



MEXICO CITY

When thinking about Mexico, vivid images of great tacos with the sizzling meat and a shot of tequila run through your head. But behind all of that there is a country full a people proud of their traditions with plenty to show the world.

Inhabitants:

- 106.203.000

Money:

- Peso Mexicano (MXN)

Spoken lanuages:

- Spanish,
Mayan, Nahuatl

Borders with (Country names in original language):

- Belize, Guatemala, USA

Capital:

- México Distrito Federal

Typical products:

- Tequila, tacos.

Mexico City is a modern, cosmopolitan city situated in an old lake basin that is surrounded by volcanic mountains. The original Aztec city was established on March 18th 1325 as Tenochtitlan, and immediately became the center of a growing Empire. Located

on a small island on the middle of Lake Texcoco, the layout of the city forced the Aztecs to build artificial islands and create a series of canals to allow the growth of the metropolis. In fact, although the lake was salty, dams built by the Aztecs kept the city surrounded by clear water from the rivers that fed the lake. Two double aqueducts provided the city with fresh water; this was intended mainly for cleaning and washing.

After centuries of pre-Columbian civilization, Spanish conquistador Hernan Cortes first arrived in the area in 1529. He did not succeed in conquering the city until August 13 1521, after a 79 day siege that destroyed most of the old Aztec city.

In 1525 the rebuilt city served as the capital of the viceroyalty of New Spain and the political and cultural center of Mexico. The importance of the city was such that the Captaincy General of Guatemala, Cuba, Florida, and the Philippines were administered from it. This colonial period culminated with the construction of the baroque Metropolitan Cathedral and the Basilica of Guadalupe.

The outbreak of the War of Independence in 1810, and the eventual independence of the country in 1821 were unable to hamper the influence of the city. The capital became host of the first ruler of the Mexican Empire, Agustin de Iturbide, as well of the republic that replaced it in 1823.



In 1824, the Mexican Federal District was established by the new government. Before this designation, Mexico City had served as the seat of government for both the State of Mexico and the nation as a whole.

The different cultures that inhabited the city during the course of the centuries left an interesting architectural legacy that comprises many different styles.

The city has a touch of modernism with its huge skyscrapers, like the Torre Mayor and Torre Latinoamericana.

THE HEART OF MEXICO

Mexico City is not only the biggest city in the world, Mexico City was the base of the Aztec civilization centuries ago. If you are interested in having activities all day, you will probably go to the right place by visiting Mexico City, imagine all the things you can do in the biggest city in the whole world, and also one of the most beautiful cities: museums, nightlife, culture, entertainment and of course, Spanish!

HISTORY:

Not far from the main city, you can find the pyramids of the sun and the moon in Teotihuacan (45 minutes driving from downtown).

The pyramid at Cuicuilco in the south of the city is a curious circular construction half hidden by the lava the Xitle volcano spewed forth more than three thousand years ago.

All the history of our beautiful city can be experienced at the Museum of Anthropology, near the city center.



SIGHTSEEING

The main attractions offered by Mexico City (besides the pyramids), are the Palace of Bellas Artes, a beautiful white marble palace located in the center of the city; the Plaza de las Tres Culturas, which shows three very important facets of Mexican architecture: the pre Hispanic, the colonial and the modern; the Castillo de Chapultepec, an old castle that was home to Austrian dynasties; and the Mexico City cathedral and Villa of Guadalupe, demonstrations of our colonial heritage.

SPORTS:

"Fútbol" (soccer) is Mexico's most popular sport and has a wide following in Mexico City. Three very well known teams, Club America, Cruz Azul and Pumas, are based in Mexico City. The Aztec Stadium (Estadio Azteca), home of Club America is one of the world's largest stadiums with capacity to seat approximately 110,000 fans. Mexico City also has an Olympic Stadium in Ciudad Universitaria, which is home of the Pumas soccer team.

Mexico hosted the Football World Cup in 1970 and 1986. It is the only stadium in the world to host two times the final match of the Football World Cup. The Estadio Azteca was witness to spectacular games colored with full-capacity attendance and the excitement of Mexican fans.

Baseball is also another popular sport with a growing fan base. Mexico City is home to the Diablos Rojos de Mexico (Red Devils) of the Liga Mexicana de Beisbol where they play at the Foro Sol Stadium. They used to share the stadium with the Tigres until they moved to nearby Puebla.



TRANSPORTATION

Mexico City is served by the Sistema de Transporte Colectivo Metro, an extensive metro system (207 km), the largest in the western hemisphere, the first portions of which were opened in 1969. One of the busiest in the world, the metro transports more than 4 million people every day, surpassed only by Moscow's (7.5 million), Tokyo's (5.9 million) and Seoul's (4.4 million). It is heavily subsidized, and it is the cheapest in the world, each trip currently costing MXN \$2 (around EUR 0.13 or USD 0.19). A number of stations display Pre-Columbian artifacts and architecture that was discovered during the metro's construction. However, the Metro reaches only a fraction of the total inhabited area of the city, and therefore an extensive network of bus routes has been implemented. These are mostly managed by private companies which are allowed to operate buses as long as they adhere to certain minimal service quality standards.

The city government also operates a network of large buses, in contrast with the privately operated minibuses, with fares barely exceeding

Electric transport other than the metro also exists, in the form of trolleybuses and the Xochimilco Light Rail line. The city's first bus rapid transit line, the Metrobus, began operation in June 2005 on Avenida Insurgentes. As the minibuses were removed from its route, it was hoped that the Metrobús could reduce pollution and decrease transit time for passengers.

CUISINE



What can we tell... take care because Mexican cuisine is so good, you might increase weight really fast!

This vast city offers a generous sample of eateries ranging from small stalls in markets and in the city's plazas, to intimate, personal restaurants specializing in dishes of many different origins.

The main dishes to find on the streets are tacos and quesadillas, you will not regret the taste!

ENTERTAINMENT

Mexico City's nightlife is one of the best in the world: bars, discos, mariachis! The options of bars and activities are endless in Condesa and Insurgentes districts, besides that, Mexican people is known to be among the kindest in the world. Why not try shopping also, the variety of options is endless in downtown and Mazarik Street. For music and theater lovers, options are endless: Centro Cultural Telmex offers famous Broadway plays, while Auditorio Nacional offers the best concerts in the City.



MUSIC & NIGHT LIFE

If you are interested in music and nightlife, the best options are found in the north and south of the city. In the south you will find Disco Hotel, one of the most famous discos among locals.

In the north you will find discos for Fashion people, like Cluv and Blank in the zone of Santa Fe, the places to spot the beautiful and fashion people. Finally, if you are interested in a disco for foreigners, we recommend you Hindoo, where you might find people from many places of the world.

CONDESA

To begin, we have to mention the zone of Condesa in the city, better known as the zone for foreigners, it is the alternative zone of the city, with romantic and friendly people. The most known bars in Condesa are Cafeina, Cinna Bar, Asia de Cuba and Condesa DF, places where you might spot some celebrity and people from the fashion industry.

Also, Condesa offers a wide variety of restaurants and food flavors, for example, Creperie de la Paix is an option for typical French lunches.



ABOUT THE SCHOOL



.The school is located in Insurgentes Sur 307, Colonia Condesa, where most of the international student life takes place in Mexico City. Colonia Condesa is a bohemian area famous for its restaurants and bars, in fact, most foreigners who decide to live in Mexico City take residence in Colonia Condesa, mostly, because its considered as one of the safest residential areas in Mexico.

Frida School is easily accessed by public transport, since its located near the metro line and just in front of one of the metrobus lines, and just 3 blocks away from Condesas restaurant area. Nearby attractions include the Castle of Chapultepec, the Museum of Anthropology, Mexico City Downtown and some famous restaurants and bars.

