



4DS is able to provide accommodation for **TEFL** trainees at a very competitive rate. The accommodation we provide is clean and comfortable. All home-stay families have been carefully selected and their properties inspected. All accommodation is available from 1 day before the course to 1 day after the course.

Option 1

A home-stay with a Mexican host family. For a fee of \$100 USD per week, you receive three meals a day and have your own private bedroom. Home-stays are usually 30 minutes bus journey from the Training Center. Guadalajara, as most metropolitan cities, has residential areas and commercial areas. Because of our privileged location in the Downtown Historical Area, we do not have host homes that are within walking distance. Our Area is mostly historical buildings, restaurants, stores, etc. The residential areas, where our homes are located, are about 30 minutes away from our school by public transportation. We select families that live in safe, pleasant neighbourhoods, with easy access to public transportation.

* This option is particularly useful for those who wish to practice their Spanish.

Option 2

We have secured trainee teachers a discount in an en-suite room in Mexican Posadas. These Posadas are located in the center of Guadalajara and a 5-minute stroll from the Training Center. All rooms are spacious, clean and have storage facilities. The fee varies from \$250 - \$650 USD for 4 weeks, depending on the room and the number of persons per room, you are able to use the kitchen services and no meals are included:

Casa Abril. is a B&B (Bed & Breakfast), located in the Church of the Expiatorio Plaza, in one of the most traditional neighborhoods in Guadalajara. From the Plaza you can move easily around the city, thus getting to know the historic area downtown, including the coffee shops and galleries on Chapultepec Avenue. The hotel counts with a warm homelike atmosphere and setting. It is comfortably yet simply furnished. It is fully run by its owners. Continental breakfast is included with all stays and common areas are cleaned every day. Kitchen and laundry facilities are at ready disposal with no extra charge, you use your own ingredients when preparing meals or soap and fabric softener when doing your laundry. Its excellent location also offers comfortable benches right in front of the plaza which offers cultural events in the evenings such as dancing lessons, as well as a bakery, ice-cream parlor, art gallery, restaurants and convenience store. This clean, well located and cozy hostel is an excellent option for staying in a quiet and relaxed part of the downtown area of Guadalajara. Monthly Rate:

Private with private bath \$600.00 Private with shared bath \$510.00 Shared room shared bath \$360.00

- If 2 people in private, please add \$5.00 per night
- Continental breakfast included
- Laundry and kitchen facilities provided
- Daily cleaning in common areas

Hotel Posada San Rafael. This is a very nice small hotel that offers newly renovated rooms. It is located about 2 blocks from our school and is in a safe neighbourhood.

Hostelling International. This establishment is affiliated with the very well known "International Youth Hostel Federation". Offers: Dinning room, 30 beds, hot water showers, full kitchen, cooking utensils, private lockers, internet access, TV, games and books, lounge areas, laundry service, tourist info, tours. This is the only youth hostel in Guadalajara and just in the heart of the city, and it is just 6 blocks away from the training center. The cost per night is only \$120.00 pesos (\$12.00 USD approx.)

Vilasanta. This establishment includes private and share rooms with private bathroom, television, and ventilation system (air chiller). Equipped kitchen is accessible to guests and supervised by a staff member. Laundry services (machine washing and drying) are included in the cost. Restaurant service is also available. Monthly rate is: Private room \$600.00 USD, Shared room \$378.00 USD per person.

Hostal De Maria - This establishment is located just around the corner from the training center in the bohemian quarter of downtown called "Nine Corners." This location bustles with excellent restaurants, bars and shopping. Not only is this hostel economical but it is also newly renovated. There are five rooms equipped with bunk beds for sharing both for men and women along with separate bathrooms. Private rooms include bathrooms and satellite TV. The common areas have a fully equipped kitchen, dining area, computer room, terrace and TV viewing area. Free continental breakfast is included and so is access to laundry machines. Shared rooms cost \$16 USD per person per night, private rooms \$32 USD for one person, \$35 USD per night,

in a private room for two people. Weekly rates start at \$105 USD and monthly rates start at \$390 USD and \$1,020 USD private room per month. Special student discounts are offered please ask.

Option 3

Excellent Hotel Discounts For those trainee teachers that would prefer more independent housing arrangements, we has obtained some outstanding discounts in several of Guadalajara ´s nicest hotels. These excellent hotels that we frequently recommend have received a 4 star service rating and are conveniently located within walking distance to the Training Center, here in the historic downtown area of Guadalajara, Mexico.

El Hotel Cervantes, located 1½ blocks from our Training Center. This establishment offers our students a discounted daily rate single and double occupancy rooms, and features a rooftop swimming pool.

Hotel Fenix, Part of the Best Western® chain. This Guadalajaran tradition is located only a five minute interesting walk from our Institute and right amidst the hustle and bustle of the Historic Downtown Area. Features include: Restaurant, Bar, Disco, Parking, Travel agency, Gift shop, Satellite T.V. etc. Discounted rates for our students are approximately \$50.00 U.S. Single or double occupancy. Visa and MasterCard are accepted.