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# AMISTAD INSTITUTE COSTA RICA

## SPANISH PROGRAMS

### INTRODUCTION

You will learn Spanish in Santa Barbara, Heredia. A small town surrounded by rivers, mountains, and forests in the Flower's City, the way Heredia is called by Costa Ricans. This amazing location offers the opportunity to learn Spanish and enjoy its beautiful nature. The Institute is situated in 5 acres of Private Reserve, full of green space, trees, plants, butterflies and birds. Near by historical buildings, museums, restaurants, bars and shopping areas.

Our campus consist in one office building, one big building for introductions, Dancing and Cooking lessons, and special meetings; this building also has two large classrooms. A large and fresh gazebo (use as a class when possible), another group of classes (6 in total), and a little house by the river, use as a hosting facility or as classrooms depending on necessity. All this buildings give us the ability to hold twelve groups of no more than 6 people, a total of 72 people in each schedule (8-12, and 1-5). But even more... we have about 4 more acres for outside classes with all the green space we have!

We offer a full range of intellectual, social, and cultural activities. Amistad Institute offers specially developed Spanish language, and Cultural Training Programs (around 26 program combinations with basic, professional and special Spanish Programs).

**Spanish Programs in Costa Rica at a glance.**

**Start dates:** 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month.

**Program length:** Varies from one week up to one year.

**Accommodations:** Host families and guests' houses. We always offer 3 meals per day and laundry service.

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**PLEASE READ THE COMPLETE DOCUMENT CAREFULLY!**



## OUTLINES...

### **Eligibility:**

- Must be at least 18 years old, or bring a written document from parents.
- Must be eligible to receive a tourist visa to Costa Rica.
- Must be flexible, in good health, and have a real desire to learn.

**Location:** Amistad Campus is located in Barrio Jesús of Santa Bárbara, in Heredia. In a rural town, just 30 minutes from San José by bus.

**Insurance:** Amistad Institute can arrange a Traveller Insurance when you arrive to Costa Rica, it will cover from the first day of your stay to the last. Prices are affordable; please ask about this prior to your arrival.

**Pre-Departure Material:** Amistad will send you a Pre-Departure document, and a placement sheet with important information about your program.

**Support:** Amistad has a phone number for questions and comments that works all the official time (Monday-Friday, 8-5), and two **emergency** phone numbers.

### **BUT YOU GET EVEN MORE!**

- Pick up from the airport.
- Certificate for the Spanish lessons.
- Local in country support.



## FEES (2006)

Please check the fees in each Program description.

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## WHAT TO SEND?

Please submit your application package.

- Application form
- 1 letter of reference with the name, phone number and email of the person that is recommending you. (It can be sent by email)
- Application fee- \$150 (will be deducted from the program fee).

**Please remember this complete package of information has to be at the Institute prior to your arrival, or we cannot assure you a place. Also keep in mind we do not reimburse application fee.**



## WHAT IS NEXT?

After we receive your complete application package, a letter of acceptance and an invoice for the program fee will be sent to you.

Once you purchase your airline ticket and give us your arrival information, we will send you a participant package with your placement sheet (information about your hosting and project), and the Pre-Departure information sheet.

**You must pay the rest of the fee, the first day of classes.**

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## PROGRAMS DESCRIPTION

### GENERAL SPANISH PROGRAMS



**1. General Spanish Program.** Is a deep, but easy and nice review of all the Spanish Language rules, including conversation and time to practice. This program is suitable for all ages and applications, and designed to provide basic language skills & functional fluency.

**FEES for GENERAL SPANISH PROGRAM (With homestay included)**  
Prices in the chart apply for one person.

Length	Fee
1 Week	\$402
2 Weeks	\$805
3 Weeks	\$1,000
4 Weeks	\$1,180
Extra Week	\$275

#### **WITHOUT HOMESTAY**

Just deduct \$115 each week from the regular price.

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**2. Latin Culture – 101.** This program uses the Spanish General Program plus two more hours daily, one in Latin Dances (Salsa, Merengue, Bolero, etc) and the second in cooking, history or art lessons. It becomes a six-hour program.

**3. Sports and Athletics.** This program offers you the opportunity to study Spanish, plus sports interchanges, and the possibility to practice and play with a Costa Rican team. Also students can go to see matches of their favorite sports. Includes an extra daily hour to learn vocabulary of the respective sport, and the students will need to make a report.

