

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



San Jose, Costa Rica 2006-2007

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

NRDSA is a proud member of:



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

Volunteer Program in Costa Rica

City Information



San José

the capital Costa Rica, is home to several excellent museums and many of the country's best hotels, restaurants, and nightlife options. The city's other great assets are its location and mild climate, as San José enjoys pleasant weather year round and stands in a broad fertile bowl ringed by jagged mountains, some of which are active volcanoes. Downtown, the grid-plan streets are lined with an pastiche of mirrored high-rises and elegant bungalows; in the affluent suburbs at the eastern and western ends of the city, middle-class Ticos (as Costa Ricans call themselves) tend their tidy gardens, while sprawling barrios stretch to the north and south.

You could volunteer in

√ Students will need to select 2 choices for the volunteer

- Nursery School Children
- Underaged Working Youth
- Orphans
- Adult Women
- Elderly
- Adults

The Program

Spanish & Volunteer

20 hours per week of Group Spanish plus 15-20 hours per week of Volunteer activities. An ideal experience for social workers, psychologists, preschool and physical education teachers, medical personnel and youth workers. Spend two or more weeks improving Spanish conversation skills while doing volunteer work.

Some programs require a 4 week commitment.



Basic Spanish Programs

Group 20 hours per week consist of 4 lessons per day, Monday through Friday. Each lesson averages 53 minutes in length in a group setting. The programs stress maximum practice in conversation, under the direct guidance of a staff teacher.

Students arrive with different language backgrounds, so on the first day of classes students are tested and placed in small groups which match their conversational level from complete beginner to advanced. Students who progress at a different rate may be moved to another group where their needs will be better attended to.

The school uses its own text materials which represent well-established language acquisition programs providing live, meaningful situations in which students can acquire communicative competence in speaking and reading Spanish. Performance objectives for language structures, culture, and pronunciation are clearly delineated as well as functional conversational goals.

Program Cost Includes

- Group 20 hours per week
- Homestay - Single Room
- 2 Meals Daily (breakfast and lunch)
- Arrival and Departure transfers.
- Placement Testing .
- Orientation.
- Class Materials.
- Laundry once per week
- 1-2 Organized Activities Weekly*
- 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 Families participating in the homestay program have been carefully chosen for their friendliness and willingness to help the students practice Spanish and acquaint themselves with the Costa Rican way of life. The host families are from the Costa Rican middle class and most have had foreign students as guests before. Our local coordinator will make every reasonable effort to match you and your interests with an appropriate family.

Homes are within easy commuting distance from the school. Students will be placed one student per family. The homestay will provide the student with experience in handling real language situations and will help the student acquire insights into local culture and customs, all of which add meaning to the language learning process.

The homestay includes a private room, and laundry service plus a good breakfast and a main meal. Student lodging with the family begins the day the student arrives in Costa Rica, typically the Sunday before the program begins.

The NRCSA Center

The campus is conveniently located in a quiet residential suburb just off a main bus route and within easy walking distance from bustling downtown San José. The University of Costa Rica is just half a mile away and there are restaurants, stores, theaters, and malls in the surrounding area. The dynamic approach to teaching Spanish through constant conversation practice is made possible by the high level of its teaching staff. Teachers have university degrees and are selected on the basis of their teaching experience and alert, active personalities.

Over the past 17 years, students have come from all over the world to study at the NRCSA Center in San Jose, principally from North America and Europe. They are college students, teachers, business people, missionaries, military personnel, and diplomats, among others. The participants arrive with different language backgrounds and expectations: some have no experience with Spanish at all; others have studied formally but have limited conversational skills; while still others are fluent but want to improve their interaction with native speakers. Students may receive and send faxes from the school with incoming faxes being free of charge, and e-mail access is available.

Special Activities



Cultural & Social Activities

Since the San Jose location also teaches English to Costa Ricans, there is ample opportunity to meet and converse with native speakers at the school. Many students arrange informal conversation exchange sessions.

Weekday Tours

These focus on attractions relatively close to San Jose such as museums, coffee plantations, nearby volcanoes, and botanical gardens.

