

Discover you





Going on a high school exchange, is an equally exciting and terrifying thought. It is an experience that will make you more independent, increase your confidence and let you learn a lot, especially about yourself. You will see new places, make friendships for life and expand your horizons on things both big and small. Safe to say, it is an invaluable experience you will carry with you for the rest of your life.

Call it personal growth, or self- discovery. We simply say that, with us you will - discover you.

Read our student's stories to get a feel for their journeys.

How it works.

There's a lot to consider before embarking on an exchange. But for now, here are some good things to know before you get started.

Who can go?

You don't need any special talents, skills, experience or gear. All you need is a curious mind, an open heart, the desire to learn, the drive to explore and to be between 14 and 18 years old. If that's you - then welcome!

Choose from 21 countries.

Choose from USA, Canada, UK, Ireland, Australia, New Zealand, France, Spain, Italy, Germany, Austria, Switzerland, The Netherlands, Finland, Norway, Sweden, Denmark, Costa Rica, Argentina, China and Japan. Often you can choose a specific region, city or school and even combine two countries in one year.

Choose your length of stay.

Our programmes are usually flexible: do a full academic year or just one semester or even just one or three months.

Get prepared.

First you will be offered events, and info-meetings. You can also follow current students on instagram, this is good for info and inspo. Close to departure you will attend a pre-departure orientation and, on your final destination, a few days long welcome camp.

Your new family.

Homestays offer a behind the scenes look at the local culture and daily life, and your host family will of course be your main support. Our families come in many shapes and sizes, but what unites them is their strong passion and curiosity about cultural exchange.

Your local support.

You'll have a whole network of people ready to help you with whatever you need. Your host family will be your main support, but you'll also have a local coordinator and STS staff back in your home country who will check in with you regularly and who you can contact anytime.

Experience more.

There is so much you can do to get the most out of your time abroad and we strongly recommend attending some extracurricular activities. Also, if you want to see more of your new part of y'the world - join us for a ski trip, city weekend or a fantastic road-trip!



“ I saw life from another point of view. I discovered myself and became who I am now.”

Madlaina

My year abroad gave me the possibility to see life from another point of view. Getting to know new people and making new friends helped me understand the world in a new way. I discovered myself and became who I am now.

The absolute best thing about my exchange year was my host family. I really felt like part of the family. One of my best memories is the trip I took with my host sister to Sicily.

My advice for those who are considering doing a high school exchange is to not have too many expectations, because it's going to be different from what you expect. Consider that what you will have in your host country will be normal life, just in another country. It won't be just fun all the time. But that doesn't mean that it won't be amazing!

Just go and see what happens!

To Italy with STS | High school exchange for two months up to a full academic year.
Programmes: Classic or 2-in-1 (age 14-18). Visit www.sts-education.com.

Madlaina from Switzerland was on a high school exchange in Milan, Italy.



// Don't judge. Maybe it's something you will end up loving. In my case it was country music!"

Clara

I was a bit nervous about living with a host family. But my worries were put to rest as soon as I arrived. I had the most amazing host parents: an older couple, Jim and Janice. It was so natural to be with them. They truly became my second family! They have visited me in Sweden and I have been back after my exchange to visit them.

It's hard in the beginning because of the culture shock, and you might think what people do is weird. But try not to judge it. Try to understand and accept it.

Maybe it's something you will end up loving. In my case it was country music!

It sounds so cliché, but I would not be the same person I am today if I hadn't done this. I learnt a lot from other people, even if we were completely different. I learned to communicate and actually listen to other opinions. It helped me understand them and their lives better, and gave me new perspectives on my own life and points of view. I'm forever thankful I did this. It's something that I will carry with me my entire life.

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Clara from Sweden was on a high school exchange in Kansas, USA.



// Dear to try new things and try not to be too shy!"

Axel

I visited my sister when she was an exchange student in the USA and I completely loved it. I also wanted to get to know new people, try new sports, see more of the USA and get a "new family." I also wanted to experience education from a different perspective and just try something new. So, I did it!

The best part is that I learned to be more independent and I grew a lot as a person. Even better is that I met so many new people and made friends for life. I found

the courage to approach a group of students who seemed to have the same interests as me at school. They became my best friends who I hung out with every day for the rest of my exchange. I'm still in close contact with my American friends and family. I have visited them five times since I moved back home a few years ago.

Becoming an exchange student is the absolute best decision I've made in my life. My top advice? Do it!

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Axel from Sweden was on a high school exchange in Michigan, USA.



“ I will certainly not forget being a cheerleader in front of a crazy school spirit student section.”

