

Be successful studying abroad

CA

San Diego

HIGH SCHOOL PROGRAM



**EXCHANGE
MATE** 
INTERNATIONAL EDUCATION

GROSSMONT UNION HIGH SCHOOL DISTRICT



PUBLIC



HOMESTAY



COED



BEACH



STEM



ARTS



SPORTS



DIPLOMA

14 to 18
years old

F-1
VISA

ELTiS₂₀
score 670

DISTRICT DETAILS

Grades Accepted: 9-12

Student Population: Co-Ed (Boys & Girls)

ESL Offered: Yes

Graduation & Diploma: Yes (Must meet graduation requirements)

Sports: Yes (Must pass school tryouts)

Program Length: Fall & Spring Semester and Fall Year

Accommodation: Homestay (Private Room)

Website: www.guhsd.net



SAN DIEGO (CA)

CLOSEST AIRPORT

San Diego International Airport (SAN)

Population: 1.5 Million

Community: San Diego is located in the south of California, approximately 120 miles (190 km) south of Los Angeles and immediately adjacent to the border with Mexico. San Diego is the eighth-largest city in the United States and second-largest in California. The presence of the University of California, San Diego (UCSD) with the affiliated UCSD Medical Center, has helped make the area a center of research in biotechnology. San Diego has great schools, beautiful residential areas and very safe and friendly communities. San Diego's practically perfect weather, the miles and miles of spectacular shoreline and world-class beaches, make it a great destination for outdoor sports and activities.

DISTRICT HIGHLIGHTS

California Distinguished School.

California Gold Ribbon Schools.

Diverse and rigorous Advanced Placement (AP), Honors, STEM and Pathway Programs.

Award-winning Arts and Athletics programs.

California School Boards Association Golden Bell.

FUN FACTS

THE GIANT DIPPER

Belmont Park's 94-year-old wooden roller coaster is one of only four roller coasters on the National Register of Historic Places.

FURRY FRIENDS

San Diego has the most dog-friendly restaurants per capita in the country.

FIRST DRIVE-THROUGH

Fast food mega-chain Jack in the Box started out as a drive-thru hamburger stand in San Diego.

WATER WONDERLAND

Mission Bay Park is the largest of its kind in the world, with 4,600 acres of aquatic playground.

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GROSSMONT UNION
HIGH SCHOOL DISTRICT

SAN DIEGO
Closest Airport: SAN

SCHOOL PROFILES

All courses, sports, clubs and other activities offered by the schools are subject to change. Availability will only be confirmed upon arrival. Students must meet state requirements and pass school tryouts in order to play sports during the program.



EL CAPITAN HIGH SCHOOL

<https://elcapitan.guhsd.net>

Number of Students: 1,810

Grades: 9-12

Highlights: Golden Bell Award / Specialty programs such as Future Farmers of America (FFA/ Agriculture), Global Language & Leadership Program (Spanish and Mandarin), Computer Science, Medical Pathway and STEM).

Foreign Languages: French, Japanese, Latin, Mandarin and Spanish.

Arts: 2D and 3D Design, Art, Band, Cel Animation, Choir, Color Guard, Dance, Design, Digital Arts, Ensemble, Guitar, Madrigals, Mixed Chorus, Musical Production and Theatre Workshop, Orchestra, Photography, Piano, Percussion Ensemble, Symphonic Wind Ensemble, Symphony Orchestra, Theatre, Theatre and Video Production.

AP Courses: 2D & 3D Art and Design, Biology, Calculus AB, Chinese Language and Culture, Computer Science Principles, Drawing, English Language and Composition, Human Geography, Macroeconomics, Physics, Psychology, Spanish Language and Culture, Spanish Literature and Culture, Statistics, US History, and World History.

Boys Sports:

Fall – Cheer, Cross Country, Football and Water Polo.

Winter – Cheer, Basketball, Soccer and Wrestling.

Spring – Baseball, Golf, Gymnastics, Lacrosse, Swim & Dive, Tennis, Track & Field and Volleyball.

Girls Sports:

Fall – Cheer, Cross Country, Field Hockey, Golf, Tennis and Volleyball.

Winter – Cheer, Basketball, Soccer, Water Polo and Wrestling.

Spring – Gymnastics, Lacrosse, Softball, Swim & Dive, Tennis and Track & Field.

