ICA LIVE THE LANGUAGE

Instituto Central America (ICA) has been offering Spanish language classes to students of all levels since 1976. ICA offers a one-on-one experience where teachers are attentive to the needs and interests of individual students. In addition, we are dedicated to educating our students about the complex political, social and economic situation in Guatemala using a unique blend of resources, activities and contacts.

EL MONOLINGUISMO ES CURABLE
MONOLINGUISM CAN BE CURED

1a. Calle 16-93, Zona 1
09001 - Quetzaltenango,
Guatemala, C.A.

TEL. & FAX
INTERNATIONAL + 502-963-1871
Within Guatemala: 063-1871
Within Quetzaltenango: 63-1871

R.R.#2 Box 101
Stanton NE 68779
U.S.A.
Tel. (402)439-2943

ICA's Entrance

OUR PERSONALIZED TOTAL IMMERSION APPROACH

ICA's Total Immersion approach has been developed over the years and has proven effective. Our approach is made up of 3 basic parts:

1) THE SPANISH LANGUAGE
2) THE GUATEMALAN FAMILY
3) THE GUATEMALAN CULTURE.
Spanish Language

Homework assignments are used for drills, a variety of written exercises, and the class oral practice in conversations and emblazoned spoken Spanish and core vocabulary. Our approach is based on our program at ICA. We use visual materials, pronunciation exercises, and conversation drills to help students develop Spanish.

Immersive Approach

Our personalized TOTAL
ICAS Enfance

Spanish program is designed to provide students with a better overall understanding and experience with different aspects of Spanish. Each week the teachers are focused on the student's needs and language needs. Our program is set up according to the students' needs.

At the beginning of the week, after an immersion period, students are introduced to new vocabulary and grammar rules. Our teachers are universality trained to provide a unique blend of resources, activities, and conversation to ensure that students develop a comprehensive understanding of the Spanish language.

Our Total Immersion Program consists of one-on-one personalized instruction.

Instituto Central America (ICA) has been offering Spanish language classes since 1976. ICA offers a wide range of classes for students of all levels.
NOTE

October recommendations for the rainy season are recommended. When wearing a horse and a heavy sweater for the week in Guatemala City is not a no-brainer. With a warm climate, you will enjoy your stays.

Interruption:

Spanish in everything they do. English is not always spoken, and thus "El Ingreso" is ideal for ICA's goals.

About Guatemala:

December 25:

25th, December 25 is a 16, Nover. No classes are held on Monday - Friday.

Class Schedule:

8:00 AM - 1:00 PM OR 2:00 AM - 1:00 PM

Guatemala is a group formed by students.

ICAMOS - GET INVOLVED

Support for small groups of students and much more.

The Guatemala Culture:

In Guatemalan culture, every activity has a meaning. To meet people of different ages, you need to be flexible and adaptable to different situations. The culture is rich and diverse, and it's essential to immerse yourself in it to truly understand its intricacies.

The equivalent of:

130.00 per week June-August
120.00 per week September-May

The cost includes: 5 hours per day of private lessons, including cultural activities and excursions. Students are encouraged to participate in local events and activities. The goal is to provide a well-rounded learning experience.

The purpose of the program:

To give students an opportunity to make a difference in the lives of Guatemalan people and to understand and experience local culture.

The experience includes:

- Learning about the local customs and traditions.
- Exploring local markets and cultural landmarks.
- Participating in community service projects.
- Visiting local communities and meeting with local residents.
- Having fun and making new friends.

The program is open to students of all ages and backgrounds.

The program is designed to provide:

- A hands-on learning experience.
- A chance to immerse yourself in local culture.
- A chance to make a difference in the lives of local people.
- A chance to make new friends and learn from others.

The program is located in Guatemala City, which is a vibrant and diverse city with a rich history and culture.

The program is led by experienced and dedicated staff members who are passionate about teaching and helping students.

The program is open to students of all ages and backgrounds who are interested in learning about Guatemala culture and making a difference in the lives of local people.
AMIGOS - GET INVOLVED

Amigos is a group formed by students, parents, and teachers of ICA motivated by a strong sense of respect for human dignity and a desire to contribute to the community in Quetzaltenango. Our main goal is to support and fund projects that will help the local community.

One of the projects we support is the installation of water conservation zones. We also offer scholarships for Guatemalan students and support bilingual education in Indigenous languages and Spanish. This allows for small group learning and personalized instruction.

We are always looking for volunteers to help with our projects. If you would like to make a difference, please contact us.