Frida

My exchange year in Michigan was the hardest and best year in my life, and I learned so much. Entering a new school and a new family is very special because it isn't what you're used to, and adjusting takes a lot. I come from a non-religious home and now lived with a super Christian family. This was challenging at times but also why I chose to become an exchange student, to learn other cultures.

I can't say what the best thing is about this year, but all of the memories and

friendships I created will be with me forever. I signed up for cheerleading, tennis, the musical, yearbook club, RAD club, ski club, etc. I had never done any of these things before, but I had the time of my life and I met my best friends there.

If you get the chance - go! It's ten times better to say you didn't like it, than regret not doing it. Trust me, I learned a lot of things - some I liked and some I didn't, but I'm so happy that I did it. And I wish I could do it all over again!

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Frida from Denmark was on a high school exchange in Michigan, USA.

“ I hope many
others follow in
my footsteps!”



Tryggve

I left my safe life with my parents, siblings and my childhood friends in Norway, to live in a small town called Wareham, south of Boston, over 5000 km from home. I had to get used to speaking another language, meeting new people and dealing with my problems on my own. The thought of all this was daunting, but I am so full of gratitude and so happy with the preparation I got, because this was going to be the best year of my life.

In the US I met so many new people, made so many wonderful friends and developed a very good relationship with my host family. I got involved in the local community and also engaged in various sports like ice hockey, American football and athletics.

Going on this journey was definitely the best thing I have ever done. I hope many others follow in my footsteps and choose to go!

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Tryggve from Norway was on a high school exchange in Massachusetts, USA.



Julie

During my exchange in California, I learned that everyone is different, but if you approach it with a smile, everything works out. Also, I learned things about myself that I did not know I was capable of and that hard work pays off.

A good thing was to be able to be me without anyone having assumptions, and I made the best friends in the world. But the very best thing was my host family who did absolutely everything for me. I love them so!

A fantastic experience was when I got nominated to an All-Star soccer team, with the best players in Southern California. Soccer is very big there and the competition is huge. It was such a privilege!

My advice for future exchange students is to be present and enjoy every second, and to smile and make people happy. It may sound crazy, but during my exchange year I was never homesick. The toughest part for me was saying goodbye.

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Julie from Denmark was on a high school exchange in Languna Beach, USA.

// **It is all about being present
and enjoying every second."**



Anna

Being a host family is inspiring and makes a lasting impression. Everyone in the family gains new perspectives and a friend for life. We have hosted four times; Matteo from Italy and three girls from the USA, Italy and Japan.

It has been great to experience how they develop in language, life, school and socially and how they absorb our culture. We often discussed differences and similarities, politics and social structures and everyone in the family learned from it.

Getting a new family member is a big change in itself, but we tried not to change our way of life. It may at times feel challenging for a young student to enter a new environment, but this is part of the charm of being a host family: rising to the challenge and growing in the process.

It is incredibly inspiring to gain the trust of another family who has entrusted us with their child. It is exciting and educational for the whole family.

“ It is incredibly inspiring to gain the trust of another family who entrusts us with their child.”

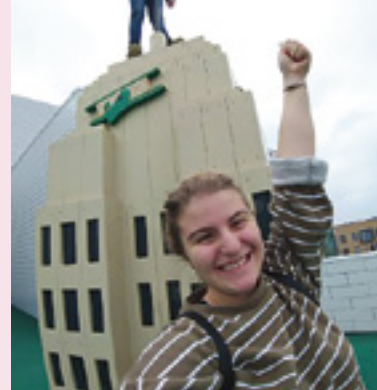
Become an STS host family | Hosting a high school student is possible for one month up to an academic year. Visit www.sts-education.com.

Anna and the Ahlqwist family from Sweden have hosted four students from Italy, USA and Japan.

> 60 years

of experience in
international education.

**You can apply
for high school
scholarships!**



21
amazing
countries to
choose from.

Exchange
in Europe?
Join our European
Tour road trip!



Why not do
2 countries
in one year?

STS Welcome
Camp is always
included.

98%
would recommend a friend to
go on a high school exchange.

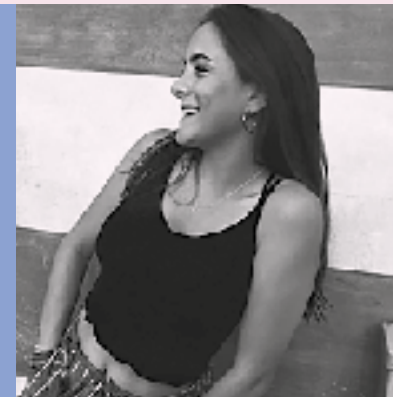
Exchange in the
USA or Canada?

