



El Paraiso Spanish Language School is located in Bocas del Toro, the Panamanian province closest to Costa Rica, and a staggeringly beautiful place. Booming during the 19th and early 20th century, exporting marine turtle shell and bananas, it fell into economic decline and until relatively recently, remained undiscovered. Now it has become one of the most popular tourist destinations in Panama.

The islands offer the visitor a number of attractions: luxurious rain forests with an abundance of fauna and flora, sunny islands, beaches that compete with the Caribbean best, coral reefs in crystal clear water, mangrove islets in a lake-like scenery, guaymi indian villages and a national marine park that protects examples of the ecosystems and natural resources coexisting within the Archipelago boundaries, as attribute to our future generations.

Panama has two seasons. The dry season lasts from January to mid-April and the rainy season from mid-April to December. Rainfall is heavier on the Caribbean side of the highlands, though most people live on or near the Pacific coast. Temperatures are typically hot in the lowlands throughout the year - days usually reach around 32°C (90°F) and only drop to an average of 22°C (72°F). Mountain temperatures are much cooler, ranging between 10-18°C (50 and 64°F) in a day, and they too vary little throughout the year.

The caribbean architecture, the local cuisine, the people and their festivities, have made these islands an irresistible place.

At the El Paraiso we teach you Spanish skills and share cultural experiences that will allow you to experience pura vida fully. Our veteran teachers and friendly staff are committed to providing a quality experience for each of our students, every step of the way. We make it easy to register on-line, prepare for your trip, learn Spanish in an exciting environment, and leave with the urge to visit us again. In essence, our name says it all. El Paraiso school is distinguished by its determination to provide exciting education through adventure, culture, and language learning.

Our school is located in Bocas Town on the main island of Isla Colon, only minutes from all the conveniences and just a 2 minute walk away from the beautiful beaches of the main island.

Our teaching methods connect language learning to real life situations so that your new vocabulary skills are retained and mastered quickly. Our teachers provide you with the tools and guidance you need to achieve and surpass your goals.

We offer classes from a complete beginner, intermediate, advanced and superior (ACTFL). It is equivalent to European levels A1, A2, B1, B2, C1, C2.

Our approach to education is casual and fun but at the same time we take teaching Spanish seriously and make sure that our students benefit as much as possible from their time with us.

All our teachers are carefully chosen and have several years of experience in Spanish language instruction.

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Mini Group:

- Maximum class size of 5 persons (usual average is 2-3)
- 4 hours a day from Monday to Friday
- Each lesson is 55 minutes long
- Classes from 8am - 12 noon and from 1pm - 5pm
- Includes 2 breaks of 10 minutes
- Free break time refreshments

If there is only 1 student per level determined, he (she) will receive 15 hours in place of 20 hours with one 15 minute break



Private Class

- Available in 15 or 20 hour blocks per week from Monday to Friday
- 3 hours a day, includes one break of 15 minutes
- 4 hours a day, includes two breaks of 10 minutes
- Each lesson is 55 minutes long
- Free break time refreshments
- Classes from 8am – 11am or 12noon and 1pm – 4 or 5pm

Combination Class

- 4 hours in a mini group plus private lessons
- Just add \$10USD for each hour of private class you would like to add to the Mini-Group price

Conversation Class:

- Offered free to all interested students in one hour segments 3 times per week.
- Topic of conversation is chosen by students.

Spanish and Scuba:

- Combine any Spanish program with various diving options

Spanish and Surf:

- Combine any Spanish program with surf lessons

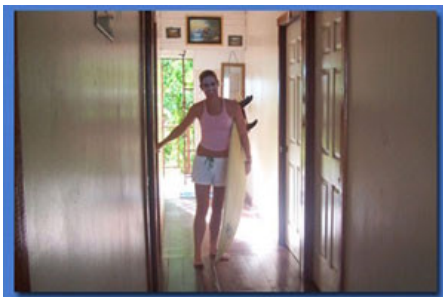
Spanish and Volunteer:

- Combine any Spanish program with a volunteer program

Spanish and Adventure:

- Combine any Spanish program with adventure tours available in the islands

Note: Please visit our website for full details of all courses



2010 Prices in US dollars Spanish ONLY

Minigroup 20 Hours	Without Lodging	With Family Hospedaje
1 week	\$205	\$315
2 weeks	\$395	\$615
3 weeks	\$575	\$905
4 weeks	\$755	\$1,195
Additional weeks	\$185	\$295

Private Class 15 Hours	Without Lodging	With Family Hospedaje
1 week	\$235	\$345
2 weeks	\$452	\$672
3 weeks	\$655	\$985
4 weeks	\$850	\$1,290
Additional weeks	\$198	\$308

Private Class 20 Hours	Without Lodging	With Family Hospedaje
1 week	\$305	\$415
2 weeks	\$585	\$805
3 weeks	\$850	\$1,180
4 weeks	\$1,108	\$1,548
Additional weeks	\$260	\$370

Extra hours of private classes \$14 USD

Prices include:

- Tuition
- Registration fees
- Textbook and materials
- Placement examination prior to start of classes
- Free break time refreshment
- Free wireless internet



Accommodation Options

1) Family Hospedaje

In Bocas Del Toro, Panama you have an option of staying in a homestay with one of our host families.

