

MÁXIMO NIVEL

EXECUTIVE LANGUAGE CENTER

Adventure & Culture Programs

**Cusco, Peru
San Jose, Costa Rica**

Adventure & Culture Programs

To complement our Native Spanish Program, Máximo Nivel offers several travel and study options. The Travel & Study, Mini Adventure, and Full Adventure programs are led by licensed, experienced guides, all of whom speak both Spanish and English. Additional adventure treks and cultural tours can also be arranged.

Travel & Study (1 Week)

The Travel & Study program includes:

- 4 days of Spanish language classes
- 3 days of travel and exploration
- Accommodation in the Family House (Peru) or a Family Stay (Costa Rica)

Mini Adventure (2 Weeks)

The Mini Adventure program includes:

- 10 days of Spanish language classes
- 4 days of travel and exploration
- Accommodation in the Family House (Peru) or a Family Stay (Costa Rica)

Full Adventure Program (4 weeks)

The Full Adventure program includes:

- 15 days of Spanish language classes
- 7 days of travel and exploration in Peru
- Accommodation in the Family House (Peru) or in a Family Stay (Costa Rica)

Travel & Study (1 Week)

The Travel & Study program includes:

- 4 days of Spanish language classes
- 3 days of travel and exploration
- Accommodation in the Family House (Peru) or a Family Stay (Costa Rica)

Peru Itinerary

Day 1: Spanish Language Classes and Cusco City Tour

You will start the day with 2 hours of intensive Spanish. Following a brief pause, we'll set out on a half-day excursion to see some of the highlights of Cusco – "the navel of the world" and the center of the ancient Inca Empire. You will visit Q'oricancha, the Inca Temple of the Sun and then tour Cusco's 15th century Cathedral.

Day 2: Spanish Language Classes and Four Ruins Tour

You will have 2 hours of Spanish in the morning. Then, we'll head out for a half-day tour on horseback of the four primary ruins surrounding the city of Cusco, including Sacsaywaman, Q'enko, Tambomachay, and Puka Pukara.

Day 3: Spanish Language Classes

Day 3 provides a small respite from the travel, and your morning is devoted to Spanish; and the afternoon is free.

Day 4: Machupicchu

From Cusco, early in the morning, we depart by train for the village of Aguas Calientes at the foot of the Machupicchu Mountain. We'll travel by bus up to the entrance of the sanctuary-city of Machupicchu. We'll take a 3-hour guided tour of the ancient ruins, and at the end of the tour, we can hike to the top of Huayna Picchu, the mountain overlooking Machupicchu, or to the Temple of the Moon. Late in the afternoon, we'll return to Cusco by train.

Day 5: Spanish Language Classes and Traditional Markets

Day 5 includes another 2 hours of intensive Spanish in the morning. In the afternoon, we'll take a tour through four traditional markets around Cusco, including both open-air vegetable and food markets and traditional handicraft markets where you can buy souvenirs.

Costa Rica Itinerary

Day 1: Spanish Language Classes and San Jose City Tour

You will start the day with 2 hours of intensive Spanish. Following a brief pause, we'll set out on a half-day excursion to see some of the highlights of San Jose – The National Museum, the National Theatre, San Jose's famous Central Market, and the Metropolitan Cathedral.

Day 2: Spanish Language Classes

On Day 2 your morning is devoted to Spanish; and the afternoon is free.

Day 3: Spanish Language Classes

On Day 3 your morning is devoted to Spanish; and the afternoon is free.

Day 4: Calypso Catamaran Tour

Day 4 begins very early in the morning as we depart for the coast by private van to take the Calypso Catamaran Cruise – a one-day boat tour in the calm waters of the Gulf of Nicoya. Once on board the 71-foot Catamaran, we will cruise past 23 islands on route to Costa Rica's famous Isla Tortuga. At Isla Tortuga you can sunbathe, swim, snorkel, play volleyball, kayak, or just relax in a hammock. A wonderful gourmet meal is elegantly served accompanied with chilled white wine and live music.