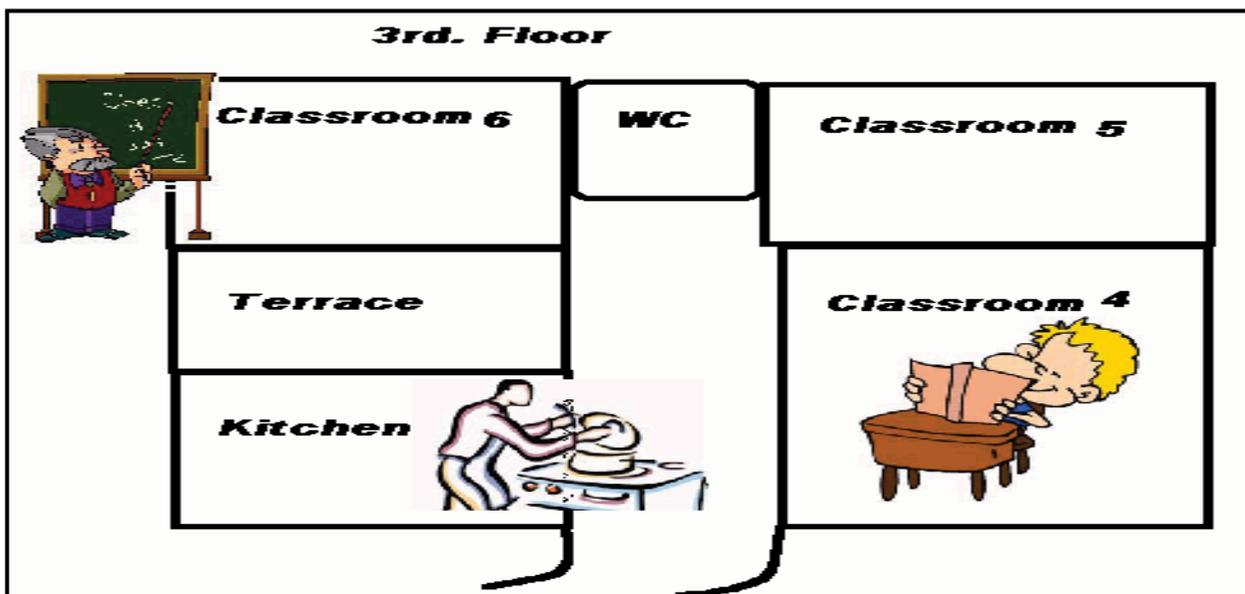
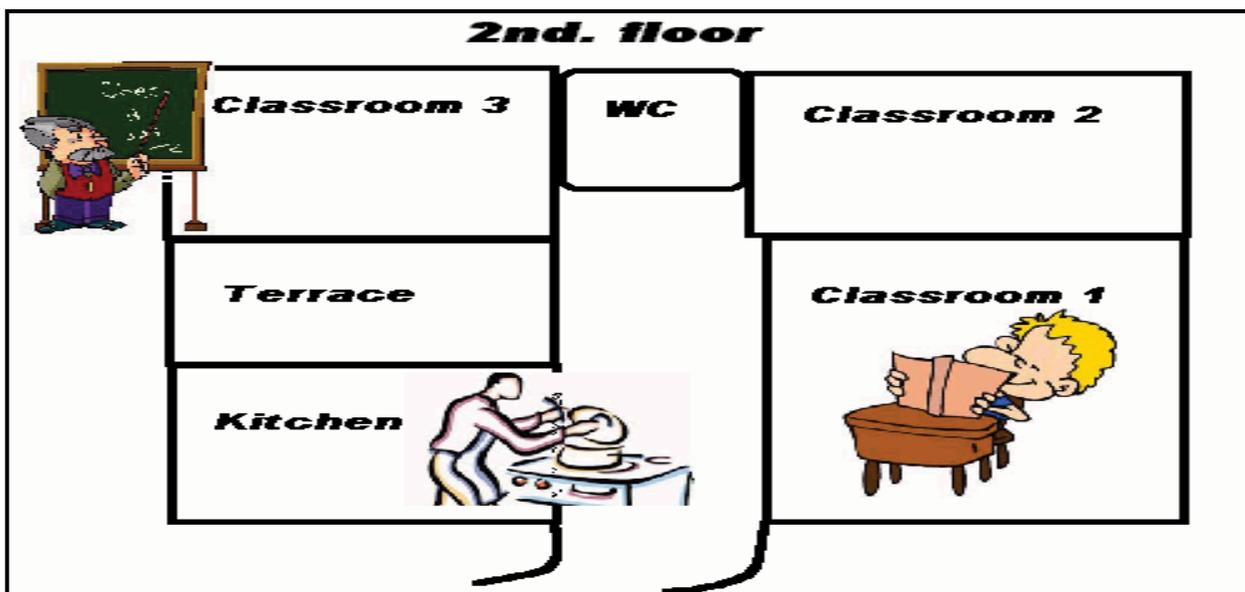
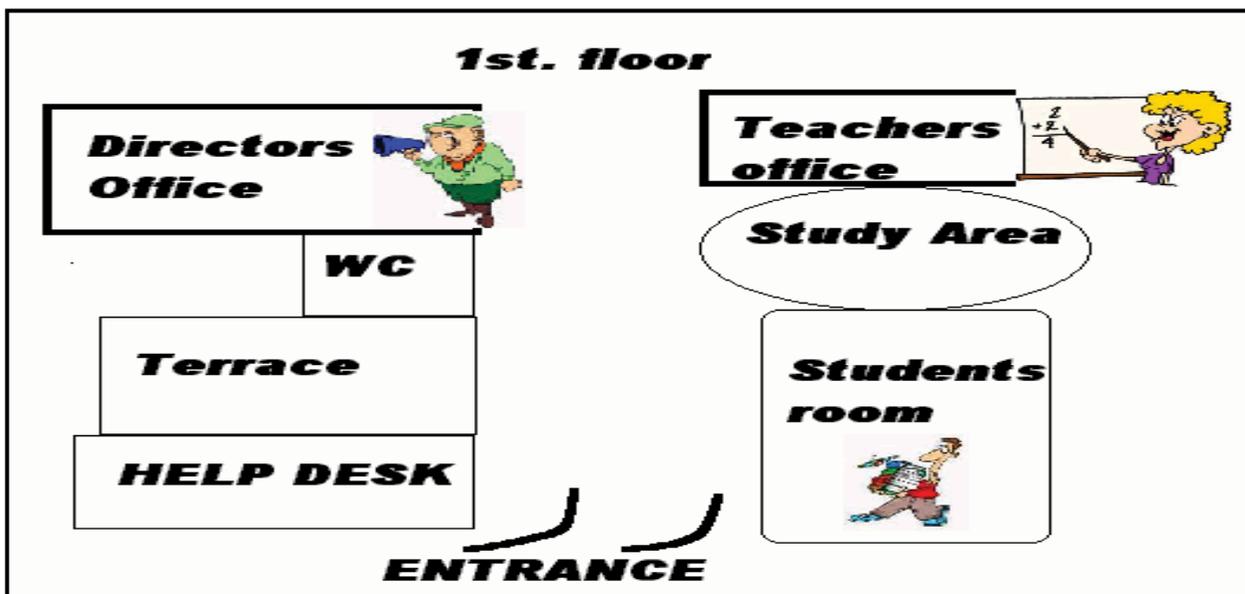
The building is a typical colonial building where the school offices and classes are held. The school has a main office with the following characteristics: secretary, directors offices, studying room, computer room,

and two small classrooms for private and intensive courses. One floor above the offices, students will find 3 classrooms and a coffee area, these classrooms have each capacity for up to 16 students, also, they will find a kitchen where small group cuisine courses are held.

All classrooms have a wooden floor and some are equipped with a television, coffee is provided free of charge.



INSTALATIONS



WHY FRIDA?



.Frida School offers a different atmosphere when compared to other language schools because the school team: directors, administration and teachers make students feel as at home, the school and people are very friendly and the school values students as its most important asset.