**4. Nature Lovers.** Uses the General Spanish program plus visits to some national parks, zoos, etc. The most probable places to visit are Lankaster Gardens, Fabio Baudrit Agro-Ecological Experimental Station, Simón Bolívar Zoo, Braulio Carrillo, Irazú and Poás Volcanoes National Parks. The students will have to make a report of their visits, and the teacher will have to go with the student.

**5. Solo.** This program is based in the General Spanish Program, but also with planned regular meetings and activities for single, divorced, or widowed people. These meetings can be at the Amistad Institute or other places.

**6. Golden Days.** This program is a crash course, and it will have 2 visits per week to museums, art galleries, theaters, site seeing places, restaurants, etc. This program is dedicated to people who can and know how to enjoy life. With 9 hours of specialized Spanish lessons, (3 hours on Monday, Wednesday and Friday). We can also advise you on how to retire and invest in Costa Rica.

**FEES for Spanish General Programs (With homestay included)**

Prices in the chart apply for one person.

Length	Fee
1 Week	\$477
2 Weeks	\$880
3 Weeks	\$1,075
4 Weeks	\$1,255
Extra Week	\$285

**WITHOUT HOMESTAY**

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## PROFESSIONAL SPANISH PROGRAMS



**1. Medical Spanish Program.** Amistad Institute's Program for medical professionals combines the regular Spanish immersion program with medical-specific Spanish and cultural training.

**2. Spanish Program for Nurses.** Through Amistad Institute's Program nurses develop skills and knowledge that enhance their effectiveness with Spanish-speaking patients. Part of the curriculum includes terminology and information specific to the medical field.

**3. Environmental Sciences Spanish Program.** The Environmental Sciences Spanish Program is an interdisciplinary study abroad program in Costa Rica. The emphasis of the program is hands-on learning in the field with courses in environmental studies.

**4. Spanish Program for Business and Administration.** The program is designed to enable students to communicate both verbally and in writing in a business setting, everything seen both, from a social and cultural aspect.

**5. Spanish Program for Airhostess, pilots, counters, and other airport workers.** Vocabulary for airlines and airport workers has been incorporated into the Spanish language and cultural program. Emphasis is on conversation and vocabulary.

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**6. Vets' Spanish Program.** This program will help students to gain a working knowledge of Spanish as it pertains to veterinary, farm or ranch life. This course focuses on practical, everyday Spanish in an animal science setting.

**7. Spanish Program for Primary and High School Teachers.** This program will provide information to teachers about the Latin American and Hispanic culture. This allows them not only to take home first hand experience and new insights on how to enrich their classes with cultural topics and new words and usage that have been incorporated into the Spanish language, but to communicate with Latino parents about their kids.

**8. Social Workers Spanish Program.** Specially designed for Social Workers, facing Latino families every day. The program incorporates elements of an intensive, immersion approach to language instruction with non-traditional content, careful screening, and attention to group dynamics.

**SPANISH FEES for PROFESSIONAL SPANISH (With homestay included)**

Prices in the chart apply for one person.

Length	Fee
1 Week	\$652
2 Weeks	\$1,005
3 Weeks	\$1,407
4 Weeks	\$2,153
Extra Week	\$325

**WITHOUT HOMESTAY**

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## SPECIAL SPANISH PROGRAMS



**1. High School Students Program.** Offers the opportunity to study and travel overseas, to high school students, staying with host families by themselves or in little groups. The program helps young people to acquire a fair knowledge of foreign life, while they are learning Spanish and having fun.

**2. Kids Program.** Amistad Institute offers a children's curriculum that both challenges and encourages children from 6 to 15 years old. The course is a combination of hands-on activities, vocabulary- building, songs, and also games and grammar instruction. For children less than 6, just tell us and we can find a nanny to take care of them.

**SPANISH FEES for HIGH SCHOOL STUDENTS & KIDS** (With homestay included)  
Prices in the chart apply for one person.

Length	Fee
1 Week	\$502
2 Weeks	\$905
3 Weeks	\$1,100
4 Weeks	\$1,280
Extra Week	\$300

### WITHOUT HOMESTAY

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**3. Christmas Program.** This course is designed to immerse students in Spanish language and Costa Rican culture and traditions during Christmas celebrations, through classes, excursions and cultural activities (20 classes per week). Immersion in Spanish Christmas – visits to typical Spanish Nativity scenes. Activities introducing typical Spanish customs and traditions. A wide range of activities is held, immersing the student in typical Costa Rican Christmas traditions and customs. Check the price in the full description:  
CHRISTMAS

**4. Christian Spanish Programs.** Amistad Institute is not only offering just a course in the Spanish language, the Spanish program also develops a Christian perspective on Hispanic culture, history, and literature, as well as the opportunity to study and live abroad. Students are provided with sufficient knowledge, training, and practical experience to be able to communicate with Spanish spoken people.

