enjoy, what gets you motivated, what your challenges are. We want to know those things so that we can help you grow and learn in the best way possible.*

Principal  
Montpelier High School, Vermont



## EXPLORING YOUR COMMUNITY

You will enjoy many opportunities to explore your community with your host family and the friends you make at school. On the weekend, imagine eating out at a local restaurant with your friends or walking a local nature trail with your host family; during school breaks, imagine taking a road trip or visiting local landmarks.

This is your chance to create your own American experience. Learn about the place and people with whom you live; explore the history, see the sights, and taste the flavors of this wonderfully diverse country.

No matter what state, city, or small town you end up in, there will be exciting places to explore and welcoming people to meet.

## GIVE BACK TO YOUR COMMUNITY

Community service is donating your time, energy, and skills to a specific cause that benefits a larger group of people. It is an important part of American culture and a key component of your High School USA experience.

Participating in community service in your host community allows you to better understand the needs of those you interact with, much like cultural exchange. Community service also creates a ripple effect, making everyone involved feel more connected to and invested in their community. Plus, it's a fun way to get to know new people and make lasting connections!

### HERE ARE SOME OF THE WAYS YOU CAN GIVE BACK TO YOUR COMMUNITY:



Working with younger children and tutoring



Cleaning up local communities



Working at food banks and soup kitchens



Working at animal shelters

## OUR COMMUNITY SERVICE GOAL: 20,000 HOURS!

Last year, CIEE students submitted about 16,000 hours of their time giving back to their community. We invite and challenge you to get involved in your community and work together to get to 20,000 hours of community service. This is an opportunity to give back to the families, schools, and communities will be hosting you. Plus, you will have the opportunity to apply for a grant to start an initiative in your home country!



*Volunteering always makes me feel like home. It always makes me feel happy and fulfilled. It has helped me make good relationships with my community.*

Aimen, Pakistan



# THE SIX PILLARS OF STUDENT SUPPORT

At CIEE, the health, safety, and wellbeing of our students is our top priority. Through a coordinated effort between our regional teams, CIEE office staff, host families, and support experts, we ensure every student is safe and supported during their time in the U.S.

## 1 | HOST FAMILY

We exceed the host family selection requirements of the U.S. Department of State with a very strict vetting process for our host families. CIEE selects open-minded, welcoming families who wish to invite a new member into their family and share cultures.

## 2 | LOCAL COORDINATORS

CIEE Local Coordinators (LCs) live in your host community and are available whenever you need them. Your LC is highly trained in intercultural communication, mediation, and support, and will be a mentor, ambassador, facilitator, advocate, and friend to you.

Your LC will:

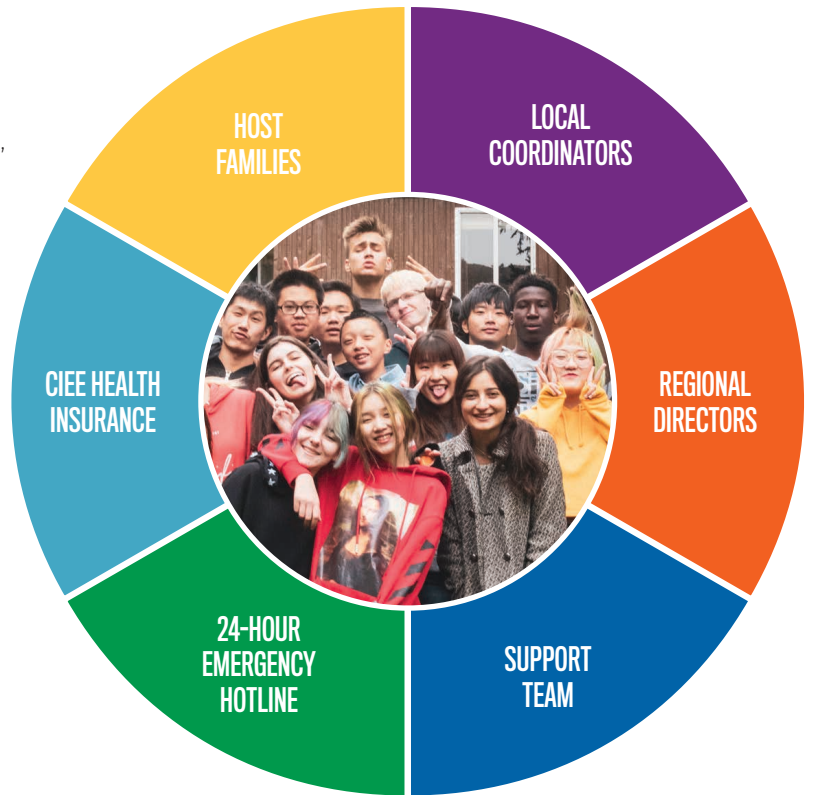
- Welcome you to your host community and introduce you to your host family.
- Help you sign up for classes or clubs available in your area.
- Suggest and organize cultural activities for you and other international students in your area.
- Complete a monthly supervision report for your parents at home.