Frida School emphasized a personal interaction with each of our students, meeting between teachers and directors are held constantly to discuss each student separately in order to guarantee they have achieved their language objectives. Our main objective is the promotion of our language and culture, as well as the satisfaction of our international students, in fact, most students extend their stay at the school due to our quality and cultural activities, this makes Frida the only quality language school in Mexico City.

Our students are invited to a variety of cultural activities outside the classroom in different parts of Mexico City, our school organized social

interaction, visits to museums, bars and restaurants. We also have activities during class hours that promote interaction with the inhabitants of our city: shopping at the supermarket, surveys, theater, etc.

Our price is very accessible compared to other language schools, we offer a low price and a higher quality, our price includes all material and cultural activities in some cases. Frida School is a concept as a whole which makes students part of a "Frida Culture", our students makes the school theirs and feel part of the cultural experience we offer.

Since Mexico City is recognized as the heart of Mexico and of the ancient Aztec empire, students will have an endless quantity of opportunities to meet people and to know places, even inhabitants of this city don't know it well due to its extension and diversity.



WHY FRIDA?



We have organized a comprehensive schedule of activities and trips during the weekends in our packages. Mexico City is located in the center of Mexico, which is a great advantage because students are located near the most interesting cities of our country, cities for which we organize trips during the weekends, this makes us different: teachers and students travel to other states during the weekends to learn outside the city.

Referring to the school administration, the directors have international experience in language schools and logistics. Our directors know the European language school model and are always attending international meetings and fairs to promote the institute and make new relationships, in fact, both directors made language study travels in the past while having in mind the improvement of the Frida School, this has made them experience language schools as students and understand the main needs and benefits of the experience.



OUR TEACHERS

Our teachers are our most highly appreciated asset. We make a rigorous selectivity process to guarantee that we find people who is committed to the tuition of our mother tongue and who can express themselves in a clear and satisfactory way with our clients. Our teachers are the best Spanish teachers and also the best sociable people we know.



MEET SOME OF OUR STUDENTS

Catherine El Alami, Sweden.

I have stayed at the school for a 4 month period, the Spanish surpassed my expectations: in 8 weeks I was speaking in daily life situations with people about politics, economics and sports, and I had never taken any Spanish course before. The program content was complex and the teachers were excellent, they not only got to become my teachers but also, friends I regularly talk to. I stayed at the school residence, located on campus and that was one of the best things about my experience because the dorms were big, the services were excellent the furniture was even elegant!

Isabell Frei, Germany.

I stayed at the school for a couple of weeks. While the courses were perfect, what I enjoyed the most were the parties and the nightlife in Mexico City. I went to many spots with friends from the school and also took the weekend trip to Cuernavaca with the school, I really got to know more places than I expected.

Paul Smith, UK.

The experience was great, I applied for 2 month private lessons of four hours each day. The teacher was excellent and the activities organized through the school were entertaining and cultural: museums, art galleries and trips. The institute gave me a free upgrade in my courses (because I was in need of an accelerated learning program) with which I got access to 8 daily hours of Spanish! I also found a good compromise from the school administration because, not expecting to find people of my age, I managed to have a great time and make friends.



TEACHERS PROFILE

The following is a sample profile from some of our teachers, new teachers have a similar profile and similar characteristics.

María Luisa Leal Coronado.

Age 41

Scholarship:

Career: Language Translator (2da sección de Lomas Verdes) 1978-1982

Special Course: FCE (First Certificate in English) granted this FCE from the University of Cambridge, (England) 1983-1984



Work experience:

EDITORIAL MINA AND SPANISH TEACHER:

Translator

Translations of Health and Fitness Magazine articles. At the same time was working as Spanish teacher with foreigners from Europe, Asia and America.

SK GLOBAL AMERICA (Korean Trading Company)

Bilingual Assistant

Assistant in International Trade, attention to customers, supervision of shipments, translations, secretarial tasks.

GLOBAL INTERNATIONAL MOVING SERVICES

Bilingual Secretary and Hostess

Translations, Assistant and traffic Department.

INSTITUTO ANGLO ESPAÑOL

Spanish and English teacher

TEACHERS PROFILE

Cecilia López Morales.

Age: 27

Scholarship:

Career: Teaching Universidad Anahuac

TOEFL 570 points

Work Experience:

British American School. Spanish Teacher..

Kinder Grove. Teacher..

Club Med. Child care responsible, organization or cultural and leisure activities.

Universidad Anáhuac. Organizer of summer courses for teenagers.

Pro Ayuda a la Mujer Origen, A. C. Campaign for orientating teenagers and adults in education.

Museo Rufino Tamayo. Recruiting coordinator for foreigners at the Museum.

Colegio Peterson. Elaboration of course content in elementary and secondary school levels.



TEACHERS PROFILE

Enrique Loya Montiel.

Age 26

Scholarship:

Career: Spanish and Philosophy UNAM

Special Course: TOEFL course, TEFL 550

Work experience:

HARMAN HALL

English teacher for local students, collaborated in logistics and elaboration of course content.

COLEGIO FRANCES:

Spanish teacher for French Students in elementary grade

Bilingual assistant

PART TIME:

Online Translations and specific need translation projects for companies and individuals.

Spanish courses for foreigners at their homes, mostly Korean and Asian.



COURSE CONTENT



PROGRAMA NIVEL BASICO.

(BEGINNERS A Y B)

A

- 1.- sonidos básicos del español
- 2.- expresiones básicas
- 3.- vocabulario básico .
- 4.- números
- 5.- preguntas básicas
- 6.- pronombres personales
- 7.- números antes del 100
- 8.- verbos: ser, estar, tener
- 9.- continuación verbos
- 10.- uso del donde y cuando
- 11.- uso de qué, quién , cómo
- 12.- descripción de cosas
- 13.- singular y plural
- 14.- género
- 15.- Números después del 100
- 16.- artículos determinados e indeterminados
- 17.- omisión de pronombres personales
- 18.- posición de adjetivos
- 19.- palabras interrogativas
- 20.-Repaso examen

VOCABULARIO:

Vocabulario simple para situaciones cotidianas, presentarse, saludar, y situaciones al teléfono, trabajo, etc.

VOCABULARY:

Basic sentence structures and vocabulary to help to get simple messages across in everyday situations. He/she learns how to introduce her/himself and to cope with simple situations at the shops, at work, on the telephone, at the doctor's and at hotels.

B

- 1.- presente regular
- 2.- presente irregular
- 3.- pasado regular
- 4.- pasado irregular
- 5.- futuro con IR
- 7.- pronombres demostrativos y posesivos
- 8.- estructura de un enunciado: sujeto, predicado y objetos.
- 9.- adverbios
- 10.- uso de la conjunción “y”, “o”, “e”, “u”
- 11.- insinuación
- 12.- acentuación
- 13.- omisión de pronombres demostrativos
- 14.- negación
- 15.- saber vs. Conocer
- 16.- Ser y estar
- 17.- tener
- 18.- a y al

VOCABULARIO: Con dominio básico de gramática, el alumno puede discutir temas como viajes, naturaleza y medio ambiente, familia, casa, política, economía, y situaciones que requieren discusión.

VOCABULARY: He/she consolidates and revises basic grammar structures and learns to discuss interesting topics. Main topics include: Travel & tourism, employment and the working world, school, education, history, politics & culture, literature.

COURSE CONTENT

NIVEL INTERMEDIO.

