

*Live the Language
Learn the Culture*

Foreign Language and Cultural Immersion Since 1968

NATIONAL REGISTRATION CENTER FOR STUDY ABROAD



Costa Rica 2008-2009

For more information please visit: www.nrcca.com

NRCCA is a proud member of:



National Registration Center for Study Abroad
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National Registration Center for Study Abroad (NRCSA)

P.O. Box 1393, Milwaukee, WI 53201 USA. Tel. 414 278 0631 Fax. 414 271 8884



Learn the Culture  Live the Language  Since 1968

FORESTER - SAN JOSE, COSTA RICA

ABOUT THE SCHOOL AND THE CITY

Forester in San Jose offers several exciting programs of instruction in the Spanish language. Its team of instructors are both professional and experienced. Forester was founded in 1979. Basic to the school's philosophy is that it be a cheerful, congenial place to study. Staff members enjoy meeting and relating to people from different countries and backgrounds. Located in a quiet, upscale residential area, Forester is but a 20 minute walk from downtown San Jose. It has comfortable, sunny classrooms, surrounded by green areas with a vista of mountains as the backdrop. Participants who attend Forester come mainly from the United States, Canada and Europe.

San José, the capital, has close to 1,000,000 inhabitants. At 4000 feet above sea level, it boasts a springtime climate all year round. The city surprises visitors by its vitality. Despite its cosmopolitan atmosphere with Central, South and North Americans as well as Europeans on busy downtown streets, its residents display an unmatched friendliness and warmth.

ABOUT THE PROGRAM

Depending on the type of program, the total number of participants, etc., students are scheduled to attend classes in the morning or afternoon. Morning classes start at 8:15. Afternoon classes start at 13:15. Each class is 50 minutes in duration. Classes can be scheduled Monday - Friday or Monday - Thursday.

Standard Spanish Programs

Group 20 or 30 hours per week. Group Spanish classes are available for 4 or 6 hours daily, Monday - Friday, in group settings with a maximum 10 students.

Spanish & Excursions Program

Group Spanish classes of 20 hours a week are combined with several fieldtrips weekly. A minimum of 10 students is necessary for the fieldtrip portion of this program. If the minimum is not met, the student will be given just the Language classes. The Institute's staff will help the students to arrange their own trips.

Elementary School Spanish Teacher Program

20 hours per week. Non-native Spanish teachers wishing to improve their language proficiency and Spanish teaching skills are welcome to enroll in this program. Participants will be introduced to a variety of classroom activities, materials and techniques. Visits to local schools are included. Classes are held in the afternoons, from 13.15 to 17.00.

Spanish for Professionals

30 hours per week - 20 Group Spanish + 10 Tutor. This six lesson per day program is designed for students with specialized Spanish needs. Business people, nurses, doctors, flight attendants, law enforcement personnel, etc. are candidates for

this program. It combines the standard program with two additional private lessons daily, focusing on the students' individual fields. Students are scheduled to attend classes from 8:15 to 15.00 or from 10:15 to 17.00. Not offered in June or July.

Teen Summer Program

This program covers Spanish for everyday use. It emphasizes oral proficiency and provides a solid foundation of the language. It is intended for those teenagers who will be traveling by themselves, with a friend or sibling, etc. (without a preformed group). They will be placed with a specially selected Costa Rican family with teenage sons or daughters. The program includes cultural and sports activities and several guided visits in our private bus to many of the sites and natural treasures. Chaperons are professional, trained to work with Spanish students. The program costs include four 50 minute lessons daily, Monday - Friday.

Children Programs

Families that wish to travel with their children and have them participate in the learning experience are welcome. Children are usually between the ages of 6 and 15. Private classes consist of a variety of activities using numerous teaching materials and learning resources. Children who are too young to participate in a classroom setting, can be placed in homes with children of the same age, where the host mother would provide care while the parents are in classes.

ACCOMMODATIONS

Forester will lodge the student in the home of a carefully selected Costa Rican family. He/she will be provided with a private room, breakfast and dinner. Most live within a 20 minute bus ride from the Institute, while a few are within walking distance. Hotel lodging is also available at additional cost.

