



SPANISH & COOKING OAXACA, MEXICO STARTS THROUGHOUT YEAR



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

Oaxaca, Mexico is one of the most diverse and vibrant states in the Mexican republic. Named for Benito Juárez, a venerated president of the republic, Oaxaca is a land of contrasts. The state is located at the convergence of the Sierra Madre Oriental and the Sierra Madre del Sur mountain ranges, resulting in a rugged and mountainous terrain with a large temperate central valley with an average altitude of 1,500 meters (5,085 feet) above sea level.

Bordering the states of Guerrero to the west, Puebla to the northwest, Veracruz to the north, Chiapas to the east and the sprawling white, sandy beaches of the Pacific Ocean to the south, Oaxaca is a state of contrasts both ecologically and culturally.

This strong and diverse indigenous presence, coupled with the colonial influences of Oaxaca's past is evidenced in the constant cultural celebrations and events that take place throughout the year in Oaxaca. Oaxaca's cultural heritage is reflected in everything from its cuisine, art, and music to the daily life of its citizens.

Oaxaca has UNESCO World Heritage status; meaning it is considered to have "universal significance and value for humanity." It is a place where culture and art are so much a part of life that it is easy to engage with life in Oaxaca. You will find that the city maintains an unselfconscious pride in its traditions and happily endeavors to make its visitors feel welcome.

HIGHLIGHTS OF PROGRAM

After participating in this Spanish & Cooking Program in Oaxaca, 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:** 8 hours of the cooking workshop per week
- **Lodging:** In a Student Residence 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 WORKSHOP

On the first day of this workshop, the teacher, a local woman who learned cooking from her mother and grandmother before her, will take you to the markets to see all of the different fruits, vegetables and traditional herbs that are used in the preparation of the regional dishes of Oaxaca. During the subsequent classes, you will make a different dish each day – and yes, you eat what you cook!

LODGING OPTIONS

HOMESTAY

Living arrangements are an important factor in the cultural immersion process. For many students, a private bedroom in a carefully chosen Mexican home is the ideal accommodation option. Living with a local family provides students the opportunity to practice Spanish while learning about Mexican family life. The cost includes breakfast daily. Students may choose to have comida, the main midday meal, and/or cena, the light evening meal, with the family at additional cost.

PRICE RANGE

Cost of 1 week of classes, 8 hours of cooking workshop, and 1 week of housing ranges from:

\$599 → \$660**

**Prices range according to housing and board options.

ELIGIBILITY AND GUIDELINES

U.S. citizens do not require a visa for travel to Mexico for less than 180 days. Minimum age of 18 unless accompanied by an adult

ACTIVITIES

- Intercambio Language Exchange
 - A conversation exchange in which students meet for one hour daily with native speakers to practice speaking Spanish.
 - The conversation partners are university students or professionals who are eager to help students speak Spanish in exchange for a chance to practice their English language skills.
- Excursions- These tours are optional and available at an additional cost. The Institute's bilingual guide takes students to archaeological sites, indigenous markets, artisan villages, and numerous other destinations. Some examples are:
 - Monte Alban
 - Mitla
 - Tlacolula
 - Tule
 - Teotitlan

HOW TO REGISTER

To register for the SPANISH & COOKING program in Oaxaca, 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.