- 1.- Repaso general
- 2.- Verbos irregulares y el infinitivo, .
- 3.- Participio introducción.
- 4.- Modo imperfecto
- 5.- Voz pasiva, gerundio y participio
- 6.- subjuntivo e imperativo
- 7.- condicional
- 8.- preguntas y exclamaciones
- 9.- comparativo y superlativo
- 10.- verbos compuestos
- 11.- participio y subjuntivo
- 12.- conjunciones y preposiciones
- 13.- Ortografía: uso de la b, v, s, c, j, g, ll.
- 14.- uso de las mayúsculas
- 15.- sustantivos compuestos
- 16.- palabras indefinidas
- 17.- haber, acabar, ir
- 18.- imperfecto
- 19.- imperfecto vs. Pasado
- 20.- partes de una oración
- 21.- pronombres del objeto
- 22.- contracciones AL y DEL
- 23.- pronombres reflexivos
- 24.- pronombres relativos
- 25.- condicional
- 26.- voz pasiva
- 27.- exhortaciones
- 28.- ambos, todos, cada
- 29.- números ordinales
- 30.- comparativos

VOCABULARY: The student should learn to be able to express her/himself on a variety of moderately difficult topics fluently and without preparation. He/she learns to express his opinion, to state his/her views, to discuss, analyze and interpret simpler texts, to summarize them and given an account of them.

AVANZADO A.

- 1.- Subjuntivo, imperfecto, voz pasiva. Repaso de pasado, presente y futuro.
- 2.- imperativo
- 3.- poesía, prosa y ensayo.
- 4.- escritura
- 5.- estructura de las palabras (libro B)
- 6.- uso de la r, rr, j, g, c, s, sc, terminación ción, sión y xión. Acentuación.
- 7.- lectura de comprensión.
- 8.- reglas de acentuación
- 9.- palabras homófonas
- 10.- preposiciones por y para.
- 11.- sin, sino, mas que, aunque
- 12.- cultura mexicana
- 13.- palabras típicas de cultura mexicana
- 14.- participio
- 15.- preguntas + preposición
- 16.- hacerse, ponerse, volverse, convertirse
- 17.- cuyo, lo cuál, lo que
- 18.- gustar y verbos similares
- 19.- pero vs. Sino
- 20.- subjuntivo en frases sustantivas, adjetivas y adverbiales
- 21.- conjunciones de tiempo
- 22.- como, donde, según
- 23.- uso del "SI"
- 24.- pluscuamperfecto
- 25.- haber compuesto
- 26.- detrás vs. Atrás
- 27.- conjunciones adversativas

VOCABULARY:

He/she works on literary, sociopolitical, cultural and scientific topics, and knows Mexican expressions.

COURSE CONTENT

NIVEL AVANZADO B.

- 1.- Comprensión y escritura textos literarios.
- 2.- Historia de México.
- 3.- Ortografía general
- 4.- Poesía de México
- 5.- Diferencia lengua española en España y México
- 6.- Exposición 1
- 7.- Política y economía
- 8.- Redacción y corrección de errores
- 9.- Comprensión escrita de textos periodísticos
- 10.- Ejercicios auditivos: noticias, radio, televisión, música folclórica.
- 11.- Exposición 2.



COURSE LEVELS

Course levels.

For the content of each course, please refer to the “course content” section.

Beginners A (40 lessons)

No knowledge of Spanish language, first Spanish experience in a Spanish country. Students are taught the basics in Spanish communication and at the end of the level will be able to interact in common life situations. The student has never written in Spanish or knows just the very basics, some students will polish their pronunciation mistakes and will be able to communicate in a basic way upon completing this level.

Beginners B (40 lessons)

Students develop the capacity to express ideas in present tense as well as an introduction to past tense sentences. During this level, students will learn the basics of Spanish grammar, the structure of a sentence in Spanish, numbers and differences between basic structures in Spanish compared to their original languages (adjectives, adverbs, articles, etc.)

Intermediate 1 (60 lessons)

Students develop the ability to communicate in present and past tenses, as well as some basics in future tenses, including irregular forms. Students start writing Spanish essays and letters, and develop the capacity to express themselves in written form.

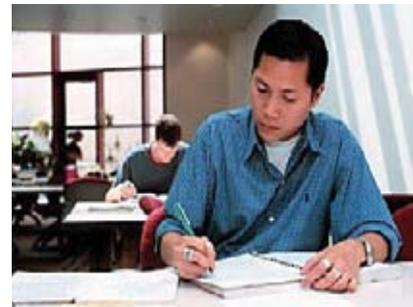
Intermediate 2 (60 lessons)

Students dominate irregular verb forms in all tenses, and are introduced to others: subjunctive, passive voice, participle, continuous forms, perfect tense, etc. They gain fluency in Spanish speaking, word order correction and are taught to communicate in diverse topics, students will be able to read simple books and write essays in Spanish.

Advanced 1 and 2 (80 lessons)

Students will improve their skills and eliminate common errors in speaking and writing, they probably took courses in some Spanish speaking country. During this course, pupils must dominate the usage of various tenses, we

emphasize their hearing and communication skills, which will enable them to elaborate expositions and write complex texts. Our students are also taught the differences between Mexican and Spanish languages.



COURSE TYPES

Standard Course.

Groups of a maximum 9 students are gathered in one class. At the end of each course and every 2 weeks, students take an examination to pass on to the next level. 4 hours daily.

Intensive Course.

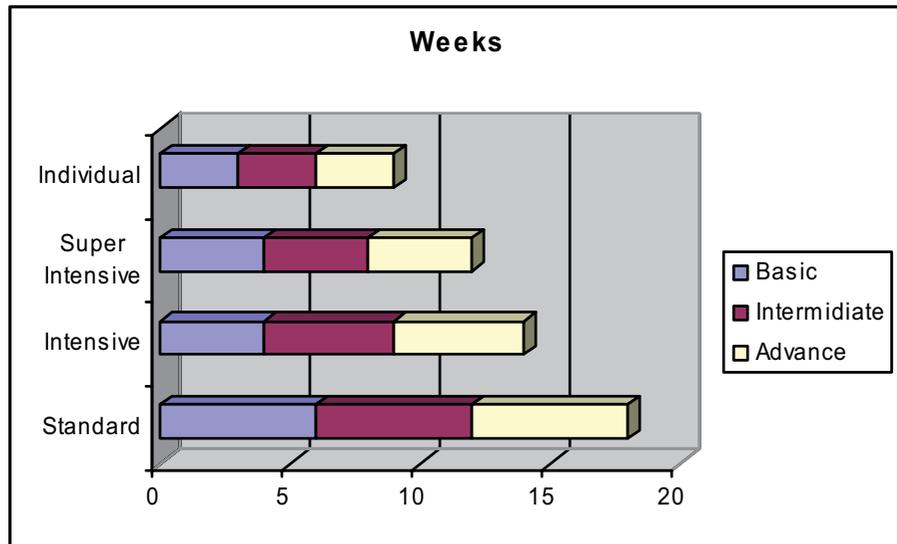
Intensive courses consist in Standard courses in the morning and extra lessons in the afternoon, with a maximum of 9 students per class. With intensive courses students will complete each level faster. Only available in beginners and intermediate levels. 6 hours daily.

Super Intensive Course.

This course consists of the Standard Course Plus additional private lessons (one-to-one). The individual lessons are specifically designed for your specific needs. 6 hours daily: 4 hours in group and 2 of individual tuition.

Individual lessons.

For students who really want to learn in a fast way, all course content is specialized in them.



Customized group.

For students who want to learn quickly and intensively in a small group, or wish to increase their knowledge, the Small Group Intensive Course is tailor-made for their needs. These groups are also offered for companies who want their members to be taught in specific themes, or friends from the same school or campus.



COURSE STARTING DATES

All courses begin every Monday, all year round, except for beginners who follow specified dates. Students take a placement examination online to determine the level at which they should start the course, this test may also be taken at the school upon arrival.

Starting Dates Beginners Courses 2007

Starting Dates Beginners Courses 2007											
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
15	12	05	2	07	04	02	06	10	08	05	03
29	26	12	09	14	11	16	13	24	22	19	
		26	23	21	18	30	27				

Starting Dates Beginners Courses 2008

Starting Dates Beginners Courses 2008											
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
14	11	03	14	12	09	07	04	1	13	10	08
28	26	17	28	26	23	21	18	17	27	24	
		31						29			

We never cancel a starting date, even when we have a low number of inscriptions dates are not cancelled.