Join a road trip
- USA Coast to
Coast or Canada
Adventure.

> 1,200,000

young explorers
have travelled with STS.

Exchange
in the USA?
Join our trip to
Hawaii!





// **You get over the challenges as long as you want and try!**

Enni

I was interested in American culture and wanted to learn the language better. So, I left Finland for a small town in Texas.


My host family was great - I would've never been able to hope for a better one. I also loved the school, the teachers are really nice and relaxed. You can choose from many subjects, I studied Forensics where you study fingerprints and other criminal investigations. The schools also have a big emphasis on

sports, everything from Yankee football to yoga and cheer to weightlifting.

My exchange year has been by far the greatest experience of my life. I learnt so many new things and made so many new friends. But it was also an uplifting and eye-opening journey and the cultural shock was quite big - the talkative Yankees were really different from the quiet Finns! But, you get over the challenges as long as you want and try!

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Enni from Finland was on a high school exchange in Texas, USA.



**“ My first impression:
“Everything is sooo big!”**

Lara

My first impression was: “Everything is sooo big!” When I went grocery shopping for the first time, I stopped at every corner because it was kind of impressive. The small cups here are bigger than the big cups back home!

School was, in my opinion, a lot easier and it was really easy to get good grades. School is also different because of all the different classes you can take, for example photo imaging or pottery. This made school much more exciting.

Your family life is one of the most important parts of your exchange. It’s really important to have good communication. Sure, we had ups and downs, but all in all, it could not have been better. And I can say that my host family is now like a second family to me.

My advice? Be open-minded and interested in learning about the new culture. It’s great fun that your host parents and friends also learn something about your culture!

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Lara from Germany was on a high school exchange in Kansas, USA.



“ Always be open to try new things, even if it’s outside your comfort zone.”

Julie

I have so many great and crazy memories from my exchange in Mesa, Arizona – the definition of the wild west with sand and cactuses. I had an amazing time that gave me a new family, friends and memories. STS followed me every step of the way, finding my host family and school and organizing activities for exchange students to meet and feel at home.

But studying abroad isn’t always easy. Being away from home at Christmas was tough for me. But when I told my host

family how I felt, they did everything to help me get through my homesickness.

During my year I learned a lot about myself and I got an understanding of how to live on my own. I would definatly do this whole experience again in a heart-beat and I truly recommend anyone to try this life-changing journey. My best tip is to always stay open to try new things, even if it seems out of your comfort zone. You never know what amazing things you might experience!

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Julie from Norway was on a high school exchange in Arizona, USA.



“What a thrill when I finally understood what was being said!”

Albin

I always wanted to go on an exchange to experience a different way of life. I chose Spain since I knew some basic Spanish. I wanted to live in Madrid and was luckily placed just an hour away, in the city of Zaragoza.

My host family could not have been better. They were always there for me, both in difficult and happy times. They wanted their seven year old son to get a big brother - and what a cool brother I got!

My school was a private catholic school (where the artist Goya went!) and had a more strict style than I was used to. Sure, it was hard at first, but quite soon the language came naturally. And what a thrill when I finally understood what was being said and I could explain what I wanted and how I felt!

I'm so proud that I actually dared to go. I have grown a lot as it became a bit like moving away from home. These experiences I will carry with me forever!

To Spain with STS | High school exchange for one 1,5 month up to a full academic year.
Programmes: Classic or 2-in-1 (age 14-18). Visit www.sts-education.com.

Albin from Sweden was on a high school exchange in Zaragoza, Spain.

“ It is fantastic
what contacts you
create in such a
short period.”



Linnea

My exchange gave me such a good perspective on American youth life. It's easy to socialize with Americans. I hung out with people of all ages, genders, ethnicities and interests. I met another exchange student who is half-Thai - now I am sitting at her home in Thailand and writing this! It is fantastic what contacts you create in such a short period.

The American school has something for everyone! The school ends fairly early

and afterwards you can participate in sports, theater, science club etc. etc.

My host parents, Sue and Todd, were so loving and really supported me in all situations. I am so incredibly grateful for my second family that I hope to visit again soon!

One day I will sit in a cracking rocking chair and tell my grandchildren about my amazing experiences in America.

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Linnea from Sweden was on a high school exchange in Indiana, USA.

// Don't stress too much about your language skills."



Sini

High School exchange is so much more than just learning a language. However cheesy it might sound, I got to know myself and learn who I wanted to become.

It was easy to get used to the Australian lifestyle, but in the beginning I wasn't so confident using my English -The Aussie slang can be pretty funny at times. But when I just started talking I found that I was actually pretty good. It was also a little difficult to find the right friend group,

but after a while I found some really lovely and amazing people.