Day 5: Spanish Language Classes and Punto Leona

On Day 5 we combine language with the beach and sunshine as your Spanish teacher joins you for a day on the beach at Punto Leona – about 2 hours from San Jose.

Mini Adventure (2 Weeks)

The Mini Adventure program includes:

- 10 days of Spanish language classes
- 4 days of travel and exploration
- Accommodation in the Family House (Peru) or a Family Stay (Costa Rica)

Peru Itinerary

Days 1-3: Spanish Language Classes

On your first day, you will participate in a brief orientation and take a language placement test. Throughout your language training, the teacher will continuously assess your ability in the 4 language skills – Speaking, Listening, Reading, and Writing; and the 4 language systems – Grammar, Vocabulary, Phonology, and Function.

Day 4: Cusco City Tour

This full day excursion includes the best highlights of Cusco – “the navel of the world” and the center of the ancient Inca Empire. You will visit Q’oricancha, the Inca Temple of the Sun and then tour Cusco’s Cathedral, a 15th century church filled with original artwork. In the afternoon, we will tour the four primary ruins surrounding Cusco, including Sacsaywaman, Q’enko, Tambomachay, and Puka Pukara.

Days 5 & 6: Spanish Language Classes

Days 5 and 6 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs.

Day 7 & 8: Sacred Valley of the Incas & Machupicchu

We’ll take a beautiful driving tour of the ancient agricultural center of the Incas. First, we will travel by bus from Cusco down into the lush, green Sacred Valley. The first stop is a unique arts and crafts center and petting zoo where we can feed the alpacas and vicuna. Next, we travel to the pueblo of Pisac, and then onto Urubamba, and the archeological ruins at Ollantaytambo. Lunch is included.

From Ollantaytambo, we depart by train for the village of Aguas Calientes at the foot of the Machupicchu Mountain. We’ll spend the night in a great little hostel in Aguas Calientes.

Early in the morning of Day 8, we’ll travel by bus up to the entrance of the sanctuary-city of Machupicchu. We’ll take a 3-hour guided tour of the ancient ruins, and at the end of the tour, we can hike to the top of Huayna Picchu, the mountain overlooking Machupicchu, or to the Temple of the Moon. Breakfast is included.

In the afternoon, we’ll return to Cusco by train.

Day 9: Free Day

Days 10-14: Spanish Language Classes

Days 10 – 14 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. At the end of your course, you will be awarded a certificate in Spanish designating your present level of proficiency in Spanish.

Costa Rica Itinerary

Days 1-3: Spanish Language Classes

On your first day, you will participate in a brief orientation and take a language placement test. Throughout your language training, the teacher will continuously assess your ability in the 4 language skills – Speaking, Listening, Reading, and Writing; and the 4 language systems – Grammar, Vocabulary, Phonology, and Function.

Day 4: Spanish Language Classes and San Jose City Tour

You will start the day with 2 hours of intensive Spanish. Following a brief pause, we will set out on a half-day excursion to see some of the highlights of San Jose – The National Museum, the National Theatre, San Jose’s famous Central Market, and the Metropolitan Cathedral.

Days 5 & 6: Spanish Language Classes

Days 5 and 6 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs.

Day 7: Calypso Catamaran Tour

Day 7 begins very early in the morning as we depart by private van for the coast to take the Calypso Catamaran Cruise – a one-day boat tour in the calm waters of the Gulf of Nicoya. Once on board the 71-foot Catamaran, we’ll cruise past 23 islands on route to Costa Rica’s famous Isla Tortuga. At Isla Tortuga you can sunbathe, swim, snorkel, play volleyball, kayak, or just relax in a hammock. A wonderful gourmet meal is elegantly served accompanied with chilled white wine and live music. Breakfast and lunch included.

Days 8 & 9: Spanish Language Classes

Days 8 and 9 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs.

Days 10 & 11: Manuel Antonio Beach

We will travel by bus to the beautiful resort village of Quepos and Manuel Antonio. This is *beach time* at one of the best beaches that Costa Rica has to offer. Manuel Antonio also has good shopping and restaurants and there is an excellent national park too. We’ll spend the night at our partner’s hostel just 10 minutes from the beach. Extra spending money is strongly encouraged.

