

*Live the Language  
Learn the Culture*

Foreign Language and Cultural Immersion Since 1968  
**NATIONAL REGISTRATION CENTER  
FOR STUDY ABROAD**



## Costa Rica

For more information please visit: [www.nrca.com](http://www.nrca.com)

NRCSA is a proud member of:



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# National Registration Center for Study Abroad (NRCSA)

P.O. Box 1393, Milwaukee, WI 53201 USA. Tel. 414 278 0631 Fax. 414 271 8884



Learn the Culture  Live the Language  Since 1968

## FORESTER - SAN JOSE, COSTA RICA

### ABOUT THE SCHOOL AND THE CITY

Forester in San Jose offers several exciting programs of instruction in the Spanish language. Its team of instructors are both professional and experienced. Forester was founded in 1979. Basic to the school's philosophy is that it be a cheerful, congenial place to study. Staff members enjoy meeting and relating to people from different countries and backgrounds. Located in a quiet, upscale residential area, Forester is but a 20 minute walk from downtown San Jose. It has comfortable, sunny classrooms, surrounded by green areas with a vista of mountains as the backdrop. Participants who attend Forester come mainly from the United States, Canada and Europe.

San José, the capital, has close to 1,000,000 inhabitants. At 4000 feet above sea level, it boasts a springtime climate all year round. The city surprises visitors by its vitality. Despite its cosmopolitan atmosphere with Central, South and North Americans as well as Europeans on busy downtown streets, its residents display an unmatched friendliness and warmth.

### ABOUT THE PROGRAM

Depending on the type of program, the total number of participants, etc., students are scheduled to attend classes in the morning or afternoon. Morning classes start at 8:15. Afternoon classes start at 13:15. Each class is 50 minutes in duration. Classes can be scheduled Monday - Friday or Monday - Thursday.

### Standard Spanish Programs

Group 20 or 30 hours per week. Group Spanish classes are available for 4 or 6 hours daily, Monday - Friday, in group settings with a maximum 10 students.

### Spanish & Excursions Program

Group Spanish classes of 20 hours a week are combined with several fieldtrips weekly. A minimum of 10 students is necessary for the fieldtrip portion of this program. If the minimum is not met, the student will be given just the Language classes. The Institute's staff will help the students to arrange their own trips.

### Elementary School Spanish Teacher Program

20 hours per week. Non-native Spanish teachers wishing to improve their language proficiency and Spanish teaching skills are welcome to enroll in this program. Participants will be introduced to a variety of classroom activities, materials and techniques. Visits to local schools are included. Classes are held in the afternoons, from 13.15 to 17.00.

### Spanish for Professionals

30 hours per week - 20 Group Spanish + 10 Tutor. This six lesson per day program is designed for students with specialized Spanish needs. Business people, nurses, doctors, flight attendants, law enforcement personnel, etc. are candidates for

this program. It combines the standard program with two additional private lessons daily, focusing on the students' individual fields. Students are scheduled to attend classes from 8:15 to 15.00 or from 10:15 to 17.00. Not offered in June or July.

### Teen Summer Program

This program covers Spanish for everyday use. It emphasizes oral proficiency and provides a solid foundation of the language. It is intended for those teenagers who will be traveling by themselves, with a friend or sibling, etc. (without a preformed group). They will be placed with a specially selected Costa Rican family with teenage sons or daughters. The program includes cultural and sports activities and several guided visits in our private bus to many of the sites and natural treasures. Chaperons are professional, trained to work with Spanish students. The program costs include four 50 minute lessons daily, Monday - Friday.

### Children Programs

Families that wish to travel with their children and have them participate in the learning experience are welcome. Children are usually between the ages of 6 and 15. Private classes consist of a variety of activities using numerous teaching materials and learning resources. Children who are too young to participate in a classroom setting, can be placed in homes with children of the same age, where the host mother would provide care while the parents are in classes.

### ACCOMMODATIONS

Forester will lodge the student in the home of a carefully selected Costa Rican family. He/she will be provided with a private room, breakfast and dinner. Most live within a 20 minute bus ride from the Institute, while a few are within walking distance. Hotel lodging is also available at additional cost.

### SPECIAL ACTIVITIES

Cultural, Social & Fieldtrip Activities

Every week the Institute organizes a couple of activities such as cooking classes, Latin dance lessons, a tropical fruit class, going to the theater, concerts, discos and other gatherings. Activities are posted on the bulletin board in the reception area.

