



## **United Cultures English Instruction Internship**

*International Exchange Program and Administration Internships are also available*

### **Internship Requirements**

Must be at least 18 years old

Must be fluent in English

Must be mature enough to adapt to the Spanish culture and schedule as well as to your host family

Must follow school rules as well as host family rules

Must be a minimum of 15 hours a week if non-credit or hours specified by university in if for credit

Internship is 1-3 months

Airfare and insurance are paid by intern

Please note:

- Interns, once in the country of the internship, will abide by all laws of that country as well as all policies related to the company where the internship takes place and the rules of his or her host family.
- Interns will behave with respect and class.
- Interns can be sent home at their own expense if it is determined they are not good ambassadors of their home country and are disrupting the host family, country or company where they are interning.

### **Information about Valladolid:**

It is a city located about two hours north of Madrid, in the center of Spain. It is about 1,5 hours from the border of Portugal and about 2,5 hours south of the Cantabrian Sea. Valladolid has about 350,000 inhabitants and is a University City. It is located in the province of Valladolid and in the Autonomous Community of Castile and Leon.

Valladolid has a good bus system that runs throughout the city and is very easy and economical to use. There is also a touristic bus as well as taxis. However most places in Valladolid are easy to access on foot.

### ***United Cultures Language School***

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The language school is run by Heather Espeso (Warren, PA). The center offers fun, practical, and interactive classes for children and adults ages 3+. We have courses for all levels (beginning, intermediate and advanced) and have a maximum of 6 students per class. Our classes are based on conversation, not on grammar exercises or book work. Our activities consist of natural and practical English that is useful for our students' daily lives.

Occasionally we offer cooking or holiday workshops on a Saturday. Interns will participate in classes of all ages and levels as well as help prepare lesson plans. We have a teacher meeting every two or three weeks to discuss classes, activities and lesson plans. Interns will also help with United Cultures Exchange Program which accepts American and Spanish students for international exchanges.

#### Dress Code when Teaching:

-Dress professionally when coming to work. Clothes should look tasteful and clean. Business attire is not required.

Men: Clean Jeans or trousers with shirts, polos, sweaters, etc.

Women: Clean Jeans or trousers, skirts or dresses, with blouses, tops, sweaters, etc.

#### Schedule:

In Spain the work day/school day usually begins around 9:00am. Some people work a continuous schedule from 8:00-3:00 and other people work from 9:00am-2:00pm and then from 4:00/5:00-8:00pm. Most stores are open from 10:00am-8:00pm, however many store hours can vary. Most places are open on Saturdays all day and are closed on Sundays.

Breakfast is usually eaten at 8:30am, Lunch at 2:30pm and Dinner at 9:00pm. Each family is different and may vary. Typically on the weekends people have a tendency to eat later, lunch around 3:00pm and dinner around 9:30 pm. Lunch is the big meal of the day consisting of first course, second course and desert. Dinner tends to be much smaller. Spaniards typically eat very healthy with a lot of fruits and vegetables as well as legumes, fish, seafood and meat. Daily desserts consist of yogurt or fruit. You may find a cake or something sweet on weekends or at a special celebration.

#### Host Family Stay Guidelines:

- Create a Schedule and expectations about when you will be home, the hours you are giving class and family time.
- Discuss with the family the weekly chores that are expected of you.
- Make your bed every day and keep your room tidy.
- Don't spend all your free time in your room on the phone. Phone time should be very limited while with the host family.
- Be gracious about meals and eat with the family when possible.
- Discuss weekend plans with the family and organize your time with them.
- Be flexible with family dynamics and needs. Offer to help out when possible.
- Typical household chores an intern will participate in: loading and unloading the dishwasher, helping with laundry, general cleaning of the house, keeping bedroom clean and organized.
- Interns may be asked to watch the family's children once in a while. This task would count towards the five hours of English classes given per week.
- 5 hours of English classes per week will be given to the family during the entire internship. This schedule will be made by the family depending on the teaching hours given at III. These classes can include taking the children on a walk, to the park, playing board games, cooking together, making crafts, helping with English homework, etc... The family will decide if they'd like the intern to teach the entire family or someone specific.
- If a problem arises, be open and discuss it with your host family. Make sure to tell your Internship Mentor as well.
- Take advantage of the wonderful opportunity of living with a host family! It is the best way to learn about the culture of a country. Spend time with them, get to know the family, and travel with them if possible. You will always have a family to return to if you decide to come back!
- Flexibility and an open mind are the two most important factors in a family stay. 😊