CULTURAL PROGRAM AND LEISURE ACTIVITIES

From trips to the pyramids to visits to the city of Cuernavaca, our school is recognized for organizing a wide variety of activities that complement our courses. During our cultural program, students will learn about Mexico and its culture and practice what they have learned in the Spanish courses as well. Our cultural program is enhanced during the summer, when we offer more activities.

As a complement to our lessons, each week will be full of leisure and cultural activities that will keep each of our student in touch with the Mexican way of living. With all our activities, you abroad experience will be full. Leisure activities include:

-Weekend visits to Guanajuato, San Miguel, Puebla, Oaxaca, Acapulco, Michoacan, Valle de Bravo.

Our cultural program can be divided according to its complexity in summer program and all year round program. An example of both is provided below:

SUMMER

MONDAY	Welcome Party to foreign students.
TUESDAY	Mexican Culture video: Frida Kahlo.
WEDNESDAY	Museums: Visit to the Museum of Mexican Anthropology
THURSDAY	Night Activity: Bars and Discos of Condesa, Mexico. Meeting time: 9 PM.
FRIDAY	Night Activity: Hindoo Disco night. Meeting time 10:00 PM.
SATURDAY	Weekly excursion to Acapulco. Meeting time 9:00 am. Option B: Excursion to the Aztec Pyramids. Meeting time 11:30 am.
SUNDAY	Weekly excursion. Return to Mexico City. Option B: Morning in Xochimilco's Trajineras. Meeting time 10:00 am. Please bring food and drinks along.

ALL YEAR ROUND

MONDAY	Welcome Party to foreign students.
TUESDAY	Mexican Culture video.
FRIDAY	Night Activity: Hindoo Disco night. Meeting time 10:00 PM.
SATURDAY	Visit to a Mexican hacienda.

COURSE STARTING DATES

The following table provides a daily schedule of courses:

8am-10am	10am-2pm	3pm-5pm
Super intensive and intensive course	Standard course	Super Intensive and Intensive course.

The Mexican holiday dates are specified in the following table, we don't offer courses during these dates:

PUBLIC HOLIDAYS	
<i>January 1st.</i>	New Year
<i>February 5th.</i>	Constitution
<i>Mach 21st.</i>	Benito Juarez date
<i>May 1st.</i>	Labor Day
<i>September 16th.</i>	Independence Day
<i>October 12th.</i>	Public Holiday
<i>November 1st.</i>	Saints Holiday
<i>November 2nd.</i>	Dia de Muertos
<i>November 20th.</i>	Mexican Revolution
<i>December 12th.</i>	Virgin of Guadalupe
<i>December 25th.</i>	Christmas

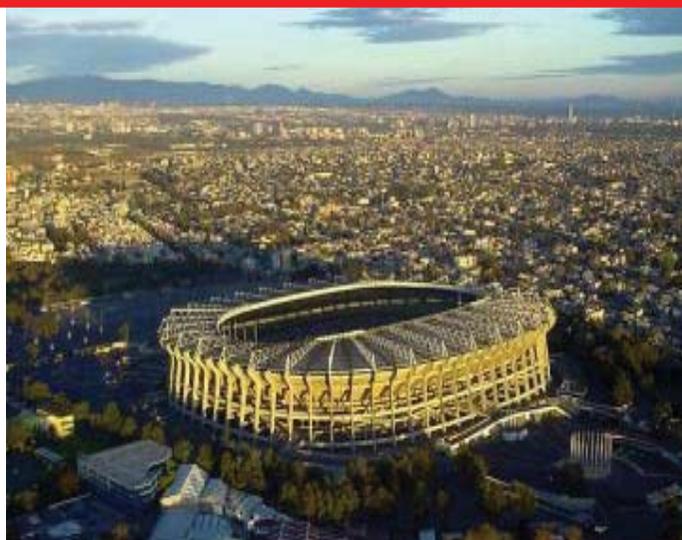
EXCURSIONS

Soccer games at the Estadio Azteca.

Our school organizes, during some week-ends, the possibility for students to attend soccer games at the Estadio Azteca, the mythical temple of soccer, where the finals of the 1970 and 1986 world cups were played.

Soccer games for students.

The school organizes soccer games where our students test their soccer skills, we also feature a soccer camp where students learn the basics of soccer. This camp is available during the summer.



EXCURSIONS



Teotihuacan.

"Teotihuacán" is a Nahuatl name, traditionally translated as "city of the gods," but also translated as "city where men become gods." According to legend it was where the Gods gathered to plan the creation of man.

Construction of Teotihuacán commenced around 300 BC, with the Pyramid of the Sun built by 150 BC. The city reached its zenith approx. 150-450 AD, when it was the center of an influential culture.

At its height the city covered over 30 km² (over 11½ square miles), and probably housed a population of over 150,000 people, possibly as many as 200,000.

Teotihuacán was an important source of obsidian and there was extensive trade with other regions of Mesoamerica.

The city's broad central avenue, called "Avenue of the Dead" is still flanked by impressive ceremonial architecture, including the immense Pyramid of the Sun the Pyramid of the Moon, the Temple of Quetzalcoatl or Temple of the Feathered Serpent, and many lesser temples and palaces.

MEXICAN CUISINE



Held 2 days each week with lessons of 2 hours each, students will learn the secrets of Mexican Cuisine and will prepare typical Mexican recipes. 5-10 participants required per class.

Note: Course for students who have at least finished the Beginners A course or have some knowledge of Spanish.

Hacienda San Jose de Buenavista.

During some days, specially in the summer, studetns are invited to take courses at a typical Mexican hacienda. Haciendas in Mexico were the basis of an economic system begun by the Spaniards in the 16th century, similar to the feudal system of Europe.

They were efficient farming and manufacturing centres that produced meat, produce, and other products for export. Over time, haciendas became symbols of wealth and culture, adorned with architecture, furnishings and art from around the world.

Hacienda San Jose de Buenavista was founded in the 16th. Century, it has a church, housing building with 12 rooms, a space for horse riding, and green lands. The hacienda has been a traditional place for films and movies, many Mexican soap operas have been filmed at the hacienda. Our school offers our students the opportunity to take a class at the hacienda, an experience they will never forget.



COURSE PRICES

Our course prices include all study material: books, examinations, certification, cultural program. What they do not include is: trips to other states in Mexico and bar/disco entrance payment.

STANDARD COURSE	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD	COST EUR
	2 WEEKS	40	3-9	\$320	260
	3 WEEKS	60	3-9	\$480	390
	4 WEEKS	80	3-9	\$640	520
	Additional Week	20	3-9	\$160	130
Notes:	* Minimum of 2 weeks. Lifetime setup fee of \$40 usd. * 4 hours per day in group lessons of max. 9 members. 4 hours of courses				

INTENSIVE COURSE	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD
	2 WEEKS	60	3-9	\$440
	3 WEEKS	90	3-9	\$660
	4 WEEKS	120	3-9	\$880
	Additional Week	30	3-9	\$220
Notes:	* Minimum of 2 weeks. 6 hours per day. Standard + small group course. 4 hours group course+ 2 hours small group course. Lifetime setup fee of \$40 USD. Only for beginners and intermediates.			

SUPER INTENSIVE COURSE	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD
	2 WEEKS	60	1	\$700
	3 WEEKS	90	1	\$1,050
	4 WEEKS	120	1	\$1,400
	Additional Week	30	1	\$350
Notes:	* Minimum of 2 weeks. Standard + individual course 6 hours daily. Lifetime setup fee of \$40 USD			

COURSE PRICES

CUSTOMIZED GROUP	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD
	2 WEEKS	40	Min.4-Max. 8	\$350
	3 WEEKS	60	Min.4-Max. 8	\$525
	4 WEEKS	80	Min4.-Max. 8	\$700
	Additional Week	20	Min.4-Max.8	\$175
Notes:	* Minimum of 2 weeks. Groups where specialized themes are taught. May be group of people who work in the same company, or study at the same school, and need some topic to learn. Lifetime setup fee of \$40 USD.			

