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MOVEMBER



Fuerza Costa Rica

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COVER PAGE



November is the month of men's health issues and is also the International Men's Day. November 19th has been established as an official day since 1992. If you have one awesome picture you think could be the cover of one of The ILE Post editions, send it to eherrera@utn.ac.cr. So far several readers have sent amazing pictures that we will be sharing with you soon. If you want to know what is happening in ILE, follow us in FACEBOOK.

CONTRIBUTORS

Sandra Arguello	Article Writer
Jenaro Díaz-Ducca	English For You
Clare Goodman	Academic Editor
Gabriela Castro	Reflecting Paper II
Jorge Gonzalez P	Water, Vital Resource
Merlin Pérez	Article Writer
Andrea Sánchez	Reflecting Paper I
Jose Soto	Editorial

THIS MONTH'S EDITOR



EDITORIAL

By Jose Soto



The forces of nature will always be innumerable in the most imaginable ways, and in the worst of the natural disasters. We witnessed India and Japan being struck by earthquakes, and Tsunamis. Haiti has had terrible hurricanes and endless desolation. It

was time for us now to bite the bullet. By the time the lessons learned in Sinchona have started to fall into oblivion, Otto hurricane has put Costa Ricans to the test.

On November 22nd and 23rd, the government made a widespread media appearance warning the population that Otto hurricane was approaching. Anyone with a TV screen nearby could easily realize that President Luis Guillermo Solís felt Under Attack, yet many people thought it was one more of his desperate attempts to gain some public popularity back. Each one of his ministers spoke about the actions of their bureaus in order to respond to the national alerts quickly turning from green, yellow to red. It seemed now that too much preparation was an overreaction. The population started to get anxious as the president of the Emergency National Commission gave specific instructions to everyone in the high-risk areas.

Thursday November 24th, the public institutions closed to save lives and resources, and prevent fatalities. Everyone in Central Valley sat back comfortably as though waiting for the function to start, and watch the news reporting on when the hurricane would hit Costa Rican lands. According to records back to 1851, Otto was the only hurricane or storm whose revolving center ever moved onto inland Costa Rica, and not the least the only hurricane reaching category 2 in many years. People emptied supermarkets out basic survival supplies in the middle of a threatening calm all over San Jose, Cartago, Alajuela and Heredia. The news kept reporting events and situations until the evening of the 24th, when it finally happened.

While everyone literally thought everything was over, the people of Upala and Bagaces was being severely punished by the hurricane aftermath: flooding, landslides and small bridges collapsing. Late night TV reporters in the area showed the water flowing in houses and disaster settling in. By Friday morning November 25th, the Costa Ricans of the Central Valley woke up with a feeling of remorse.

People pointing fingers, journalists and media being lapidated, yet others praised. All sort of criticism and accusations have been made—but one thing is clear now as I am writing this on Saturday morning November 26th: the warm and kind hearts of Ticos pump in their chests as they changed their attitudes and started in solidarity with each other to be empathetic, and somehow apologetic.

Friday was an unhappy day; hopeless and doomed for many. 5,500 residents had to be evacuated. President Luis Guillermo Solís declared three days of mourning for the loss of nearly 10 victims. Overwhelmed by news about people in despair and anguish, and mixed reactions of people in the world celebrating the passing away of Fidel Castro, I can say that many lessons have been learned here.

Gordon McBean, Canadian climatologist once said, "It's time to change the mindset of governments, who tend to plan too little for natural disasters." But during the last three days we have witnessed the opposite, a Costa Rican government chamber at each one of its departments standing out to protect—too little planning was not actually the case. Otto struck the land, killed people and destroyed houses and resources, and it could have been worse.

Otto has certainly changed attitudes towards pre-judging an seemingly over-reaction of authorities, but it has also exposed the lack of preparation and experience for disasters from the Costa Ricans. Will we have to wait for another funnily named hurricane as Juana, Mitch and Otto have not taught us the lessons well?

#FuerzaCostaRica

UTN HOSTED GRADUATION CEREMONY FOR UNA NEW OPORTUNITIES

UTN hosted the graduation ceremony of a number of deprived of liberty who took part of the project “UNA ” New Opportunities. The project was offered for this particular population at the Centro Atencion Institucional (CAI) San Rafael, Alajuela. A group of men completed the Culture of Peace and Entrepreneurship courses.

The courses were part of a 2 year project administered by The National University—UNA, with the purpose of putting different actions into practice in favor of the harmonious coexistence inside prisons in CR. The project is also aimed at starting new experiences for the development of entrepreneurial skills. This will provide them with tools for re-entering society and beginning their own company.

Roberto Rojas, Chancellor representative of UNA and Dean of General Studies, pointed out that the course Culture for Peace has been in charge of students of the university, whereas the Management School holds the entrepreneurship program.

UNA students mentioned that they have carried out big efforts to tear down the stereotypes related to prisons in the country. They said that they have found enrichment in terms of their contribution to society as well as professional growth.

Psychologist Davil Muñoz, believes that they are not only teaching them to be peaceful, but they also helping them grow empowerment in their lives and be aware of situations that can lead them to criminal conducts.



The men had a feeling of accomplishment and motivated with their new diploma. From now on they know they can encourage others to continue with their lives in spite of adversities, some of them said.

Marcelo Prieto, UTN Chancellor highlighted that this has been a collaborative work between universities, where education has led a transforming role. The Joint efforts among universities are crucial to contribute to the necessities of vulnerable populations.

Jose Matarrita, Coordinator of Humanist Education of UTN, is confident that the university will continue to work hand in hand with UNA to be able to spread out to other centers.

UNIVERSITIES ANALYZE THE WATER ISSUES IN GUANACASTE

Academics from public universities gathered in Guanacaste to examine the issue of water in the area. They agreed to create an effective articulation of the universities to have an impact on other public institutions in the country regarding the appropriate use of water. The objective is to provide solutions to regional problems related to water resources and its rational use for housing, industry, farming and others.

The Antonio Obando school, located in Cañas, Guanacaste, was the place where the group discussed the “Situacion y ”quehaer de las Universidades Públicas en la provincial de Guanacaste”—Daytoday actions and Current State of Public Universities in Guanacaste. The conversation was moderated by Guido Barrientos, trainer at the State of The Nation program—Estado de la Nación, Eng. Rafael Oreamuno Vega



from UCR, Eng. Elias Rosales Escalante from ITCR, Ph.D Ricardo Sanchez Murillo from UNA, Eng. Mery Ocampo Araya, UNED, and Eng. Jairol Jara Blanco from UTN. The academics reviewed topics concerning the province and others related to Costa Rica in general. They talked about water organization, rational use of water resources, river basin conservation, the need for information that the public institutions have nowadays; and further coordination to

establish common groundwork.

Oreamuno commented that the mission of the universities is to create and transmit knowledge and not to pretend to take on the government’s work. He said, “We can provide with research data, but cannot be responsible for the job of the institutions”. The members in the conversation agreed on finding ways to provide input that will allow authorities to make better decisions.

The Chorotega region has a population of 373 thousand people with a 250liter intake requirement of water per person a day, which needs a 1.1 cubic meter water supply, as indicated by Oreamuno.

Ocampo Araya points out that this is double the rate of water consumption of a person in Barcelona, Spain. An efficient and rational use of water will reduce 110 liters per person a day, which will decrease the 400liter consumption that is currently draining the water resource in Guanacaste today.

By the end of the meeting and after going over other different issues, there was a proposal for a congress that will expose the real efforts in Guanacaste to save water resources.

Francisco Romero, ViceChancellor of Research of UTN expressed that the universities must come together to work as a system in joining efforts and making a better use of the human talent. There is a value in working together with the best resources, he said.

You may read more about this in Spanish in UNED, Acontencer Digital by clicking here:

<http://www.uned.ac.cr/acontecer/adiario/gestionuniversitaria/2764universidadesanalizansituaciondelaguaenguanacaste>

CONARE APPROVES RECOGNITION OF BASIC SCIENCE AND MATHEMATICS

CONARE, the National Commission of Public University Chancellors, agreed to implement an automatic recognition of Basic Science, Mathematics and Statistics courses among the public universities in CR.

The group of Vice-Chancellors that advised CONARE officials proposed to proceed positively in the process. They performed the analysis of the curricula of the five public universities and concluded that the programs of the courses are homologous.

In 2016, a group of academics from the area of Physics, Chemistry, Biology and Mathematics and Statistics from the five public universities, set out an agenda to renew a Recognition Agreement of the cluster of basic science courses.

According to Luis Rojas Montealegre, coordinator of Basic Science, Mathematics and Statistics from UTN, the arrangements started in 2015 by the Academic Vice-Chancellor.

There was an immediate need to adjust some of the programs to meet the requirements.

The analysis was performed in Chemistry 1 and 2, laboratories, Biology courses, laboratory, Physics 1, and laboratory, Mathematics and Statistics including General Mathematics and General Mathematics for Engineering. The reference of analysis included similarities in thematic contents, number of academic credits, and number of teaching hours. The agreement acknowledges an automatic equivalence of these courses at UTN to those of other public universities and vice versa.