Days 12-14: Spanish Language Classes

Days 12-14 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. At the end of your course, you will be awarded a certificate in Spanish designating your present level of proficiency in Spanish

Full Adventure Program (4 weeks)

The Full Adventure program includes:

- 15 days of Spanish language classes
- 7 days of travel and exploration in Peru
- Accommodation in the Family House (Peru) or in a Family Stay (Costa Rica)

Peru Itinerary

Days 1-5: Spanish Language Classes

On your first day, you will participate in a brief orientation and take a language placement test. Throughout your language training, the teacher will continuously assess your ability in the 4 language skills – Speaking, Listening, Reading, and Writing; and the 4 language systems – Grammar, Vocabulary, Phonology, and Function.

Days 6-7: Weekend – Free time

Day 8: Cusco City Tour

This full day excursion includes the best highlights of Cusco – “the navel of the world” and the center of the ancient Inca Empire. You will visit Q’oricancha, the Inca Temple of the Sun and then tour Cusco’s Cathedral, a 15th century church filled with original artwork. In the afternoon, we will tour the four primary ruins surrounding Cusco, including Sacsaywaman, Q’enko, Tambomachay, and Puka Pukara.

Day 9 – 15: Spanish Language Classes

Days 9-15 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. Weekends are free to do as you wish.

Days 16-17: Weekend - Free time

Day 18 & 19: Sacred Valley of the Incas & Machupicchu

We’ll take a beautiful driving tour of the ancient agricultural center of the Incas. First, we will travel by bus from Cusco down into the lush, green Sacred Valley. The first stop is a unique arts and crafts center and petting zoo where we can feed the alpacas and vicuna. Next, we travel to the pueblo of Pisac, and then onto Urubamba, and the archeological ruins at Ollantaytambo. Lunch is included on Day 18.

From Ollantaytambo, we depart by train for the village of Aguas Calientes at the foot of the Machupicchu Mountain. We’ll spend the night in a great little hostel in Aguas Calientes.

Early in the morning of Day 19, we’ll travel by bus up to the entrance of the sanctuary-city of Machupicchu. We’ll take a 3-hour guided tour of the ancient ruins, and at the end of the tour, we can hike to the top of Huayna Picchu, the mountain overlooking Machupicchu, or to the Temple of the Moon. Breakfast is included on Day 19.

In the afternoon, we’ll return to Cusco by train.

Days 20-23: Spanish Language Classes

Days 20-23 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. Weekends are free to do as you wish.

Days 24-25: Weekend – Free Time

NOTE: Days 26–28 are programmed to include a tour of Peru’s Tambopata Reserve in the Amazon Rainforest. However, this may vary depending on time of year, weather conditions, and availability of tours. Other tours which may be substituted without prior notice include: 1) Lake Titicaca and 2) Peru’s world famous Nazca Lines.

Tambopata Reserve

The Tambopata Reserved Zone is the most preserved area of the Amazon rainforest and it covers an area of approximately 1.48 million hectares/3.66 million acres. It is in this amazing biological reserve that three ecosystems converge resulting in an astounding variety of flora and fauna. Among this incredible variety, there are a number of endangered species including the jaguar, the giant otter, and the harpy eagle.

Day 26: Transfer Cusco - Tambopata

Early in the morning we will take a 25-minute flight from Cusco to Puerto Maldonado – the biodiversity capital of Peru. We’ll take a 3-hour boat ride from Puerto Maldonado along the Madre de Dios River to our jungle lodge, where they’ll welcome us with a refreshing traditional drink and lunch. We’ll have some time to settle into our bungalows and then later in the afternoon, a specialized jungle guide will guide us through Monkey Island in the heart of the Madre de Dios River. Lunch and dinner included.