*Ask for the special prices for Christian people.*



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## PRIVATE SPANISH LESSONS



Participants with special Spanish needs or those without enough time can choose Private lessons. Students can also combine group classes with the private lessons (i.e. four group lessons plus 2 or 3 hour of private lessons daily).

*The cost is \$25 per hour with a minimum of 2 hours daily.*

Private lessons at the student's house are also available; please ask for this Special Program.



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## SPANISH and VOLUNTEER PROGRAM



This is one of the most rewarding and exciting Amistad's Programs, with Spanish and Volunteer you are going to be able to combine Spanish lessons in the morning, and volunteering in a local project in the afternoons. So, you will be serving and learning at the same time.

With Spanish and Volunteer you are going to enjoy a deep, easy and nice review of the Spanish language during the morning (from 8:00 to 12:00), you are going to have 2 hours to go to your house to eat lunch, and at 2:00 you are going to be ready to start working in your volunteer placement, having with this, extra conversational time and a lot of practice.

You can choose from a large variety of projects located near our Campus and your host family (about 15 minutes by bus the farrest one), and you are going to be able to choose different areas (Teaching, Gender, Gold people, Cultural, and more)

This special program is suitable for all ages and applications, and it is designed to provide language skills and functional fluency, while also providing real life and fully practical experiences.

Because this is such a special program, it has its own chart of fees, so please take a look at these special prices. Only for people wanting to learn Spanish and also volunteer.

SPANISH-VOLUNTEER	
1 WEEK	\$360
2 WEEKS	\$720
3 WEEKS	\$900
4 WEEKS	\$1,000
EXTRA WEEK	\$250

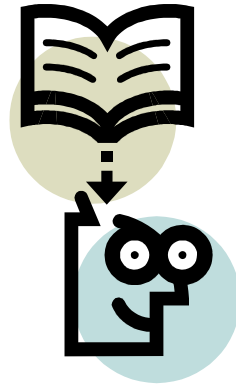
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## ACADEMIC CREDITS



Participants that attend the Amistad Institute's courses sometimes are interested in receiving credits from their own University for the courses that they receive in our institution. Knowing that each University can have different requisites, administrative procedures, and protocol for the accreditation of courses; we have established a special method to help the students to obtain credits for their participation in our courses.

Our method consists in make the arrangements directly with Amistad Institute and the school, University or College that the participant is attending. We ask to the student to consult in the Department of International Programs, or in the Study Abroad Department of the University, or any department that decides on the transfer of credits; about the possibilities to obtain the credits.

The universities normally need to know certain information to decide the concession of credits, as well as the quantity of credits that can be granted. Therefore we have prepared a detailed description of the programs and Curriculum Vitae (resume) of our Instructors for the interested institutions.

Queen's University in Canada and Michigan Central University in the US are universities that already have granted university credits to the students that participate in Amistad Institute's Programs. It is important to mention that AICR is an authorized Center of the International Diploma of Spanish, sponsored by FIDESCU and supported by the University Pontificia of Salamanca in Spain.

Please, contact us if you need further information.

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## HOME STAY WITH COSTA RICAN FAMILIES



Participants will live with a Costa Rican family. Each student is matched with a carefully selected family. The student will have his/her own bed but may need to share the bedroom with other volunteers of the same gender depending on availability.

Bathrooms are typically shared with the family. Three meals are provided: breakfast, lunch and dinner. Home stays are conveniently located, close to downtown and the Institute, and in safe neighborhoods.

Our home stay program provides students from around the world with a unique opportunity to experience Costa Rican life first-hand. Life with a host family makes it possible for students to practice what they have learned in the Institute, discover Costa Rican culture, and make friendships that last a lifetime.

Amistad also offers volunteers the opportunity to extend the stay with the family after the Spanish program or when they come back from the volunteer projects. Students should check with the Institute to determine if the family is available. The student will then pay to the Institute for the extra nights with the family.

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**CULTURAL IMMERSION** (SOME FEATURES OF THE CULTURAL IMMERSION PROGRAM ARE ALSO INCORPORATED INTO THE 2-WEEK SPANISH LANGUAGE AND TRAINING PROGRAM.)