Rojas explains that this is a very important process for both the University and the students. There will be an option to recognize the courses taken in other universities and have these courses recognized likewise in UTN. Registrar Department of UTN has informed that this process is valid from 2016 onward, and the students will be required to submit an academic certificate of courses.



OFFICE OF THE VICE-CHANCELLOR FOR STUDENT AFFAIRS ORGANIZES FORUMS ON SEXUAL HARRASSMENT

Forums on Sexual Harassment from the Student Affairs office are being organized in the different campuses of the UTN and have the support of the Legal Department of UTN.

The aim is for the students to be aware of the issue in order to break down stereotypes and reinforce the idea that there is a complete protection for the victim of harassment.

Daniela Flores from Students Affairs Office, explains that sexual harassment complaints are validated primarily from the victim's perception. The victim's allegations are unquestionable at first hand. Then, a process of investigation leads to a preliminary sentence. The national laws require this type of process in order to continue with other specific measures.

Flores points out that a single event of suggestive looks, gestures, or touches is enough to make a formal accusation. At this point, there will be a process of investigation looking to an account of events in order to solve a case.

Process of Complaints. Sexual harassment cases from students require them to visit the Students' Affairs office in every campus of UTN and start the process with a special protocol. If the complaint is from an academic, the process will started at the Dean's office. The complaints are not anonymous but the information collected is confidential.

The office offers a contact email for filing complaints to hostigamientosexua@utn.ac.cr, in case of conflicts in the campus. We urged the community to complain if they feel they are being harassed, said Flores.

We need everybody to understand that this is a very harmful issue that will threaten your dignity, destabilize mental and physical well-being and therefore it is important to stand up for yourself.



ILE STUDENTS ATTENDED UNESCO REGIONAL CONFERENCE IN SAN JOSE AS VOLUNTEERS



ILE Students at UNESCO Regional Conference in San Jose

The best lesson you can learn is from real life. With this phrase, many professors from ILE see their efforts retributed by breaching a gap between the classroom and real practice.

The students of Intercultural Communication course from ILE Sede Central campus, did not only use their linguistic abilities, but they also tested themselves in the interaction with speakers of English from different cultures and contexts.

Professor Verónica Oguilve established the contact between UNESCO officials and the UTN students. Along with the support of the Direction of ILE, she could have a group of students participate as volunteers in the UNESCO Regional Conference on IT and Communication for people with disabilities in Central América on November 14, 15 and 16.

The ministries of Education and Technology from the region and government agencies were present in the congress to discuss topics related to disabilities. Private institutions and organizations that promote the inclusion of challenged populations to society also attended the congress under the Human Rights paradigm.

The ILE students were in charge of three different activities. First, they worked collaboratively with students of the University for Peace dealing with logistics. This allowed them to use the language in an informal way with peers of their age. Besides, they could practice skills learned during the Intercultural Communication course.

Second, they were in charge of hosting, registering and ushering important participants such as the Salvador First Lady Rosa Margarita Villata de Sánchez, Ana Helena Chacón Echeverría, Vice-president of Costa Rica, and Marcelo Jenkins Coronas, Minister of Science, Technology and Telecommunication and other 150 participants. to the congress.

Many used English as a lingua-franca during the three-day event which permitted the students to use the language in formal contexts. They also worked as interpreters during the interactions of some participants who did not speak or understand



ILE Students

the language. The ILE students were very important in terms of serving as a bridge of communication to facilitate the interaction, contact and strengthen alliances. Third, they were in charge of supporting people with some kind of disability.

UTN has implemented trainings in the awareness of disabilities for their academics, and this is a time where the skills are transmitted to future professionals.

At the end of the event, the students were invited to the closing ceremony at *Casa Presidencial* along with professor Veronica Oguilve as a recognition for their volunteering work. Katherine Bastos, ILE student, felt proud of having been part of the event that she believes was life transforming. Yerlin Salgado, also pointed out that being a volunteer for UNESCO was one of the best experiences that she had had as an interpreter and helping people with disabilities. Jojaidy Gonzalez highlighted on the gratefulness of people who she helped and interacted with, all of which made her grow as a professional and human being. Finally, Silvia Acuña feels thankful that being part of ILE has brought these kinds of personal and professional fulfilling experiences to her life.

The congress was a once in a lifetime opportunity to present the UTN students of English as a Foreign Language as serious, committed and disciplined professionals with higher standards in quality and to provide the students with a chance to work with such an important circle of international officials such as the UNESCO and representatives of the CR government.



ILE Students, prof Verónica Oguilve and James O'Meara, Ed. D. Dean and Professor, College of Education from Texas A&M International University.

Photos taken by Verónica Oguilve, and edited by Jose Soto.

WATER, VITAL RESOURCE

By MSc. Jorge Andrés González Porras,

English teacher at UTN Atenas.



Having water is not only a right but also a privilege for human societies sometimes. Recently - from October 1st to October 6th - the county of Atenas suffered the consequences of the lack of this valuable natural resource. This happened because a tree fell over a water pipe and broke it. This water pipe supplies over 16,000 inhabitants from neighborhoods and communities of Atenas including: Sabana Larga, Mercedes, Angeles, Río Grande, and the downtown area. As a result of this disaster, some public schools and high school principals from the surrounding areas decided to prevent parents from sending their children to attend classes.

One of the major inconveniences for fixing the problem was the geographical irregularities of the area. The Acueductos y Alcantarillados Company (henceforth AyA) started by creating a path for the trucks and personnel to access the area. Furthermore, a neighbor was against such action arguing that there was no legal consent for the AyA workers to enter into her property. After a two-day delay a Judge gave the AyA the permission to carry out the necessary tasks to reestablish the service. Nonetheless, the rainy conditions during those days were also a negative factor since the mud prevented the machinery to operate effectively.

It was common and frustrating to see people waiting outside their homes with pots, bottles, and many other containers in order to collect water. AyA enabled a—well located— helping system at the central park of Atenas and eight tank trucks to provide these people with water. However, such tank trucks only stopped by those places once a day which was not enough according to some neighbors.

Moreover, the Ministry of Health encouraged Atenas citizens to manipulate food correctly given that there was a high risk of being infected by viruses that could cause diarrhea and vomiting, especially to young children. Fortunately, The National Technical University in Balsa (henceforth UTN) has its own “asada” and students from this University had the chance to take showers, do laundry, and continue on with their daily lives.

In contrast, the students from this University who currently attend classes at the Liceo de Atenas premises did have some water issues in their homes since most of them live in the affected areas. Luckily, according to Dr. Glenn Chacón (Director of the Accounting Major in Atenas) the schedules allowed them to normally attend class and since the premises have their own well, it provided them with this valuable resource. In conclusion, we can say that it is essential to highlight the importance of preserving our most vital resource, so we must stop deforestation, stop polluting our rivers, and we should rationalize the consumption of water. Having water is a right and a big responsibility.



Photo taken by LA VOZ de Atenas, Facebook Page

CATHOLIC BISHOPS APOLOGIZE FOR ROLE IN RWANDA GENOCIDE

Catholic Church in Rwanda says it regrets actions of "all Christians for all forms of wrongs" during massacres in 1994.

The Catholic Church in Rwanda has apologised for its role in the **1994 genocide**, saying it regrets the actions of those who participated in the massacres.

A church statement acknowledged on Sunday that its members planned, aided and executed the genocide, in which more than **800,000 ethnic Tutsis and moderate Hutus** were killed by Hutu hardliners.

"We apologise for all the wrongs the church committed. We apologise on behalf of all Christians for all forms of wrongs we committed. **We regret that church members violated [their] oath of allegiance to God's commandments,**" said the statement by the Conference of Catholic Bishops, which was read out in parishes across the country.

Many of the victims died at the hands of priests, clergymen and nuns, according to accounts by survivors, and the Rwandan government said many died in the churches where they had sought refuge.

In the years since the genocide - which was sparked by a contentious plane crash that killed the then-president, a Hutu - the local church had resisted efforts by the government and groups of survivors to acknowledge the **church's complicity in mass murder**, saying those church officials who committed crimes acted individually.

The bishops' statement is seen as a positive development in Rwanda's efforts at reconciliation.

"Forgive us for the crime of hate in the country to the extent of also hating our colleagues because of their ethnicity. We didn't show that we are one family, but instead killed each other," the statement said.