## 3 | REGIONAL DIRECTORS

Our Regional Directors (RDs) have worked with students, host families, and LCs for many years, and ensure that every LC is highly trained to match you with a host family and supervise you throughout the year.

## 4 | CIEE SUPPORT TEAM

CIEE leads the industry in support with over 70 years of experience and knowledge. No matter what time it is or where you are located, our team is here to help! Members of the CIEE support team are highly trained, multilingual, and have experience in counseling, teaching, and living abroad.



## 5 | 24-HOUR EMERGENCY HOTLINE

Our dedicated support team in Portland, Maine is available by phone 24 hours a day to support all program participants in the event of an emergency.

## 6 | CIEE HEALTH INSURANCE

CIEE provides health insurance for all High School USA students. Our insurance is customized to the unique needs of international exchange students so you receive the necessary care should a medical issue arise.

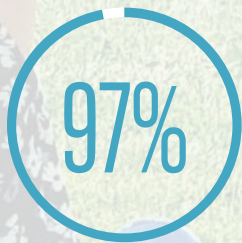
# PROGRAM IMPACT



The power of High School USA can be measured by the impact it will have on your life—personally, academically, professionally, and culturally. It's an experience that is sure to open your mind, expose you to new ways of life and new ways of learning, and will leave you with lasting relationships that span the globe. But don't take our word for it. Listen to what our alumni have to say.

## PERSONAL IMPACT

After one year on the program, alumni say:



IMPROVED THEIR ENGLISH SKILLS



DEEPEINED THEIR UNDERSTANDING OF THEIR HOST CULTURE



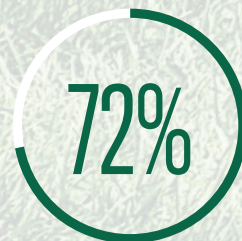
IMPROVED THEIR SOCIAL SKILLS



FEEL MORE INDEPENDENT

## PROFESSIONAL AND ACADEMIC IMPACT

We surveyed our High School USA alumni on the impact of their CIEE program, and are proud to share that:



ARE MORE PREPARED TO JOIN THE GLOBAL WORKFORCE



HAVE MADE PROGRESS TOWARDS THEIR CAREER GOALS

### Top universities our alumni have attended:

- Boston University
- Clemson University
- Columbia University
- George Washington University
- Georgetown University
- Massachusetts Institute of Technology
- Michigan State University
- Pennsylvania State University



## CULTURAL IMPACT: GLOBAL CITIZENSHIP

Upon reflection of their CIEE program, High School USA alumni say:

81%

ARE MORE AWARE OF GLOBAL ISSUES

93%

LEARNED HOW TO NAVIGATE CULTURAL DIFFERENCES

1/4

**One quarter** of High School USA alumni have **lived, worked, or studied abroad** again since completing their CIEE program.

85%

After completing their exchange experience, **85% of students** say their **opinion of the U.S. is the same or more positive** than it was prior to their exchange year in the U.S.

73%

After returning home, **73% of students** plan to **keep in touch** with more than five Americans they met during their program.

96%

While on program, **96% of students** say they **shared their culture** often with other Americans, and **experienced American culture** often.



“

*Ever since I have returned from my CIEE experience, I am far more aware of social issues in my community and am determined to do something about it. I also became very eager to set goals for my future and achieve them.”*

Melissa, Germany, 2016 High School USA Alum

“

*I got to visit places where I interacted with different locals and other international students. The CIEE mentors really taught us how to be tolerant and always appreciated our differences. I realized through my experiences that every country has a broad spectrum of people like my home country and there is absolutely no judgement that would justify everyone under one heading. Not only did I understand my host country, I also began understanding my own country and became more tolerant and more appreciating. I learned that we only differ in cultures and languages.*

Afshan, Pakistan, 2012 High School USA Alum



# YOUR AMERICAN EXPERIENCE



## SCHOOL LIFE

## FAMILY

## FRIENDS





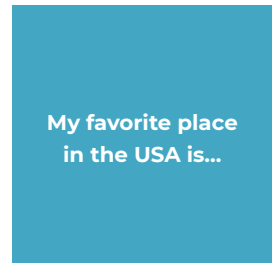
# ATTENDING HIGH SCHOOL IN THE U.S. IS A JOURNEY. WHERE WILL YOURS TAKE YOU?



## COMMUNITY

## HOLIDAYS

## U.S. ADVENTURES











## READY TO START YOUR CIEE HIGH SCHOOL USA JOURNEY?

1. Get more information! Read our brochure, check out our website, and talk with your family. And, check out other students' experiences on social media!
2. Contact your CIEE international representative. They will provide you with all of the information you need to start your application.
3. Submit your application and supporting documents. We will process your application and reach out if any additional documentation is needed.







CIEE: Council on International Educational Exchange™

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Founded in 1947, CIEE is the world leader in international education and exchange, delivering the highest quality programs that increase global understanding and intercultural knowledge. We provide participants with skills, competencies, and experiences that elevate their ability to contribute positively to our global community.

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HSUSA-FY20-1USA

All programs are subject to availability and change.

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#CIEEBestYearEver