

Guatemala

Language- and voluntary work programme

EXIS language- and work program combines Spanish lessons with voluntary work in social institutions in Antigua or nearby villages, or in national parks. Volunteer work offers a unique chance to experience the country, the culture and the local population up close and personal.

Volunteers must be independent, open minded and minimum 18 years old. You can, of course, choose to follow Spanish lessons without volunteering.

Here is a link to a video about voluntary work:

<http://www.iproof.dk/quatemala.wmv>

The country

Guatemala is a very beautiful and fertile country. The northern border is Mexico, with El Salvador and Honduras to the south. The country is also bordered by the Pacific Ocean to the west and the Caribbean Sea to the east. Guatemala boasts Central America's highest and most active volcanoes and the most impressive Maya ruins. It is the country with the largest Indian population, divided into 22 tribes. Each tribe speaks its own language. The majority of the Maya Indians still dress in the traditional styles, with colorful, homespun costumes. Each tribe has its own characteristic costume, weaving technique and special embroidery. With its spontaneous beauty, fertility and interesting Indian culture Guatemala attracts many young travellers and tourists.

Below the surface

Below the surface of "the eternal spring" hides a harsh reality. Most Guatemalans live in deep poverty, often unable to cover their most basic needs. Child mortality rate is about 70 for 1000 births, and illiteracy is 44 percent for men and 52 percent for women. Apart from the major social problems, the Indian population has experienced a powerful political oppression. Through the years, one military dictator after another has violently oppressed the Indian people. In protest against the dictator, and in an attempt to overthrow the regime, the first guerrilla group was formed in 1960. The guerrillas hoped the Indian population would support them,



and they had some success.

In 1982 the guerrillas gained power, and controlled a large part of the rural districts. A systematic oppression by the military was started in order to crush the opposition. Whole villages were burned and many people were massacred. Over a period of two years 40,000 people were killed, 420 villages were removed from the map and 250,000 fled, amongst other places to Mexico. 1 million be-

came refugees in their own country. The conditions today are somewhat quieter. A civil government runs the country in a formal democratic system. A large number of refugees have returned from Mexico to plough their fields and start a new life in their native country. They hope for peace and economic improvement. Generally speaking Guatemala is a safe place to visit and

travel in. The local population is incredibly friendly and hospitable. As long as you do not get involved with politics, there's no reason to be nervous. Guatemala is Central Amer-



ica's most favoured and popular travel destination.

Antigua

Just before dawn you can sometimes hear the sound of horse-drawn carriages turning the corners on Antigua's cobblestoned streets. The locals recognize the sound as ghosts of the Spanish conquistadors from the time Antigua was the capital of Guatemala. Antigua is full of such ghosts and stories, and they are all part of the soul of a city that is known and loved throughout the world.

Antigua was founded in 1542 and today has 35,000 inhabitants. The town lies 1500 meters above sea level in a beautiful green valley, about 45 kilometres from Guatemala City. Cobblestone streets, impressive churches, palaces and colonial buildings, many in poor repair, make the town unique in Central America. Three volcanoes surround the town, and on clear days the view from every street corner is fantastic. The climate is very pleasant. It is usually 20-25°C in daytime with the temperature falling in the late evening.

Restored colonial buildings are now used to house cafes and restaurants amongst other things. These are impressive buildings with massive wooden pillars which support large balconies and contain cozy patios with a richness of flowers and plants. You can sit for several hours over a cup of coffee, enjoying the atmosphere, observing people, writing a letter or reading a good book.

In the centre of town you'll find the large colonial square where people from surrounding villages come daily to sell their textiles, rugs and other items.

The Sunday market in the square is an orgy of colours. Everything is sold here: from homespun fabrics in all colours and patterns, brushes, toilet paper, exotic herbs, vegetables, fruits and flowers to chickens, fried rice and candy. This day the traffic is banned from the square to make room for the merchants.

Because of the unique architecture and the pleasant climate, there are a lot of tourists. This means all sorts of entertainment: places to dance, cozy cafes where travellers meet, cinemas etc. If you grow tired of brown beans and corn tortillas, there are international eating places, where everything from large fruit salads with muesli and yoghurt, to fondue and beef bourguignon, where French cheese desert and a glass of red wine is served. You will be able to meet locals here as well as other foreigners, and for a while discuss something besides Spanish verbs.

