



# STUDY & VOLUNTEER PROGRAM LISBON, PORTUGAL PROGRAMS START EVERY MONDAY



## **PROGRAM DESCRIPTION**

This Study & Volunteer program combines a group study program and volunteer placement in the community for a minimum of 4 weeks. All opportunities will work in partnership with local people in a variety of community-based projects. This unique program offers exciting hands-on volunteering opportunities, meaningful cultural immersion, and an enriching language program.

## **CITY AND COUNTRY INFO**

There are few more immediately likable capitals than Lisbon. A lively and varied place, it remains in some ways curiously provincial, rooted as much in the 1920s as the 2000s. Wooden trams from before World War I clank up outrageous gradients, past mosaic pavements and Art Nouveau cafés, and the medieval, village-like quarter of Alfama hangs below the city's castle.

Modern Lisbon has kept an easy-going, human pace and scale, with little of the underlying violence of most cities and all parts of its size. Uniquely in the Iberian peninsula, Lisbon boasts a vibrant, cosmopolitan identity from large communities of Africans (from Angola, Mozambique and Cape Verde) and Asians (from Macao, Goa and East Timor). But in other respects it's been changing – inevitably so, for its population has doubled over the present century to nearly a million, a tenth of all Portuguese.

On the ground, there's been major infrastructural development as Lisbon has prepared itself for two landmark celebrations. In 1994, Lisbon was European City of Culture, while in 1998 the city hosted the last great Expo of the millennium.

## **HIGHLIGHTS OF PROGRAM**

After participating in this Study & Volunteer Program in Lisbon, students will gain experience in foreign poverty and need first hand while helping others in severe need, greatly improve foreign language abilities, gain personal growth and confidence both nationally and internationally through service, and combine travel, academics, and community service into one incredible life-changing experience.



## *What's Included*

- **Tuition and Class Materials:** 4 week minimum-15 group Portuguese 50 minute lessons per week.
- **Volunteer Placement:** in local organization
- **Lodging:** In a Homestay
- **Meals:** Breakfast in 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 Program includes 15 hours per week of Group Portuguese classes. Maximum number of students per class is 8, with the average being 4 students. Groups are organized in a way that each will always consist of students possessing the same level of Portuguese.

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

Classes are 50 minutes in length. Students may enroll for as many weeks as desired. In order to make sufficient progress and gain the maximum benefit from the course, the following program duration ranges are recommended: Beginner (4-12 weeks), Intermediate (2-12 weeks) and advanced (2-12 weeks).

### **VOLUNTEER PROGRAM**

During the minimum 4 week Study & Volunteer program, the students will volunteer in the afternoon after their morning group Portuguese classes. For volunteering placements, NRCSA has established a partnership with ENTRAJUDA.

“ENTRAJUDA is a non-profit Welfare Institution set up in 2004, built to respond to several needs perceived within other social welfare institutions, by providing a number of management and organization instruments and resources. Also to establish a bridge between those who wish to give and those who need to receive, allowing the creation of a true chain of solidarity, in which each individual is an essential link.”

The program combines the Study Program in the mornings and the number of hours the student wishes to dedicate to the volunteering project in the afternoon and/or weekends.

ENTRAJUDA will help us find projects in the preferred area of the students, should it be working with children, elderly people, community centers or helping out at the Banco Alimentar.

## **LODGING**

### **HOMESTAY**

We will arrange housing in private homes where students can achieve a better knowledge of the language and culture. Homestays are an important part of most students' stay. Our center's carefully selected homes will offer you much more than accommodation and breakfast - they will be your home away from home. Living in a Portuguese home will help the student gain familiarity with the language. Students are placed in individual bedrooms and will be the only native speaker of their language in the house. The host may be a family or an individual.

The homes that host NRCSA's students are in the area of the school, many within walking distance. In case students need transportation it will never be more than 20 min. Private home accommodation does not include the use of the kitchen nor laundry of personal clothes. However students can ask the family directly for details of laundry services in the area of the house.

## **PRICE RANGE**

Cost of minimum 4 week of classes and volunteer combination with lodging in a homestay and breakfast daily is about:

**\$2,587\*\***

## **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 17 unless accompanied by an adult. Volunteer positions on a space available basis. These are unpaid positions and there is a limited number of positions every month.

## **ACTIVITIES AND EXCURSIONS**

Additional activities include a wide array of orientation and cultural events. Students are accompanied by experienced monitors who turn all these activities into memorable experiences of Portuguese life and culture. Options may include:

- A preliminary orientation lecture on how to get around in Portugal is given to all students
- Lectures, followed by debates are held on various aspects of life and culture in Portugal
- Sports Activities
- Visit to a Port Wine bar
- Video Sessions
- Outings to theatres, cinemas and concerts, etc.
- Introduction to various Portuguese Arts such as Ethnography and folklore, Painting, Ceramics, Jewelry Making, Sculpture, Photography.

\*\*Some at an additional cost

## **HOW TO REGISTER**

To register for the STUDY & VOLUNTEER PROGRAM in Lisbon, either follow the link below or call 1-888-678-6211.

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

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