INDIVIDUAL TUITION	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD
	Every Week	1	1	\$18-\$20
Notes:	* Price per hour. Depends on number of hours per week. *Individual courses are taken in the afternoon or early morning.			

MEXICAN CUISINE	DURATION	NUMBER OF LESSONS	PARTICIPANTS	COST USD
	Every Week	4	Min. 5-Max. 10	\$140
Notes:	* Price per week. Classes 2 days each week, 2 hours each class. Cooking material included. ONLY AVAILABLE DURING JULY-AUGUST.			

HOUSING

The school offers quite a variety of housing options, options available for all types of clients and needs, from the most sociable to the most independent our school is dedicated to maintain and guarantee your satisfaction.

We recommend to reserve housing preferences in advance since our clients are given accommodation giving preference to those who reserve first, so any given option might be full already when reservations are not made in advance.

Option 1.- School Residence

The school has opened in 2006 its own residence, which consists in triple, double and single rooms reserved only for Spanish school students. The residence is a luxurious decorated space, located at the same building where the school is. In this residence, students will find all types of commodities, some of which include:

- Washing machine,
 - TV,
 - Kitchen
 - One bathroom per 2 rooms.
 - Towels
 - Linen
 - Location steps away from the school

Option 2.- Student apartment single and double rooms.

The student apartments are normal apartments which are rented to groups of foreign students. Students will find all types of apartments within Mexico City: single apartments, luxurious apartments, single and double room shared apartments, basically the biggest city in the world offers all types of comfort for all types of clients. What we typically look for an apartment to offer our students is:

- Location
- Luxury
- is transportation found nearby?
- Are supermarkets and services ?



HOUSING

Option 3.- Students residence:

This option is for students who want to have fun and meet other students as well. Bathroom and kitchen might be shared sometimes but fun is guaranteed. Option for those who want to interact with others. Single and double rooms available. These are apartments or residences for university campuses where students share a common life and their experiences, sometimes residences are hosted by hotels. What we look in a residence is normally:

- Number of rooms
- Number of bathrooms
- Location
- How clean everything is?
- Transportation
- On residence facilities

Option 4.- Cheap hostel.

There are many hostels in Mexico City, some offer single, double, triple and even 8 bed dorms for foreigners or package travelers, some require students to share a bathroom with many clients. This is a cheap option, and we will basically recommend hostels based on:

- Number of people traveling together
- Location
- Price
- Client satisfaction
- How clean installations are

Option 5.- Host Family.

This option is recommended for students who are mature enough to spend time with a Mexican Family and who want to daily improve their Spanish language. Spanish language is spoken within the family as a rule. Students need to be aware that they may need to follow some rules from the family (for example, arrival times at night). Mexican families are different, students should be aware that their facilities might not always be :as in their home countries and that rules to follow will be more strict and conservative. What we typically look for in a family is:Profile (members, age, etc.)

- Location
- Rules

- Families must be Mexican
- Past student comments and recommendations

The basic rules to follow at host families are:

Arrive home at the stated time and advice your family in case of arriving later.

Be strictly clean, respect their property.

Respect

Appreciate the food and gifts you are offered

Respect everybody's space: don't go to the kitchen after midnight, don't leave your food plates without cleaning, don't leave the TV or lights on.

Basic rules to guide at all housing options:

1.-Students may arrive to their accommodation by Sunday before their first day at school, special requests available.

2.- The landlord might ask for a \$100 dollar deposit in case the keys are lost or things are broken.

3.- Students may change residence upon availability of other options.

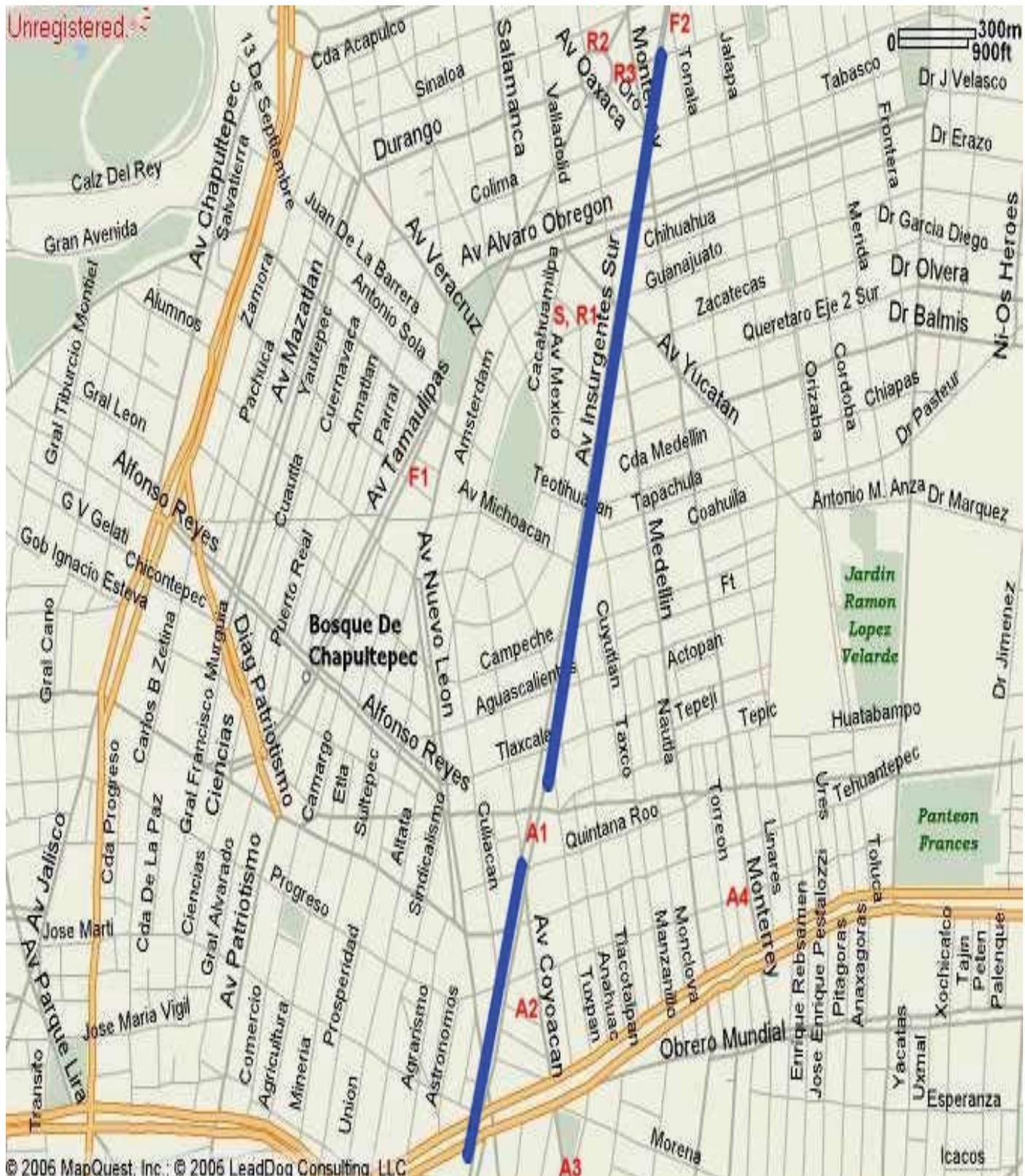
HOUSING PRICES FOR 2006-2007

TYPE OF ACCOMMODATION		COST PER WEEK.
APARTMENT	SINGLE ROOM	\$120- \$180 USD.
	DOUBLE ROOM	\$120 USD.
STUDENT RESIDENCE	SINGLE ROOM	\$100 USD.
	DOUBLE ROOM	\$90 USD.
FAMILY	SINGLE ROOM	\$180 USD.
<p>*Accommodation must be paid before arrival or in special cases on the first day of Spanish courses.</p> <p>Housing offered from Sunday- sunday before arrival.</p> <p>Prices vary due to location and facilities.</p>		

SCHOOL RESIDENCE		COST PER WEEK.
SINGLE ROOM	Luxury	\$200
DOUBLE ROOM	Luxury	\$150
TRIPLE ROOM	Luxury	\$125
<p>*Accommodation must be paid before arrival or in special cases on the first day of Spanish courses.</p> <p>* Housing offered from Sunday- sunday before arrival.</p>		

AGENTS' EXAMPLE OF RESIDENCE MAPS

We provide below an example of some of our residence locations in Mexico City, since this is a big city, we are constantly changing and adding residence options to our database, please refer to us or to our website's agents section for more information about the current residence locations.