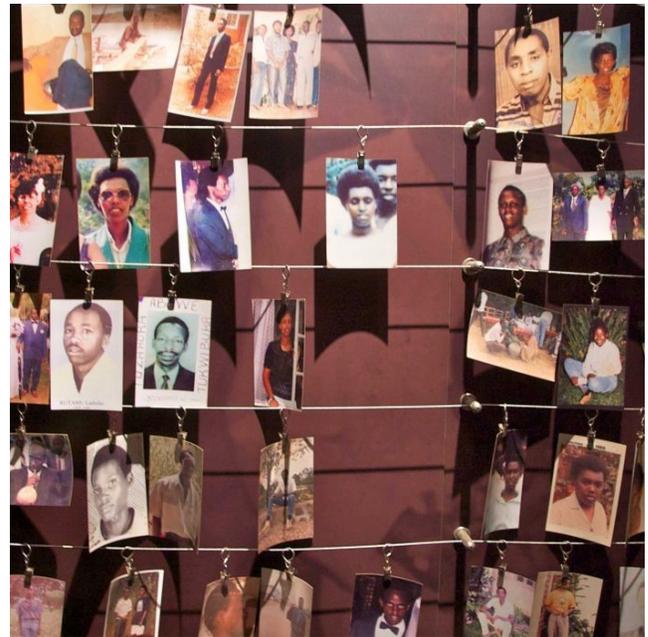


Image: Photographs of genocide victims displayed at the Genocide Memorial Centre in Kigali, Rwanda (Creative Commons)

Bishop Phillipe Rukamba, spokesman for the Catholic Church in Rwanda, said the statement was timed to coincide with the formal end on Sunday of the Holy Year of Mercy declared by Pope Francis to encourage greater reconciliation and forgiveness in his church and in the world.

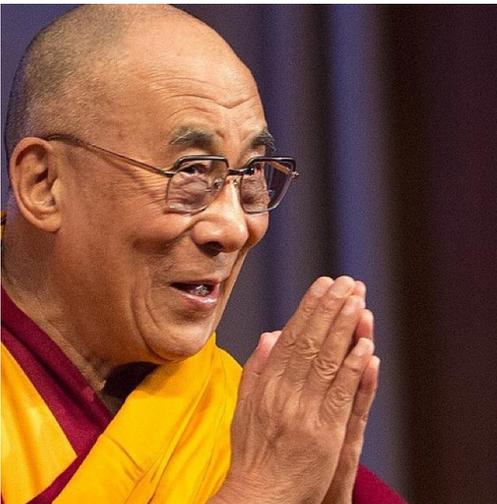
Tom Ndahiro, a Rwandan genocide researcher, said that he hoped the church's statement would **encourage unity among Rwandans**.

"I am also happy to learn that in their statement, bishops apologise for not having been able to avert the genocide," he said.



DALAI LAMA HAS 'NO WORRIES' ABOUT TRUMP PRESIDENCY

Tibetan spiritual leader says he hopes to meet US president-elect Donald Trump.



Exiled Tibetan spiritual leader the Dalai Lama says he has "no worries" about Donald Trump's election as US president, adding he expects the right-wing president-elect will align his future policies with global realities. The 1989 Nobel

Peace Prize winner's remarks on Wednesday were his most extensive yet regarding the election of the real estate tycoon and reality television star, who has called for putting US concerns first and shown little interest in Washington's traditional espousal of global democracy and social justice.

Commenting at the conclusion of a four-day visit to Mongolia, the leader of Tibetan Buddhism said he looks forward to seeing Trump at some point following the January 20 inauguration.

Such meetings usually draw protests from Beijing, which accuses the Dalai Lama of seeking to split Tibet from China.

The 81-year-old monk said he has always regarded the United States as the leader of the "free world" and wasn't concerned about racist remarks made by Trump during the campaign.

"I feel during the election, the candidate has more freedom to express. Now once they [are] elected, having the responsibility, then they have to carry their cooperation, their work, according [to] reality," he told reporters in the Mongolian capital, Ulaanbaatar.

Information taken from <http://mwcnews.net/news/centrals-asia/62320-trump-presidency.html>

Photo Christopher Michel [CC BY 2.0 (<http://creativecommons.org/licenses/by/2.0/>)], via Wikimedia Commons



COLOMBIAN DIVIDED ON FARC PEACE DEAL

Colombia's government and the armed group FARC are due to sign a revised peace accord to end their half-century conflict despite bitter complaints from opponents.

Public opinion is divided on the signing of the deal, scheduled for Thursday, as some overwhelmingly loathe the FARC, or the Revolutionary Armed Forces of Colombia, for crimes such as kidnappings and drug-trafficking while others want peace to prevail.

However, a recent wave of alleged assassinations in conflict areas has raised pressure on the government to seal a peace deal fast.

The revised deal aims to end 52 years of conflict that has killed more than 220,000 people and displaced millions. Santos and Rodrigo "Timochenko" Londoño, the FARC

leader, signed an earlier version of the deal in a triumphant ceremony with international leaders on September 27. But Colombians narrowly rejected it in a referendum on October 2.

Now, a period of discord and uncertainty looks certain as oppo-

nents threaten to resist the revised deal.

"We invite citizens to persist in the struggle for the future of democracy," said the Democratic Center Party led by Alvaro Uribe, the conservative ex-president. "In the coming days, we will examine various actions to call the people into the streets and democratic spaces," the party said in a statement.



Public opinion in the capital Bogota remains deeply divided. "I think the FARC needs to pay for all they've done. I don't support this deal because they inflicted too much damage," Diana Ocampo, a Colombian resident, said. "They should have negotiated in a different way. They are giving them too much power. What they want is power to manipulate people and turn this in another Cuba."

Information and picture taken from: <http://mwcnews.net/news/americas/62329-colombians-divided.html>



ONE WAY TO INTERPRET NICARAGUA'S PRESIDENTIAL ELECTION: A 'DEMOCRACY WITHOUT CONSENSUS'

President Daniel Ortega's victory in the 2016 Nicaraguan elections at the beginning of November came as no great surprise to both onlookers and Nicaraguans. The elections, which have provoked little reaction from citizens, have allowed Ortega a **third consecutive term in office** in this Central American country.

Daniel Ortega's long career in Nicaraguan politics is primarily rooted in his **leadership of the Sandinista National Liberation Front (FSLN)**, a leftist political party which has played an important role over the past few decades in Nicaragua. The foundations for the FSLN were laid during the Nicaraguan Revolution and the fall of Atanasio Somoza's dictatorial government. This was followed by a long battle to retain power against the Nicaraguan Contras — or the counter-revolution — which were propped up by the United States government.

Ortega's government and its years in power have **continually elicited criticism**, most notably in reference to the country's democratic process. One of the most controversial aspects of this last election was the nomination of Ortega's wife — now the vice president-elect — as running mate.

On the Latin American news blog [Con Distintos Acentos](#) (With Different Accents), researcher Renée Salmerón explores how best to understand the election results, as well as the complexities of the Nicaraguan government and the country's prospects for the coming years. The article interprets the statistics and points to specific data, but more importantly examines the way in which Nicaraguan democracy, for all intents and purposes, does not appear to unite its citizens around a common purpose:

Andrés Pérez Baltodano, a professor and investigator, refers to a prevailing notion in this country whereby there exists an **"electoral democracy without social consensus"**. Last Tuesday, La Prensa recalled that it has been ten years since the last debate between presidential candidates. The recently re-elected president did not attend this debate and, furthermore, has not appeared before the National Assembly since 2008. (Translation Original Quote)

Salmerón also highlights how the political discourse, which draws references from Nicaragua's recent past, is not managing to connect with the population, and is not resulting in greater participation:



The opposition and the government are mistaken. In this political climate, we have seen certain trends within the narrative of the opposition and a few analysts in their assessment of the government. (Translation Original Quote)

These trends relate to the following factors: firstly, they link the political electoral context of the 1990s with the current one. Secondly, they compare President Ortega to dictator Anastasio Somoza [...]. Thirdly, they affirm that there are armed civilians in the north of the country (rebels). Fourthly, and finally, they associate the Nica Act (Nicaraguan Investment Conditionality Act) with American politics within the context of the Cold War. These all allude to the past. (Translation Original Quote) **This discourse does not lead to dialogue**, and it has not had a mobilizing effect on citizens' behavior. She continues:

As far as the government is concerned, it has not known how to govern across the board, for both supporters and non-supporters. Citizens who benefit from social programs and who join the Citizen Power Cabinets [local forms of government made generally by volunteer citizens] are mostly supporters of the FSLN. It has overlooked the historical sandinismo-anti-sandinismo schism which prevails at the heart of society, and which became apparent during the elections via the pro-government supporters vs. the abstainers.



T.E.A.C.H.E.R.

By Clare Goodman, ILE Professor

"I think that being patient with students is the best way to be a better teacher. Also, planning interesting classes." UTN student. This is a quote from one of my students. One day I was wondering what makes a great teacher, and then I thought it would be a good idea to ask my students and hear what they had to say. It is very important as teachers that we reflect on our teaching and a great way to do this is by asking our students what they think. I collected the information from my students and the most relevant points mentioned were patience, creativity, and being passionate about teaching.

Let's look at what it really means to be patient. This seems to be

the most important characteristic of all. Sometimes the student is not receptive or tired or not catching on quickly,

making it hard to be patient. I have to remain calm and find the patience to get his/her attention back and to go slower. We need to be patient when teaching something new and try to remember that for some students this is the first time they have experienced the topic you are covering in class. It is important to spend time on activating students' background knowledge in order to help students connect with the material.