Seasons

Guatemala's tropical climate gives relatively high temperatures all year round, but temperature also depends on where you are in the country. The low-lying areas and beaches are hot and humid, but temperatures in the highlands are more unstable and can swing from 30 degrees during the day down to 5 degrees at night.

In the rainy season, from May to September, the sun usually shines until 4 o'clock in the afternoon, and then torrential showers turn the streets to rivers. December and January are the coldest months, March and April the warmest. In Guatemala City the daytime temperature stays around 25-30 degrees all year. See: [Click here](#)

The school

The school is about 7 minutes walk from the center of town and lessons are taught in one of the airy patios. The offices and toilets, a coin laundromat, a lounge with a screen for films and a little cafeteria with free coffee, tea or mineral water, are all in the same building. The atmosphere is international, with students from all over the world. A new course starts every Monday, with arrival and airport pick-up Sunday before.

Spanish lessons

With 20 weekly lessons and your own teacher, you will study intensive Spanish at exactly the right level. Teaching focuses mainly on the spoken language. If you like to dance you can combine language classes in the morning with 2 hours of professional Salsa and Merengue training in the afternoon.

Accommodation

Your accommodation is with a Guatemalan host family. You will receive three meals a day, Monday – Saturday. You will have your own room and will share a bath and toilet. Living with a family is a unique chance for you to practice your Spanish and also get an idea of a Guatemalan family's daily life. Most families have more than one student living in their house.

Fees in Euros

Spanish lessons, 20 hours a week, fees in Euro

weeks	fee	weeks	fee
2	490	6	971
3	608	7	1094

4	727	8	1216
5	849		

You can extend your language course and / or volunteer work stay, after arrival.

Included in the fee

- ✚ Airport pick-up in Guatemala City.
- ✚ Accommodation with a Guatemalan host family, full board Monday-Saturday.
- ✚ Language test, orientation and guided city tour.
- ✚ 20 individual lessons weekly.
- ✚ Participation in the school's afternoon activities, see list below.
- ✚ Weekly language tests.
- ✚ Course certificate after completion, stating the exact level you have reached.
- ✚ Safety deposit box.
- ✚ 1 hour free use of internet per week.
- ✚ Weekly laundry service, limited amounts.
- ✚ Salsa and Merengue lessons one hour per week.
- ✚ Access to school library with Latin American music, games, grammar books, videos about the culture and history.
- ✚ EXIS handbook before departure.

Not included in price

- ✚ Round trip to Guatemala.
- ✚ Vaccinations.
- ✚ Spending money.
- ✚ Course book, can be bought at school for 20 USD.
- ✚ Transport from Antigua to airport, 12.50 USD.
- ✚ Professional private dancing lessons 10 USD per hour.

Afternoon activities

- ✚ Movies at school.
- ✚ Salsa and Merengue.
- ✚ Cooking classes.
- ✚ Discussion groups.
- ✚ Guest lectures.
- ✚ Scrabble in Spanish and other board games.
- ✚ Soccer matches, students against teachers.
- ✚ Demonstration of the typical Guatemalan weaving techniques and explanation of what the different patterns signify.
- ✚ Visits to volunteer work places, museums and Maya ruins.
- ✚ Excursions to volcanoes.
- ✚ Bicycle excursions.
- ✚ Special events, such as decorating the streets during Easter week, Christmas procession, Halloween party and more.

All these activities are free; you pay only transportation, bicycle rental and entrance tickets.

The school also organizes short and long excursions. You will receive more information in the handbook.

Language and voluntary work programme

Different forms of voluntary work are organized. If you are a beginner in Spanish or at a low level, a 4 weeks course is minimum requirement. You can choose to work for the Guatemalan Red Cross, at orphanages, with street children or physically and mentally handicapped, work with the elderly

or in a national park. Some workplaces require a relevant education, others do not. You will talk with the school's coordinator during your first weeks to get a better insight into the different possibilities for work, have your questions answered and in general get ready to begin. The coordinator regularly organizes trips to voluntary work places. Not every institution accepts visitors all the time, as the staff protect children at institutions from becoming "tourist attractions". Please note that it is only possible to work part time along with Spanish lessons if your language skills are satisfactory. If you choose to work at a school or other educational institution, please note that these institutions will be closed from mid-December to mid-January and during Easter week. Projects such as Red Cross also close in December and January. There will be other possibilities for volunteer work at these times. The coordinator will inform you. There is no refund for lost class time on national holidays. The language school does not close in December, except on the 25th and 30th.