#### Weather:

Valladolid has a dry climate. It is very hot in the summer months with little rain and normally nice until the end of September. The winter months get quite cold, in the high 20s with no snow and quite a bit of rain. You may want to bring rain boots and an umbrella or buy them when you get here as you will do a lot of walking.

#### Cultural Information:

- Tipping in Spain is not common and unnecessary. If you go out to a nice dinner and would like to leave a tip 1-2 Euros is sufficient.
- People do not say please and thank you as much as Americans do.

-Children do not work and many have no household chores. University students normally just study rather than study and work.

-Children go to bed (and adults too!) much later than in the US.

-Families are very conservative of water and electricity. Water is normally only turned on while rinsing off in the shower and lights are not left on when a room is not in use. Both water and electricity are very expensive so please be careful not to leave unnecessary lights on or take long showers. Recycling is very important in Spain.

-Spaniards love to walk! You will see many people walking in the streets at all hours of the day. Valladolid is a city that is easy to get around on foot. Most interns live within walking distance to our linguistic center. Taking a walk together in the evening or on the weekends is a typical family activity.

-People dress much more formal in Europe than in the US.

-Women always give two kisses (one on each cheek) as a salutation when meeting up with someone. Men give two kisses to women and shake hands with other men. Hugs are not very common. Personal space is not as important as in the US. It is quite common for older women to touch your hair and say how beautiful she thinks you are! It is common for them to rub the stomach of a pregnant woman or grab your arm while talking to you. People also may come very close to you while talking or sit close to you on a bus, in class or at home.

-Cars are not used as much as in the US. Some families only have one car.

-It is not very common to invite people to your house. The majority of families live in apartments and have limited space. Spaniards are very social and love to meet up for a coffee/juice/beer/wine. You will not see a Spaniard at a bar drinking alone as it is considered a social habit.

-Bars are for the entire family. There are bars/cafés on every street corner and yes, you can take your children! Bars are a place where families and friends meet up to see each other and “tomar algo” (have something to drink/eat).

-People enjoy living in community. It is not common to find a Spaniard with a house in the country and no neighbors.

-Language learning is VERY important. Spaniards are typically embarrassed to speak in a foreign language, but consider it extremely important. They spend a lot of time, energy and money on making sure their children learn other languages.

-The Spanish “siesta” is really only 10-15 minutes long. It is basically a little nod-off after a big lunch.

-Spaniards are generally “late”. It is completely acceptable to arrive 15-20 minutes late when meeting up with someone. It is not ok to be late for work.

- Saying *hola* and *hasta luego* or *adios* is very common when entering and leaving a store.

-You may not find toilet paper in the bathrooms in the bars. Keep a pack of tissues in your purse.

-The lights in the bar bathrooms are on timers and may turn off while you are in there. Make sure to know where the light is beforehand.

-Bread is used to push your food. Don't use your fingers! Bread is kept on the table, not on your plate. It is common to share salads and other dishes (family style).

-In many bars people throw their small used napkins on the floor.

-Many people walk their dogs without having them on a leash.

-French fries are eaten with a fork! Most foods are eaten with a fork and knife except for lamb chops and shrimp that need to be peeled.

-Scarves are worn all year round.

-Milk cartons, cans and other products are "smashed" before being thrown in the garbage.

-Most families keep their bathrooms doors closed at all times.

-Spain is part of the European Union and uses Euros. €€

\*\* Be aware of the time difference between Spain and your hometown when calling.