

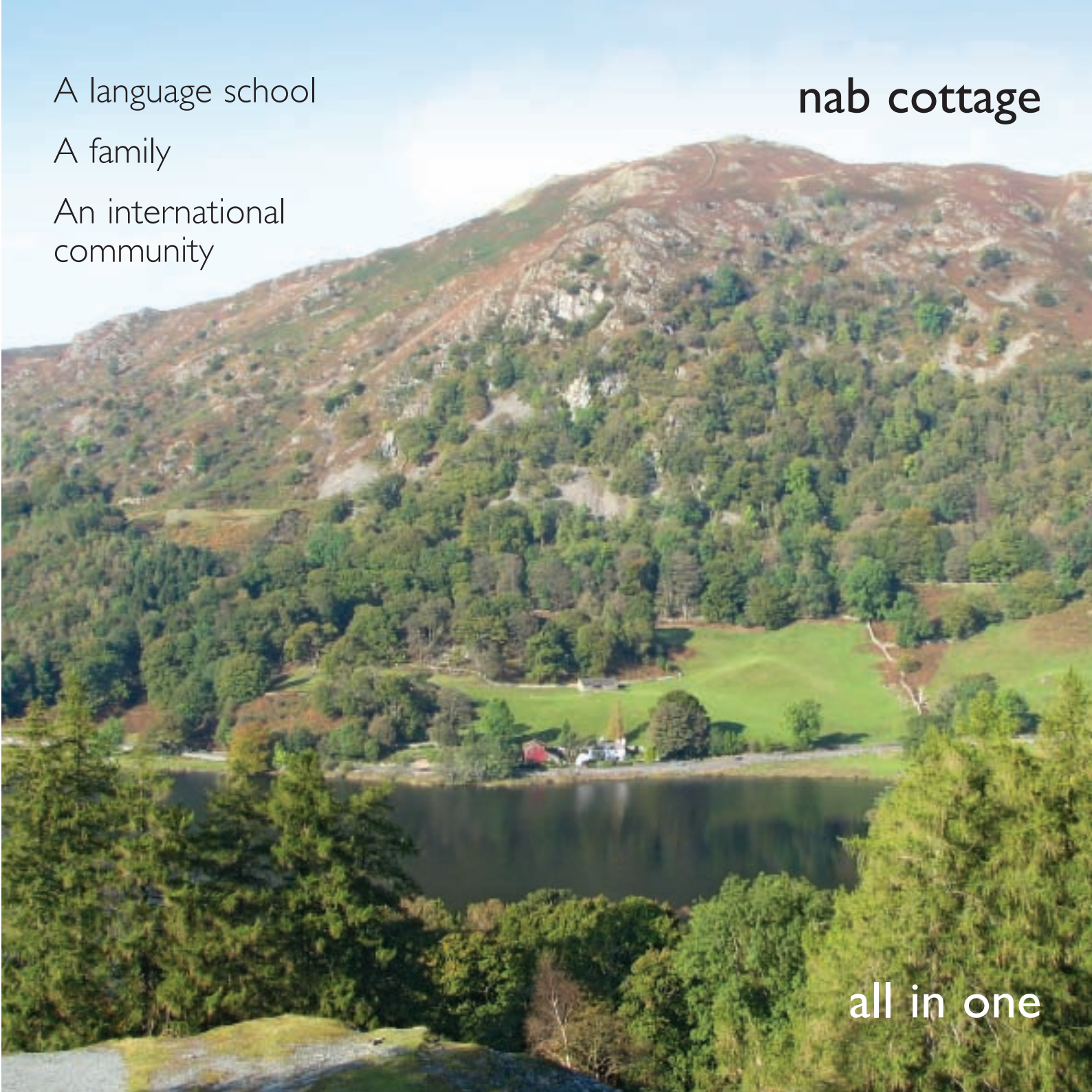
A language school

A family

An international
community

nab cottage

all in one



*"I didn't believe
that learning
English could
be so much
fun."*

Stasa, Slovenia



nab cottage

Nab Cottage began as a family, a language school and a community in 1983. It has evolved and developed into one of the most unique language centres in the world - and it is still a family, a language school, and an international community - all in one.

Our core values have remained. These are to:

- ◆ balance body, mind and spirit
- ◆ take risks
- ◆ encourage creativity
- ◆ nurture the environment
- ◆ develop trust
- ◆ use imagination
- ◆ support each other
- ◆ value each individual contribution

These core values create the foundation for the community. And when the community is strong and bonded it has a clear positive focus.

Then everybody...

- ◆ learns from each other
- ◆ builds self-awareness and awareness of others
- ◆ grows in self-esteem and confidence
- ◆ develops motivation
- ◆ becomes an inspiration for others

and this leads to...

- ◆ effortless learning
- ◆ effective communication
- ◆ and spontaneous use of language



We ask everyone on our courses to speak only in English from the moment they arrive until the moment they leave. This means that everybody can communicate together. It means that everybody gets constant practice all day and every day. It means that people on our courses begin thinking in English very quickly, and then they can make lots of progress.

the accommodation

Students live here with us at Nab Cottage, sharing the space and the facilities. The bedrooms are all cosy with beautiful views, and most have their own shower and toilet. There are two single rooms, (and another two single rooms in our annex 500m along the lake), seven rooms for two people and one room for three people.