Examples of work places

1. Health care

Red Cross

Guatemala is one of Central America's poorest countries, so Red Cross plays an important role in both health and social work. This organization runs health clinics and ambulance services and does aid work after natural disasters and fires. Red Cross also organizes distribution of clothes to the poorest children.

Los Bomberos Municipales

The local fire department in Antigua does more than put out fires. Firemen also answer emergency calls in Antigua and surrounding areas. Volunteers are most welcome. If you do not have a first aid course from home, you will be given one for free by the Bomberos. An interesting workplace for volunteers who are thinking about an education/career in the health or emergency response sectors.

Hospital Nacional Pedro de Bethancourth

This municipal hospital is in San Felipe, 5 minutes drive from the center of Antigua. Minimum work period 5 weeks, max 12 weeks.

Hermano Pedro

"Hermano Pedro" is a state hospital for physically and mentally handicapped children and youngsters in the middle of Antigua. There are about 500 children at this hospital, who cannot live at home because of their severe handicap. As a volunteer you will be able to work with undernourished babies and



mentally handicapped of all ages. The children need care and stimulation. You can choose to work during the mornings or afternoons.

Puesto de Salud

Small local public clinics running vaccination programs for children, first aid, health care, consultation, dental care. Volunteers can take part in periodical vaccination programs, visiting families together with a health worker to vaccinate the children, inform the parents about contagious diseases such as cholera and malaria, and give advice about hygiene and nutrition. There is also an ongoing latrine building project, where manual labor is needed. The goal is to bring down the high child mortality rate, where diarrhea and stomach worms are among the worst problems. Minimum work period 4 weeks.

Atkinson Family Clinic at Nuestros Ahijados

This clinic is in San Felipe de Jesus, ca. 10 min. outside Antigua. Volunteers "intern" with the doctor in charge and work directly with the patients. Minimum work period 4 weeks, from 8.00 to 12.00.

Jospice Internacional San José

This hospice is in San Lucas Sacatepequez, ca. 20 min. from Antigua. It is an AIDS hospice for dying patients, children and adults, who here get a home, food, clothes medicine and attention. Volunteers with no medical background usually help with cleaning and entertain the children. First and third-year medical students help the nurses. Fourth year medical students "intern" with the doctors. Minimum work period, 4 weeks.

Consultorio Medico San Andrés Itzapa

A small public health clinic for low income families, about 30 min. from Antigua. Open consultation for common diseases and first aid. Volunteers help the clinic's director, a registered nurse, with consultations and medical examinations. Minimum work period, 4 weeks.

"Las Rosas"

Las Rosas is in Jocotenango, ca. 10 minutes from Antigua. Programs on health, nutrition, hygiene, micro-business training and early childhood development. Other projects work for improvement of primary health care in rural districts, prevention of alcohol and drug abuse among youth, strengthening of family ties, prevention of sexually transmitted diseases and HIV/AIDS.

A team of surgeons from "Medical College of Virginia" regularly visit the local communities and operate on children with harelip and minor burns. Volunteers help the clinic's leader with consultations and medical examinations. Minimum work period, 4 weeks.

2. Social Work

Camino Seguro

This project began in January 2000 at a large rubbish dump in Guatemala City. Hundreds of people live here and make their living collecting rubbish. They live in shacks of tin and cardboard, without water or electricity. The children have never gone



to school and are generally very under-stimulated. They are given school uniforms, learning materials, a monthly food ration and school money. The children must then promise to go to school every day and do their best. Volunteer work includes help with homework, creative and artistic activities. See some comments from former volunteers on the last page.

Volunteers commute from Antigua, 1 hour by bus. Typical activities are study, play and care of the children. Minimum work period, 4 weeks.

Common Hope

Common Hope or Familias de Esperanza works for more than 8,000 families and children in the poorest rural areas and poorest parts of Antigua and Guatemala City. This non-profit organization has many different programs, all with the same goal: to improve the poor families' living conditions through education, health care, better housing, assistance and economic development. The development center consists of 6 buildings with gardens on the outskirts of Antigua. A central location for the 15 villages that receive most help. The buildings were constructed with help from the fathers of the children this program sponsors. There is a clinic, a library, office for social workers, classrooms and a "boutique" where the donated objects are on display. Volunteers work from 8 to 17. Tasks depend on Spanish skills, interests and abilities.