HOUSING DESCRIPTION

We provide some locations of housing options, however, we constantly add options to our database since this is a big city.

RESIDENCES

R1.- Frida Residence.

Capacity: 6-8 students

Distance to school: 0 min.

Description: One bathroom per 2 bedrooms, bedrooms are single, double and triple. Each residence has kitchen, TV, 2 bedrooms, bathroom. Linen and towels are provided upon registration. Internet access, laundry.

R2.- Residence Casa Vieja.

Capacity: 14 students.

Distance to School: 7 min. by public transportation.

Description: Only double rooms. Breakfast included, internet, laundry, guest kitchen.

R3.- Residence Havre.

Capacity: 20 students.

Distance to School: 7 min. public transportation

Description: Only double rooms. Breakfast included, internet, laundry, guest kitchen.

APARTMENTS:

A1. A2.- Apartamentos Coyoacán.

Capacity: 2 students.

Distance to School: 15 min. public transportation

Description: 2 single rooms, fully furnished, kitchen. One bathroom per 2 rooms, close to transportation.

A3.A4.- Apartamentos Monterrey y Morena.

Capacity: 1 student.

Distance to School: 15 min. public transportation.

Description: single rooms, fully furnished, kitchen. One bathroom, close to transportation.



FAMILIES:

F1A.- Family 1A.

Capacity: 2 students.

Distance to School: 5 min. public transportation

Description: Sons are married already, couple by its 60's, middle class, located in a secure area in the city, Mexican natives. 2 single rooms, private bathrooms.

F1B.- Family 1B.

Capacity: 1 student.

Distance to School: 5 min. public transportation

Description: House shared with 2 Mexican musicians, 25-27 years old. Single room, private bathroom.

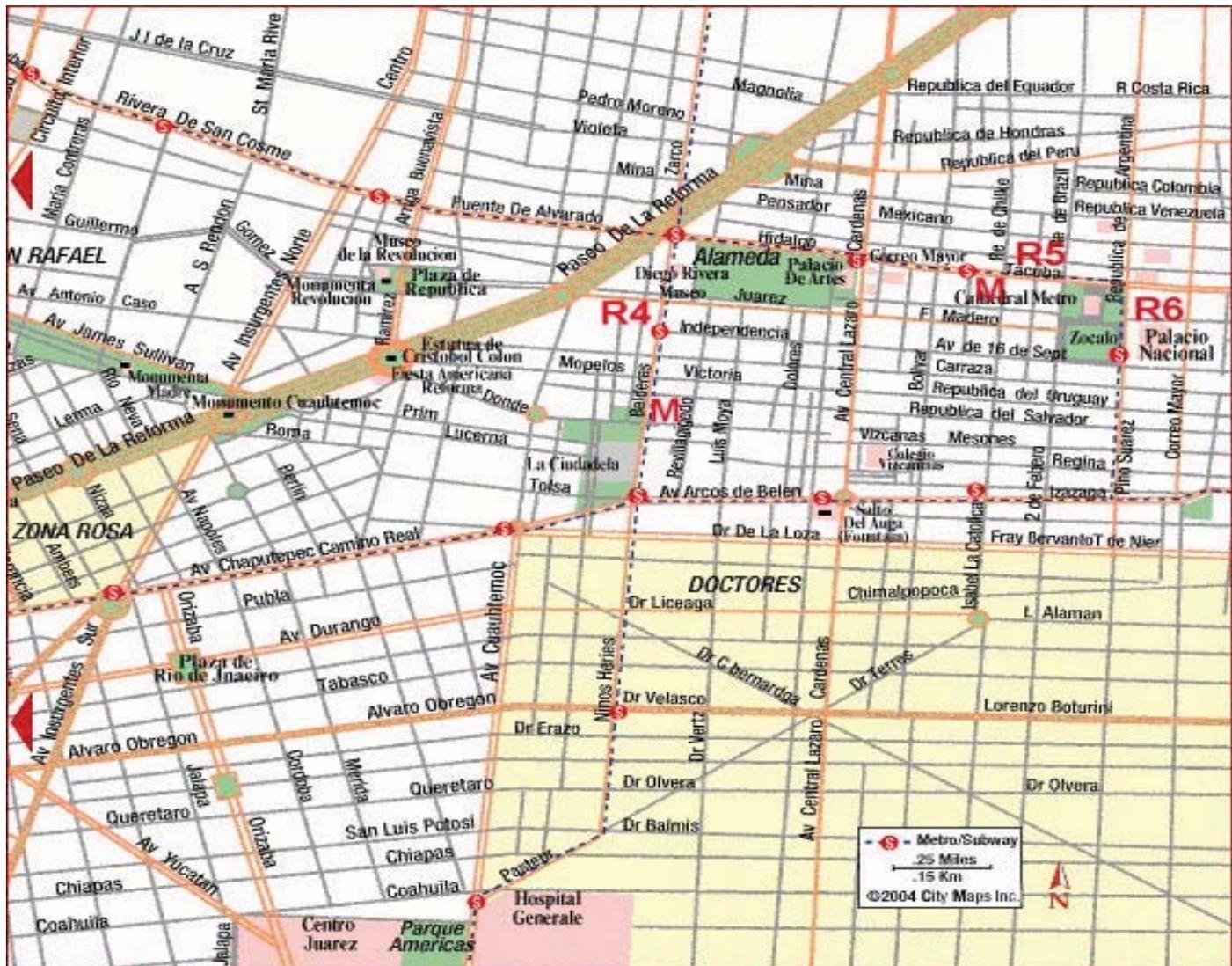
F2.- Family 2.

Capacity: 1 students.

Distance to School: 15 min. public transportation

Description: Daughters studying MBA, couple in its 50's. Single room, private bathrooms.

HOUSING DESCRIPTION



R4.- Sebastian Residence.

Capacity: 10 students.

Distance to school: 20 min.

Description: Only single rooms. Breakfast included, internet, laundry, guest kitchen. Shared bathroom.

R5.- San Sebastian Residence.

Capacity: 10 students

Distance to school: 20 min.

Description: Only double rooms. Breakfast included, internet, laundry, guest kitchen. Shared bathroom.

R6.- YWCA Residence.

Capacity: 8 students

Distance to school: 10 min.

Description: Single and double rooms. Internet, laundry, guest kitchen. Shared bathroom.

VOLUNTEER



All our students are invited to volunteer while studying at Frida. We have several volunteer opportunities open during the whole year and specially during the summer. Some examples of volunteering include: aid for the poor, helping the victims of natural disasters (hurricanes, quakes, floods), helping students from poor zones in the city in teaching and language studies.

Volunteering is a great opportunity for improving in our personal lives and influencing the lives of people who need us forever, we encourage groups of foreign university and school students to learn and volunteer at the same time, to improve their skills both in a professional level and as a human being.

Groups of students from the same school who volunteer, will receive course discounts.

We encourage students to take part in any volunteer opportunity, some examples of volunteer opportunities we have offered in the past are:

- Helping poor students in English lessons
- Helping the elderly in activities and conversation improvement
- Working at Mother Theresa's charity
- Working in painting homes at communities and rural areas
- Helping in reconstructions at natural disaster sites

"There is people who need us, in cases, our soul needs wings to fly"

Missionaries of Charity is a religious order established in 1950 by Nobel Peace Prize (1979) Winner Mother Teresa to tend to "the poorest of the poor."