Day 27: Lost Cocha

After a very early breakfast, we will set off on our jungle adventure. A local guide will lead us through the depths of the rainforest to the Lost Cocha – a shelter and food source for a great variety of animals such as giant otters, crocodiles, turtles, sachavacas, colorful birds, the majestic jaguar, and tropical fish. Breakfast, lunch, and dinner included.

Along the way, we’ll trek to the famous Amazonian Viewing Point, built on the top of a Shihuahuaco tree. From there, we’ll be able to fully appreciate the magical jungle in all its splendor. In the evening, if there is time, our guide will take us across the river to visit a local native family living in the jungle.

Day 28: Transfer Tambopata - Puerto Maldonado

On our final day in the jungle, we’ll enjoy an early breakfast and then travel back along the Madre de Dios River to Puerto Maldonado and make our return flight back to Cusco. Breakfast included.

Costa Rica Itinerary

Days 1-5: Spanish Language Classes

On your first day, you will participate in a brief orientation and take a language placement test. Throughout your language training, the teacher will continuously assess your ability in the 4 language skills – Speaking, Listening, Reading, and Writing; and the 4 language systems – Grammar, Vocabulary, Phonology, and Function.

Days 6-7: Weekend – Free time

Day 8: Spanish Language Classes and San Jose City Tour

You will start the day with 2 hours of intensive Spanish. Following a brief pause, we will set out on a half-day excursion to see some of the highlights of San Jose – The National Museum, the National Theatre, San Jose’s famous Central Market, and the Metropolitan Cathedral. Please note that based on availability and weather, a cultural night with dinner is often substituted in place of the city tour. The cultural night is held at San Jose’s “Old Town” and includes a musical and dance performance and dinner.

Day 9: Calypso Catamaran Tour

Day 9 begins very early in the morning as we depart by private van for the coast to take the Calypso Catamaran Cruise – a one-day boat tour in the calm waters of the Gulf of Nicoya. Once on board the 71-foot Catamaran, we’ll cruise past 23 islands on route to Costa Rica’s famous Isla Tortuga. At Isla Tortuga you can sunbathe, swim, snorkel, play volleyball, kayak, or just relax in a hammock. A wonderful gourmet meal is elegantly served accompanied with chilled white wine and live music. Breakfast and lunch included.

Day 10 – 15: Spanish Language Classes

Days 10-15 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. Weekends are free to do as you wish.

Days 16-17: Weekend - Free time

Days 17 & 18: Manuel Antonio Beach

We will travel by bus to the beautiful resort village of Quepos and Manuel Antonio. This is *beach time* at one of the best beaches that Costa Rica has to offer. Manuel Antonio also has good shopping and restaurants and there is an excellent national park too. We’ll spend the night at our partner’s hostel just 10 minutes from the beach. Extra spending money is strongly encouraged. Please note that meals are NOT included while in Manuel Antonio.

Days 19-23: Spanish Language Classes

Days 18-23 are spent in intensive Spanish language classes. Classes can be scheduled for the morning or afternoon to suit your needs. Weekends are free to do as you wish.

Day 24-26: Transfer from San Jose to Siquirres

We’ll begin early in the morning with a two-hour bus ride to Siquirres. From there, we’ll take a journey on the wild side, exploring some of Costa Rica’s most biologically diverse rainforests. The Pacuare River adventure offers the perfect combination of river rafting, rainforest hiking, and gourmet food in a beautiful, exotic, and stress-free environment.

The adventure begins with a white water rafting trip down one of the world’s most scenic rivers, passing below tumbling waterfalls, impenetrable rainforest and through water that alternates between foamy white and placid green. The rapids range from Class I to Class III along the river (NO previous rafting experience is required)

At the lodge, you can bird watch, hike, swim, fish, explore the rainforest, visit a traditional indigenous community, or simply relax. The lodge's eco-friendly bungalows are surrounded by tropical foliage, nestled between the river and a private nature reserve. Each bungalow combines sustainable practices such as solar-heated water and low-impact septic systems with comforts such as orthopedic mattresses and spacious bathrooms.

While at the lodge, you can enrich your rainforest experience via optional tours (extra charge): Tours range from the adrenaline rush of the highest canopy tour in Costa Rica to cultural exchanges with the native Cabecar Indians who are scattered throughout the Talamanca Mountain region.