These tips were taken from "How to be a more Patient Teacher."

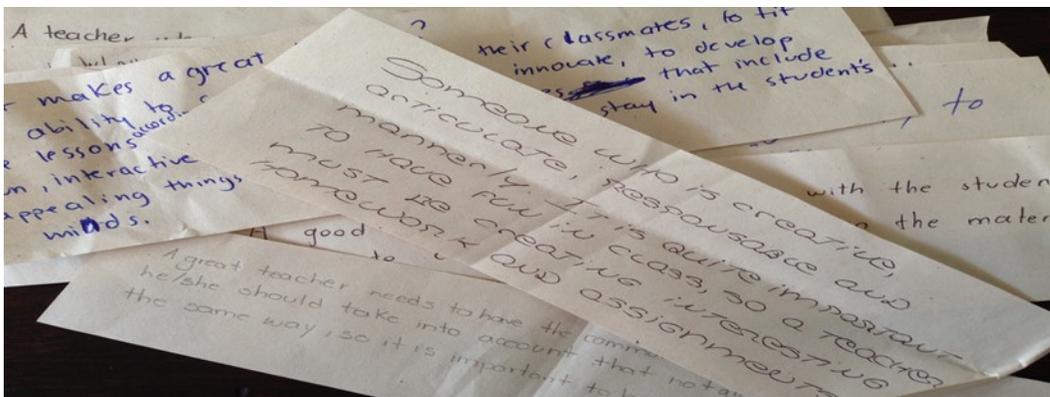
1. Understand your students. Teachers need to do more than just show patience with students. They must understand them, too. Essentially, patience without understanding isn't patience at all, but an empty form of waiting.

2. Individualize your students. This will help you understand each one and contribute to your patience.

3. Adjust according to each student's needs. A student with a negative mood shouldn't be pushed as hard to complete the work. The next day might be a better day. A student's bad mood or lashing out shouldn't be taken personally, and shouldn't be reflected on a teacher's face.

Use all the knowledge you have of that student to deal with the situation.

4. Prepare well. With an understanding of each student, prepare what you will teach with each student in mind.



This preparation allows you to anticipate each student's needs and avoid running into unnecessary frustration, an antonym of patience.

5. Be positive. Isolating the good qualities in each student and recognizing their strengths will further aid patience. This is especially important when correcting a student. By putting a positive spin on correction, a student will more readily accept it and incline themselves toward progress.

Another important quality that the students mentioned was creativity. The act of planning a lesson is where teachers can put on their thinking caps and come up with new and creative ways to present the material to engage students. There are many ways in which teachers can tap into their creative side; for example, teachers can talk to coworkers and build a sharing community to share ideas and activities that have worked.

Moreover, creative teachers bring more to the classroom than just their knowledge of teaching. They draw from their own experiences or knowledge from various areas. Also, take risks and try something new. It is important to innovate our teaching styles and activities that we use in our classrooms. I know that sometimes not everything works out the way you want, but if you do not try, then you will not know!

Another important characteristic is to be passionate about what you do. Many students mentioned that they liked teachers who are very passionate about their vocation. I would like to refer to this quote “To be a passionate teacher is to be someone in love with a field of knowledge, deeply stirred by issues and ideas that challenge our world, drawn to the dilemmas and potentials of the young people who come into class each day – or captivated by all of these,” Robert L. Fred, *The Passionate Teacher*.

As teachers we have to enjoy learning, growing along with our students in order to provide them with what they need for today’s world. Students can tell when teachers really care about their profession. Passion cannot be faked. When you are passionate about something, you are more interested in making your classes more creative and dynamic which motivates students to keep learning.

In conclusion, I would like to ask you, “What makes you a great teacher?” I hope that you already have some of these attributes, but if you do not, then there is no time like the present to sit back and reflect on your teaching and try something new.

Terrific

Energetic

Able

Cheerful

Hardworking

Enthusiastic

Remarkable

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HELPING STUDENTS FALL IN LOVE WITH LEARNING

By Sandra Argüello Borbón

Albert Einstein said that he was not particularly talented, but rather passionately curious. Even if we don't buy it for a second (the guy wrote an article called "The Investigation of the State of Aether in Magnetic Fields" when he was just 16), he is so right in invoking those two words: passion and curiosity. When it comes to learning, those words make the perfect side dish for lifelong love of learning.

Curiosity is defined as a strong desire to learn or know something. Desire is the motor that propels us to do many things, from getting up in the morning to finding out what are ants made of. Beings are curious by nature; that's how we begin to learn. Picture an infant who spots something moving above her head when she is put on her cradle. Remember the endless whys of toddlers. As we age, our curiosity remains, but it can be hidden by other feelings and goals. Specially in our Western world, with so much emphasis on doing and achieving, we tend to overlook other things that are happening around us.

Curious people like questions, and questions are a great way to awaken our love for learning. But sometimes questions can be hard to ask, especially in classroom situations when students fear to be laughed at or criticized. It's the role of the professor to facilitate engaging and respectful conversations and discussions. Here are some ideas to promote curiosity through questions:

1. At the end of the class, ask students to write down 5 questions they have about the topic. It is not necessary to answer the questions, but just the fact of writing them down helps to start thinking in terms of questions.
2. Whenever possible, include a What do you think question in quizzes or exams. Then concentrate on evaluation the grammar, not the content.
3. Begin some classes by allowing students to freely write whatever they want. If they can't come up with ideas, then provide some prompts. This is a good practice for all types of classes.

The other relevant word is passion. Merriam Webster dictionary defines passion as "a strong feeling of enthusiasm or excitement for something or about doing something." In the case of learning, passion is the flame that keeps us wanting to know more. With the availability of so much information and means, it becomes difficult to stay focused on something. Our digital attention span makes us move from one topic to the next in minutes. Though this could help us be more curious, it also results in the dumbing down of people, as leadership expert Ray Williams has called it. Passion is intense, and passion for learning would translate in the need to go deeper in one topic. That's why I love textbooks that develop a theme, like the National Geographic Series.

One way to help students become more passionate about learning is to allow them to propose topics for research in the classroom. Sometimes assignments are too rigid and old-fashioned that they end up being just a boring task. It's like the typical topics for arguments: abortion, death penalty, euthanasia. Boring. Too general. Been discussed since I was studying twenty something years ago. This does not mean that we don't care about issues, but that we can frame them or bring other issues to the table like environmental concerns. New times require new approaches.

As with anything, passion is shown by example. What are you as a professor passionate about? Are you passionate about learning?

TRUTH WILL OUT

By Marlin Perez, ILE Professor

Plenty of undergraduate look forward to get a job just by showing their interviewers the diploma they obtained after many years of scholastic achievements, but then they realise that it is necessary to cope with the labour market demands, and it is quite indispensable to have people skills, soft skills, interpersonal skills or any other connotation that might be given to the way you relate and interact with other people.

Have you ever thought about your strengths and weaknesses? Do you have the soft skills you need to succeed at work? , Have you developed your emotional intelligence to the point that it might be the constant that lead you though the path of success? If you feel doubtful about these issues then it is the time for you to recognise and self-assess your skills and abilities. Let ´s start this reflection process by discriminating between hard skills and soft skills.

Hard skills are skills where the rules stay the same regardless of which company, circumstance or people we work with. These include proficiency in a foreign language, a degree or certificate, computer programming, accountings, physics finance, biology, chemistry, statistics and many others.

Most of us have spent a big deal of our time focused mainly on our hard skills because they are indispensable if we are looking for a job. Soft skills on the other hand refer to a cluster of personal qualities, habits, attitudes and social graces that make someone a good employee and compatible to work with. When you face both descriptions hard and soft skill then you know that it is possible to develop hard skills but with soft skills truth will out.

Let ´s think in an employee that has many hard skills but he is extremely introverted and cannot interact in an easy way with his or her workmates, will he be a good candidate, the answer is pretty obvious of course he will not and what about the thousands of autistic professional’s that are jobless because they cannot pretend or lie in their job interviews. The importance of soft skill I think is overrated because there are many jobs in which employees have a little contact or none at all with human, I think it is just necessary to choose the right job.

The issue here is if it is possible to change or train thick skin people so that they can be part of companies and succeed in their positions. It is important to recognise our strengths and weaknesses like mentioned in “EMPLOYABILITY: DEVELOPING A FRAMEWORK FOR POLICY ANALYSIS” (Hillage J and Pollard E. Institute for Employment Studies)

Employability is not just about vocational and academic skills. Individuals need relevant and usable labour market information to help them make informed decisions about the labour market options available to them. They may also need support to realise when such information would be useful and to interpret that information and turn it into intelligence. Finally people also need the opportunities to do things differently, to access relevant training and most crucially employment.