GOSSMONT HIGH SCHOOL

www.foothillers.com

Number of Students: 2,290

Grades: 9-12

Highlights: Gold Ribbon and California Distinguished Schools / California Distinguished Visual and Performing Arts School / California Distinguished Career Technical Education School, offering seven career pathways, including the most recently added, Project Lead the Way and Engineering Pathway.

Foreign Languages: Spanish.

Arts: Art, Choir, Colorguard, Design, Digital Arts, Guitar, Introduction to Music, Orchestra, Percussion, Photography, Piano, Symphonic Band, Symphonic Wind and Theatre.

AP Courses: Art History, Biology, Calculus AB, Computer Science Principles, English Language & Composition, English Literature & Composition, Environmental Science, European History, Music & Music Theory, Physics, Psychology, Spanish, Language and Culture, Spanish Literature and Culture, Statistics, Studio Art Drawing, Studio Art 2-D & 3-D, US Government and US History.

Boys Sports:

Fall – Cross Country, Football and Water Polo.

Winter – Basketball, Soccer and Wrestling.

Spring – Baseball, Golf, Gymnastics, Lacrosse, Swim & Dive, Tennis, Track & Field and Volleyball.

Girls Sports:

Fall – Cross Country, Golf, Tennis and Volleyball.

Winter – Basketball, Soccer, Water Polo and Wrestling.

Spring – Golf, Lacrosse, Soccer, Tennis and Track & Field.





MOUNT MIGUEL HIGH SCHOOL

<https://mountmiguel.guhsd.net>

Number of Students: 1,472

Grades: 9-12

Highlights: California Distinguished Schools / Excellent Athletics with CIF Championships in Boys and Girls Basketball / Excellence in Performing Arts with award winning Band and Choir / Four Career Technical Education (CTE) pathways, including options in Education, Arts, Media and Entertainment, Marketing and Cosmetology.

Foreign Languages: French and Spanish.

Arts: Art, Color Guard, Concert Band, Concert Choir- Sing, Drama/ Speech Workshop, Drawing, Drum Line, Guitar, Honor Show Choir- Sing & Dance, Illustration, Marching Band, Painting, Pep Band, Piano, Percussion Ensemble, String Orchestra, Symphonic Band, Theatre Production Workshop and Theatre.

AP Courses: Calculus AB, English Language and Composition, European Language, Human Geography, US government and Politics and US History.

Boys Sports:

Fall – Competitive Cheer, Cross Country, Football and Water Polo.

Winter – Basketball, Soccer and Wrestling.

Spring – Baseball, Golf, Lacrosse, Swimming, Tennis, Track and Volleyball.

Girls Sports:

Fall – Competitive Cheer, Cross Country, Field Hockey, Golf, Tennis and Volleyball.

Winter – Basketball, Soccer and Water Polo.

Spring – Gymnastics, Lacrosse, Softball, Swimming and Track.

VALHALLA HIGH SCHOOL

<http://valhalla.guhsd.net>

Number of Students: 2,052

Grades: 9-12

Highlights: California Distinguished School and Golden Bell School / Comprehensive offering of electives in co-curricular areas, including culinary arts, digital arts, multimedia, tv and film / Instrumental music program was the only California high school to participate in the 75th Pearl Harbor Memorial Parade in Honolulu.

Foreign Languages: Spanish.

Arts: Art, Color Guard, Concert Band, Concert Choir- Sing, Drama/Speech Workshop, Drawing, Drum Line, Guitar, Honor Show Choir- Sing & Dance, Illustration, Marching Band, Painting, Pep Band, Percussion Ensemble, Piano, String Orchestra, Symphonic Band, Theatre Production Workshop and Theatre.

AP Courses: Art and Design (2D and 3D Portfolio), Biology, Calculus AB and BC, Chemistry, Chinese Language and Culture, Computer Science Principles, Micro and Macro Economics, English Language and Composition, English Literature and Composition, Human Geography, Physics, Psychology, Spanish Language and Culture, Statistics, U.S. History and World History.

Boys Sports:

Fall – Cross Country, Football and Water Polo.

Winter – Basketball, Soccer and Wrestling.

Spring – Baseball, Gymnastics, Swim & Dive, Tennis, Track & Field and Volleyball.

Girls Sports:

Fall – Cross Country, Tennis and Volleyball.

Winter – Basketball, Soccer, Water Polo and Wrestling.

Spring – Gymnastics, Softball, Swim & Dive and Track & Field.



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