Day 27: Transfer back to San Jose

Early on Day 27 we'll enjoy a nice breakfast and travel by bus back to San Jose.

Day 28: Free Day

Native Spanish Program

In three of the world's most cultural cities—Cusco, Peru, San Jose, Costa Rica, and Asheville, North Carolina—Máximo Level offers its unique Native Spanish Program for intensive language training or extended study of the Spanish language. Máximo Level offers all levels of Spanish instruction, as well as special Medical Spanish classes.

Máximo Level is not a typical Spanish School. We are an executive language center offering the most intensive and effective Spanish courses in Latin America. Máximo Level employs only the most experienced native Spanish instructors, all of them actual teachers—either certified in teaching Spanish as a foreign language or with their Bachelors and/or Masters in Education. We offer an incomparable service to improve your Spanish, whether you are looking for a 5-day crash-course or a 6-month extended program.

Máximo Level also offers our well-known NATIVE ENGLISH PROGRAM™ to Peruvian and Costa Rican learners. Via our optional Tandem Exchange Program, our Spanish clients can join free conversation practice when we team them up with local residents who are studying in our intensive English programs. This "tandem" conversation practice is an excellent addition to regular Spanish classes.

Program Summary

On your first day, you will participate in a brief orientation, take a language placement test, and then be placed at an appropriate level. Throughout your language training, the teacher will continuously assess your ability in the 4 language skills – Speaking, Listening, Reading, and Writing; and the 4 language systems—Grammar, Vocabulary, Phonology, and Function.

BASIC

Basic classes are for learners with no previous experience in Spanish. Learners will be taught basic grammatical structures, vocabulary, and will immediately begin speaking in Spanish, thereby gaining a concrete foundation in the language.

HIGH BASIC

For learners with an elementary knowledge of the Spanish language, these classes focus on reinforcing grammar, teaching new vocabulary, and increasing speaking capacity, enabling you to express yourself clearly in daily situations.

PRE-INTERMEDIATE I & II

These classes build on learners' previous experience with Spanish, reinforcing all areas of the language, with an increasing importance placed on speaking, reading, and vocabulary-building.

INTERMEDIATE I & II

At this point, learners likely speak Spanish, but are still struggling with the more difficult grammar points. These classes focus primarily on conversation, reading, and vocabulary-building; as well as on increasing your grammatical accuracy by reinforcing areas such as the use of the 'subjunctive' and 'indefinite past'. Focus is on the ability to express yourself spontaneously and to interact across a variety of social situations with increasing accuracy.

HIGH INTERMEDIATE I & II

These classes build on learners' conversational base in Spanish, and begin to more finely tune communicative competence by building vocabulary and introducing students to idioms, slang, and points of 'common usage' in Spanish. High Intermediate classes also include emphasis on written expression.

ADVANCED I & II

Advanced classes at the first and second level continue to fine tune learners' Spanish skills. Emphasis is placed on advanced communicative competence – the ability to communicate completely in the Spanish language, across all kinds of situations. Classes emphasize oral skills, sophisticated vocabulary, and increasing students' understanding and ability to use idiomatic Spanish.

The Native Spanish Program Includes:

- Official Spanish program certification
- Certified, native Spanish teacher
- Spanish placement exam
- Free Spanish textbook and materials
- Free Tandem Conversation Program
- Free access to high-speed Internet and computers
- Office-wide WIFI access
- Free Salsa lessons
- Monthly International Party with open bar
- Emergency contact number 24/7
- A toll-free emergency hotline in the U.S.

We Take Good Care of You

Máximo Nivel offers you a wide range of services to help make sure your program is both comfortable and enjoyable. We advise you on what to bring for your trip; what airlines to fly; what type of accommodation best suits you; how much money you need to bring; visa requirements (if any); and all of the ins and outs of day-to-day life in Peru and Costa Rica.