Nino Obrero

Nino Obrero means "working child". Besides being a normal, privately owned school, this place also offers children the possibility to learn crafts, which enables them to earn money. The project helps orphans or children of very poor parents. There is a very friendly atmosphere at this cosy little school. Children go to school in the mornings and every Wednesday afternoon they follow lessons in the nearby bakery. They also take lessons in sewing, weaving, woodworking or making candles. If you are creative and enjoy teaching handicrafts this is the right place. The children are also interested in being taught English. As there is no money to buy teaching materials, it is a good idea to bring some manuals for teaching or ask EXIS for advice. The project is in Antigua. Minimum work period, 4 weeks.

Guarderia infantil

A day care center for children of working mothers. Tasks are mainly caring for the children and playing with them, as well as some teaching at the kindergarten level. Minimum working period 4 weeks.

Nuestros Ahijados

This is a private institution, where poor children have the chance to learn. The institution is about 20 minutes from the centre of Antigua, in a little town called San Felipe de Jesus.

The institution survives by donations from foreign sponsors. Besides teaching, feeding and supplying medicine, it also is necessary to play, sing and motivate the children, who don't get much attention from adults. The children are offered the possibility to follow a complete education, which gives them a better chance in life. Volunteers assist with numerous projects, and besides caring for the children, will often be involved in maintenance of the building.

Hogar de Ninos Jerusalem

A home for orphans and abandoned children up to 15 years old, ca. 15 min. outside Quetzaltenango. Volunteers most often work as teaching assistants, arrange activities that support learning and help with domestic tasks. Minimum work period, 4 weeks.

Hogares Comunitarios

A day care center for children of working mothers and poor families. Offers food and basic education for children from 0 to 6 years.

Volunteers most often work as teaching assistants, arrange activities that support learning and help with domestic tasks. Minimum work period, 4 weeks.

Escuela Union y Esperanza

This private school in Jocotenango is for children from poor families who cannot afford to send them to public school. The children get meals at the school every morning and evening. All the parents come to the school once a month to discuss subjects such as good nutrition, discipline, teaching and more. Volunteers work in the day care center or the school, teaching the alphabet, drawing and painting, teaching English and basic computer skills and playing. You can choose to work part- or full time. The school depends on donations and has few resources. Volunteers need imagination and energy to create interesting teaching.



El Buen Samaritano

Day care center with about 160 children from Jocotenango, a refuge where the children feel safe and have access to education, food and medical help.

Volunteers help with planning and running daily activities and make sure the children respect homework and play rules. The center needs help with cooking and maintenance of the building. Minimum work period, 12 weeks.

Open Windows

Children in Sacatepequez now have a library that is sponsored by private funds and needs volunteers to help with reading, playing, assisting projects and just giving attention

to children who are proud to learn to read. Many of the children do not have any books in their homes. Their parents may even be illiterate. It is probable that no one has ever read them a story. Reading- and reference books as well as teaching materials are lent to classrooms in local schools as well. Working for Open Windows is a joyful experience. See also: www.duenaschildren.com

3. Environmental work

Focus on the environment is a key to the survival of Guatemala's wildlife.

Volunteers can take part in rehabilitation and reintroduction of protected animals, re-planting of forests together with schoolchildren, clearing beaches, helping newly hatched turtles or accompanying poor children on eco-tours. Below are descriptions of 3 environmental projects.

Wildlife Rescue Center

The project is based in the Mayan Biosphere Reserve, which is located in the tropical northern Petén region by Lake Petén Itza, close to the town of Flores. The Reserve is known for its biological diversity, as well as numerous known and unknown archaeological sites – such as the Tikal temple complex.

Wildlife Rescue Centre's goals are:

- ✚ To strive for the preservation and protection of wildlife and encourage research. Here are toucans, macaws, howler monkeys, margays, ocelots, coatimundis, taras, kinkajous, jaguars, deer and iguanas.
- ✚ To rescue wild animals seized from illegal traffickers, rehabilitate and reintroduce into their natural habitats
- ✚ To promote and assist in the creation and management of protected habitat areas for wild animals
- ✚ To raise awareness among Guatemalans about the need to conserve natural resources through an educational program and promote economic alternatives in rural communities.