SPECIAL ACTIVITIES

Cultural, Social & Fieldtrip Activities
Every week the Institute organizes a couple of activities such as cooking classes, Latin dance lessons, a tropical fruit class, going to the theater, concerts, discos and other gatherings. Activities are posted on the bulletin board in the reception area.

TO REGISTER:

Complete the NRCSA Preregistration Form or contact the National Registration Center for Study Abroad at P.O. Box 1393, Milwaukee, WI 53201 USA, or by calling (414) 278-0631; by Fax (414) 271-8884.

Check out our website at <http://www.nrcsa.com> or
e-mail us at study@nrcsa.com

Program & Admission Information - San Jose, Costa Rica

Programs

Programs are scheduled either in the morning or afternoon depending on the type of program, and the total number of participants. Morning classes start at 8:15. Afternoon classes start at 13:15. Students must attend classes at the times assigned after they take their placement exams. Each class is 50 minutes in duration. Classes can be scheduled Monday - Friday. If need be classes can also be scheduled Monday - Thursday upon request.

Standard Spanish Programs Group 20 or 30 hours per week. Group Spanish classes are available for 4 or 6 hours daily, Monday - Friday, in group settings with a maximum 10 students. For those students who would like to have 3-day weekends in order to travel, Forester also offers 4-day weeks, Monday - Thursday.



Excursions Program Several fieldtrips weekly combined with 20 hours per week of Group Spanish. A minimum of 10 students is necessary for the fieldtrip portion of this program. If the minimum is not met, the student will be given just the language classes. The local staff will help the students to arrange their own side trips. It is more frequent that this program fills well in advance rather than not having enough students.

Elementary School Spanish Teacher Program 20 hours per week. Non-native Spanish teachers wishing to improve their language proficiency and Spanish teaching skills are welcome to enroll in this program. Participants will be introduced to a variety of classroom activities, materials and techniques. They will have access to children's literature, books and materials developed in Costa Rica and other Latin American countries. Visits to local schools are included.



The program cost includes four 50 minute lessons daily (Mon.-Fri.), textbooks and handouts, visits to local schools and other outings. A single room with 2 meals daily (breakfast and dinner) and laundry service in the home of a carefully selected local family are included and will be arranged unless otherwise specified. Free daily Latin dance classes (Mon.- Thur.), free Internet access in the school's Internet room and complementary Costa Rican coffee throughout the day are available.

Classes are held in the afternoons, from 1:15 p.m. to 5:00 p.m. Mornings are reserved for school visits and other activities. Teachers who wish to extend their stay may enroll in any of the other programs offered by the Institute, at the additional week rates.

Spanish for Professionals Program 30 hours per week - 20 Group Spanish + 10 Tutor. This six lesson per day program is designed for students with specialized Spanish needs. Business people, nurses, doctors, flight attendants, law enforcement personnel, etc. are candidates for this program. It combines the standard program, which covers Spanish for everyday use, with two additional private lessons daily, focusing on the students' individual fields.

The program cost includes six 50 minute lessons (four group and two private) daily (Mon.-Fri.), textbooks and handouts. A single room with 2 meals daily (breakfast and dinner) and laundry service in the home of a carefully selected local family are included as well. Free daily Latin dance classes (Mon.- Thur.), free Internet access in our Internet room and complementary Costa Rican coffee throughout the day are available.

Depending on the total number of participants, students are scheduled to attend classes

Programs

Standard Spanish
Excursions Program
Elementary School
Spanish Teacher
Program
Spanish for
Professionals Program
Teen
Children Programs

Admissions and
Academic Credit

Activities

Cultural, Social &
Fieldtrip Activities
Latin Dance Class

Comments

"I enjoyed becoming familiar with another culture, using another language, and meeting so many interesting and multi-lingual people. Costa Rica is a great country in which to learn Spanish, Forester's teachers are excellent and the facilities comfortable."

Writer , Oakland, CA.

"The teachers at the school were all very kind and caring when I wanted to move up to a more advanced class, it was no problem. The administration were very pleasant. I enjoyed the program immensely. I'm very glad I had the opportunity to improve my Spanish and travel at the same time."

Flight Attendant from Easton,
MD

"I liked seeing the rainforest, learning and improving my Spanish, and the family that I lived with."

University Student from Los
Angeles, CA

"I enjoyed staying with a family and gaining a better understanding of the culture as well as having constant language practice in the home."