From the moment you arrive, we put all of our efforts into making your stay enjoyable. We meet you at the airport and take you to your family-stay or other accommodation. We provide you with all the information you need regarding cash machines, shopping, trekking, sightseeing, and nightlife.

Every month our international program participants are invited to our monthly International Party including open bar and salsa dancing!

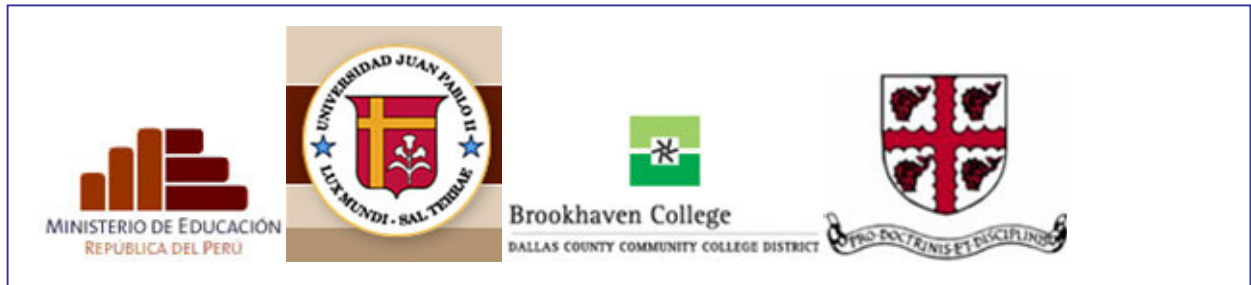
Every program participant is provided with an emergency telephone number to reach a member of the executive team 24 hours a day 7 days a week.

Accreditation

As an internationally accredited institute, Máximo Nivel must adhere to strict codes of practice and maintain the highest professional standards.

Accreditation by an external educational body is vital if you wish to receive a certification that is recognized worldwide. Our programs are accredited by the Peruvian Ministry of Education and The College of Teachers in the United Kingdom. Brookhaven College in the United States also provides university credit for some of Máximo Nivel's programs.

Wherever you decide to teach English in the world—in Latin America, Asia, United States, Canada, Europe, Middle East, Africa—Máximo Nivel guarantees that your TEFL/TESOL certification will be recognized worldwide.



Beware of Unaccredited Courses!

Certificates from unaccredited programs do not carry the same weight as those that are recognized on an international level. Be sure that the course you attend is accredited by an officially recognized accrediting agency.

Housing Options

The Adventure & Culture Programs include housing in The Family House or a traditional Family-stay based on availability. Also note that during the tours, housing ranges from hotels, camping, and bungalows.

The Family House – Bed, Breakfast & Dinner

The Family House offers accommodations similar to a traditional family-stay, but with more independence and privacy. Both private and shared rooms are available as are private and shared bathrooms. Your stay includes breakfast, lunch, and dinner Monday through Sunday. There's lots of opportunity to practice your Spanish with Paola (the house mother), Mauricio (the chef), and Ruth. The Family House is within walking distance (10-20 minutes) from the Máximo Nivel office.

Family-Stay

Family-stays are all with pre-approved families and include breakfast, lunch, and dinner Monday through Sunday. Most family-stays include a private room with shared bath, though this varies based on family. Guests are free to come and go as they please, but they must respect the routine and rules of the family. All family-stays are within walking distance (10-25 minutes) or within a 5-minute taxi ride from the Máximo Nivel office.

Programs & Tuition - 2008

The following course schedules and prices apply to both Peru and Costa Rica. When registering, please be sure to specify if you plan to study in our Peru or Costa Rica office.

Adventure & Culture Programs - Peru

PROGRAM	Travel & Study	Mini Adventure	Full Adventure
Spanish Classes			
2 hours/day	\$395	\$335	\$1,200
4 hours/day	\$535	\$950	\$1,425

Adventure & Culture Programs - Costa Rica

PROGRAM	Travel & Study	Mini Adventure	Full Adventure
Spanish Classes			
2 hours/day	\$540	\$1,300	\$2,000
4 hours/day	\$700	\$1,600	\$2,400

Frequently Asked Questions

Why should I study at Máximo Level?