Volunteers can work alongside the local communities in their efforts to protect animals and their habitat. Nearly all the animals seized from smugglers are very young, needing constant care and attention. Volunteer work will often be care and feeding. Participants can also help with the construction of cages or buildings and trail maintenance. Working Hours are from 7:00am to 12:00pm and from 15:00pm to 16:00 pm. All volunteers stay in a house with modern facilities within the project and receive three meals a day. After your language course in Antigua the coordinator will help you to travel by bus from Antigua to Lago Petén Itzá. The distance is about 260 km. The bus ticket costs ca. 70 Quetzales. During your free time you can hike, swim or visit the Mayan ruins of the famous Tikal and the Canopy Park.

Turtles, iguanas and alligators

This project covers 3 hectares of protected beach area, 2 km west of the village of Hawaii and 7 km east of the vacation town of Monterrico. Turtles are an endangered species, but the locals still collect and sell turtle eggs.

The egg-laying period follows the rainy season from June to October with the high season in August and September. About 2 months later the newly hatched turtles are set free in the ocean. During the egg-laying period volunteers walk the beach at night and collect eggs which they rebury in special hatching areas.

During these and other periods, the volunteers also help with feeding and cleaning around the caimans and iguanas and replanting of the mangroves.

In the iguana and alligator project, the young are raised in captivity and set free in the mangrove area.

Volunteers are accommodated at the project in houses with sleeping rooms, kitchen and bathroom.

National Park

The park is half an hour's drive from Guatemala City and is open to paying guests. It is a recreation and information area. Visitors are shown around by guides who explain why the preservation of the park, its plants and animal life are so important. Volunteers stay with their host families in Antigua and take the bus to the park, ca. 30 – 45 minutes each way. You can expect flexible work hours, but on Saturdays and Sundays everybody is busy because of the many visitors. You might work keeping up the paths, making banners and signs, assist teaching about the environment at local schools or guiding tours.

For all projects

All voluntary projects require a minimum commitment of four weeks. If you plan to have a holiday or want to travel around during your stay, it is best to do so between the language course and voluntary work or at the end of your stay. You will make the final decision about your workplace with the coordinator in Antigua.

Accommodation

You will be accommodated with a local host family and receive full board, Monday to Saturday. If you choose a workplace outside Antigua, you will have to figure on bus transport expenses. Only volunteers who choose to work at the Wildlife Rescue Center or with turtles will live at their workplace.

Duration

Minimum 2 weeks Spanish lessons and minimum 4 weeks work. It is possible to extend your volunteer work after arrival by paying for extra room and board directly to the coordinator at school.

The language and work program starts every Monday all year. It is best to arrive Sunday before. You will be picked up at the airport and there is a briefing on Monday, the first school day.

Fees in Euros

Spanish lessons combined with afternoon social volunteer work in Antigua.

Spanish Weeks	Work Weeks	Total Weeks	Fees
4	4	4	953
6	6	6	1195
8	8	8	1432

Spanish lessons followed by full time work.

1	4	5	830
2	4	6	952
3	4	7	1074
4	4	8	1196
Wildlife Rescue Center			
4	4	8	1321
Turtles, Iguanas and Alligators			
4	4	8	1146
National Park			
4	4	8	946

Included in the fees

- ✚ Airport pickup.
- ✚ Accommodation with a Guatemalan family with full board, 3 daily meals Monday-Saturday.
- ✚ Language test and orientation, guided city tour.
- ✚ 20 individual language lessons, Monday-Friday.
- ✚ Preparation for volunteer work.
- ✚ Access to school's afternoon activities.
- ✚ Weekly language tests.
- ✚ Course certificate at the end of your course.
- ✚ Safe box.
- ✚ 1 hour free internet access per week.
- ✚ Laundry service once a week, limited amounts.
- ✚ Salsa and Merengue lessons, one hour per week.
- ✚ Access to school's library with Latin American music, games, grammar books, videos on Guatemala's culture and history.
- ✚ EXIS pre-departure handbook.

Not included in the fees

- ✚ Round trip to Guatemala.
- ✚ Vaccinations.
- ✚ Spending money.
- ✚ Textbook (ca. 20 USD)
- ✚ Transport from Antigua to airport: 12.50 USD per person.

Before you travel

It is a big challenge to live and work in a poor country. It demands courage, some experience and the ability to adapt. It can be overwhelming, especially at first, to have to adjust to completely new conditions and communicate in a foreign language. Things are not as you are used to, the climate, the food, the atmosphere – everything is different. During your

work you will be faced daily with a harsh social reality and experience things a tourist never sees.

