



Experience the Year that Lasts a Lifetime

Earn a scholarship to attend an American
private high school





Why choose an exchange experience in the U.S.?

Living successfully and happily in the 21st century means becoming a skilled global citizen. An exchange experience in the U.S. enables you to:

- **IMMERSE YOURSELF IN AMERICAN** culture and share your own.
- **TAKE YOUR ENGLISH FROM THE CLASSROOM** into an American community.
- **LEARN AND PRACTICE LEADERSHIP** skills and build your confidence through the challenge of cultural exchange.
- **PREPARE FOR A FUTURE AS A GLOBAL CITIZEN.** Develop essential skills, cultural awareness, and a global mindset in order to thrive in an interconnected world.

About ASSIST

Founded in 1969, ASSIST is a non-profit international organization that matches exceptional international students from across the globe with leading American day and boarding private high schools, all on scholarship. Our Scholars change the conversation in their classrooms and beyond, making their mark through exceptional academics and extracurriculars.

Since our program began, many of our more than 6,000 ASSIST alumni have gone on to attend the most prestigious universities in the United States and worldwide, even more excel in careers in all sectors, and all enhance our growing network of global citizens.

What is ASSIST's Goal as a Non-Profit?

We believe that we are contributing to the creation of a more peaceful, productive, and hopeful world by helping to develop the next generation of global leaders who understand the value of collaboration and compassion in solving the world's most urgent problems.



Program Essentials

1. Candidates for ASSIST scholarships apply online, and the competitions are managed by ASSIST Program Coordinators in each country.
2. ASSIST primarily selects students entering the 10th and 11th grades. There are also limited opportunities for students entering the 12th grade or seeking positions as postgraduate students.
3. Students study in the U.S. for ten months and then return to their home countries—ASSIST scholarships are not renewable.
4. ASSIST draws on over 50 years of experience to expertly match each Scholar with a member school. Our proven matching process identifies the best fit for each student, enabling them to fully embrace the growth opportunities available.

Why Choose ASSIST?

- **ASSIST SETS THE STANDARD FOR QUALITY** in private high school exchange programs.
- **RECEIVE A FULL-YEAR SCHOLARSHIP** from the highly selective private school that is expertly matched for you.
- **JOIN A GLOBAL NETWORK** of ASSIST alumni who have gone on to attend prestigious universities and start fulfilling careers.
- **RECEIVE SUPPORT FROM ASSIST STAFF** throughout your exchange year—all day, every day.
- **PREPARE YOURSELF FOR ENTRY INTO ONE OF THE WORLD'S LEADING UNIVERSITIES.** Our schools serve as stepping stones to top-tier universities.



ASSIST's Member Schools

Leading American Private High Schools

ASSIST Scholars attend member schools located across the U.S. We select the schools to join ASSIST because of their academic excellence, wide variety of extracurriculars and their commitment to the well-being and success of each student. They all value diversity and foster global perspectives.

These are some of America's strongest schools, and they participate in the ASSIST program because we place academically talented, high impact cultural ambassadors from more than twenty countries which helps them build a diverse student body.

Important Benefits of our Schools

- Individual class sizes are small—typically 15 students or fewer.
- Teachers are well-educated, approachable, dedicated, and committed to providing personalized attention to each student.
- Learning environments are supportive and each student's educational goals are top priority.
- Classes are challenging and diverse. Students have some choice in selecting them.
- School campuses are varied and beautiful, with excellent facilities in academics, the arts, the library sciences, and athletics.
- Students join a variety of clubs: for example, Debate, Yearbook, Dance, Model UN, Robotics and many more.

Magic in the Match: Matching Schools and Scholars

Over 55 years, ASSIST has developed unmatched expertise in selecting just the right American school for each Scholar. We do not simply “place” Scholars; Instead, we carefully select a school that matches their academic interests, their extracurricular strengths, and their personalities—and that feels like a home. This is where the magic lies. Trusting the process and letting go of control is where growth, adventure and many benefits await our Scholars.

Living at Day Schools

A day student lives with a volunteer host family and shares morning and evening meals, as well as weekend activities with the family. The families are chosen carefully by the school and are also vetted by ASSIST. Each has an affiliation with the school and a desire to make their new ASSIST family member feel welcome and at home.

Living at Boarding Schools

A boarding student eats meals in the school dining hall and lives in a dormitory with a roommate, other students and faculty dorm parents, who supervise the dormitory. Dorm parents often have families, and they are appointed by the school leadership to ensure that the dormitory is a safe, friendly environment where growth and good citizenship are encouraged and intentionally developed. Most boarding schools host a number of international students beyond the ASSIST Scholar.

Academic Life

The academic program at an American private high school is centered on the relationship between willing learners and well-educated, dedicated teachers. Class sizes are small— typically 15 or fewer in each section—and most courses are taught seminar style, meaning that students participate fully in open discussion. ASSIST Scholars are required to take courses in English (literature) and U.S. History. Students select remaining courses to take advantage of their unique talents and interests with the assistance of an advisor or academic dean.