Founded, owned and operated by Giovanna and Ken Jones, Máximo Level is not just an average Spanish school - it is an executive language center offering the NATIVE SPANISH PROGRAM, as well as TEFL/TESOL Certification, and the NATIVE ENGLISH PROGRAM. In addition to our Peruvian and international accreditations, Máximo Level is also closely partnered with the following international organizations: BridgeLinguattec, INTESOL International, LanguageCourses.Net, Global Crossroad, and Volunteer Adventures.

Who typically attends Máximo Level?

People of all ages come to Máximo Level, from young adults to retirees. The majority of our clients are travelers ranging in age from 20 to 55. Máximo Level attracts people from many different backgrounds and parts of the world, including the U.S., Europe, Australia, New Zealand, South Africa, Israel, and Canada.

What levels of Spanish are offered?

Máximo Level offers 8 levels of Spanish: Basic, High-Basic, Pre-Intermediate I, Pre-Intermediate II, Intermediate I, Intermediate II, Advanced I, and Advanced II.

Can children study Spanish?

Yes. Máximo Level offers a family friendly learning environment for parents traveling to Peru and/or Costa Rica with their children. We are happy to provide classes for your children or for the whole family together. However, for younger children, a different schedule may be recommended depending on the child's maturity level. Máximo Level has experience teaching children as young as five years old. Babysitting service during class time hours can also be arranged at an additional cost.

What Should I Bring?

When traveling anywhere, it is best to leave behind your preconceptions and what you're used to - and enjoy the differences. After all, that's why you're traveling.

The key to packing for a trip to Peru is to pack for a variety of conditions. The best way to deal with the extremes that Peru has to offer - the intense sun during the day, the cold mountain nights, and the heat and humidity of the Amazon Basin - is to dress using several layers.

The key to packing for Costa Rica is to prepare for a warm and often humid climate. The coastal areas are steamy and hot with lots of sunshine; and the San Jose (Central Valley) region is warm by day and cool by night with intermittent sunshine and light rain.

SUGGESTED PACKING LIST – PERU

- Day pack
- Comfortable walking shoes
- Hiking boots
- 2 pairs of pants (lightweight)
- 2 T-shirts
- 1 short-sleeved shirt
- 2 long-sleeved shirt
- 1 pair of shorts
- Thermal underwear
- Fleece jacket
- Hat or cap
- Towel and personal bath kit
- Sun block, lip balm, sun glasses
- Camera

SUGGESTED PACKING LIST – COSTA RICA

- Day pack
- Comfortable walking shoes or hiking boots
- Sandals
- 2 pairs of pants (lightweight)
- 2 T-shirts
- 3 short-sleeved shirts
- 1 long-sleeved shirt
- 3 pairs of shorts and bathing suit
- Hat or cap
- Towel and personal bath kit
- Sun block, sun glasses
- Camera

STUDY MATERIALS

- Laptop computer (if possible)
- Notebook and pen
- Spanish-English dictionary

How much extra money should I bring?

Carrying extra money depends on your personal spending habits, and you may want some extra money for personal expenses, sight-seeing, souvenirs, etc. Generally speaking, we recommend bringing about \$ 250.00 (USD), or just bring your credit card. Note, travelers checks in Peru tend to be problematic to use and are NOT recommended.

The best method for getting money is to simply use ATMs. Most banks in Peru and Costa Rica offer 24-hour ATM access.

Do I need a Visa to enter Peru or Costa Rica?

Depending on where you are from you may or may not need a special visa to enter Peru or Costa Rica. Most people, including those from the U.S., Canada, Australia, and Europe, automatically receive a 90-day tourist visa upon entering Peru and Costa Rica.

Will I have phone and Internet access?

Máximum Level's offices have international phone and Fax service. As well, our clients and students have free access to our computer centers with high speed internet and WiFi connections; and all the computers run Windows XP and MS-Office 2003; access is provided Monday - Friday 8:00 a.m. to 9:00 p.m. and Saturday and Sunday from 8:00 a.m. to 8:00 p.m.

