



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.



Whether you're a student in college, a professional in the field, or a lifetime learner, our teachers provide you with the tools and guidance you need to achieve and surpass your goals.

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

Headed by Pedro Luis Cardona, who has taught Spanish for several years, we are prepared to maximize your time here with activities and exercises that reflect your level of proficiency and give you the opportunity to learn more than you ever have before.

Our teaching methods connect language learning to real life situations so that your new vocabulary skills are retained and mastered quickly.

Mini Group:



- Maximum class size of 5 persons (usual average is 2-3)
- 4 hours a day from Monday to Friday
- 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 hrs in place of 20 hrs 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
- 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 \$14USD 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 Dive:

- Combine any Spanish program with various diving options

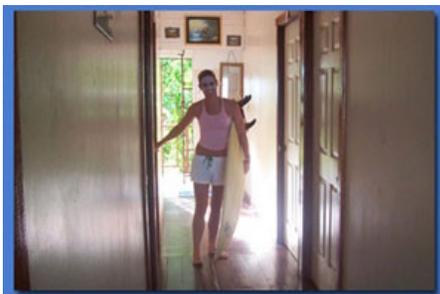
Spanish and Volunteer:

- Combine any Spanish program with a volunteer program

Spanish and Adventure:

- Combine any Spanish program with adventure tours

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



2010 Prices in US dollars Spanish ONLY

Minigroup 20 Hours	Without Lodging	*With Cabina, Single room	*With Cabina, 2 sharing
1 week	\$205	\$345	\$293 ea
2 weeks	\$395	\$675	\$570 ea
3 weeks	\$575	\$995	\$838 ea
4 weeks	\$755	\$1,315	\$1,105 ea
Add. weeks	\$185	\$325	\$273 ea

Private Class 15 Hours	Without Lodging	*With Cabina, Single room	*With Cabina, 2 sharing
1 week	\$235	\$375	\$323 ea
2 weeks	\$452	\$732	\$627 ea
3 weeks	\$655	\$1,075	\$918 ea
4 weeks	\$850	\$1,410	\$1,200 ea
Add. weeks	\$198	\$338	\$286

Private Class 20 Hours	Without Lodging	*With Cabina, Single room	*With Cabina, 2 sharing
1 week	\$305	\$445	\$393 ea
2 weeks	\$585	\$865	\$760 ea
3 weeks	\$850	\$1,270	\$1,113 ea
4 weeks	\$1,108	\$1,668	\$1,458 ea
Add. weeks	\$260	\$400	\$348 ea

Prices include:

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



Accommodation Options

- **Family Homestay/Family Hospedaje (Hostel)**

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 island.

Talking with your host family provides an excellent opportunity to practice your Spanish and generate questions to bring back to your next class. This is the best way to learn about the culture.

- **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. Please inquire about special prices for our students.

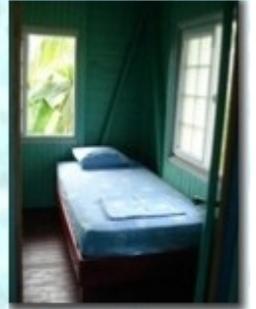
- **Other Hotels or Hostels**

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.

Meals are not included with any of the above options

NOTE: There is a charge equal to a 1 night fee for accommodations reservation cancelled within less than 1 week of arrival.

All accommodations options are located minutes from school.



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:** \$20 - \$25 US depending on the tour and number of people.

- **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.



- **PADI scuba courses:**

- Discover Scuba: half day in \$65 full day: \$ 85
Allows you to discover the underwater world using scuba
- One tank dives: \$ 35
- Double Tank Dives: \$ 60 (half day tour) \$70-\$75 (whole day tour)
- Night Diving: one-tank dive: \$50 US.
- Open Water: including certification in \$245
This course is a full certification with worldwide recognition
- Advanced Open Water: \$225
This course is for licensed divers who wish to expand their skills and experiences
- PADI Rescue: \$275
Helps you to define your accident prevention and management skills
- EFR/Medic First Aid: \$100
Is a basic course in Emergency care
- Rescue and First Aid: together \$375 US
- Dive Master: \$500 with own study materials
If you do not have own materials: add \$ 200
PADI registration is not included.
To start a Dive Master course a diver must have 20 logged dives and to finish it must have 60 logged dives*
- **All courses except Divemaster include:** study manuals
- **All Tours include:** all gear, cooler with ice, sodas, water
- **Not included:** food

- **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.

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 beaut

- **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.

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