If we take into consideration the information above, we will emphatically say that for sure soft skills have been overestimated and have made every single shy, autistic, Asperger Syndrome or introverted employee feel petrified by the fact that they will be unable to find a job without developing the so famous soft skills.

Therefore, truth will out and even though you are part of those whose skills need to be reinforced or developed there is a job suitable for every person, you have to use your intelligence and self-awareness to recognise which one is the best for you.

Remember that the labour market is a land of opportunities where you will need everything you have learned, everything you are.

Should We Finnish Our Education?

By Alonso Salazar, ILE Professor

Yes. You read it right. And no. It is not a typo.

Finnish education has proven over the last years to be more efficient and effective than most educational systems around the globe, including ours. Opposite to our Costa Rican system which supports more extensive terms, more summative assessment, and more class hours, Finland has reached great success by applying one simple rule that literally goes against all that: less is more. Here is a brief list of situations where they actually do this.

First, students in Finland start formal schooling at the age of seven. The kids start school when they are actually developmentally ready to learn and focus. This first year is followed by only nine years of compulsory school. Everything after ninth grade is optional and at the age of 16 the students can choose from the following three tracks: upper secondary school, vocational education or entering the workforce.

Second, students typically start school between 9:00 and 9:45 because research has consistently proved that adolescents need quality sleep in the morning. The school day usually ends by 2:00 or 2:45. Some days they start earlier and some days they start later. This overall system allows both students and teachers to be well rested and ready to teach and learn.

Third, teachers have shorter days as well. An average Finnish teacher teaches 600 hours annually or about 4 or less lessons daily. An average Costa Rican teacher almost triples that teaching time with an average of over 1,800 hours of in-class instruction annually. Their system allows the Finnish teacher more time to plan and think about each lesson. It allows them to create great, thought provoking lessons.

Fourth, students have several breaks during the day. These 15 to 20 minutes give them time to digest what they are learning, use their muscles, stretch their legs and get some fresh air. There are several neurological advantages for these breaks. Study after study supports the need for students to be physically active in order to learn. Stagnation of the body leads to stagnation of the brain and unfocused students.

Fifth, although tests exist in the Finnish educational system, there is overall less pressure on the teacher to get through the curriculum. The teacher is simply trusted to do a good job and therefore they have more control over their classroom and its content. The teacher is able to take more risks and try new things and create exciting, engaging curriculum that allows students to become skilled individuals ready for the real world.

Sixth, Finnish students have the least amount of homework in the world. They average under half an hour of homework a night. Finnish students typically do not have outside tutors or lessons either. Students in Finland get the work done in class, and teachers feel that what the students are able to do in school is enough. Again, there is not pressure to have them do more than what is necessary for them to learn a skill.

Last but not least, if you have fewer students you will be able to give them the care and attention they need to learn. A Finnish teacher will have about 3 to 4 classes of 20 students a day, so they will see between 60 to 80 students a day. Most Costa Rican teachers in regular high schools will see 180 students every single day. Some of them have 30 to 35 students in a class, six classes in a row, 5 days a week.

These reasons stand for some of the several why Finnish educational system has gone successfully through the test of quality and effectiveness. Now, how much of that deal could we apply in Costa Rica? I strongly believe all of it can be done. Should we simply copy their system and paste it literally on our reality? Certainly not. We have been there before and the results were disappointing. However, most of the points stated here lie on the obvious and the majority of teachers would agree with them.



Viewpoints from the Higher Lands of San Ramon

San Ramon in Alajuela is one of the biggest counties in Costa Rica. There was once a petition to the congress of Costa Rica ago to establish it as a new province almost a hundred years. However, this was not possible at the time, but today the large extension of the place offers great places to visit, especially in its highlands.

CAI

The first-place overlooking San Ramon downtown is the CAI Rock—Mirador del CAI. It was named after the Day-care center and pre-school CAI, located at the entrance. On top, there are several green-grass carpeted properties that allows the visitor to sit and enjoy the breathtaking view. There is also a large obelisk-shape stone on top that makes the place a well-known landmark. This is a great place for photographers.



San Pedro

The viewpoint in San Pedro is located in a private property and the access to it has been restricted. This old quarry is a secret hide-out for those who love risks and good views.



Conce

Conce Viewpoint is more accessible. By following the old road to Naranjo, this 25-minute-ride is located up the road to Concepcion. It has a large parking lot, and it offers the visitors a panoramic and spectacular view of the Great Metropolitan Area.



Berlin Cerro

There is no doubt that this is the highest point in San Ramon, and maybe in the Central Valley of CR. This place surely has the most amazing views of San Ramon, Palmares, Naranjo, the Great Metropolitan Area and The Pacific Coast. It has a particular climate that makes visibility difficult at times due to the cloudy weather. To arrive to Berlin Cerro, visitors must take the road up to San Rafael. You cannot miss it because you will always have a view of this impressive mountain.



San Isidro Rock

This is another excellent viewpoint with picturesque views of San Ramon. It is said to be known by many, but visited by few. It is located in the mountains of San Isidro, which serve as a natural border between San Ramon and Palmares. In the past, the range used to draw a line between the very different climates of both cities.

We hope that you can make some time to take a scenic drive to the Western Area of Valle Central and enjoy the spectacular views, smell the fresh air and take some great pictures from these places and other highlands of San Ramon.

The UTN community includes professors, administrative staff and students. Each individual has something to say about everything. In this section, we give the university community the opportunity to express what they feel about different school, country and world issues that in one or another way affect or impact our lives, feelings and opinions.

This month we asked students:

What are you thankful for in 2016?

I thank God for every day of my life, I have a beautiful family, two precious girls, a great husband, a nice house, an excellent job, and the opportunity to start another major.

Liliana Rodriguez Alfaro

I have many things to give thanks [for] in this month. The first one is my family, my husband and kids for being a support in my life. Second, to be alive; life is a precious gift and one opportunity to continue fighting.

Herolyn Taylor.

I'm thankful for my health because the [it] is the most important thing that a person [can have].

Denia Dominguez

I am very happy [in 2016] because God [has given] me one more year and I [have] spent it with my family, and for me, that's the best gift I could have.

Marlon Alvarado

I am thankful for living in a beautiful country, [anyone] would feel envy of our nature and cultures.

Kimberly M.C

I'm thankful for my family and friends, job, health and each of the blessings God has given to me.

Yessenia Cascante

I am thankful for my family, my health and the opportunities that God has given me, which are precious.

Dayana Melissa GB.

I am thankful for my family, health, life and every single day God allows me to enjoy.

Melissa Villalobos

I am thankful for my family and friends, for being healthy, for living in this beautiful country, and for God blessings.

Marisol Rojas

I'm thankful for all the blessings God brings to my life and that of my loved ones, but especially because I am getting closer to finishing this marvelous major.

Kimberly M.C

I am thankful for being alive and having a good health because I can share my life with the people I love, and I can always start a new project in my life.

Gerson Muñoz M.

I'm thankful for all the blessings God brings to my life and that of my loved ones, but especially because I am getting closer to finishing this marvelous major.

Josue Solano

In my opinion, it is a very nice opportunity to spend time with my family and give thanks to God for every single thing

Anonymous

I'm very thankful about all the knowledge I have [gained] in this year, not only academic, but also in life lessons. It has helped me to grow up as a better person.

Arturo Alvarado Solis

I'm thankful because I have a good job and also because I have my mother with health. I don't need [anything else] but that.

Paolo Mejia

I thank God for the opportunity that he gave me after my birthday, I could get my dream job at an airline.

Miguel Melendez

Because family is always there with you, no matter what.

Selena Campos

VALUE OF THE MONTH

Trustworthiness

By Mark S. Putnam

What happened to the days when a business transaction was sealed by a handshake and one's word? What did we do before employment contracts, confidentiality agreements, and loyalty pledges? True, these legal instruments serve to protect everyone's interests but no amount of legal agreements can guarantee personal trustworthiness.

In the business world the word "trust" is tossed around in corporate mission statements and marketing campaigns like any other buzzwords in order to convince customers that their company is more honest than the next. But think about what trustworthiness means and what responsibilities it requires, it then takes on a deeper meaning. You can talk about trust, write about trust, sign agreements to trust, but they aren't worth the paper they're printed on unless all the parties involved can be counted upon to be trustworthy people.

For starters, besides staying on the right side of the law, are you a fundamentally trustworthy person? Most people can attest to their own trustworthiness yet they don't trust others. There's a sense of "I'm OK but you're not OK." Consider for a moment that you're not OK. Do you ever make promises you can't keep? Do you take shortcuts? Do you manipulate or withhold information to get what you want? Do you do rationalize unethical behavior to suit your needs or wants? Believe it or not, the area of trustworthiness falls closer to home than most people think.

The fact is, you may have opportunity to show your level of trustworthiness to everyone around you hundreds of times a day. Your character is constantly on display to the world without your being consciously aware of it. Making a prom-

ise to a coworker or customer is a test of your trustworthiness. Playing by the rules when it's more profitable not to, is another test of trustworthiness.