### TO REGISTER:

Complete the NRCSA Preregistration Form or contact the National Registration Center for Study Abroad at P.O. Box 1393, Milwaukee, WI 53201 USA, or by calling (414) 278-0631; by Fax (414) 271-8884.

Check out our website at <http://www.nrcca.com> or  
e-mail us at [study@nrcca.com](mailto:study@nrcca.com)

# ALL NRCSA PROGRAMS INCLUDE:

- ✓ Foreign language immersion classes
- ✓ Small interactive group and/or one-on-one instruction
- ✓ Culture program integrated into conversation classes, activities
- ✓ Meet-the-People interaction at school, homestays, & community events
- ✓ Orientation covering attractions, how to, health, safety, entertainment
- ✓ Academic assessments, placement-exit tests, Achievement Certificate
- ✓ Lodging (reduced fee if no lodging needed)
- ✓ Meals and/or cooking facilities at most centres
- ✓ Insurance: medical and accident - see below
- ✓ Emergency Hotline staffed 24 hours/day - see below
- ✓ Housing Coordinator familiar with area homestays, apartments, hotels
- ✓ Activity Coordinator facilitates transfers, cultural/social activities, tours
- ✓ Program Director experienced working with foreign participants
- ✓ Qualified, experienced, and certified educators
- ✓ Weekly proficiency goals and progress assessments
- ✓ Planning and Orientation materials
- ✓ International Ambiance, participants from around-the-world welcome
- ✓ Telecom assistance, web/e-mail access, usually on-site
- ✓ Local taxes for included services
- ✓ 24:7 Culture Immersion w/ native speakers: class, homestay, community
- ✓ **ALL NRCSA PROGRAMS INCLUDE the following INSURANCE\***

ACCIDENT INSURANCE up to \$10,000 SICKNESS INSURANCE up to \$10,000

EMERGENCY MEDICAL EVACUATION up to \$25,000

EMERGENCY REUNION up to \$5,000

REPATRIATION up to \$7,500

LIFE INSURANCE \$5,000

plus

24 HOUR EMERGENCY WORLDWIDE MULTI-LINGUAL TELEPHONE ASSISTANCE

## MANY ALSO OFFER

- ✓ **Tours:** cultural visits, day and weekend fieldtrips
- ✓ **Art:** classes/workshops, craft, dance, theater, fashion, music, photo
- ✓ **Humanities:** culture, area studies, hist, lit, gov't, educ, comm, plus...
- ✓ **Health:** golf, swimming, tennis, diving, skiing, riding, plus...
- ✓ **Special:** vocabulary classes tailored to your professional needs
- ✓ **Lodging:** homestay, apartment, dorm, hotel, special diet
- ✓ **Food:** home cooking, cooking classes, dine-around, wine tasting
- ✓ **Family:** services, daycare, child classes, community services
- ✓ **Teacher:** training, workshops, practicums, practice teaching, ECH
- ✓ **Teen:** camps and youth programs (including experiential)
- ✓ **University:** credit, undergraduate and graduate
- ✓ **Professional:** development credit in many fields, licensure, CEU
- ✓ **Volunteer:** medical, social service, ecology, teach plus...
- ✓ **Internships:** business, media, arts, eco, tourism, computer, plus...
- ✓ **Business:** classes, visits, networking, executive support services
- ✓ **Peer-to-Peer:** share interests, network by profession or hobby
- ✓ **Current Events & Professional Workshops, Holiday Courses**
- ✓ **Distance** educ liaison service, independent studies, research assist
- ✓ **Free** books and course materials. Return at end of studies
- ✓ **Free** airport transfers and internet access
- ✓ **Assessment** reports for attendance, progress, acculturation if needed
- ✓ **Medical:** professional training, law, social work, sciences etc.

*\* If you have a problem while studying abroad, call the 24 hour hotline! Call Any Time from Anywhere! Medical or travel emergencies, legal or medical or embassy referrals, lost passport or luggage, emergency message relay, coordinating emergency prescription replacement or cash transfer, emergency translations, 24-hour medical monitoring. Problems seldom occur, but when they do, it is nice to know insurance and worldwide assistance are included in your cost for study dates prepaid through NRCSA as reflected on your NRCSA confirmation. Additional optional insurance available upon request. Refer to the certificate for specific terms, conditions and other details regarding benefits, limitations, eligibility and exclusions of this plan. Questions? Contact NRCSA: Tel: 414-278-0631 ... E-Mail: info@nrcca.com ... Web: <http://www.nrcca.com>*

For Questions, Concerns, or Registration, Contact NRCSA  
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