Projects based in the rainforest or in rural settings will not have the same phone and Internet service as Cusco and San Jose. Volunteers must be prepared for intermittent service or no service in these areas. In the most rural projects the only communication available is by shortwave radio.

What should I do in case of an emergency?

If you experience an emergency while you are in Peru, please contact Máximum Level immediately. If your family needs to reach you they can do so via the following numbers:

Máximum Level (Cusco Office): +51 84 25 7200

Máximum Level (San Jose Office): +506 2253 9220

Máximum Level (USA Message Center): +1 877 433 4141

Is the water safe to drink?

Tap water in Peru is NOT safe for drinking, BUT water straight from the tap in Costa Rica is excellent. Tap water can be purified by boiling it or adding purification tablets, such as *Micropur*, which can be purchased at most pharmacies. Generally speaking, bottled water is easy to buy in stores. Showering and brushing your teeth with water is rarely a problem.

Do I need vaccinations?

It is recommended that travelers to Peru and Costa Rica have vaccinations for Hepatitis A and Tetanus. Typhoid Fever and a malaria prophylactic are sometimes recommended, but necessary. Other immunizations may be necessary depending upon the circumstances of your project and personal medical history. Anti-malaria medication is NOT required, but is recommended if you are planning to visit the jungle. You should visit a travel-health clinic or your physician at least four weeks before arriving in Peru.

Should I bring any medicine?

It is recommended that you bring medications for travelers' diarrhea and altitude sickness. The best way to prevent traveler's diarrhea is to be careful of the food and water that you eat and drink. *Ciprofloxacin* (Cipro) or *Levofloxacin* (Levaquin) are good choices for treatment of traveler's diarrhea.

In Peru, *Acetazolamide* is the drug most often used to prevent altitude sickness. The usual dosage is 125 milligrams or 250 milligrams two or three times daily starting 24 hours before ascent, and continuing for 48 hours after reaching altitude.

See your physician for specific recommendations.

Are Peru and Costa Rica safe countries?

Yes, and you can relax while you are here.

That said, it's still important to use common sense.

- Be careful if traveling on buses, as petty theft is common.
- Ask for a receipt when you store your backpack or luggage.
- Do NOT carry your passport or any credit cards and cash that you will not need.
- Use only registered taxis.
- Do not walk into unknown areas by yourself at night.
- Avoid any contact with drugs, as laws are very strict in Peru.

Contact Máximo Level

Please contact us with any questions.

International Course Enrolment Centres for Registration & further Information: □

□

English Speakers:

www.LanguageCourse.net

info@languagecourse.net

Tel. US: +1-800 613 63 45

Tel. UK: +44-709 200 15 64

German Speakers:

www.LanguageCourse.de

info@languagecourse.de

Tel. +49-221-8000 94 29□

Spanish Speakers:

www.Cursos-de-Idiomas.com

info@cursos-de-idiomas.com□

Tel. +34-932688775

Italian Speakers:

www.Corsi-di-Lingua.it□

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Tel Canada: +1-800 713 7135 (numéro vert)

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Japanese Speakers:□

www.Discount-Ryugaku.com□

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THE IMPORTANCE OF STUDYING SPANISH

SPANISH IS ONE OF THE MOST IMPORTANT LANGUAGES IN THE WORLD

By population, Spanish is the second most widely spoken language in the world, second only to Chinese. (Summer Institute for Linguistics, 1999)

There are 332 million native Spanish speakers in the world.

15% of the population in the U.S. speaks Spanish as their native language.

LANGUAGES MAKE YOU MORE VALUABLE

A person who knows 2 languages has the value of 2 people.

After English, Spanish is the most valuable language to know.

Your salary and your career opportunities increase when you speak a second language

START LEARNING SPANISH TODAY!

Studying Spanish shows you are committed to bettering yourself and your career.

Studying Spanish shows you are educated, knowledgeable, and worldly.

Studying Spanish today is a commitment to yourself, to your career, and overcoming procrastination.