Consider the following ingredients of trustworthiness:

Honesty: Without honesty there is no trust. It's impossible. It can't exist. Deception is the antithesis of trustworthiness. The problem that most people face is that they allow themselves to practice "little deceptions" too often and don't realize how they slowly erode one's character and trustworthiness. For a trustworthy person, the little things do matter. He or she doesn't exaggerate or twist the truth. When everyone else is aiming to



please, the trustworthy person tells it like it is.

Integrity: A trustworthy person has integrity like a rock that is solid, firm, and unwavering. This is called having principles. Principles are the underlying rules or assumptions upon which one bases his or her moral code. They are not just feel-good slogans but are bedrock values. When those values are challenged, a trustworthy person has moral courage to stand upon principle. Integrity is about actions rather than just words. To a trustworthy person, a code of conduct actually has meaning and workplace ethics is connected to a deeply held set of personal values that permeate all aspects of

life.

Keeping promises: When you think of someone who is trustworthy, you immediately think about the promises that person has made and kept. That's how most people gauge trustworthiness. Of course, keeping promises is much more than keeping appointments and making your business goals. It means that your word is as good as gold. It shows your basic level of loyalty and fidelity to others. It communicates something significant and meaningful about how you value people and relationships.

Usually the biggest barrier to becoming a trustworthy person is ourselves. For whatever reason, we sabotage our best efforts because of greed, selfishness, lack of self-control, or insecurity. The biggest tragedy is that once we lose it, it is almost impossible to get it back. No amount of future promises can mend the broken one. The most solemn oath and pile of legally binding assurances do little to repair it. No bandage and quick fix is available. The only way to restore trust is to start over again by keeping one's promises and rebuilding relationships one at a time.

Becoming a trustworthy person is within the reach of anyone. It is a powerful and essential character trait that can take you far in every kind of relationship you make. Trustworthiness starts with you, no matter who you are. It doesn't matter what clothes you wear, your level of education, family, connections, or your wealth or popularity. It starts with the words you say, the everyday actions you do, and the promises you keep. You can't buy it. You can't pretend to have it. You have to prove it.



Information Taken from <http://www.globaethicsuniversity.com/>

Photo taken from <http://foter.com/photo/shaking-hands-4/>

ANIMAL IDIOMS

Come out of your shell

if a shy or timid person "comes out of their shell", they become more confident.

"Joining that drama group really helped Paul come out of his shell."

Paper tiger

A country or organization that seems to be powerful but isn't really.

"Their disastrous military campaign showed that they're just a paper tiger."

Eager beaver

Someone who is very keen and excited about doing something; someone who works very hard.

"She came in over the weekend to finish off the work and paint the walls. She's a real eager beaver."

[Literally, a beaver is an animal that lives in rivers and that builds dams (barriers).]

Information taken from: Hot English Online Magazine #158 p.47

"ENGLISH FOR YOU CR"

PRESENTS,

SHOULD / SHOULDN'T HAVE + PAST PARTICIPLE



We use **should or shouldn't have** plus a **past participle** when we want to express regrets or disagreement with something that happened or didn't happen in the past. For example:

- You **shouldn't have said** that at the party (but you did say it)
- I **should have asked** what the topics for the exam were (I didn't ask).

Thus, these expressions help us reflect about the past:

- We **shouldn't have eaten** so much at the party.
- She **should have studied** more for her exam.

You can listen to our podcast including this section, music in English, news, and more in:

90 SECONDS WITH

We see them walking around the UTN campus. They are always willing to help us when we need information, advice and guidance. UTN academic and administrative staff is an important element of the university. However, people hardly have the chance to meet them. In this section, we will try give you a glance of the other side of all those people who are behind UTN organization and functioning. In this issue, let's meet:

Professor Eric Herrera, early bird, ice-cream lover, committed professor, loving father, technologist and THE ILE-POST Editor

Where do you live?

I am originally from El Invu, Las Cañas, and I have lived El Coyol of Alajuela for thirteen years.

Best childhood memory?

What I really liked the most was to spend time with my friends. We used to be part of a little gang of 12 or 15 people who were together all day long. We spent the morning playing football, and in the afternoon we played basketball. In the evening, we just hung around together. Also, we loved going to the rivers and having fun. The rivers were clean at that time in Las Cañas and other places around.

First Job?

My first job, just like most people, was collecting coffee. That was one of the first ones. I also remember when I was 17 or 18 years old, I worked in a store for Christmas. It was so tiring. As you know, you have to be on your feet for approximately 12 hours a day for a couple of weeks.

Favorite food?

My favorite food is grilled meat, I love parrilladas, but my weakness of course is, ice cream.

Day or a night person?

I am a day person. I have problems sleeping, so I usually wake up at 5 AM and go jogging. I usually try to stop working around six or seven except when I have to teach. Also, when I have been using the computer intensively, I try to unplug myself by six or seven.

Favorite music?

I grew up during the 80s, so I mostly love 80s music. However, I absolutely love listening to the Beatles. I listen to the Beatles almost every day.



in

90 SECONDS WITH

What is always in your fridge?

In my fridge, there is always ice cream and more ice cream. I love ice cream!

Favorite vacation ever?

Well, basically one of the best vacations that I have ever had was this year. I've just had the opportunity to visit Washington DC with my family. We went around looking at all the buildings, monuments, museums, etc. You learn a lot when you go there. Besides, I love movies a lot, and it is very interesting to see all those places that you have watched in TV shows and movies. Actually, it's one of the best trips that I have ever taken. Especially because I was with my wife and kids, so I had a chance to share and teach them a lot of things.

Greatest fear?

My greatest fear is dying before my kids grow up because I want to see them finish university. I consider myself a provider at home, and I love to take care of everything. I have control over most of the things that happen. If my family is OK, then I am OK.



Favorite proverb?

Well, basically I try to live my life as the Bible says, "Do to others as you would have them do to you.", and that is my most important quote. I think twice about doing something in order to follow that.

Hobbies?

I love to go jogging, play basketball, watch movies and listen to music. I like technology a lot; I am an Educational technologist, so I spend a lot of time reading articles and watching videos related to that.

Favorite book?

I have several favorite books, so taking into consideration those that really have meant something at some specific moment have been a couple of Shakespeare's books. The four books in the following order are Hamlet, Othello, Romeo and Juliet and Julius Caesar. Believe it or not, I taught literature once at a private high school, and I made my students from seventh to eleventh grade read these books in Old English. For a person who knows about English, he or she will immediately know what that is. It is difficult to read them, and it is even more difficult when you are a teenager because you are not really interested in that kind of literature. In the end, they could finally make it, and I was so proud that three or four generations one after another could read those books. In fact, I recommend that people read them because most of the themes in them are universal and timeless. Every movie or TV show that you watch is related to the themes in those books.

THE ATTIC OF BERTHA MASON



REFLECTING I

by Andrea Sanchez, ILE Student

For starters, I would like to share the definition of culture that according to Kalman (2009) is: “The way we live. It is the clothes we wear, the foods we eat, the languages we speak, the stories we tell, and the ways we celebrate” (p.4). In other words, culture is our roots and identity that defines us around the world and our personal seal; however, we have to take into account that in our country there are people from different cultures who contribute and enrich our own culture. Having said that, I would like to share the experience I had in Casa China Restaurant which is located in San Jose. The building was huge and colorful both inside and outside; besides that, when I entered into the place there was a type of waiting room where my classmates and I sat down to wait the rest of the class; moreover, in this room there was a pantry which contains a wide variety of alcoholic drinks such as wines, whiskeys, and so on. The all place was decorated with both artificial and natural plants from different sizes and colors and the most prominent were red and yellow. I felt quite comfortable even though I was a little nervous because I never stopped thinking about the food. Comparing both cultures (Chinese and Costa Rican) I found that decoration is distinct, in Costa Rica most of the restaurants there are no waiting rooms, also the waiters wait until people let them know they are ready to enter, waiters do not push people to order. Through this essay I will be sharing things and feelings I noticed regarding both cultures.

First of all, I would like to share all the experience I perceived regarding this adventure. The first thing I noticed was the color of the place; red was predominant in most of the restaurant and yellow as well. For me, these colors are difficult to find in Costa Rican restaurants, so I wondered what the meaning of these colors were, and why they have a cat that moves its hand forward and backward. Well, the red color has multiple positive meanings in their culture such as expansive, blooming,

dynamic, enthusiastic, reaching upwards, good luck, celebration, happiness, joy, vitality, long life, and also is used to avoid negative vibes. Then yellow means supporting, stabilizing, ripening, grounded, solid, reliability, sunbeam, warmth, clarity, loyalty, good faith both color express positive feelings and are strictly related to nature (Symbolism of Colors, Associations of The Five Elements in Chinese Beliefs and Feng Shui, n.d). In addition, in Chinese culture all colors play a remarkable role, and they have different meanings regarding the five elements; color is related to their history as well. Even though they are not in their own country, they stick to their beliefs, roots, and thoughts, so this create a nationalistic tendency of which they feel proud of.