Speech Language
Pathologist, Farmington, NM

"Costa Rica is a beautiful country, and the school is a wonderful place to study Spanish, even for advanced students. I would highly recommend both!"

University Student from Tempe,
AZ

"Vacations involving language study allows travelers to immerse themselves in a culture in a way that a traditional vacation might not...The National Registration Center for Study Abroad can help you choose a language program that's right for you."

CNN

from 8:15 a.m. to 3:00 p.m. or from 10:15 a.m. to 5:00 p.m. Students are required to attend classes at the times indicated by the Institute. Please Note: This program is not offered in June or July.



TEEN SUMMER PROGRAM

It is intended for those teenagers who will be traveling by themselves, with a friend or sibling, etc.

Children Programs Families that wish to travel with their children and have them participate in the learning experience are welcome. Children are usually between the ages of 6 and 15. Private classes consist of a variety of activities using numerous teaching materials and learning resources.

Arrangements can also be made to accommodate families with children who are too young to participate in a classroom setting. In those cases, families can be placed in homes with children of the same age, where the host mother would provide care while the parents are in classes.



Day - At - A - Glance

Sample Schedule of Spanish & Excursions

08:30 - 11:00 Fieldtrip TBA

11:00 - 13:15 Lunch

13:15 - 17:15 Spanish Classes

* Day-At-A-Glance is a sample day and will vary depending on enrollment, time of year, lodging, etc. It is designed to show content rather than precise scheduling.

Admissions and Academic Credit

Students age 18 years and older are welcomed regardless of educational background, occupation or nationality. Students under the age of 18 must be accompanied by an adult unless enrolled in the Teen Program. No previous knowledge of Spanish is required except where otherwise indicated.

Students desiring credit for their study programs should contact their home school or request the NRCSA Credit Fact Sheet. Generally, U.S. universities consider 15 hours of study to be equal to 1 semester credit.

Students applying for academic credit must complete special homework assignments, and a daily record of their performance is kept. A description of the student's course work and final evaluation will be provided. The administrator of the student's home school must agree to his/her participation in the program. Usually one semester credit is granted for each 15-20 hours of class time.

For more information about academic credit in Spanish speaking countries, [please click here](#).

For general information on academic credit, [please click here](#).

ALL NRCSA PROGRAMS INCLUDE:

- ✓ Foreign language immersion classes
- ✓ Small interactive group and/or one-on-one instruction
- ✓ Culture program integrated into conversation classes, activities
- ✓ Meet-the-People interaction at school, homestays, & community events
- ✓ Orientation covering attractions, how to, health, safety, entertainment
- ✓ Academic assessments, placement-exit tests, Achievement Certificate
- ✓ Lodging (reduced fee if no lodging needed)
- ✓ Meals and/or cooking facilities at most centres
- ✓ Insurance: medical and accident - see below
- ✓ Emergency Hotline staffed 24 hours/day - see below
- ✓ Housing Coordinator familiar with area homestays, apartments, hotels
- ✓ Activity Coordinator facilitates transfers, cultural/social activities, tours
- ✓ Program Director experienced working with foreign participants
- ✓ Qualified, experienced, and certified educators
- ✓ Weekly proficiency goals and progress assessments
- ✓ Planning and Orientation materials
- ✓ International Ambiance, participants from around-the-world welcome
- ✓ Telecom assistance, web/e-mail access, usually on-site
- ✓ Local taxes for included services
- ✓ 24:7 Culture Immersion w/ native speakers: class, homestay, community
- ✓ **ALL NRCSA PROGRAMS INCLUDE the following INSURANCE***