This is the best way to really get to know Panama and its culture.

Some families operate as small hostels with only a few bedrooms. Located in center of town of Bocas on a quiet side street, close to all amenities of the islands.

Talking with your host 's provides an excellent opportunity to practice your Spanish and generate questions to bring back to your next class.

Breakfast is included.

2) Hotel room

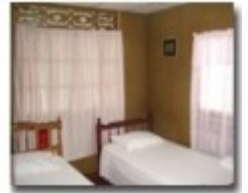
We are conveniently located in the same building as [Bocas Caribbean Paradise Hotel](#), just minutes from the centre of Bocas town and all its activities and conveniences. We offer beautiful rooms with A/C, TV, private bath with hot water, wireless internet and a restaurant on site serving delicious local dishes at excellent prices.

Please inquire about special room prices for our students.

3) Hotels or Hostels

There are many available in Bocas in a wide range of prices.

Although not associated with El Paraiso School, we will be happy to provide you with information.



Activities in Bocas

- **Snorkeling**

The best way to get out to the dive and snorkeling sites quickly and efficiently is by tour. The standard trip is offered by almost all tour operators and is great for both divers and snorkelers. It heads to Dolphin Bay for some dolphin spotting, then to Coral Cay, where there is snorkeling over a small patch of interesting coral or diving with micro-organisms; then its off to the Red Frog Beach for some surf and a final snorkel at the coral drop-off at Hospital Point, or a dive on a barge wreck. Snorkel gear is included, but check its quality before you leave the quay.

Price: \$15 - \$25 US depending on the tour.

- **Scuba diving**

When diving in Bocas you will be able to see some of the best preserved hard and soft coral in the world. You will also have the opportunity to see sting rays, lobsters, many species of crabs and a countless variety of tropical reef fish. Some of the most popular dive sites: Tiger Rock, Crawl Cay, Hospital Point, Zapatilla Cays Caves, Ola chica.

- **Two tank dive:**

- **Option A:** Half day tour:
Different spots 10-15 minutes from town. Takes about 4 hours.
Price: \$50 US
- **Option B:** Whole day tour
To Bocas Del Drago and Bird Island
Price: \$70 US
- **Option C:** Whole day tour
To Parque National Bastimentos, visiting Dolphin Bay, Crawl Cay, Red Frog Beach and Hospital Point.
Price: \$70 US
- **Option D:** Whole day tour: One two-tank dive to Tiger Rock and Zapatilla Cays (Weather dependent).
Takes about 5 hours.
Price: \$75 US

- **One Tank Dives:** Half day tour.
On same tour as Option A: Takes about 4 hours.
Price: \$40 US.

Night Diving:

One one-tank dive from 6:30 pm to 8:30 pm

Price: \$50 US Note: Minimum 3 divers

All Tours include: all gear, cooler with ice, sodas, water. Not included: food



- **PADI scuba courses:**
 - Discover Scuba: half day in \$65
Allows you to discover the underwater world using scuba
 - Open Water: including certification in \$245
This course is a full certification with worldwide recognition
 - Advanced: \$235
This course is for licenced divers who wish to expand their skills and experiences
 - Rescue: \$235
Helps you to define your accident prevention and management skills
 - First Aid: \$100
Is a basic course in Emergency care
 - Rescue and First Aid: together \$295 US
 - Nitrox Certification: \$175 US or add to ANY course for \$95 US
 - Dive Master: \$530
The highest non-professional rating that can be achieved

All courses include: study manuals

- **Water Skiing:**
 - \$40US. half hour, \$60US one hour.
- **Kayaking:**
 - Single kayak \$3 one hour, \$10 half day
 - Double kayak \$4 one hour, \$12 half day
- **Biking:** 2 for 1 hour, \$7 for 4 hours, \$ 10 per day, \$ 40 per week

- **Visit to Indian Village.**

In the Archipelago boundaries there are several communities of the ngobe indians. These communities are, in the Bastimentos Island: Quebrada Sal and Bahia Honda; in San Cristobal: San Cristobal, Bocatorito and Valle Escondido; in Solarte: Solarte; in Popa: Popa 1, Popa 2 and Isla Tigre; in Cayo Agua: Cayo Agua. If you are interested in indian cultures, is a good idea to visit San Cristobal, Popa 2 or Quebrada Sal, where any local will tell you about their communities and customs.

Although they are not prepared to receive tourists, they receive any visitor with kindness.