CLASS SCHEDULE

* 8:00 AM - 1:00 PM OR 2:00 PM - 7:00 PM
Monday - Friday*

No classes are held on the following holidays: January 1, Good Friday, May 1, June 25, September 15 & 16, November 1 and December 25.

ABOUT QUETZALTENANGO

Quetzaltenango (better known as Xela "Shay-la") is ideal for ICA's goals. It lies off the "Gringo Trail" and thus gives a good representation of Guatemalan life. More importantly, the lack of hoards of foreigners insures that the students will be practicing Spanish in everything they do - a true "Total Immersion".

Xela is approximately 4 hours by bus from Guatemala City and is at an altitude of over 7,500ft./2,330m., you will enjoy a fresh climate and a heavy sweater for the evenings and mornings is recommended. An umbrella is also recommended for the rainy season from May to October.

*NOTE*

We suggest that if you are travelling from Guatemala City that you take Galgos (Greyhound) because on arriving in Xela our office is within 2 blocks of the Galgos bus station and there is no need to take a taxi. The address for Galgos in Guatemala City is: 7a. Av. 19-50, Zona 1 - Tel. 23661.
INFORMATION FOR NEW STUDENTS

The following points are suggestions and reminders which are intended to aid you in adaptation to family and student life. Please do not hesitate to ask about or suggest anything which is not listed here, or if there is anything further we can do to facilitate your stay!!

1. One of the principle goals of living with a Guatemalan family is for the purpose of cultural exchange. The families are aware that they need to respect the beliefs of the students. In as much, we would appreciate it if the students also respect the beliefs of the family.

2. The family has been advised to give you your own set of keys to both your room and the outside door. If there is no key to your room ask your host family about locking your valuables in a safe location. If you have any doubts about the security of your belongings, please advise the school. The family is also advised that they must provide students with a varied diet, either bottled or boiled water for drinking, as well as have hot water in the bathroom for bathing.

3. In the interest of maintaining harmonious relations with all members of the family, we do not advise loaning any personal objects - i.e. money, clothing, or cameras. This also applies to teachers at the school.

4. At times, it has been noted that some families watch television during meal times. It is a bad habit that exists in many countries, but one that is difficult to change. We have requested that families have some discussion during meals. We would appreciate knowing if this practice becomes a problem in your family.

5. During school hours, please feel free to discuss any social, political, cultural, or historical subjects with your teachers. However, please be aware that not all subjects may be appropriate to discuss in your family or with acquaintances, depending on their views or inclinations.

6. Many students ask if there are certain things that bother the families. In general we recommend that you act as you would if you were visiting someone in your own country. Specific complaints we have received from our families deal with having visitors stay late at night, not letting the family know when you and not planning to eat at the house or if you plan to stay the night in a different place, and having the student bring a backpack full of dirty clothes and expecting the family to wash them. (It is the responsibility of the host family to wash your clothes while you are studying in ICA but they are not expected to wash clothes you have from traveling without some compensation.

7. Another tender spot with the host family is the telephone. Many of our families do not have a telephone, those who do are very careful because of problems they have had in the past with the phone bill after the student has left their house. Please be certain if you make a call to leave the telephone number, date, time and country that you called written down for your host family. (The phone company here in Guatemala has the nasty habit of charging for calls not made or charging for calls that were collect calls.)
8. If you so desire, you are free to make visits during your class time such as markets, cooperatives, museums, villages, pools, tourist sites, artisanal centers, schools, orphanages, etc. In this case, we ask that you pay the transportation costs of your teacher (usually very minimal). We also remind you to be very careful with any valuables – especially money – when traveling.

9. In case of illness or any situation which necessitates missing class, we ask that you notify the school as soon as possible (tel. 1871). We will advise your teacher and make arrangements to make up the time either by adding hours to the weekday classes or by working on the weekend. Classes you miss without notifying the school are counted as paid classtime and are not made up.

10. Our experience has been that students make much faster progress if they are able to avoid speaking English. Therefore, we recommend that you attempt to communicate in Spanish as much as possible -- especially within the school.

11. We have a small library at the school, made up mostly of donations from our students. If you have any books, dictionaries or periodicals in Spanish or English that you would like to give to ICA on finishing your studies, they will be more than welcome!!

12. In the school as well as in the families, we hope to create an amicable environment, however, problems do arise from time to time. We would appreciate knowing as soon as possible if there is a situation that we can help resolve in order to avoid future problems.

