



# SPANISH & COOKING BENALMADENA, SPAIN PROGRAMS START EVERY MONDAY



## **PROGRAM DESCRIPTION**

This Spanish & Cooking program enables you to combine a Spanish course with cooking lessons. This unique program offers exciting hands-on cooking classes, meaningful cultural immersion, and an enriching language program.

## **CITY AND COUNTRY INFO**

Lying on the south end of the Iberian Peninsula, bathed by the waters of the Mediterranean and with mountains rising steeply behind the town, the Costa del Sol offers a cosmopolitan atmosphere, magnificent beaches, starkly contrasting colors, simple and primitive fishing villages, luxuriant subtropical valleys and high mountains that protect the coast from the chill of the hinterland.

Benalmadena is a small town with approximately 30,000 inhabitants. It sits on a hill at the foot of the Mijas mountain range in the Malaga province. Originally a sleepy Andalusian fishing village with beautiful white washed houses, Benalmadena has developed into a small but lively town which retains its old charm and character.

The choice of a language course in Benalmadena offers two advantages: the first is that the town is small enough to provide a peaceful and secure environment, while large enough to offer good shops, restaurants, an open-air cinema, etc.. The second is the town's cultural richness and its close proximity to other fascinating cities. Those really worth visiting include Granada, with its Alhambra, surely one of the great wonders of the world, dated 1238; Cordoba, the center of Andalusian culture; and Sevilla, with its monumental cathedrals and churches.

## **HIGHLIGHTS OF PROGRAM**

After participating in this Spanish & Cooking Program in Benalmadena, students will gain experience in foreign culinary styles and programs, greatly improve foreign language abilities, gain personal growth and confidence both nationally and internationally, and combine travel, academics, and passion for food and cooking into one incredible life-changing experience.



## *What's Included*

- **Tuition and Class Materials:** 1 week minimum-group 20 Spanish 45 minute lessons per week in group of 5- 12 students per class.
- **Cooking Lessons:** 3 Lessons per week
- **Lodging:** In an Aparthotel or Homestay
- **Placement Testing**
- **1-2 Organized Activities Weekly\***  
\* Entrance fees, transportation, etc. may be at additional cost.
- **Access to E-mail**
- **Access to Multimedia Learning Center**
- **Certificate of Completion**
- **Pre-Departure Information**
- **Planning Guide**
- **Medical, Accident and Sickness Coverage \*\***  
\*\* See policy for definitions and exclusions.
- **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

## **FULL PROGRAM DESCRIPTION**

### **STUDY PROGRAM**

The study portion of the program includes 20 hours per week of Group Spanish classes with a 1 week minimum. Maximum number of students per class is 5, with the average being 2 students. Groups are organized in a way that each will always consist of students possessing the same level of Spanish.

All of our teachers are native speakers with university educations and are very experienced teaching Spanish to foreigners. Most have learned a second language themselves and understand the student's perspective.

The method is based on the 4 language skills: listening, grammar, oral and written comprehension. No English will be used in class. Classes are 45 minutes in length.

Our program is divided into 6 levels of study. The first 4 are concentrated on grammar, vocabulary, practical situations, and conversation. The next 2 levels, advanced and superior, focus mainly on conversation and advanced reading and writing topics.

### **COOKING LESSONS**

With this program the student will learn more about the Spanish gastronomy and the Mediterranean cooking. The course will be held in Spanish and the students will be taught by a professional cook. It will include ingredients, tasting and talking about dishes. Spanish dishes prepared during the course can be: Tortilla Española and Sangría, Gazpacho and Ensalada Malagueña, Paella, Porra Antequerana and Pescaito Frito. Program consists of 3 cooking lessons per week.

## **LODGING OPTIONS**

### **HOMESTAY**

Staying with a host family is an interesting alternative to staying in an aparthotel as it offers an excellent opportunity to get to know the Spanish lifestyle. Most host families live within walking distance of the school, while others live about 10 to 15 minutes away traveling by train or bus. Students who select a homestay should be prepared to use public transportation. Families are carefully selected and accommodation in either a single or double room with breakfast or 2 meals daily is available.

### **APARTHOTELS**

The school is able to provide apartments situated in a complex located 10 minutes walking distance from the school. The complex is also close to the beaches and to the town center. These single or double room mini-apartments are furnished and each has a fully equipped kitchen, bathroom, terrace, and telephone. The complex provides a cleaning service, 24 hour reception and a swimming pool. Bed linens are provided but student must bring towels. Students receive vouchers for breakfast daily that is served at a cafeteria located in front of the school. This option is available upon request and is at additional cost.

## **PRICE RANGE**

Cost of 1 week of classes, 3 cooking lessons a week, and 1 week of housing ranges from:

**\$974 → \$1,093 \*\***

\*\*Prices range according to housing and board options.

## **ELIGIBILITY AND GUIDELINES**

U.S. citizens traveling with regular passports for tourism or business do not need a visa for a stay of 90 days or less. Those planning a longer visit must obtain a visa in advance of arrival.

Minimum age of 18 unless accompanied by an adult.

## **ACTIVITIES**

The school offers a full and varied program of cultural visits, sports, social outings and excursions through the year. Details vary from week to week and from season to season.

Activities may include:

- Video sessions and conferences on different subjects in the afternoons
- Local tourist visits
- Flamenco Dance lessons
- Social games
- Parties
- Evening outings to cinemas, areas of cultural interest and local Spanish restaurants

## **HOW TO REGISTER**

To register for the SPANISH & COOKING program in Benalmadena, either follow the link below or call 1-888-678-6211.

<http://www.nrcsa.com/reg/on-line/regform.html>

When you register, \$140 USD is due to secure your place in the program.