



BRIDGING BORDERS. BROADENING MINDS

The Scholars Abroad programme aims to prepare ambitious young South Africans for tertiary education abroad by equipping them with the necessary academic, cultural, and practical skills to thrive on the academic global stage.



Set Yourself Up For Success Abroad

Studying internationally offers South African students incredible opportunities for:



World-class
Education



Global
Exposure



Personal
Growth

However, the transition can be challenging. Studies have shown that 50% of South African students do not complete their first year at local universities due to difficulties adjusting academically and emotionally.

These challenges become even more pronounced when students study abroad, where they must navigate new academic systems, cultural differences, and social integration. Students often report feelings of social isolation, anxiety, and homesickness, which can significantly impede their academic performance.

The programme is empirically grounded and designed by clinical and educational psychologists to ensure the young scholar is not only prepared academically, but also emotionally and socially, to thrive in international tertiary environments.

Our Tailored Approach To International Success



Academic and metacognitive skills

Students are equipped with advanced critical thinking and study skills, strategies to work ethically and effectively with AI, and an understanding of university credit-based module requirements



Cultural immersion and career development

Young academics are prepared for life on campus and beyond, with an emphasis on reflecting on personal values while navigating cultural differences in their new environment.



Life skills mastery

Students are guided to form healthy routines that highlight the importance of self-care, sleep hygiene, balanced nutrition, and maintaining healthy relationships. They learn assertiveness skills, conflict resolution techniques, and stress management strategies



Resource management

Essential skills such as time management, budgeting, and financial literacy are taught to students so they can confidently balance academics, social life, and personal responsibilities.

The result: more confidence, less anxiety, a smoother transition into university life abroad, and sustained academic success and well-being.

The Facilitators

DIMITRI KELAIDITIS

Clinical Psychologist

With years of therapeutic experience in South Africa and the UK, Dimitri brings valuable insights into the emotional and psychological needs of students transitioning to international education. His research driven strategies empower students to overcome academic and cultural obstacles, ensuring a holistic approach to their well-being abroad.



ATHENA CLAYTON

Educational Psychologist

Athena specialises in personalised learning strategies and holistic development and has devoted much of her career to guiding students as they transition to tertiary education. Her deep understanding of learning theories ensures that students are not only prepared academically but are also empowered to manage stress and build resilience.



Together, they crafted this programme to ensure South African students are equipped to face the challenges of studying abroad with confidence. Their combined expertise offers a unique and comprehensive programme designed to foster success in every aspect of the young scholar's international journey.

What's Included In The Programme?

- Pre-training prep: Tailored resources to kickstart the journey.
- Two full days of training: Comprehensive lectures with facilitators.
- Networking opportunities: Connect with like-minded students and potential peers.
- Exclusive WhatsApp group: Ongoing support and peer networking.
- Optional individual support at an additional cost can be provided.



Venue

The programme will be hosted at the prestigious Villa Simone Boutique Hotel in Houghton, Johannesburg, an ideal environment for focused learning and personal reflection. Preferential accommodation rates are available for participants.



Group sizes are limited to 20 students per cohort to ensure personalised attention and foster meaningful interactions, allowing facilitators to address individual needs and promote a supportive community.

Hear From Our Graduates And Parents

“ This programme was my game-changer. It didn't just teach me academic skills, it taught me how to adapt socially and manage challenges. I feel like I own my education. ”

Sarah P., 2024 Scholars Abroad Graduate

“ Sending my daughter abroad was nerve-wracking, but Scholars Abroad gave me peace of mind. It gave her the confidence and practical tools to overcome her anxiety so that she could focus on her studies. ”

Mrs. Nomsa D., Proud Parent





Contact Us For More Information

Thriving on an international journey depends on access to the right tools, resources, and community. The Scholars Abroad programme is designed to help make the most of the experience abroad, supporting a smooth transition and long-term success.

It builds the confidence and develops the skills needed to navigate new academic systems, adapt to different cultural environments, and manage personal challenges, helping participants grow and thrive as global citizens.

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