- **Surfing**

The sites of Bastimentos are less visited by surfers. The first two beaches, from Bastimentos town, offer good conditions but they are more difficult to reach: by boat from Bocas, weather permitting, or by boat to Bastimentos and then a 15 minutes walk to the other side of the island, to arrive to the first beach. The boat ride is about 15 minutes. The third site, in Carenero Island, is as dangerous as The Dump, with many coral reefs close to the waves. It is visited as an alternative and to arrive there demand a short boat ride to Carenero and a walk along the eastern coast of the key. There are not surf shops in Bocas, because the activity as the whole tourism is in the very beginning. Some local surfers repair tables to get an alternative income.

- **Exploring the area**

By car, your tour begins in Bocas del Toro town, with the choice of two alternatives. The first takes you along the coast facing the open sea, with alternative rock outcrops and small beaches on the right, and undulating hills with cow farms and forests on the other side, until you reach the fabulous and as yet undeveloped beach of Bluff, with its distinctive bright orange sand.

This is a great place to spend your day, swimming, taking care on rough days, laying on your back watching white-faced monkeys, or surfing the waves. Bluff Beach is also a marine turtles nesting beach, where conservation groups work during the nights, in season, to preserve nests and turtles from predators, activity open also to tourists. Otherwise you can take the half hour trip to the old settlement of Bocas del Drago, situated on a sandy beach beyond which are patches of coral, of interest to the snorkeller. Five minutes from here, toward the open sea is the bird sanctuary Swan Key. In the way back to Bocas, make a point of stopping in the middle of the island to see the Bats Cave with its beautiful grotto.

- **Colon Island and Bocas Town**

In Colon island, where Bocas del Toro town is located, there are a great diversity of attractions to see. The caribbean architecture is the first thing that the tourist notes and is part of our regional culture. Inland, Colon island has forests, rivers, creeks and the remaining of fauna and flora once very abundant. The coast can be appreciated for the coral reefs, mangrove forests, beautiful rocky formations and many sea birds. Bocas del Toro is a town with a strong personality. Walking along the main street (3rd.) or any of the adjacent ones, is like going back to the past. A past that, some times was splendid, and at other times was decadent... sad. The architecture of the old houses, with their old caribbean style, is part of the identity of Bocas.

- **Zapatillas Key**

These two beautiful islands are located on a coral platform that is defined, toward the open sea, by the breakers that are formed as the waves crash on the reef. Zapatillas Keys, lie inside the Bastimentos Island National Marine Park. They are famous for their beautiful beaches, crystal clear waters, coral reefs and small but shady forests. They are named after a fruit: the zapatila. The western island, Zapatillas Minor, is the occasional base of scientists, researchers of the green marine turtle. The leatherback and the hawksbill turtles also come to lay their eggs, in season, on these beaches. On Zapatillas Major there is the Park Rangers refuge, the only habitation on the islands, managed by INRENARE, the Government Agency for Protection of the Natural Resources.

- **Swan Key & Boca Del Drago**

When Christopher Columbus arrived in Panama from Costa Rica, the first place he visited was Boca del Drago, entering what is now known as Admiral Bay (or Caribaro by the indians) via the channel that separates the main land from Colon Island. Today, this region of the archipelago is an attraction for tourists. There, you find beautiful beaches at the tip of the island and shady trails to walk. Coral formations beyond the beaches attract the snorkeller.

- **Hospital Point**

Hospital Point is a close and small place with a great diversity of attractions. Tourists can scuba dive or snorkel in the reef nearby, or swim and rest in the protected small beach, know about the history of the islands with the owner of the point or walk in the forest with a local guide, looking for the tiny colorful and poisonous frogs and the tombs from the beginning of the century.

Hospital Point was the place where the main hospital of the region (owned by the United Fruit Company) was established in 1899, standing there until 1920 when was moved to Almirante (main land).

- **San Christobal Island**

The island of San Cristobal occupies an important sector of the Admiral Bay. There is also the place most visited by dolphins in the entire Bay. There are three important indian villages in the island: San Cristobal, Bocatorito and Valle Escondido. San Cristobal is one of the more important of the region, with electricity (generator), public phone and a primary school. Bocatorito and Valle Escondido are smaller but of some importance.

- **Bastimentos Island and National Marine Park**

The Marine Park comprises the central sector of the Bastimentos Island, both Zapatillas Keys and the waters surrounding them, and the mangroves zone at the south of Bastimentos island. Long Beach, on the north of this island, competes with the beaches on the keys, due to its size and wild beauty. There is where marine turtles come to nest during the months of April to October. Access is not easy, by land or by sea, due to the heavy surf and the fact that thick forest encroaches upon the very edge of the beach.

Contact Information:

Website: www.elparaisoschool.com

Email: escuela@elparaisoschool.com

Panama:

El Paraiso Spanish School & Bocas Caribbean Paradise Hotel,
Ave. E & 6th Street, 20 m from the Bocas airport
Isla Colon, Bocas Del Toro, Panama
Tel: + 507-757-9338 or + 507-6712-6659

Canada Contact: Phone: + 519-747-1627

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