13. Our last suggestion is to come with an open mind and the desire to learn our language and culture. Hope to see you soon!!!
WELCOME TO I.C.A.
GENERAL INFORMATION SHEET

A. HEALTH.
No vaccinations are required to enter Guatemala however, depending on your travel plans, it is a good idea to consult with your doctor. Most doctors strongly recommend getting typhoid, tetanus and yellow fever vaccinations. If you plan on staying only in Xela or the larger cities is not necessary but in the smaller villages it is better to be safe than sorry! Also if you are planning to visit the coastal areas malaria pills are advised.

B. DOCUMENTATION.
The regulations about visas and tourist cards have been known to change periodically, so your best bet is to contact the Guatemalan consulate in your country before you leave. You should have no trouble getting ahold of the address and telephone number from any travel agent. As of August 1993, citizens of the U.S.A., Canadá and U.K. only needed a tourist card, which can be purchased for $5.00 usually at the airport before takeoff. If you have time, you can get a visa at no cost from the Guatemalan embassy. You can ask for 30, 60 or 90 days, depending on the time you plan to stay in Guatemala, and generally if you ask politely, you will be given what you want. Those from other countries are once again advised to contact their Guatemalan consulate, as there are different regulations for each country.

C. MONEY.
It is best to carry U.S. dollar travellers checks, it is safer and they are easily exchanged in any bank. It is also a good idea to carry small amount of U.S. $1.00, $5.00, $10.00 bills to help out in situations where it is impossible to change your travellers checks for one reason or other. As for credit cards, Visa is the most widely accepted and can be used to get quetzals in most banks in the country. Credit cards may also be used in larger restaurants and hotels. If you are planning to rent a car be sure you bring one along since you can’t rent a car without it.

D. PACKING.
We are including a brief list of the most essential items we think you will need to make your life easier while you are here. Keep in mind, however, that there are beautiful handicrafts and clothing here in Guatemala so that most anything that you are lacking or even if you aren’t lacking it, can be purchased in Xela or in one of the lively nearby markets.

1. Umbrella or Raincoat. It is necessary for the rainy season which begins in May and lasts through October. Fortunately it is quite predictable and generally rains for an hour or two about the same time everyday and then clears off again.
Prescriptions Drugs.
A wide variety of medicine is available in the pharmacies here but it is best to bring your own prescription medicine because the supply of specific drugs is questionable and can be very expensive.

3. Extra Film.
You can purchase film here but it is much more expensive than in most other countries.

Is recommended! You will need at least one sweater or jacket for the evenings because even in the warmest months it gets 'Chilly' at night. Our students have told us we need to put more emphasis on the need for more warm clothing so, be warned. Should you inadvertently forget, this would justify your urge to buy some of the beautiful jackets or sweaters made in Guatemala. Comfortable walking shoes, swimming suit, sunglasses, Money Belt and the amount of light weight, layerable clothing that you will feel comfortable carting around.

5. School supplies.
Our only recommendation would be a small Spanish/English dictionary. We provide you with the necessary textbooks and extra materials while you are studying with us. Notebooks, pens, pencils etc. are readily available in the bookstores in Xela. At the school, we also have an ample supply of books for you to borrow both for pleasure and study purposes.

6. For the family.
You may want to bring along something for your Guatemalan family, bite size candy bars, Hershey's kisses, M&Ms, etc are available here but are very expensive so they make a big hit. T-shirt, stickers, earring, etc. are also in demand. It's fun to bring some photos of your family, house, car, pets, etc. and a map to show exactly where you live. It's a good way to break the ice and get the conversation rolling.

E. MAIL.
It is better to give your family and friends the schools address and have them write to you here. The mail service has 'lovingly' been called The Turtle Express -Letters from the U.S.A. or Canada take at the very least, 2 weeks, from other countries a minimum of 3-4 weeks, so plan accordingly. Our address is: ICQ, 1a. Calle 16-93 Zona 1, Quetzaltenango, Guatemala Centro América. Tel & Fax 011-502-963-1871.

UPON ARRIVAL.