Second, another fact that caught my attention was the way the Chinese people (owners, waiter, and waitress) talk. They talked Spanish and dropped and mispronounced some vowel and consonants sounds; the thing is that most of them make the same mistakes when talking Spanish and this is related to phonology and how we as human beings develop our language. Nathan (2008) found that “different languages make of different sounds, and different languages choose the structure of their syllables differently. Some allow more complex syllables” (p.2). The previous phrase explain why they speak so differently. However, I heard one Chinese kid, and he spoke Spanish very well almost like native speaker. I guess that since he is a kid is easier to learn how to pronounce appropriately our language; children are like sponges who absorb everything very fast and easily.

Thirdly, talking about food and feelings for me was an amazing experience which enriched my knowledge regarding Chinese cuisine and to my surprise broke down some myths I used to believe. I realized that the meaning of Dim Sum is like a meal; I tried different types of Dim Sum and most of them tasted very well.

THE ATTIC OF BERTHA MASON

At the beginning I was skeptical because of the ingredients, but I put my feet on the ground and everything was a piece of cake. My favorite dish was the chicken legs; the legs are fried and served with soy sauce and sesame oil. In addition, I tasted four more dishes and most of them had soy sauce, garlic, pepper, chili powder, rice paper, and so on. The only thing I disliked was a dish that was made with rice paper, shrimp and soy sauce; the texture of this Dim Sum was not what I expected. On the other hand, I felt really mad about the service I received; the waitresses were rude with some of my classmates. One lady pushed one of my classmate to order, on top of that, when someone asked for a straw she just threw it on the table. In general, it was an incredible and unforgettable chance I had to expand my horizons.

Apart from the facts mentioned before, I noticed some differences about these two cultures. The most notorious one is their cuisine, China offers a wide range of condiments and powders to season their dishes accompanied with soy sauce; meanwhile Costa Rican cuisine is based on more natural ingredients. Both use similar cooking methods but give their own special touch to their dishes. One beverage they drink a lot is tea such as green tea, jasmine tea and green tea, yet in Costa Rica is less common to have hot drinks when having a meal. I realized that both cuisines make me appreciate them the same. I think that in order to be understanding human beings we have to always face things with a positive attitude when we are faced with new adventures that life throws at us.

Lastly, there is a quote that I love to share and it says: "You have to taste a culture to understand it"- Deborah Cater. I totally agree with this woman; I learned a hundred things through this culinary experience and my biggest learning was that I cannot judge something because of my thoughts or myths I have. Life is about to be willing for the experiences we will face such as new people, learn cultures, try food and so on. When it comes to culture nothing is good or bad because that is the way it is, and we have to respect it. Now I can say that before judging something or someone I have to give it a chance, and then create my own opinion taking into consideration the differences we as human beings have.

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THE ATTIC OF BERTHA MASON



REFLECTING II

by Gabriela Castro, ILE Student

Culture involves a lot of details. It is not only a system of shared values, beliefs, behaviors, or life style but also it can control all the aspects such as language ,including verbal or non-verbal communication, gestures, cadence and many elements that you can perceive to the naked eye. Each individual acquires through his/her life all this information as part of them that means that culture is learned, all the fields that culture control travels from generation to generation. It is assume as part of people personality because culture gives them a sense of belonging; Therefore, sometimes for some people acquire or just respect other people's culture can represent a significant issue, for that reason as a student of a foreign language and especially focus in intercultural courses I can perceive that knowledge is the key. Usually people are scared about stepping outside the comfort zone (in this case his/her own culture), and these courses can be very useful in this area. Learning about culture shock and how decrease its effects is fundamental especially if you are conscious that even your country is a meeting point for a variety of cultures. Because of that I want to share one of my last experiences in "Casa China" a Chinese restaurant located in San Jose that is considered as one of the few original Chinese restaurants in Costa Rica.

In its exterior Casa China will be confused with another common restaurant in my country; at first sight nothing gave me a powerful picture of its contained. A little parking area in the form and some steps in its entrance, also the place has some tables outside, and small shelf liquor between the entrance and the next part of the restaurant. Something particular that is common in Chinese places is the use of some colors such as red, yellow and gold and this place preserve that tradition but why are these colors important for Asian people? All this colors have a specific meaning in Chinese culture for example" the color yellow symbolized royalty and power of the

throne. The first Emperor of china was known as the Yellow Emperor. China was often referred to as yellow Earth, and its mother river is the yellow River. The skin color of Chinese people is yellow. Another important color for this people is red that represent the Chinese national color and represents happiness, beauty, success and good fortune. This color is used in businesses and residences it is common see lanterns, adorns, letters with this color, also people wore red during weddings, festivals and other events .Gold symbolizes wealth and riches. This color sometimes can resemble a yellow color, symbolized the Earth element which is the storage money element" you can perceive the influence of Chinese beliefs in all adorns and hanging lanterns that Casa China has. Although in Costa Rica we have many Chinese restaurants and many of them keep the tradition talking about decoration and the use of colors I can say that Casa China has something peculiar its tabletop swivel base and the incomparable amount of Chinese dishes.

Singularities in general can make a place special, in my case I had never been to a location as Casa China. The restaurant has welcoming environment that makes you feel comfortable; however, be force to use Chinese utensils such as chopsticks and follow Chinese etiquette guidelines was complicated at the beginning, while it is true that rules are part of each culture, some countries are more conservative than others because of that being wary is valuable in order to avoid misunderstanding or offend people; in addition, eating Chinese traditional food or dishes that are not common in your daily life can be a challenge for us ;however, try new things is not for everybody a lot of people assume information or perceptions as real when in many of the cases they are only misconception or myths, but simple actions as tasting a new dish or share time with other people primarily if they are members of other cultures can teach you in fact how wrong you are about something.

Another crucial point is that considering food as an aspect that is central in each country and representative of each culture is essential takes into account how many details it can reveal about one place, in this case, Casa China gave me a clear signal about how important food is for Chinese people and why you can feel this in their food, first of all I loved the combination of simplicity and sophistication of each dish. I had the opportunity to taste some of the Dim Sum Casa China's menu and share them with my classmates and it was an awesome experience. To talk about Dim Sum is not only talk about a simple snack but also implies history; Dim Sum refers to a style of Chinese food prepared as small bite-sized or individual portions of food traditionally served in bamboo baskets or small plates. Literally meaning "to touch your heart", dim sum consist of a variety of other goodies. Originally a Cantonese custom, dim sum is linked to the Chinese tradition of "yum cha" or drinking tea. Teahouses sprung up to accommodate weary travelers journeying along the famous Silk Road. Rural farmers, exhausted after long hours working in the fields, would also head to the local teahouse for an afternoon of tea and relaxing conversation. I really appreciate that right now this kind of tradition is still alive because in modern times finding spaces to share and talk is increasingly difficult; in fact, it was one of the things that caught my attention for one of the main purpose of this dish is give you a chance of spend your time swapping words and food with close friends or new ones. Next, the Casa China's atmosphere gives you a sense of familiarity mixed with elements of Chinese culture. Into the place there are many Chinese red lanterns well-known symbol of China Towns worldwide; in addition, they are so meaningful there are many myths to explain the origin of the Chinese lanterns, but one that sticks out the most is that they represent Buddha's power to dispel darkness, also red color is very popular in China as a represent of good luck and happiness. Red lanterns represent harmony (round shape), booming in business like fire (red color). It also represents vitality, illustration, protection and wealth. The usage of symbols and colors in Chinese culture is maybe one of the most marked differences between China and other countries, in Chinese culture each thing has a clear meaning or things are used because a specific purpose. In Costa Rica as country we do not have something similar, national symbols and color are just used in patriotic parties such as Independence Day; in addition, few Costa Rican people use them in order to decorate their houses on national holidays; nevertheless, some local restaurants specialized on typical dishes decorate their establishments usually with blue, white and red colors that represent Costa Rica's national flag and it is possible see other symbols such as Costa Rican ox-cart or the marimba. I believe that perceive these elements

made me feel a little bit gloomy about our identity as a country and jealousy about Chinese patriotism.

Something else that I could perceive about culture is that it implies not only perceptions and values but also feelings. When we are in our own cultural surroundings we feel a sense of familiarity and a certain level of comfort in the space, behavior, and actions of others this is the reason why interacting with other cultures can be shocking for human race, and how feelings can interfere in your perceptions of others. In my experience in Casa China I could see different ways of communication like gestures and how useful and powerful they can be also I had the chance to know more about proximity and its influence in culture. Each country have they own norms in this topic and you are not conscious of it until you have to face some peculiar situations, in this case share a small table with a lot of people gave me another connotation about personal space and proximity. Something that was important for me was the customer service. This simple aspect showed me how different Chinese and Costa Rican people are. I felt that Costa Rican people are warmer than Chinese people; in fact, some of the employees of the place were so cold or rude when you ask for something in some cases they gave you an impolite answer, another detail that was disgusting for me was the restriction on information, some parts of the menu was in standard mandarin and were served only to Asians.