Weekend Tours

These offer the best opportunity to visit Costa Rica's tropical beaches and lush national parks. Active volcanoes, white water rapids, rain and cloud forests, coral reefs, and tropical jungles are some other options. Activities are generally available, with transportation and entrance fees payable locally.

Dates & Fees

SPANISH & VOLUNTEER

[REGISTER](#)

2006 Dates: Program starts any Monday in 2006.
• School closed on January 1; April 11; Thursday & Friday of Holy Week; May 1; July 25; August 2, 15; September 15; October 12; December 25.

2006 Fees:

2 weeks:	\$ 925
3 weeks:	\$ 1,282
4 weeks:	\$ 1,442
Additional weeks:	\$ 300

Highlights

Spanish & Volunteer: 20 hours per week Spanish plus 15-20 hours per week Volunteer. Two semesters of college level Spanish (or equivalent), introduction letter and resume required.

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...](#)

Volunteer Programs in Costa Rica

Nursery School Children

Objectives: To obtain international experience with children in Costa Rica. School maintains facilities for Costarican children to spend time.

Location: 15-20 minutes from our institute in San Jose.

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

Guidelines: 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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 2 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 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.

Underaged Working Youth

Objectives: International experience with underage young in Costa Rica.

Activities: Educational Workshops on values, Health Therapy, Group Sports (basquetball, volleyball, indoor soccer, etc), Camping and outings

Location: 15-20 minutes from our institute in San Jose.

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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 4 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 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.

Orphans

Objectives: International experience with orphan children in Costa Rica.

Activities: Educational Workshops on values, Health Therapy, Group Sports (basquetball, volleyball, indoor soccer, etc), Camping and outings

Location: 15-20 minutes from our institute in San Jose.

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

Guidelines: 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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 2 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 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.

Adult Women

Objectives: International experience with Adult Women in Costa Rica.

Activities: Basic Typing & computer skills, Hair & Facial Care, Pastry-making, Dress-making, Personal Development

Location: 15-20 minutes from our institute in San Jose.

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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 4 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 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.

Volunteer Programs in Costa Rica

Elderly

Objectives: International experience with elderly people in Costa Rica.

Activities:
General Care
Entertainment

Location: 15-20 minutes from our institute in San Jose.

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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 2 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 meals

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

Note: that we don't know if positions are available until you apply).

Adults

Objectives: To obtain international experience with adults in Costa Rica.

Activities:
Rehabilitation (alcoholics & drug addicts)
Handicapped
Nutritional

Location: 15-20 minutes from our institute in San Jose.

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

Guidelines: 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)
- Willing to work 2 or 3 times a week for 3 or 4 hours a day.

Minimum Work Commitment: 2 weeks

Level in the language:

- 2 semesters of college level Spanish or equivalent.
- Those students at the beginning and post beginning level of Spanish are required to complete a minimum of 4 weeks of Spanish study of 20 hours per week prior to volunteering.

Capacity: There are limited number of positions every month.

Lodging: Home stay single room and 2 meals

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

Note: that we don't know if positions are available until you apply).

At A Glance - San Jose, Costa Rica

General

- No maximum age. Minimum age is 17 (often waived if accompanied by an adult).
- Location: Suburbs
- Size: varies considerably by season. The 'average' is 26-80 foreign students.
- Medical: school refers students if needed (medical costs additional). See below for information regarding insurance.
- Arrival airport transfers are included if flights advised 30 days prior arrival.
- 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.
- Class-hour is 50 minutes (Most universities use a 50 minute hour).

Lodging & Meals

- Accommodation address given upon arrival.
- In homestays, meal times and content will vary.
- Lodging ends day after last day of class. Begins Sunday prior to start of class.
- Meals: See 'cost includes' above for which meals included. (2 meals means breakfast and "main" meal).
- If a special diet is preferred (vegetarian, allergies, etc.), please advise NRCSA upon registering for the program.

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

- Excursions optional at additional cost, subject to minimum sign-up.
- Many varied activities: some included, some optional.

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 on request and at additional cost. Please inquire with NRCSA at least 3 weeks prior to departure.

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.

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.

Check Preferences.

- Single Share Twin Other: _____
 Yes Smoking No Smoking Either
 Yes Pets No Pets Either
 Yes Children No Children Either

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.