A. At the airport.
When you arrive you will want to change some money to Guatemalan Quetzals. There is a small Banco de Guatemala conveniently located at the airport for this exact purpose. We recommend that you change between $25 and $50.00 there. It is a good rate. After picking up your luggage you will have to go thru a relatively painless customs inspections. Usually it's only a quick look at your bags and you're off. As you leave the airport you will be surrounded by many 'Helpful' porters eager to help you with your bags and lead you to their friend's taxi. *Keep a close eye on your bags at this time, it is not
unknown for one of these overly helpful fellows to disappear with your bag in hand. Depending on the time of day and the amount of luggage you have, buses are available to the center. Buses # 2, 5, 6 and 20 go to the center and cost about 75 centavos. They run from 6 a.m. to 8 p.m. keep in mind that there is not a lot of room in Guatemalan buses, the majority being old school buses from the United States, so this might be the time to splurge on a Taxi. It is safer to ask for an official taxi. There is a stand right outside the airport door. It cost between Q.35 to Q50 to get downtown. *It is necessary to negotiate the price BEFORE you get in to avoid problems when you arrive at your destination.* Taking a small notebook and writing the price is the best way to avoid any possible misunderstanding. There is no need to tip the taxi driver as it is not a Guatemalan custom. There are also special tourist buses that leave for Antigua directly from the airport. We recommend that you only take these in the morning as they have become a target for hold-ups, since the thieves know that only tourist use these buses.

B. IN GUATEMALA.
If you arrive in the afternoon or evening, we recommend that you look for a hotel in Guatemala. To facilitate things for you, here is a list of possibilities: * All the prices quoted are for 1 person.*

- Pensión Meza
  10 Calle 10-17 Zona 1
  Tel: 02-2-31-77,
  Price Q.14 (Dormitory Style), Q.30 (Private Room)

- Spring Hotel
  8 Ave. 12-65 Zona 1,
  Tels: 514207, 514876, 26637,
  Price Q.45.76 (General bath) Q.51.00 (Private bath)

- Chalet Suizo,
  14 Calle 6-82, Zona 1,
  Tel 51-37-86
  Price: Q 70.80 (General bath)

- Hotel Ajau,
  8 Ave. 15-62 Zona 1,
  Tel: 20488,
  Price Q 46 (private bath)

Those of you who wish to pay a bit more can have the luxury of making a reservation from Canada or the U.S.A. for example:

- Hotel Ritz Continental,
  6a Avenida A 10-13 Zona 1,
  Tel: 81674, 21078.
  For Reservations:
  U.S. (402) 498-4300,
  Canada 800-268-7041.
  Price: Single: $ 49.95

"NOTE: That with the mention of the "Guatemalan Guide" book written by Paul Glassman, substantial discounts are (or at least were) available. Ex: Single $ 30.

- Hotel del Centro,
  13 Calle 4-55 Zone 1,
  Tel: 81281, 80639.
  For reservations:
  U.S. (212) 687-4422,
  Price $ 49.95
C. ANTIGUA.

An alternative to staying in Guatemala city for the night is hopping on a bus and staying in Antigua, since it is only an hour away and a bit more picturesque than the Capitol. However, there are not direct buses from Antigua to Xela so it is a bit of a hassle if you have much luggage. Here are a few places to stay:

- Posada El Refugio
  4 Calle poniente No. 32
  Price: Q 30 to 50.

- El Descanso
  5a. Avenida Norte No. 9,
  Price: Q 25.

- Casa de Santa Lucía
  Alameda Santa Lucía Sur No.17,
  Price: Q 30.

- Hotel Aurora, 4a. Calle
  Oriente No.16,
  Tel: 320217.
  Price: $24/$28.

Keep it in mind that the prices in Antigua vary depending on the time of year.

D. QUETZALTENANGO (Xela).

If you arrive in Guatemala in the morning or early afternoon you will have time to come directly to Xela if you wish, it takes about 4 hours by bus. We recommend that you use the Galgos (Greyhound) bus line simply because their station in Xela is within 2 blocks of our office, making it very convenient! The Galgos address in Guatemala city is: 7a. Ave. 19-50 Zona 1, Tel: 23661. Buses leave for Xela at: 5:30 am, 8:30 am, 11:00 am, 1:00 pm, 2:30 pm, and 5:00 pm. Should your bus be delayed or if you just end up in Xela in the evening after 8:00 it is usually difficult to set things up with a Guatemalan family so we suggest that you stay the night in a hotel and contact us the next morning. Right next door to the Galgos bus station is Hotel Siesta with single rooms running from Q23 (general bath) to Q48 (private bath). A few other hotels located in the center are:

- Casa del Viajero
  10 Av. 9-17 Zone 1
  Tel: 61-45-94
  Price:Q.17.50 (General bath)
  Q.35.00 (Private bath)

- Hotel Kiktem Ja
  13 Av. 7-18 Zone 1,
  Tel: 61-43-04
  Price: Q.50 (private bath only).

- Río Azul 2a.
  Calle 12-15 Zone 1
  Tel: 63-06-54.
  Price $ 10 (Private bath only).

- Pensiòn Bonifaz
  4 Calle 10-50 Zone 1
  Tel: 4241,
  Price:Q.269.00 (Private bath only)