The order currently consists of over 4,500 nuns and is active in 133 countries. Members of the order designate their affiliation using the order's initials, "MC." Member nuns must adhere to the vows of chastity, poverty and obedience, and the fourth vow, to give "Wholehearted and Free service to the poorest of the poor". The Missionaries of Charity Brothers was founded in 1963, and a contemplative branch of the Sisters followed in 1976. Lay Catholics and non-Catholics constitute the Co-Workers of Mother Teresa, the Sick and Suffering Co-Workers, and the Lay Missionaries of Charity.



INTERNSHIPS

Our school offers students with internship placements in Mexican companies. Students are required to stay for a minimum of 1 month in our school and complete Advanced level A in order to be given an internship space in a Mexican Company. Some examples of companies we offer internships with are:

- Tourism offices
- Bars
- Institutions for the disabled, deaf, elderly.
- Airlines
- Computer companies
- Arts
- Drug prevention centers
- Environment centers
- Hotel industry.
- Teaching

The internship can last from 6 weeks up to one year.

VISA REQUIREMENT.

To do an internship in Mexico you require a visa for voluntary workers (FM3) that you can receive by the Mexican consulate or embassy.

WHAT TO DO BEFORE YOUR INTERNSHIPS STARTS.

You need to send your curriculum in advance and will be subject to a phone interview before your internship starts.

INTERNSHIP GUIDELINES

- 1.- For more than 3 months of experience, apply for FM3 Visa.
- 2.- For company specific jobs, send curriculum before starting your Spanish course.
- 3.- Send curriculum 3 weeks in advance.
- 4.- Salary will be notified, if any, before arrival.

SALARY.

Since this is an internship, some companies won't pay you a salary, Mexican law has restrictions in some cases, for foreign students, however, salaries will depend on the industry you are interested.

EXPERIENCE.

The job experience depends on the place where you do the internship. In a lot of companies work experience is not required. Therefore, you have the opportunity to try a different field other than your own. However, some companies will require that students send us their curriculum or student profile to be eligible.

Some companies we have worked for: Colegio Williams, Siemens, Nokia, Superama, Blue Cotton Schools, Centro Nacional de Filosofia, Museo de Antropología.

	COST PER WEEK
VOLUNTEER	Personal donation to organization.
INTERNSHIP	\$420 usd. Fee for 4-24 week internship.

AGENTS AGREEMENT

As a serious and respected Spanish school, we are dedicated to our agent friends. Agents represent a lot to us: relationships, friendships, expansion, growth. As an agent, you will benefit from many attractive compensations for our Spanish lessons and housing options, we offer both, commissions for housing and Spanish lessons.

We work with commissions of 20% as a base, however, this commission will increase up to 25% groups of students send “at the same time” to our lessons:

Spanish course commissions

Housing commissions:

Commissions for housing range from 10%-15% depending on the housing option, as determined below.

Number of Students per Group	Number of Weeks	Commission %
1-14	2-3	25%
	4 or more	26%
15-20	2-3	26%
	4 or more	29%
+20	2-3	28%
	4 or more	32%

Housing commissions:

Commissions for housing range from 10%-15% depending on the housing option, as determined below.

Type of housing	Commission
Frida Residence	15%
Student Residence	15%
Apartment	10%
Family	10%

FREQUENTLY ASKED QUESTIONS

Does the school offer credits for US students?

Yes, we offer credits for US students, please contact us prior to arrival to arrange credits, note credit is given for 4 weeks as minimum stay. In order to get credits, please refer to our course syllabus and requirements, you should contact your school counselor.

Which is the next starting date?

Beginners start every 2 weeks on Monday. Otherwise courses start every week on Monday.

When should agents send student forms to the school?

The sooner the better since this will help us in group schedules, however, we do accept urgent inquiries and participation forms.

If a student stays more weeks, will I get a commission ?

Yes, you will get a commission for students if they extend their stay.

What should students expect to do on the first day at school?

We will wait for them at 9:30 am at the school office. Students having little or no knowledge of the Spanish language will attend the first lesson directly. All other students will take a written placement test which enables us to find the appropriate level.

Is the teaching material included in the course price?

The school provides students with books and notebooks, however, students are required to bring their own dictionaries.

Which teaching method do you use?

During all levels only Spanish language will be spoken, no use of English or other languages will be permitted during class sessions. Regular courses are divided in 2 sections: grammar and vocabulary sections. Every 2 weeks, students will take a test so we can understand how the group is learning. Every 4 weeks, students will take a test which enables them to pass to the next level.

Which is your teachers qualification?

All teachers are highly qualified. . All our teachers have been specially trained in teaching to foreigners.

Which is the average age of students attending the school?

Seventy percent of our students are aged between 17 and 30. Usually students aged 30 and more feel comfortable in our classes and enjoy to meet people from all over the world.

STUDENTS COMMENTS

I had one of the best experiences learning Spanish in México. Teachers are interested in their student's progress and everybody was very friendly. (Joe)

I enjoy so much in Frida Spanish School, everybody was helpfully and I made a lot of friends. Always friendly and seemed to know their material well. (Paul)

Great teachers, great location, great prices, and very nice activities. (Christine)

For me went to Frida Spanish School was the best idea, because I wanted to learn a new language and it was the best, thanks for all. (Sven)

I would like to come back to that school because I was very happy and everybody was incredible. (Joseph)

Very good teachers interested in each student. Clean friendly environment. Helpful staff, willing to stop and review things when they got too difficult. A wonderful experience with many great outside activities in Mexico. (Catherine)

Everything was incredible, I learn a lot, the school is very good and I enjoy that experience. (Tracy)

The activities in the classroom and outside are great it's a nice place to study. (John)

Great environment with great people. The instructors are really great and bring so much information about the culture + experience of Mexico while teaching the language. (Gabrielle)

I received personal attention from all the people who is in Frida Spanish School, I could learn a lot and now I understand a new language. (David)

All the staff is wonderful and I really enjoy that experience (Leslie)

I love it, really I was very happy in their school, and I recommend it to every people who like to learn Spanish. (Danielle)

Teachers and coordinators have all the experience they know what we like and what we need I learn a lot. (Steven)

I like the way they teach, they are very compressive and they have a lot of experience teaching us I was very happy there. (Jessica)

LONG STAY PACKAGES AND PROMOTIONS

Weekend trip destinations change every week, some include: Cuernavaca, Oaxaca, Acapulco, Chiapas, Tepoztlán, Valle de Bravo, Morelos, Chiapas.

PACKAGE 1.- 6 week stay.

Intensive Spanish course (6 daily hours).

Housing in family, students residence or apartment.

2 weekend trips (transportation and housing included)

Ticket to the turibus, museum of anthropology and 4 other museums.

Cultural program

Party at Xochimilco

Trip to Teotihuacán.

Trip to Hacienda San Jose Buenavista

SINGLE ROOM \$2,450 USD.DOUBLE ROOM \$2,150 USD.

PACKAGE 2.- 8 week stay

Intensive Spanish course (6 daily hours).

Housing in family, students residence or apartment.

4 weekend trips (transportation and housing included)

Ticket to the turibus, museum of anthropology and 6 other museums.

Party at the Xochimilco

Trip to Teotihuacán.

Cuisine course

Cultural program

2 Trips to Hacienda San José Buenavista

SINGLE ROOM \$3,450 USD.DOUBLE ROOM \$3,050 USD.

PACKAGE 3.- 12 week stay.

Intensive Spanish course (6 daily hours).

Housing in family, students residence or apartment.

6 weekend trips (transportation and housing included)

Ticket to the turibus, museum of anthropology and 8 other museums.

Party at the Xochimilco

Trip to Teotihuacán.

Cuisine course

Mayan and Aztec history class

2 Trips to Hacienda San José Buenavista

Cultural program

SINGLE ROOM \$4,750 USD.DOUBLE ROOM \$4,350 USD.