IMMERSE YOURSELF IN COSTA RICAN LIFE BEFORE YOU START YOUR VOLUNTEER PROJECT.

It is wonderful if you are able to speak Spanish. However, knowledge of the Spanish language alone might not be enough to help you fully explore the beauty of Costa Rica, its nature, culture, lifestyles, and challenges. Therefore, Amistad has developed a unique, one-week cultural immersion program for volunteers who already speak Spanish fluently, and also for the ones that doesn't (we also teach this program in English).

The cultural immersion program does not focus on teaching the Spanish language. It offers you opportunities for cross-cultural learning via volunteer training, home stays with a Costa Rican family, village visits, Latino dancing and/or Spanish karaoke, food lessons, travel around local areas, and discussions on different issues—all conducted before you start your project. This program will help you develop your confidence and enrich your volunteer experience so that you can complete your program successfully while making a wonderful contribution to the local community. Return home with extraordinary memories of a lifetime.

This program also offers detailed information about your project, host family, local community, safety issues, cultural contrasts, climate, etc. Participants are encouraged to ask questions and initiate discussions. The training program generally runs for approximately 2 hours a day; in their free time, volunteers may explore a local bazaar, nearby villages, and local lifestyles.

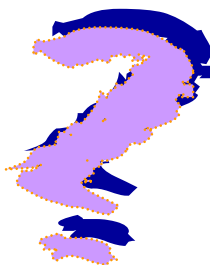
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## FAQ



### WHAT SHOULD I EXPECT CONCERNING THE LIVING CONDITIONS OF MY PLACEMENT?

The living conditions of your placement will depend on where you are assigned. Most placements will have electricity. Our host families are educated, well-respected, and experienced with international students. Few members of host families may speak English, but remember you have to practice your Spanish and try not to speak English.

### WHAT SHOULD I REMEMBER TO BRING WHEN I LEAVE FOR COSTA RICA?

You may like to bring special items such as a pocket-sized English/Spanish dictionary, binoculars, camera and film, walking shoes, traveler's checks, cash and/or credit cards, swim suits. Also you can bring casual clothes for nightlife and fine dining, your favorite Costa Rican travel guide, sandals, sunglasses & hat, necessary medication, rain jacket, and seasonal clothes. It is best to provide your own towels as towels may not be provided or it would be below your standard of expectation. You may also be able to buy all those things in Costa Rica. It would be greatly appreciated if you bring a little present for your host family.

### CAN I CHANGE MY HOUSE PLACEMENT IF I BECOME DISSATISFIED?

Amistad will consider the request of a participant for a house change, but we only change the placement if the reasons for the request are unresolvable and necessary as per agreement with us. In addition, change of placement is only possible if there is an available spot in the other house. Remember that if you ask to be change, you are going to have to cover the expenses that you can incur in to do so.

### CAN I SCHEDULE MY OWN SPANISH LESSONS FOR THE DATES THAT INTEREST ME?

Spanish language classes begin every 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month. Students arriving early need to pay for extra nights. We can also arrange your stay in hostels that will cost you around \$15 per day including breakfast. That is why we recommend that volunteers arrive one or two days before they start their classes (may not always be possible). Amistad suggests that volunteers adjust their flight schedule according to language program schedules. Interns and volunteers can stay and wait at a hostel or host family at their own expense if they arrive too soon before or too late after the program begins.

Lessons would not be replaced under any circumstance.

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### HOW WILL I GET TO HEADQUARTERS FROM THE AIRPORT?

There is nothing to worry about. One of our staff members or representative will be waiting for you at the Juan Santa Maria International Airport terminal in Alajuela. He or she will be holding a sign showing your name. Please do not forget to send your detailed flight itinerary so these arrangements can be made. It is important to be patient and look carefully for your name at the airport. It is often very crowded. Please understand we do not reimburse any expense related to the pick up if you miss the person that is waiting for you.

### WHAT EXTRA MONEY SHOULD I BRING?

Carrying extra money depends on your personal spending habits. Amistad will manage your food and room from the first to the last day that you are enrolled in our program, so there will not be a need for more money. However, you may want some extra money for your personal expenses, and additional travel. In some cases, participants choose or need bus travel to get to their projects. An extra \$5 to \$10 per day will be useful for local travel, internet cafes, etc.

### WILL I HAVE ACCESS TO MODERN COMMUNICATIONS, SUCH AS E-MAIL, TELEPHONE, OR THE POST OFFICE?

There is access to e-mail, telephone, and a Post Office in most places around the country. This information will all be given to you before your departure to Costa Rica.

