



GERMAN & YOGA MUNICH, GERMANY

PROGRAMS START EVERY MONDAY



PROGRAM DESCRIPTION

Munich is the perfect location for students to learn German and to learn and practice yoga. This program provides students with both German and yoga classes for a chance to have a complete cultural experience of the language while participating in your passion. This unique program offers exciting hands-on yoga lessons, meaningful cultural immersion, and an enriching language program.



CITY AND COUNTRY INFO

Munich, Bavaria's capital (1.2 million inhabitants) at the edge of the Alps, is one of the greenest and most beautiful cities in Germany. Munich has been able to preserve its unique charm, which is expressed through its beautiful architecture with buildings from several eras and the typical lifestyle of its people: a mixture of tradition and receptiveness towards modern life. It is not only an international city, it is also a cultural leader which offers an extraordinary variety of leisure attractions.

Munich is noted for its architecture and culture, and the annual Oktoberfest beer celebration is world famous. Munich's cultural scene is second to none in Germany, with the museums even considered by some to outrank Berlin in quality. Many travelers to Munich are absolutely stunned by the quality of the architecture. Although it was heavily damaged by allied bombing during World War II, many of its historic buildings have been rebuilt and the city center appears mostly as it did in the late 1800s including the famous Rathaus.

HIGHLIGHTS OF PROGRAM

After participating in this German & Yoga Program in Munich, students will greatly improve foreign language abilities, gain personal growth and confidence both nationally and internationally, and combine travel, academics, and passion for Yoga into one incredible life-changing experience.

What's Included

- **Tuition and Class Materials:** Minimum 4 weeks; 20 German lessons per week of 45 minutes each.
- **Yoga:** Admission to yoga school, 1 month minimum
- **Social activities**
- **Lodging:** Homestay or Apartment
- **Placement Testing**
- **Access to E-mail**
- **Certificate of Completion**
- **Pre-Departure Information**
- **Welcome Pack**
- **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

This program consist of 20 hours per week of German lessons, with 4 weeks minimum. The 20 hour/week program is best suited for students who anticipate studying German for a longer period of time. Participants may elect to begin studies any Monday of the year. The NRCSA School offers six levels of group German instruction, from beginner to fluency. Each level takes 4 to 6 weeks to complete. The main goal of lessons is to improve conversational, writing, comprehension, pronunciation, and reading abilities in German.

YOGA PROGRAM

The yoga centers in Munich which the NRCSA school works with are very centrally located. The classes are held in a peaceful and welcoming atmosphere by highly professional instructors. The Yoga practice includes physical exercises, breathing, relaxation and meditation and has a 1 month minimum for membership.

LODGING

HOMESTAY

This option offers the possibility to indulge into German daily life, culture and food and the opportunity to speak German also after school hours. There is no such thing as a classical "host family", so your accommodation could be with a big family of father, mother, two kids and a dog as well as a single mother and her child, a single person or a couple. In any case, we always do our utmost to match your needs, requirements and interests with the host family's profile.

SCHOOL-OWNED STUDENT APARTMENT

In our student apartment you will share a flat with other students of our school. You have the option to book a "twin room" which you will share with another student of a different nationality or to book a "single room" just for yourself. In both cases, you will be sharing the kitchen and bathroom with all students living in the residence. Please note that the minimum age for this type of accommodation is 18.

SCHOOL-OWNED STUDENT APARTMENT PLUS

This option offers the same possibilities as the normal shared student apartment, however there is more comfort due to a washing machine, dishwasher and above all WiFi/WLAN internet connection. Please note that the minimum age for this type of accommodation is 18.

SCHOOL-OWNED STUDIO APARTMENT

If you like to be more independent, our self-catering apartments with a small kitchen and own bathroom for one person will be the right accommodation for you. Please note that the minimum age for this type of accommodation is 18.

BUSINESS APARTMENT

This type of accommodation offers a high standard to those students who would like to have their own private apartment with a 3-star hotel standard. There is a fully equipped kitchenette, a private bathroom as well as further amenities. Please note that the minimum age for this type of accommodation is 18.

PRICE RANGE

Cost of minimum 4 week German program, yoga classes and equipment, lodging and meals options ranges between:

\$2,798 → \$3,525**

**Cost ranges according to lodging and meals

ELIGIBILITY AND GUIDELINES

U.S. citizens traveling on 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.

Minimum age of 18 unless accompanied by an adult.

ACTIVITIES AND EXCURSIONS

A variety of complementary activities aimed at leisure and free time are offered at the center. Entrance fees may be applicable.

Activities may include:

- Parties
- Films
- Sightseeing
- Museums
- Cultural events
- Galleries
- Fairs
- Concerts
- Sports
- Pubs
- Discos
- Sledding
- Skiing
- Shopping

HOW TO REGISTER

To register for the GERMAN & YOGA PROGRAM in MUNICH, either follow the link below or call 1-888-678-6211.

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

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