



# PORTUGUESE & COOKING

## SÃO PAULO, BRAZIL

### PROGRAMS START EVERY MONDAY



#### **PROGRAM DESCRIPTION**

This Portuguese & Cooking program enables you to combine a Portuguese 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**

The biggest city in South America and one of the three largest in the world, Sao Paulo is considered one of Latin America's most important industrial and financial centers. As the industrial center of Brazil, Sao Paulo is responsible for over 30 percent of Brazil's annual GNP and headquarters to the majority of Brazilian and multinational corporations. Strong industrial development and cultural diversity have provided Sao Paulo with the largest, most cultured and educated middle class in Brazil.

Sao Paulo can be an intimidating place, but if you like big cities, it offers the excitement and nightlife of one of the world's most dynamic cities. Attractions include the baroque Teatro Municipal, Niemeyer's Edifício Copan, the Museu de Arte de Sao Paulo (MASP) and the 16th century Patíó do Colégio.

The NRCSA Center is located in one of the most populated districts in Sao Paulo. We are very close to Avenida Paulista and the Ibirapuera Park. At the center in Sao Paulo students have access to internet and to other services, such as mail service and money exchange.

#### **HIGHLIGHTS OF PROGRAM**

After participating in this Portuguese & Cooking Program in Sao Paulo, 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 Classes:** 1 Week Minimum  
Standard Group Lessons 20 hours per week
- **Cooking Lessons:** 3 Lessons 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 Portuguese classes with a 2 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 Portuguese.

All of our teachers are native speakers with university educations and are very experienced teaching Portuguese 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**

The cooking program in Sao Paulo is offered as a focus of a standard four week course that complements your language lessons. The facilities include a fully equipped kitchen for Brazilian cooking classes. Students, professors, and administrators get together on the weekends to take advantage of the grill on the grounds, a favorite Brazilian pastime.

The Sao Paulo cooking program offers instruction in preparation and historical background to typical Brazilian cuisine. Food in Brazil, heavily varied and enjoyed by the population, has strong Portuguese, Middle Eastern, African and Indian influences.

## **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 Brazilian 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 centre. 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 students 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.

### **HOTELS AND POUSAUDAS**

A wide range of hotels and pousadas are available on request and at additional cost.

## **PRICE RANGE**

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

**\$866 → \$1,016\*\***

\*\*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 include:

- Go to Cafe Regional with teachers for dinner, drinks, and karaoke.
- Watch a Brazilian Soccer match.
- Learn about Capoeira, a Brazilian martial art.
- Social games
- Parties

## **HOW TO REGISTER**

To register for the PORTUGUESE & COOKING program in Sao Paulo, 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.