ASSIST Scholars thrive in this university-style academic environment. Each year, more than 90% of our Scholars achieve honors or high honors in their academic work, placing them among the finest students in their schools.

A Full and Busy Lifestyle

Outside of the classroom, each school offers numerous and varied opportunities that are normal parts of the daily schedule. ASSIST Scholars engage in the arts, community service, athletics, clubs and other activities. In American private schools, each of these activities is woven into the life of the school community. Out of class commitments are an important part of learning, making friends and building school pride. For our students at day schools, weekends provide a time to relax and enjoy the company of new friends and host families.



Orientation and Yearlong Support

Each Scholar attends a pre-departure orientation before leaving home, and all Scholars receive detailed written information from ASSIST and from their American school. ASSIST also organizes a multi-day, in-person orientation program for the entire class so new Scholars can meet their classmates and be well prepared for their year ahead at their American school.

ASSIST stays in touch with Scholars throughout the exchange year and provides any needed support alongside the school.



ASSIST: A Lifelong Relationship

Most ASSIST alumni have excellent university options in their own countries, but many of our alumni are also returning to the U.S. for university. Nearly 1,000 alumni have returned to the States or gone to the U.K. for undergraduate or advanced degrees. ASSIST's leadership team and our member schools are very willing to support university applications by writing recommendations and providing advice.

Owing to the power of the ASSIST experience and the networking opportunities we create, ASSIST students remain in contact with one another and with us long after their year of study concludes. Our alumni-only e-community, My ASSIST Connect, and our LinkedIn page both facilitate a powerful worldwide ASSIST community. ASSIST alumni can help one another with university selection, internship acquisition, career advice and placement, and identification of social and leadership opportunities.



ASSIST Scholarships

ASSIST places all of its students on scholarship at American private high schools. Scholarships are offered for one year, and Scholars return home after their ASSIST year to share what they have learned.

Sanderson Scholarships

Named for our visionary founder, Paul "Sandy" Sanderson Jr., the ASSIST Sanderson Scholarship awards:

- Full tuition and room and board at a private American boarding school OR full tuition at a private day school and housing with an American volunteer host family
- Personalized support and lifelong network unique to the ASSIST experience.

Lindfors Scholarships

Named for former President and Vice President of ASSIST, Kenneth and Betsy Lindfors, the ASSIST Lindfors Scholarship awards:

- Partial tuition and room and board at a private American boarding school OR partial tuition at a private day school and housing with an American volunteer host family
- Personalized support and lifelong network unique to the ASSIST experience.

For Lindfors Scholars, the American school funds at least 50% of the tuition. The Lindfors Scholarship program fee for the '25-'26 school year is USD \$36,250 which includes the remaining school tuition and ASSIST's program fee.



Financial Responsibilities of Our Families

A program fee is charged to the family of each candidate who is chosen and accepts a place in the program. As a nonprofit educational organization, ASSIST seeks to keep its fees low and responsive to family needs.

The ASSIST Program Fee

The ASSIST program fee for Sanderson Scholarships for the '25-'26 school year varies by country. [Check your country's page](#) on our website for the fee in your country. Please note that there is some financial aid available for families unable to fund the program fee. The cost for a Lindfors Scholarship for the '25-'26 school year is \$36,250.

Families are also responsible for:

- round-trip travel to the U.S. and to ASSIST Orientation
- health and accident insurance
- visa application fees
- a medical examination and school-required vaccinations
- spending money for personal expenses
- any activity fees and expenses (such as books and supplies) charged by the school.

ASSIST understands that even with a scholarship, these extra out of pocket costs can be challenging. For families who demonstrate financial need, ASSIST can often help with these costs via generous donors who believe in our mission.

For more information on financial aid, please visit our Affording ASSIST page: <https://www.assistscholars.org/scholarship/affording-assist/>

Application and Selection

The elements of the application are:

- Application Form
- Short Essays
- Academic Transcript
- Teacher Recommendations

How to apply:



The Interview And English Testing

ASSIST interviews finalists either in-person in their country or virtually. These interviews take place from December through February.

Most of these candidates will also take the Duolingo English test to help determine their language proficiency. This is balanced with observations made in the interview, as well as by teacher recommendations.





ASSIST

SCHOLARS



Apply Today for an ASSIST Scholarship

We urge you to apply if you are:

- **A HIGH-ACHIEVING STUDENT** with strong skills in English, who wants to take on the challenge of one of America's finest secondary schools.
- **INTERESTED IN PARTICIPATING** in a variety of the activities outside of class, meeting people who come from different backgrounds, and spending ten months in a new culture.
- **EAGER TO SHARE** your culture as an ambassador of your country, to learn what is unique about American culture, and to share what you have learned back home.
- **ADVENTUROUS** and ready for an experience that will change you forever—an experience that will chart a new course for how you lead your life.

Get started



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