### CAN I COME WITH A FRIEND, OR CAN I BE PLACED NEAR OTHER VOLUNTEERS?

Amistad allows volunteers to come with a friend or even with a large group. Sometimes you may be placed in the same or nearby homes, lodges, and projects.

### WHAT VACCINATIONS WILL I NEED FOR MY TRIP TO COSTA RICA?

This all depends on what vaccinations you already have and what country you are coming from. We suggest that you consult a travel doctor from your country before you arrive. Please visit [www.cdc.gov](http://www.cdc.gov) for more information.

### WHAT DO I NEED TO KNOW ABOUT OBTAINING A VISA?

There is no special visa arrangement for volunteers in Costa Rica. All nationals who intend to enter Costa Rica will need a proper visitor visa. You will get a 30, 60, or 90 day visitor visa to the nearest consulate of Costa Rica. For more information please visit <http://www.costarica.com/Home/> or call nearest Costa Rican Embassy or consular. Our volunteers work on a tourist visa. We can arrange an extend of period when you are in the country.

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### HOW LONG WILL IT TAKE TO GET TO MY HOST SITE?

As we are located very near the airport, participants are to make their destination Juan Santa Maria International Airport. We will pick you up from the arrival lobby of the airport (remember to be patient and look carefully for a sign with your name). Volunteers deciding not to travel with us to their projects on Fridays will be provided with directions and will travel at their own expense. Program fees also do not cover travel to the project area.

### WHAT IS THE BEST TIME TO TRAVEL TO COSTA RICA?

There are three seasons of travel to Costa Rica during the year: High Season (related to the dry season, from December to April), Peak season (Christmas, New Years, and Easter), and the Green Season (also called the Low Season or the rainy season, from May to November). If you live in the Northern Climates, you will probably consider winter the best time to visit. However, persons from other areas of North America and Europe might find the rest of the year equally pleasant. They also might find it quite a bit more affordable. Other travellers prefer the country when there are fewer tourists - during the Green Season, but Costa Rica has a nice weather all year round, so you would no find extreme weather at any time of the year.

### DO I NEED TO SPEAK A FOREIGN LANGUAGE IN ORDER TO BECOME INVOLVED WITH THE PROGRAM?

Volunteers should have Spanish language skills. All volunteers interested in participating in one of our programs are encouraged to join the language and cultural classes. Our culture and language classes include an intensive introduction to the Spanish language, which you will learn quickly once you are immersed in the culture. Remember we are also a Spanish Institute, so all our Spanish Programs are complete and professional.

### WHAT SHOULD I DO IN CASE OF AN EMERGENCY IN COSTA RICA?

If you failed to meet our representative at the airport within 3 hours after your arrival, please proceed with the instructions that will be provided in advance in your placement details). We will reimburse part of your taxi and hotel bill (must not exceed \$20). Please bring your hotel and taxi bill to our office. We will give you a check or money order. If your flight changes suddenly, or if you experience some other emergency while you are working at your placement, please contact our office to the numbers that we provide in your placement sheet.

### IS THERE AN ORIENTATION PROGRAM?

There will be an orientation that will include project slides explaining the local climate, local people, safety issues, and other issues concerning your stay in Costa Rica. The orientations will be given in our Campus in Santa Barbara, Heredia, before the start of the program.

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**WILL THE PROGRAM PROVIDE ANY SORT OF INSURANCE FOR THE VOLUNTEERS INVOLVED?**

Amistad can arrange unexpensive insurance from the date of program starts to the end. Please contact us for more details.



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## SAFETY



International travel presents risks for travelers, especially with the threat of international terrorism. We suggest that all volunteers consult their own governments before participating in our programs. These links provide travel information:

British Foreign Office Advice  
<http://www.fco.gov.uk/>

American State Department Advice  
[http://travel.state.gov/travel\\_warnings.html](http://travel.state.gov/travel_warnings.html)

Australian Government Advice  
<http://www.dfat.gov.au/>

Canadian Government Advice  
[http://www.voyage.gc.ca/destinations/menu\\_e.htm](http://www.voyage.gc.ca/destinations/menu_e.htm)

**AMISTAD IS NOT RESPONSIBLE FOR ANY DAMAGE RESULTING FROM YOUR  
NEGLIGENCE IN FAILING TO TAKE APPROPRIATE TRAVEL ADVICE OFFERED  
BY YOUR HOME COUNTRY.**

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