



AHSB

AMERICAN HIGH SCHOOL BRIDGE

PROGRAM GUIDE

2026/2027 Edition

BEYOND EDUCATION. A BRIDGE TO YOUR FUTURE SELF.

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OUR MISSION

At AHSB, our mission is to guide students through a transformational year in an American high school – one that goes far beyond academics. Through cultural immersion, real-life experiences, and structured support, we help young people step outside their comfort zone, gain independence, and discover who they can truly become.

We believe that growth comes from openness, challenge, and connection. By building meaningful relationships and embracing new perspectives, students leave not only with stronger language skills, but with a broader understanding of the world – and their place in it.

We place strong emphasis on safety, preparation, and continuous support throughout the entire journey. In partnership with our trusted U.S. organization, NW Services, we ensure that every student is placed in a carefully selected environment with ongoing local guidance.



***“We would be delighted to have
you with us in the U.S.”***

WHAT THIS EXPERIENCE REALLY IS

Spending a semester or a year in the United States is not just about seeing a new place. It is about experiencing everyday life in a different culture – going to school, living with a host family, and becoming part of a new community.

You continue your education, but in a different environment – one that encourages independence, communication, and curiosity.

Along the way, you naturally develop:

greater confidence

stronger language skills

a sense of responsibility

a broader perspective on the world

For some students, this experience becomes a turning point – helping them discover new interests, direction, or motivation.

For others, it is a way to build on who they already are and take the next step with more confidence.

AT AHSB, WE SEE THIS EXPERIENCE AS A BRIDGE.

A bridge between your current path and future opportunities.

A bridge between familiar surroundings and a wider world.

A bridge that helps you grow – at your own pace, with the right support around you.

LIFE IN THE U.S.

Life in the United States is not a single experience – it is a combination of school, family life, and everyday moments that together create something truly unique.

Your day typically begins at school, where classes are more interactive and varied than what you may be used to. You choose subjects based on your interests, participate in discussions, and work on projects that encourage practical thinking.

For students involved in sports, the rhythm of the day can be even more dynamic. Many school teams train before classes begin and continue with another session after school. This creates a structured, active routine that builds discipline, energy, and strong team bonds. Even after one semester, the impact on fitness, mindset, and confidence can be remarkable.

After school, students take part in sports teams, clubs, or other activities. This is where friendships often begin – through shared experiences, not just time spent in class.

Evenings are spent with your host family. You become part of their daily life: meals, conversations, routines, and traditions. Over time, this becomes your second home.

A TYPICAL DAY MIGHT INCLUDE:

- ✓ attending classes and engaging with teachers and classmates
- ✓ participating in sports or extracurricular activities
- ✓ spending time with friends
- ✓ sharing everyday life with your host family

***YOU ARE NOT VISITING THE
UNITED STATES.
YOU ARE LIVING IN IT.***

WHAT YOU'LL GAIN

INDEPENDENCE

Living away from home helps you develop real independence – managing your time, making decisions, and taking responsibility for everyday life. With the right support around you, this growth happens naturally and in a safe, structured environment.

CONFIDENCE & IDENTITY

Being in a new environment allows you to see yourself from a different perspective. You gain confidence by handling new situations, expressing yourself, and building relationships outside your usual surroundings.



ENGLISH FLUENCY

In the U.S., English becomes your everyday reality. From the moment you wake up to the moment you go to sleep, everything happens in English – your classes, your conversations with friends, your interactions with teachers and coaches, and your daily life with your host family.

This constant immersion accelerates your progress in a way that is simply not possible in a traditional classroom. You return with real fluency – the kind that allows you to study, communicate, and thrive internationally.

GLOBAL PERSPECTIVE

Experiencing a different culture firsthand changes how you see the world. You gain a broader perspective, understand different ways of thinking, and become more open and adaptable. This is a lasting advantage – both in education and in future career opportunities.

MEANINGFUL RELATIONSHIPS

During your stay, you build close relationships with your host family, classmates, and friends. These are genuine connections formed through everyday life and shared experiences. Many of these relationships continue long after the program ends.

EDUCATION

Your academic experience in the United States combines structure, flexibility, and a more practical approach to learning.

SCHOOL YEAR STRUCTURE

The school year typically begins in August or early September and ends in May or June. It includes scheduled breaks, such as winter holidays and a short spring break.

FLEXIBLE SUBJECT SELECTION

In addition to core subjects, students can often choose electives that match their interests – such as business, psychology, media, arts, or technology. Each school offers a slightly different range, giving the experience a personalized aspect.

PARTICIPATION-BASED SYSTEM

Active participation is an important part of learning and often contributes to grading. Students are encouraged to ask questions, share opinions, and engage in discussions. Homework, regular tests, and classroom involvement all play a role in academic performance.

EXTRACURRICULAR ACTIVITIES

Beyond sports, schools offer a wide range of clubs and activities – from student government and debate to music, arts, and volunteering. These are often where students build friendships and fully integrate into school life.

SCHOOL DAY & SCHEDULE

A typical school day runs from around 8:00 AM to 3:00 PM. Students usually take 5–7 subjects, moving between classrooms while teachers remain in theirs. Short breaks between classes and a lunch period create a dynamic daily rhythm.

PRACTICAL LEARNING APPROACH

Classes are interactive and focused on real understanding. You will work on projects, presentations, and group assignments that develop communication, problem-solving, and critical thinking skills.

SPORTS PROGRAMS

Sports are an integral part of American high school life. Many teams train both before and after classes, creating a structured and active routine. Students often try out for teams and compete against other schools, building discipline, teamwork, and school spirit.