As a conclusion I can say that visit Casa China and taste new food not only gave me more knowledge about Chinese cuisine but also it was a complete experience that involves keep away all the stereotypes and perception about Chinese culture and forget ethnocentrism and my own culture for a little moment. Assume another people's culture is not as easy as we want in many different ways but it is the only form to understand others and promote respect. Differences are part of the humanity and they represent the diversity and variety that make each place unique and culture combines huge amounts of individualities that make this world more attractive.

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Teacher and Student

Teacher: Is the sum right?
First Student: Wrong.
Second Student: Right.
First Student: Wrong.
Second Student: Right
First Student: 3 + 7 should be 10 and not 9, right?
Second Student: Right.
First Student: Then why did you say 3 + 7 is 9 right?
Second Student: Because you say it is wrong and I agreed with you.



Reasons why the English language is so Hard to Learn



The bandage was wound around the wound.
The farm was used to produce produce.
The dump was so full that it had to refuse more refuse.
We must polish the Polish furniture.
He could lead if he would get the lead out.
The soldier decided to desert his dessert in the desert.
Since there is no time like the present, he thought it was time to present the present.
A bass was painted on the head of the bass drum.

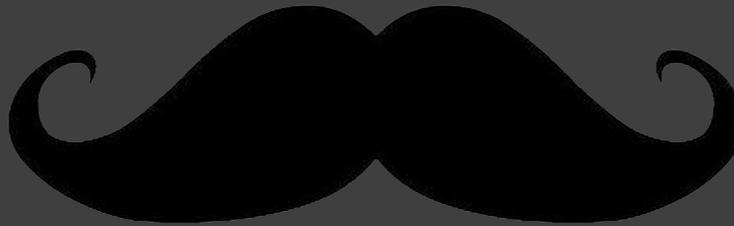
THIS MONTH IN HISTORY

“MOVEMBER”, IT ALL STARTED AS A CHARITY EVENT

How far would you go for a good cause? Would you donate money? Run a marathon? Grow a moustache? Movember is a charity that holds an annual, month-long event to promote awareness of prostate cancer. Both the organisation and the event challenge men to think differently about their health in an exciting and creative way.

Back in 1999, a group of Australian males from Adelaide had a charitable idea to improve men's health. There had been a drastic increase in prostate cancer, and they wanted to do something about it. Their idea eventually evolved into Movember, which was launched in 2004.

Since 2004, the Movember Charity Foundation has put on events to raise awareness and funds for men's health issues, such as prostate cancer and depression in Australia and New Zealand. They expanded beyond Australia in 2007, and held events in Canada, Spain, the United Kingdom, and the United States. So, what does it involve?



Well, Movember participants are called Mo Bros (men) and Mo Sistas (women). The rules for men are simple. They must begin 1st November with a clean-shaven face. Then, as the month progresses, Mo Bros have to grow a moustache to be judged at a later date. No goatees or beards are allowed. However, a “tickler” (a small piece of hair under the bottom lip) is acceptable. Mo Sistas contribute by raising money, joining a team and attending the Gala Parté.

The Gala Parté is the ceremony where prizes are awarded. Annual accolades include the Mo Mo (the individual who raised the most money), The Platinum Club (for those who raise more than 1,000 dollars), and Brushes With Fame (a prize for the best picture of a contestant with a famous celebrity).

The Mo Bros, dressed to match their moustaches, get judged at the Gala Parté. There are different awards for the moustaches, including Best Moustache in Character, The Lame Mo (an encouragement award for a very little moustache) and the Ultimate Mo (judged solely on the style of grooming).

Also, at the Gala Parté, they hold Borat, Tom Selleck and Hulk Hogan celebrity look-alike contests. And finally, the Mo Sistas can pose with their Mo Bro to win Miss Movember and Man of Movember.

Since 2004, Movember has raised millions for charity, and has joined forces with numerous corporate sponsors, called Mo Sponsors. These include Google Chrome and the airline Qantas. Movember campaigns for earlier detection of prostate cancer and its intervention. They also finance cancer research. So far, they have countless testimonials of Movember contestants who saved friends and family members by raising awareness. Movember may be an unusual concept, who knew growing a moustache could make such a difference?

THIS MONTH IN HISTORY

IT HAPPENED IN NOVEMBER

November 1, 1993	The European Union came into existence because of the Maastricht Treaty.
November 3, 1903	Panama declared itself independent of Colombia following a revolt engineered by the U.S
November 11, 1992	The Church of England voted to allow women to become priests.
November 15, 1889	Brazil became a republic.
November 19, 1493	Puerto Rico was discovered by Columbus during his second voyage to the New World.
November 22, 1975	Juan Carlos was sworn in as King of Spain, following the death of General Francisco Franco who had ruled as dictator since 1939.

FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
Winston Churchill	Politician	November 30, 1874
John Harvard (Harvard University Founder)	Academic	November 26, 1607
Andrew Carnegie	Financier, philanthropist	November 25, 1835
Leonardo DiCaprio	Movie Actor	November 11, 1974
Miley Cyrus	Singer	November 23, 1992
Bruce Lee	Movie Actor, Marcial Arts performer	November 27, 1940
Jimi Hendrix	Guitarrist	November 27, 1942

WUNDERLIST



Wunderlist is a simple, well designed and easy-to-use task management tool. You can create to-dos for tasks that fill your daily life and organize them into lists such as "Shopping", "Work", "Private" or anything else you would like.

Use Wunderlist to capture your ideas, goals, wish lists, trip plans and daily tasks.

You can also share your lists with friends, family, colleagues and partners. Use Wunderlist as your collaboration tool to help each other get stuff done

Is Wunderlist free?

Yes, all Wunderlist apps are completely free to you. We offer Pro and Business subscription options for users who wish to use Wunderlist's features without limits, or collaborate together in small teams.

On which operating systems does Wunderlist run?

Wunderlist is available on Windows PCs, Mac OS X, iOS devices (iPhone, iPod Touch and iPad), and on Android Phones & Tablets. There is also a web based version, available at: www.wunderlist.com. You can read more about our System Requirements [here](#).

What other features does Wunderlist have?

With Wunderlist you can share lists with others so that you can all see to-dos and work together on completing them. With Wunderlist you can also display your to-dos in different ways with Smart Lists. For example, you can see all of your to-dos for Today or for the Week. You can also re-arrange your to-dos via drag & drop within a list or between lists, add Notes, Subtasks, Comments & Files, and organize your lists into Folders. To set up notifications for upcoming to-dos, you can set up recurring Due Dates with Reminders for individual to-dos. Real-time sync allows you to access your to-dos between each device so you can edit your Wunderlist anywhere, at any time. Finally, you can personalize your Wunderlist by choosing between different backgrounds. Wunderlist is as flexible as you want it to be.

Would you like to start using Wunderlist? Click Here:

<https://www.wunderlist.com>

QUOTE OF THE MONTH

“Men are like wine, some turn to vinegar, but the best improve with age.”

Pope John XXIII

Discovering Pura Vida

Remember if you want to read authentic stories made in UTN-ILE, you can find them in Discovering Pura Vida. The books are series of language learning and culture immersion original stories in English with an interesting way of learning Spanish. They are for kindle readers at the moment, but any PC or tablet can display them, too. Each book is \$3.99.



To buy the books and learn more about Discovering Pura Vida go to: [PURA VIDA](#)

PROGRAMA DE IDIOMAS



Description

Our language open courses have been designed to provide students an environment in which they can participate and role play everyday situations.

Experienced teachers and small groups complement a process applying appropriate foreign language learning strategies. Phonetic concepts are included to reinforce oral abilities in a way students can integrate other language skills, such as reading comprehension, listening, and grammar structures.

Besides, students are able to discuss and express their opinions on several topics regarding a variety of common interest issues such as sports, culture, pollution, social problems, and the like, by using proper grammar structures and pronunciation.

At the end of the program, students achieve an intermediate level of language production (B1 according to the Common European Framework) intended as satisfactory to fulfill their academic and professional requirements with native speakers.

Academic program

Our program consists of the following academic offerings:

English Introductory Level

(INGLES NIVELATORIO)

A basic two-month course designed to provide students elementary language tools.

Regular English Program

(INGLES REGULAR)

A two-year program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Intensive English Program

(INGLES INTENSIVO)

A twelve-month program in which students attend three times a week, morning or evening schedule.

English For Children and Teenagers

(INGLES PARA NIÑOS Y ADOLESCENTES)

A two-year program designed for children and teenagers up to 14 years old. Students attend classes on Saturday evenings.

Portuguese

A fourteen-month program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

IMPORTANT INFORMATION

- Registration fee is not charged.
- Placement test (Optional).
- Age requirement: 15 years old minimum. (does not include the Children Program)

Further information: Tel. 2435-5000 ext: 1192-1193 or through e-mail programaidiomas@utn.ac.cr