One of the best things was definitely the people I met along the way. Other amazing things I experienced were snorkeling around shipwrecks, feed dolphins and visit white sand dunes.

My best advice? Don't compare your time abroad to anyone else's, make the most of your own exchange!

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Sini from Finland was on a high school exchange in Gold Coast, Australia.



// Hosting has given us a big worldwide family."

The Rouses

Bringing the world to our family is why we started hosting many years ago. What an experience! To this day, our children who are in their twenties and thirties say that their best friends are the exchange students we have had in our home. Christmas is always filled with returning students adding lots of fun and laughter to this time of year.

Someone once said that if all the world leaders came to our house for dinner and

saw all the different cultures laughing and joking around our table that there would be no more wars in the world today.

Hosting all these years and with many students passing through our door has been the best decision we have ever made. Hosting has given us a big worldwide family. All the memories we have made over the years will last a lifetime for all of us.

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Leanne & Roger Rouse from New Zealand have hosted 12 students from Europe and South America.



“It allowed me to flourish and develop as an individual.”

Bella

The best thing on my exchange was the life long relationship that I developed with my host family, the new friends that I created and the experiences I had travelling with my host family and other exchange students.


I learnt perseverance, resilience and confidence to live in a completely new environment. Being pulled out of your comfort zone really allowed me to flourish and develop as an individual.

The toughest part of my exchange was getting used to the Canadian lifestyle and adjusting to a new school but this was made easy by my awesome host family. The easiest part was getting used to the Canadian food!

My advice for someone looking at or going on an exchange is do: not go home with any regrets and give every opportunity that you are given 100%.

To Canada with STS | High school exchange for two months up to a full academic year.
Programmes: Classic or Select (age 14-18). Visit www.sts-education.com.

Bella from New Zealand was on a high school exchange in Kimberley, BC, Canada.



“ I was able to gain new experiences everyday.”

Elian

Loud, colorful and full of zest for life – that’s the best way to describe my stay in Spain. In the sun-drenched city of Seville, I not only learned the language, but also the serenity of Andalusia!

At first, the culture shock was hard, when instead of a handshake I got two kisses as a greeting and was only allowed to enjoy dinner late at night. All the festive occasions were also new territory for me. But as they say in Spain: ¡Viva la vida!

Throughout my exchange, I was immersed in a completely foreign culture and was able to gain new experiences every day. The open manner of my compatriots showed me different perspectives and changed my worldview completely.

Although, I will most likely never be the best flamenco dancer, I was still able to pack a lot of Spanish energy in my suitcase to dance through life in Switzerland.

To Spain with STS | High school exchange for 1,5 month up to a full academic year.
Programmes: Classic or 2-in-1 (age 14-18). Visit www.sts-education.com.

Elian from Switzerland was on a high school exchange in Seville, Spain.



“ My advice for future exchange students is to believe in yourself!”

Sterre

I was placed in Texas and felt like it wasn't a match for me. But once I met my host family and saw my school, everything fell into place. It couldn't have been a better match! On my first evening the family took me out for dinner. My host dad ordered some small bites and I asked what I was eating. He replied "Oh, you're eating alligator"! That's when I knew that during my exchange year, I was willing to try everything! I still talk to my host family on a weekly basis and definitely gained a second home. I miss them a lot.

One big dream of mine was to graduate and wear a cap and gown. But I was a junior, meaning I wouldn't be able to graduate. The day before graduation I was told that I would be able to walk the stage and receive a certificate for finishing my junior year. What I didn't know, was that my senior friends had all asked the dean if I could walk with them!

So many great things happened during my year. You'll also have your own ups and downs but it will all be worth it!

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Sterre from the Netherlands was on a high school exchange in Texas, USA.

Your safety matters

You'll have safe environment where you can try and fail and try again, a nurturing environment where you can explore your inner world and discover your passions and aspirations.

Your story matters

You are the centre of our attention. We want to get to know you so that we can make your journey the best it can be. It's your adventure - we're just here to support you.

Your dreams matter

This is a chance for you to unleash your potential and achieve your goals. Find out what moves you, and how you want to transform.





Your voice matters

You help us innovate and improve. Your feedback helps shape the trips of future students. What you have to say matters and contributes to making STS better for yourself and your fellow students.

Only by being confronted with the unknown can you truly discover yourself. Experiencing life abroad as an exchange student is to turn every day into an unforgettable adventure! If you're ready to give it a shot, then you've come to the right place.

**We have passionately empowered young people since 1958. It's your adventure - we're your safety net.
Travel the world. Discover you**

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