ACADEMIC EXPECTATIONS

Students are expected to attend all classes, be punctual, complete assignments regularly, and maintain a satisfactory academic level. This structure helps develop responsibility and consistency.

NO LOST YEAR IN POLAND

Participation in the program does not mean losing a year of education in Poland.

Each case is assessed individually by the headmaster (dyrektor) of your school in Poland. The decision is typically based on several factors:

Academic performance before departure

Level of engagement and maturity

Subjects completed in the U.S.

Progress documentation from the host school

In most cases, students are able to continue their education in Poland without repeating a year – returning to their classmates and continuing their education path without disruption – provided that they meet agreed conditions.

WE TAKE AN ACTIVE ROLE IN THIS PROCESS.

Before departure, we work with you and your school to establish a clear, agreed roadmap – including specific expectations and conditions. This means your return is not left to uncertainty or arbitrary decisions. It is based on prior alignment with your school, giving you clarity and confidence from the very beginning.

SUPPORT & SAFETY

Your safety, well-being, and comfort are our top priorities throughout the entire program. independence – but always within a structured, supportive, and carefully managed environment.

A STRUCTURED FRAMEWORK

- No smoking, alcohol, or drugs
- Following local laws and regulations
- Respectful behavior at school and home
- Responsible use of digital devices

HOST FAMILIES

Vetted and selected by NW Services. Host families undergo a professional selection process to provide a safe, supportive stable and caring home.

LOCAL COORDINATORS

Your primary point of contact in the U.S. They maintain regular contact (at least monthly), support both you and your host family, and work closely with your school.

ONGOING SUPPORT

Support is continuous – before departure, during your stay, and after your return. Whether it is culture shock, homesickness, or social challenges, you are never left to manage on your own.

"Adjusting takes time, but you have a support system around you — locally in the U.S. and from AHSB."

TIPS FOR A SUCCESSFUL EXCHANGE

CULTURE SHOCK

Adjusting is natural. You may notice differences in routines, communication, food, and family life. This can feel challenging at first, but it passes as you settle in. The key is to stay open, patient, and willing to adapt.

GET INVOLVED

The more you engage, the more you gain. Join sports teams or clubs, spend time with your host family, and build social friendships. Avoid staying in your room or staying connected to home through your phone.

DAILY HABITS THAT MATTER

- Be open and communicate clearly
- Respect household rules and expectations
- Offer help and take part in family life
- Plan ahead and keep others informed

QUESTIONS & SUPPORT

You don't need to figure everything out on your own. If something feels unclear, talk to your host family, reach out to your local coordinator, or ask questions early.

TRAVEL DURING YOUR STAY

Travel is possible, but it is always organized and supervised. All trips must be:

- approved in advance by host family and coordinator
- aligned with school responsibilities
- planned with safety and supervision in mind

PLACEMENT PROCESS

01

CONSULTATION

We begin with a personal conversation to understand your goals, expectations, and readiness for the program. This step helps you and your parents gain a clear understanding of how the program works, what to expect, and whether this is the right moment to take this step.

02

APPLICATION

You complete an application, including personal information, school records, and details about your interests and daily life. As part of this stage you take an official English test (ELTiS) and the program contract is finalized.

03

MATCHING

Your application is shared with our trusted U.S. partner, NW Services, and presented to carefully selected host families.

Host families are volunteers who choose to welcome a student into their home and share their everyday life.

Each placement is made individually, based on compatibility, environment, and overall fit.

04

DEPARTURE

Once your placement is confirmed, you receive full details about your host family, school, and location.

At this stage, we also finalize alignment with your school in Poland, ensuring that your academic path is clearly defined before you leave.

PRACTICAL INFORMATION

TIMELINE (2026/2027)

Recruitment is open. Most placements are confirmed in July and August. The final placement deadline is August 31. Early registration is recommended as host spots are limited.

DURATION

Choose between one semester or a full academic year (fee is the same). Most students choose the full academic year, as it allows for deeper integration, stronger relationships, and significantly greater progress — especially in language development.

ELIGIBILITY

The program is designed for students typically between 15 and 17 years old. Eligibility depends on individual readiness, school requirements, and placement availability.

PROGRAM FEE

\$11,600

INCLUDES:

- HOST FAMILY PLACEMENT
- US HIGH SCHOOL ENROLLMENT
- NW SERVICES COORDINATION
- ONGOING LOCAL SUPPORT
- AHSB GUIDANCE & MANAGEMENT

DOES NOT INCLUDE:

- HEALTH INSURANCE (\$800/YEAR)
- FLIGHT (\$1000)
- VISA COSTS (\$185)
- ENGLISH TEST (ELTIS) (\$75)
- PERSONAL SPENDING MONEY (\$300/MONTH)

ABOUT AHSB

AHSB was created with a simple idea: to offer students an experience that goes beyond education – one that truly shapes who they become.

Years ago, I was in the same position, deciding whether to take the step and go to the U.S. as an exchange student. It became one of the most defining experiences of my life – not just because of the language, but because of the people, the culture, and the independence I gained.

Today, American High School Bridge exists to give students the same opportunity, with structure, support, and a clear path.

MARCIN ROSŁOŃSKI

FOUNDER OF AMERICAN HIGH SCHOOL BRIDGE

Former U.S. exchange student helping young people gain confidence, English fluency, and a broader perspective on the world.

info@ahsb.pl · +48 505 670 009

ahsb.pl · linkedin.com/in/marcin-roslonski

