

Foreign Language and Cultural Immersion Since 1968
**NATIONAL REGISTRATION CENTER
FOR STUDY ABROAD VOLUNTEER PROGRAMS**



La Ceiba, Honduras 2006-2007

For more information please visit:
www.nrca.com/top_choice/volunteer

NRCSA is a proud member of:



National Registration Center for Study Abroad
PO Box 1393 Milwaukee, Wisconsin 53201 USA
Tel: (414) 278-0631 Email: study@nrca.com

Volunteer Programs in Honduras

City Information

La Ceiba, located on the Caribbean coast, is the third largest city in Honduras with a population of 80,000. The capital of the region of Atlantida, one of the 18 regions of Honduras, it is easy to get around by foot. A relatively young city with an international atmosphere, La Ceiba got its name from a huge Ceiba tree that was next to the beach and provided shade to the workers at the dock and locals during the afternoon.

La Ceiba is a lot more than a port city with hospitality and charm. It has the potential to develop into the Ecotourism Capital of Central America. The Pico Bonito National Park, Cuero y Salado Wildlife Refuge, and Cayos Cochinos Marine Reserve are but a few of the many nature attractions available just a short distance from the city. May through June are great times to catch several town fairs and celebrations, including a week long carnival held in La Ceiba during the third week of May.

You could volunteer in

√ Students will need to select one choice for the volunteer

- Teaching
- Medical Volunteer
- Custom Volunteer Project

The Program



Volunteer opportunities in Honduras, combined with intensive Spanish training, are a great way to help others, and learn about yourself and the culture and traditions of Honduras.

The Program includes the Intensive Group Program; 20 hours of Spanish lessons per week within a small group setting of no more than 5 students per class. Note: If there is only one student in a particular level of study, the student will then receive 12 hours per week of Tutor instruction.

Also, you could take the Tutor program, 20 hours of Spanish lessons per week in a one-on-one setting for a full immersion program. The hours of study with the tutor can be designed to student specifications of special vocabulary or special

interest.

All students receive a oral and written language proficiency test on the first day of class. The test determines the student's individualized skill level and requirements. The student is then matched with other students of the same level to form a group or paired with a private instructor and a lesson plan is designed to meet the student's goals. The student is also evaluated at various stages of his or her program to ensure that his or her maximum potential is achieved.

All classes are held in the mornings, Monday through Friday, with afternoons free for recreation and, most importantly, time to practice Spanish through immersion in the local culture. The teaching methodology emphasizes conversation, reading, grammar, and the experience of real life Spanish situations. Once a week, classes are held in an "eco" environment such as a beach, waterfall or river.

The volunteer program includes:

- *Group - 20 Hours per Week in group of 3-5 Students per class
- *or Tutor classes 20 hours per week
- *Homestay - Single Room with 3 meals daily.
- *Arrival Transfer from La Ceiba airport.
- *Placement Testing.
- *1-2 Organized Activities Weekly*
- *Access to E-mail
- *Access to Multimedia Learning Center
- *Certificate of Completion
- *Pre-Departure Information
- *Planning Guide
- *Medical, Accident and Sickness Coverage **
- *Medivac Coverage
- *Other Travel Coverage (repatriation, baggage, personal effects, accidental death and dismemberment , etc.)
- *24 Hour Emergency Multilingual Hotline (call collect from anywhere in the world)

* Entrance fees, transportation, etc. may be at additional cost

** See policy for definitions and exclusions

Lodging

Homestays Lodging with a family is highly recommended. It is by far the best way for the student to completely immerse themselves in the Honduran culture and learn and practice Spanish. All of the homestays are exclusively with Honduran families. While they do not provide laundry service, many families will provide this service for a small amount of money. Inexpensive laundry services are also nearby the school's location (approximately \$2 US per load).

Homestay families respect very much the privacy of the student and traditionally are very friendly. Host families adhere to a philosophy of "A home away from home". Students may participate fully in most of the activities of the host family if they choose to do so.

Homestays start on the Sunday prior to the first day of class and ends on the Saturday morning after the last day of class.



The NRCSA center

Our school has two locations with the main school located in the city of La Ceiba on the northeast Gulf coast of Honduras, and the other on the island of Utila, just off of the coast. Spanish programs are offered in a group setting or on a one-on-one basis, the latter program being popular with business and medical professionals, engineers and research scientists, seeking accelerated and special vocabulary classes. The school is prepared to handle beginners, intermediate and advanced students.