To take part in the voluntary work programme, maturity, flexibility, independence and the desire to do social work are necessary. Your rewards are your positive contribution to the lives you touch and a unique experience, an experience for life.

Procedure

Please fill out the application form and include a motivation letter in Spanish or English, presenting yourself, mentioning experience and your expectations of the voluntary work. If you are a medical or nursing student, we also need your CV.

Final note

EXIS always strives to deliver the best service, also in Guatemala, but do not expect European standards. Work is not planned ahead with charts and schedules as it is in Europe. It requires a personal effort from the volunteer to make things function optimally. Guatemala is a very poor country and we are grateful to the many volunteers who have arranged donations from companies such as LEGO in Denmark, toy shops and school suppliers. These donations are a much needed supplement to the orphanages and schools.

Video

Here is a link to a video about voluntary work:
<http://www.iproof.dk/guatemala.wmv>

Feedback from previous participants

[Click here](#)

To be recommended

"Central America on a shoe string" Published by Lonely Planet.

EXIS ApS • Slotsalléen 20, Troense • 5700 Svendborg, Danmark • E mail: info@exis.org • www.exis.org

© EXIS March 2010

Enrolment form Guatemala



Please fill out in Spanish or English and mail to info@exis.org

First name _____

Last name _____

Full address _____

Telephone _____

E-mail _____

Nationality _____

Occupation _____

Education _____

Birth date _____

How long have you studied Spanish? _____ years _____ months

Knowledge of other languages? _____ years _____ months

When do you want to travel? _____

Length of Spanish course 1 week 2 weeks 3 weeks 4 weeks 5 weeks

6 weeks 7 weeks 8 weeks

Spanish course and dance lessons 1 weeks 2 weeks 3 weeks 4 weeks

Length of voluntary work 4 weeks 6 weeks 8 weeks 12 weeks 16 weeks

Which kind of volunteer work do you want to do?

1. Health care

2. Social work

3. Environmental work Wildlife RC Turtles etc. National Park

Do you smoke? Yes No

Address and telephone of parents in case of emergency _____

Do you have any dietary restrictions (e. g. vegetarian) allergies, special preferences like a host family with or without children/pets, any medical conditions?

If yes, please specify: _____

Name, address, telephone _____

I have read, understood and accept the general conditions and information.

Date _____ Signature _____

How did you find EXIS?

For voluntary work enrolments add a CV and a personal letter of motivation explaining why you are interested in working as a volunteer and stating any previous experience.

© Exis March 2010

EXIS ApS • Slotsalléen 20, Troense • 5700 Svendborg • Danmark • E-mail: info@exis.org • www.exis.org
CVR-nr: 12886675

GENERAL INFORMATION

Visa

Upon entry to Guatemala you will receive a 3 month tourist visa. If you wish to stay longer, you can get a new stamp in your passport for another 3 months at Immigration service in Guatemala City. The school coordinator can help you with the arrangements.

Please note that it is only possible to enter Guatemala if you have a valid (paid) return ticket from Guatemala or another country. Students planning to travel around before returning to Europe may travel to Mexico or other Latin American countries or to the USA and then fly back home from there. You should be aware of this policy before buying your plane ticket.

Vaccinations

There are no official vaccination requirements for Guatemala, but especially when working in National Parks it is recommended that you are vaccinated against typhoid, tetanus and hepatitis. You can consult your family doctor or insurance company prior to departure for Guatemala regarding malaria tablets. If you wish to travel to other Latin American countries, it may be necessary to have other vaccinations – some countries insist on vaccinations against yellow fever.

Work permit

It is not necessary to apply for a work permit, as you receive no wages for voluntary work. This is considered a cultural exchange.

Insurance

It is compulsory to have travel insurance. Please contact your local insurance company and explain the destination and reason for your stay.

Travel

Travel expenses are not included in the program prices. The costs of plane tickets vary a lot. Most people choose to travel with the following airlines: Continental airlines, KLM or Iberia.

E mail

In order to keep in touch with your family and friends at home, please make sure you have an e-mail address before you leave. There are special computers for students at the language school so they can receive and send mails. Normal letters by post will take at least 3 weeks to arrive from Europe.

EXIS ApS • Slotsalléen 20, Troense • 5700 Svendborg • Danmark • E-mail: info@exis.org • www.exis.org
CVR-nr: 12886675