ACCIDENT INSURANCE up to \$10,000 SICKNESS INSURANCE up to \$10,000

EMERGENCY MEDICAL EVACUATION up to \$25,000

EMERGENCY REUNION up to \$5,000

REPATRIATION up to \$7,500

LIFE INSURANCE \$5,000

plus

24 HOUR EMERGENCY WORLDWIDE MULTI-LINGUAL TELEPHONE ASSISTANCE

MANY ALSO OFFER

- ✓ **Tours:** cultural visits, day and weekend fieldtrips
- ✓ **Art:** classes/workshops, craft, dance, theater, fashion, music, photo
- ✓ **Humanities:** culture, area studies, hist, lit, gov't, educ, comm, plus...
- ✓ **Health:** golf, swimming, tennis, diving, skiing, riding, plus...
- ✓ **Special:** vocabulary classes tailored to your professional needs
- ✓ **Lodging:** homestay, apartment, dorm, hotel, special diet
- ✓ **Food:** home cooking, cooking classes, dine-around, wine tasting
- ✓ **Family:** services, daycare, child classes, community services
- ✓ **Teacher:** training, workshops, practicums, practice teaching, ECH
- ✓ **Teen:** camps and youth programs (including experiential)
- ✓ **University:** credit, undergraduate and graduate
- ✓ **Professional:** development credit in many fields, licensure, CEU
- ✓ **Volunteer:** medical, social service, ecology, teach plus...
- ✓ **Internships:** business, media, arts, eco, tourism, computer, plus...
- ✓ **Business:** classes, visits, networking, executive support services
- ✓ **Peer-to-Peer:** share interests, network by profession or hobby
- ✓ **Current Events & Professional Workshops, Holiday Courses**
- ✓ **Distance** educ liaison service, independent studies, research assist
- ✓ **Free** books and course materials. Return at end of studies
- ✓ **Free** airport transfers and internet access
- ✓ **Assessment** reports for attendance, progress, acculturation if needed
- ✓ **Medical:** professional training, law, social work, sciences etc.

** If you have a problem while studying abroad, call the 24 hour hotline! Call Any Time from Anywhere! Medical or travel emergencies, legal or medical or embassy referrals, lost passport or luggage, emergency message relay, coordinating emergency prescription replacement or cash transfer, emergency translations, 24-hour medical monitoring. Problems seldom occur, but when they do, it is nice to know insurance and worldwide assistance are included in your cost for study dates prepaid through NRCSA as reflected on your NRCSA confirmation. Additional optional insurance available upon request. Refer to the certificate for specific terms, conditions and other details regarding benefits, limitations, eligibility and exclusions of this plan. Questions? Contact NRCSA: Tel: 414-278-0631 ... E-Mail: info@nrcca.com ... Web: <http://www.nrcca.com>*

For Questions, Concerns, or Registration, Contact NRCSA
National Registration Center for Study Abroad * Box 1393, Milwaukee WI 53201 USA
Tel 414-278-0631 * Fax 414-271-8884* www.nrcca.com * info@nrcca.com
Since 1968 * Language-Culture Immersion Worldwide * Start Weekly * All Ages * Credit, CEU or Enrichment

PREREGISTRATION FORM – NRCSA PROGRAMS

1. Complete & send to NRCSA, P.O. Box 1393, Milwaukee, WI 53201, USA • Tel. (414) 278-0631 • Fax (414) 271-8884 • Web: www.nrcca.com
2. Enclose a non-refundable deposit/registration fee of \$140 per person, per program, payable to NRCSA (\$40 registration fee & \$100 program deposit applied towards the program costs).
3. Register early. Add \$40 per person late enrollment fee if paying in full within 40 days of departure. Within 20 days, payments by certified check.
4. Credit Cards may be used for deposits (see "H" below). NRCSA street address for overnight deliveries is 207 East Buffalo Street, Suite 610, Milwaukee, WI 53202 USA. You are welcome to photocopy this form. Please send separate form for each school if taking multiple programs.

A. Name(s) _____ Sex _____ Birthdate _____ Citizenship _____
Please print

 Employer _____ Occupation _____
If student, school attending and year

Street: _____ Tel. Home: _____
Street address (not P.O. Box) where someone can sign for documents sent to you.

City/State/Zip: _____ Tel. Work: _____
 Fax: _____

E-mail: _____

In Emergency, notify: _____
(Name, Address, Phone)

B. BACKGROUND: _____
Describe your background in the course you're taking abroad. Check your ability level: Beginner Post Beginner
 Intermediate Advanced

C. LODGING: _____
Schools will try (cannot guarantee) to meet them. Special Diet (may be available) at additional cost.

- Check Preferences.**
- Single Share Twin Other: _____
 - Yes Smoking No Smoking Either
 - Yes Pets No Pets Either
 - Yes Children No Children Either

D. GOALS: _____

- PREFER:** Homestay Involvement Freedom to Come/Go
ARE YOU? Quiet Outgoing Frequent Traveler
OBJECTIVES: Enrichment Academic Credit Job Related
HOBBIES: Reading Music Cooking Jogging Sports

E. INSURANCE: Includes prepaid study dates. To extend coverage up to 30 days before/after study dates, add \$5/day or \$19/week and advise dates.