The teaching staff consists of select "maestros" (master professors) who are graduates of Honduran universities and are certified to teach Spanish as a foreign language. Students may study in La Ceiba or Utila, or both. In addition, the school can help arrange various tours to wildlife reserves, Bay Islands and other points of interest.

Activities

Special Activities:

Cultural & Social Activities

The center in La Ceiba offers afternoon activities that are open to all students. They include:

- A Welcome Cocktail on the first day of class
- Painting Classes
- Folkloric Dancing Classes (at additional cost)
- Cooking Garifuna Meals (at additional cost)
- Cooking Garifuna Meals (at additional cost)



Excursions

A wide variety of excursions are available at additional cost, including:

- Visit a working butterfly farm
- Visit indigenous people's villages
- Trekking in pristine Cloud Forests to birdwatch and look for animals.
- Whitewater Rafting and Kayaking



Rafting the Lower Cangrejal: This is a perfect rafting trip for people interested in getting their adrenaline pumping. Good for beginners and intermediate rafters, with many rapids ranging from class I-IV, depending on the water level. Along the way, you can admire the towering mountains covered in lush, tropical vegetation, marvel at the largest waterfall in Pico Bonita National Park and enjoy the experience of rafting one of the best rivers in Central America.

Rafting the Top and Upper Cangrejal: The top and upper parts of the river are better suited to those with some whitewater rafting experience. The rafting guides will assess each student before taking them on this part of the river. The school recommends that students without experience raft the Lower Cangrejal before adventuring down these parts

of the river.

El Pital to Las Mangas (Upper): This half-day excursion is perfect for adrenaline junkies. With class IV rapids, drop-offs and boulders, this stretch of the river demands technical finesse, strong paddling and a thirst for excitement.

Rio Viejo to Las Mangas (Top & Upper): Start at the headwaters of the Rio Cangrejal. Put-in at Rio Viejo, where two other rivers, the Rio Blanco and the Rio Yaruca join together to form the Rio Cangrejal. Raft down the river past El Pital to the pull-out at Las Mangas. Along the way, enjoy extreme rapids, swimming (either voluntarily or involuntarily if you get tossed from your raft) and admire the towering mountains covered in lush, tropical vegetation. This entire stretch of river has

several class IV rapids, plenty of boulders and drop-offs, and stretches shooting through bare-rock riverbed. It's 4-6 hours on the river and takes the entire day.

Dates and Fees

VOLUNTEER PROGRAM

REGISTER

2005 Dates: This program starts any Monday, 2005.

Group Program

2005 Fees:	4 weeks:	\$ 864
	6 weeks:	\$ 1,136
	Additional weeks:	\$ 199

Tutor Program

2005 Fees:	4 week:	\$ 1,004
	6 weeks:	\$ 1,406
	Additional weeks:	\$ 239

Highlights

The Volunteer Program is for people interested in learning about sustainable solutions to poverty. All volunteers will work in partnership with local people in a variety of community-based projects. This unique program offers exciting hands-on work opportunities, meaningful cultural immersion, and enriching language program.

HOW TO APPLY Send your registration with your resume and an introduction letter describing yourself, your background in the Spanish language, and the type of internship you are interested in/why you are qualified for that type of position.

- [Click here to see more details of the program...](#)

National Registration Center for Study Abroad
P.O. Box 1393 Milwaukee, WI 53201 USA
Tel: (414) 278-0631 **Fax:** (414) 271-8884 **E-Mail:** study@nrcca.com

Volunteer Programs in Honduras

TEACHING

Objectives: Practice/update your teaching skills at an area school or college.

Location: In La Ceiba. 15 minutes from our School.

Eligibility: undergraduate, graduate students and adults with an undergraduate degree or higher.

Guidelines: Volunteer positions on a space available basis. These are unpaid positions.

Requirements:

- * Relevant experience in English teaching.
- * Teacher certificate is a must.
- * Lots of patience, energy, and creativity!

Minimum Work Commitment: 4 weeks

Level in the language: Intermediate. Beginner and Post Beginner level in Spanish must take 4 weeks pre course prior to beginning volunteer work.

Schedule: Varies approximately 10-20 hours per week , after school.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 3 meals

Other: Please register at least 40 days prior to requested program start date.

Note: we don't know if positions are available until you apply - also applying as much in advance as possible helps us to make the best volunteer placements. If you are not accepted into a volunteer position that meets your requirements, you have the option of cancelling the program and receiving a refund of your deposit.

MEDICAL VOLUNTEER

Objectives: Medical personnel - who have the opportunity to volunteer their services in the public hospital.

Location: In La Ceiba. 15 minutes from our School.

Eligibility: undergraduate, graduate students and adults with an undergraduate degree or higher in the health care field.

Guidelines: Volunteer positions on a space available basis. These are unpaid positions.

Requirements:

- * Being creative, patient and liking to work with children.
- * Experience working with young and old patients.
- * Lots of patience, energy, and creativity!

Minimum Work Commitment: 4 weeks

Level in the language: Intermediate. Beginner and Post Beginner level in Spanish must take 4 weeks pre course prior to beginning volunteer work.

Schedule: Varies approximately 10-20 hours per week , after school.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 3 meals

Other: Please register at least 40 days prior to requested program start date.

Note: we don't know if positions are available until you apply - and applying as much in advance as possible helps us to make the best volunteer placements. If you are not accepted into a volunteer position that meets your requirements, you have the option of cancelling the program and receiving a refund of your deposit.

CUSTOM VOLUNTEER PROJECT:

Objectives: Others who want to help - volunteer programs are also available in wide variety of fields such as social services, ecology, business, etc.

Location: In La Ceiba. 15 minutes from our School.

Eligibility: undergraduate, graduate students and adults with an undergraduate degree or higher.

Guidelines: Volunteer positions on a space available basis. These are unpaid positions.

Requirements: Lots of patience, energy, and creativity! (Patience and a willingness to be helpful in all areas of the project. Also, the volunteers have to be open minded to any situation and task)

Minimum Work Commitment: 4 weeks

Level in the language: Intermediate. Beginner and Post Beginner level in Spanish must take 4 weeks pre course prior to beginning volunteer work.

Schedule: Varies approximately 10-20 hours per week , after school.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 3 meals

Other: Please register at least 40 days prior to requested program start date.

Note: we don't know if positions are available until you apply - and applying as much in advance as possible helps us to make the best volunteer placements. If you are not accepted into a volunteer position that meets your requirements, you have the option of cancelling the program and receiving a refund of your deposit.

At A Glance - La Ceiba, Honduras

General

- No maximum age. Minimum age is 18 (often waived if accompanied by an adult).
- Location: Downtown
- Size: varies considerably by season. The 'average' is under 25 foreign students.
- Arrival airport transfers are available at extra cost if requested 3 weeks in advance.
- Medical: school refers students if needed (medical costs additional). See below for information regarding insurance.
- Vacations: no class make-up on National, Regional, or local holidays.

Classes

- Foreign language classes are taught entirely in the foreign language (immersion method).
- All levels are welcome (beginner to advanced) unless otherwise specified above.
- Levels: placement tests are used. If there is no full group at your level, smaller group or tutor may be given with fewer hours per week.
- Tutor means one-on-one class (private teacher). Shared tutor means two-on-one.
- Students/class is maximum people per class ... which may be exceeded by 1-2 persons due to level placement.
- School is popular with business and medical professionals seeking accelerated and special vocabulary classes.
- Texts and materials are included in cost.
- Class-hour is 45 to 60 minutes (Most universities use a 50 minute hour).

Lodging & Meals

- Accommodation address sent 7-14 days prior to start of session.
- Lodging ends day after last day of class. Begins the day prior to start of class.
- Meals: See 'cost includes' above for which meals included. (2 meals means breakfast and
- In homestays, meal times and content will vary.

Cultural Program & Activities (Entrance fees/bus fares may be additional)

- Excursions optional at additional cost, subject to minimum sign-up.
- Weekly cultural lectures or activities (included).
- Weekly art, craft, or cooking (materials extra)

Children

- Lodging/daycare available at additional cost.

Insurance - - for study dates prepaid through NRCSA.

- 24 Hour Emergency Multilingual Hotline (call collect from anywhere in the world)
- \$25,000 Emergency Medical Evacuation
- \$10,000 Accident or Sickness (\$100 deductible per claim)
- \$5,000 Emergency Reunion
- See policy for definitions and exclusions
- Increased insurance coverages available at additional cost. Please contact NRCSA at least 3 weeks prior to departure for more details.

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: _____ 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: _____

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.

- 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

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**

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.