F. PROGRAM INFORMATION	School/Center
Program Name (use title from Dates & Fees)	City/Country
Date: Start Program	Date: Start Lodging (most start day before)
No. of hours day/week	No. of weeks attending
Disabilities/Allergies/Health Problems	2nd Choice Program
How did you learn about NRCSA?	Social Security Number
Options (see program for choices)	
Your Signature (if you are under age 18, both parents must also sign)	

INSURANCE INCLUDED for PRE-PAID STUDY DATES

ACCIDENT / MEDICAL INSURANCE UP TO \$10,000

EMERGENCY MEDICAL EVACUATION UP TO \$25,000

EMERGENCY REUNION UP TO \$5,000

REPATRIATION UP TO \$7,500

LIFE INSURANCE \$5,000

24 HOUR EMERGENCY WORLDWIDE-MULTI-LINGUAL TELEPHONE ASSISTANCE

For More Info: <http://www.nrcca.com/INS24hrHotline.html>

H. CREDIT CARDS:

For program deposit only (**not final payment**) check:
 VISA Mastercard American Express Amount Charged \$ _____

Card Number (13 or more numbers) Exp Date

SIGNATURE (as on card) PRINT name (as on card)

CHANGE FEES of at least \$35 apply for each change you make. Some "changes" may result in cancellation fees.

CANCELLATIONS are effective the day received in writing by NRCSA in Milwaukee. All payments less \$140 per program fully refundable up to 60 days prior to departure. For cancellations within 60 days of departure, \$250 per person is not refundable; within 40 days of departure, less 50% of program cost or \$300 per person (whichever is greater); within 14 days of departure, 100% of program cost is non refundable. Airline cancellation penalties, if any, are in addition to those outlined above. Cancellation penalties are per person, per program. Medical, baggage (above that included) and cancellation insurance is strongly recommended. Attach a note if you have a medical condition or Rx which the school/center should know about.

CONDITIONS: Each institution listed herein is independent of the National Registration Center for Study Abroad (hereinafter referred to as NRCSA, controls, and will periodically make changes in the program. Classes may fill, be changed, or dropped by the sponsoring academic institutions. NRCSA is a division of Mibar Ltd. and is not responsible for these changes or other actions beyond its control such as strikes, postal delays or loss, mechanical breakdowns, weather, government actions, delay or acts/omissions of suppliers. NRCSA may make changes or substitutions or cancel any program. In the event of entire program cancellation by NRCSA, liability is limited to refunding all monies paid to NRCSA for said program. Passengers electing not to use portions of a program shall not be entitled to a refund. No agent or representative of NRCSA shall have the right to alter the provisions listed herein. Costs based on tariffs and exchange rates effective the date of printing of this material, and are subject to change. Additional costs resulting from such change will be paid by the participant. Registrations are valid when accepted by NRCSA in Milwaukee. The passage contract used by the airline, when issued, is the sole agreement between it and you. Photographs of or statements by participants may be used by NRCSA. NRCSA, group leaders or foreign coordinators, at their discretion, may get medical assistance for participants, or place them in a hospital, or fly them back to the U.S. for medical treatment. All costs related to medical treatment or evacuation will be paid by the participant. As visitors you are expected to adhere to foreign rules and customs. If the foreign staff feels you are not adhering to these rules and customs, your participation in the program shall terminate immediately without refund whatsoever. A "homestay" is defined as living with a local person(s) in the foreign country and may not be multi generational, multinational, etc. It is the responsibility of the participant to have required proof of citizenship and visa(s) if applicable - check with the consulate of the country(s) you will be visiting.

INFORMATION USE: Information provided to NRCSA will be shared with participating organizations to facilitate your registration.

NOTE: Classes canceled in honor of local holidays are not made up. Foreign Language schools use placement tests. If there is no group at your level, smaller group or tutor classes may be substituted with fewer hours per week. Classes are conducted entirely in the target language. See **Fast Facts Guide** for more information.