Downstairs there is a sitting room with log fire, a TV room, dining rooms with piano, and a large farmhouse kitchen.



The gardens around the cottage and barn are used for lessons when the weather is fine. There is also a patio with barbecue where we often eat lunch, an orchard, a large vegetable garden and an outdoor sauna.

Next to the cottage is the learning centre. This is a beautifully converted barn with 4 classrooms, a self-study area with computer and reading and listening library.



There is WiFi access for laptops throughout Nab Cottage. There is also a large TV room with extensive DVD library and a games/party room we use for theatre, dancing and large group work.



Each week is made up of 35 contact hours.

Large Group/Whole Community Sessions

These sessions are fundamental in establishing a safe and secure environment in which all our students feel encouraged to express themselves. Many adults can feel vulnerable speaking a language which isn't their mother-tongue. These sessions are designed to overcome this and to replace fear of speaking with excitement about speaking English.



Small Group Classes

You will work for much of the time in a small class with a group at your level. The class size is 4 to 9. You will meet a variety of teachers each with their own teaching style. There will be a lot of discussion, a lot of new vocabulary, and a lot of grammar. The emphasis is always on communication. We use a wide range of techniques and materials. Classes are motivating, student-centred and fun. The rooms are comfortable, colourful and multi-functional.



One to One Sessions

There are weekly one to one tutorials with a teacher. This is a time to design a personal study plan, to set learning targets and for individual coaching. There are also times throughout the week, for example during meals or out on a walk, when students will have individual attention from a teacher.



Guided Study Sessions

During guided study we will introduce students to fundamental ideas in NLP (Neuro-Linguistic Programming), giving them exciting and practical ways of learning language. This session is also used for allocating resources for independent study and for monitoring individual progress. Resources available include dictionaries, grammar books, readers with CDs, intensive/extensive listening, pronunciation and vocabulary material, on-line material, newspapers and magazines, business English and exam material.



Small Group Activity Sessions

These include:

- ◆ Task-based learning activities to enable student to student interaction and interaction within the local community
- ◆ Creative work stimulating imagination and promoting self-expression
- ◆ Guided relaxation, visualisation and image work, encouraging total learning - harmonising left and right sides of the brain



the people



Tim and Liz set up Nab Cottage in 1983 after having taught in Italy, North Africa and France. Since then we have worked with over 2500 people from 45 different countries.

We employ two other teachers and live here with our daughters, Nicky and Hannah, and our cat and dogs.

We love learning, teaching, sharing our lives with other people and the tranquillity of the Lake District.



Our teachers are well qualified and experienced and bring a wide range of complementary skills including art, drama, coaching and mentoring.

We also use local facilitators who bring specific skills to the centre. These include musicians, dancers, storytellers, yoga teachers, massage instructors, walking guides, evening speakers or simply people who enjoy the conversation, the food and the life here at Nab Cottage.



the area

Nab Cottage overlooks a small lake and is surrounded by hills. It is in the centre of the Lake District National Park, an area of incredible beauty. There are many wonderful walks from the cottage including waterfalls, caves, valleys, mountains and rivers.

We have a large canoe you can use on the lake and on warm days you can swim in the lake. There are regular buses to cinemas, clubs, theatres, sports facilities and nearby towns and villages. It is a 500m walk along the lake to our local pub, a 3km walk along the river into the local village of Ambleside, and 3km around the lake into Grasmere. The local people are friendly and enjoy meeting our students.

The region is very popular with British tourists so there are many facilities in the villages, including cinemas, shops, bars, clubs, boating, tennis, fitness centres and leisure spas.

Windermere, the largest lake in England, is just 3km away. There are two larger market towns 18km from here; Keswick to the north and Kendal to the south.

Here you can find ruined castles, an ancient stone circle, theatres, museums and many other attractions.

The Lake District is a very special place and it is currently being considered for World Heritage status. For information on the area visit www.golakes.co.uk

frequently asked questions

I studied English many years ago at school but now I'm nervous about speaking English. Would this be the right school for me?

Yes. We specialise in helping you to activate passive language. Because you will be hearing only English, all day every day, you will remember your English very quickly.

What about the other people on the course? Where are they from? How old are they?

There are 20 students living at Nab Cottage at any time. They are from all over the world. The minimum age is 18 and the oldest people could be in their 70's. The mix is always different.

Will my level of English be tested?

Yes. We assess your speaking and listening ability in a relaxed and informal way when you arrive. There is no written test.



Who is the course for?

It is for anyone interested in a 'whole person approach' to learning. We have created this course after many years working in the fields of education and personal development. The course will inspire co-operation, build community, develop confidence, enable communication and enjoy celebration.

You say it is 'experiential learning'. What is this?

We like the saying of Confucius to illustrate this:

*'Tell me and I will forget.
Show me and I may remember.
Involve me and I will understand.'*



Will there be traditional 'teaching' as I'm used to?

There certainly will. And there will also be a lot more.

Will I be put into a group at my level?

Yes. We have up to 4 levels, from basic conversation to advanced.

So what can I do if I am a beginner?

If you haven't studied English before we recommend that you do a course in your own country before coming to England.



Will I need a lot of spending money?

No. Unlike other schools where students need to go out and spend money in order to socialise and practise English, at Nab Cottage this isn't necessary. During the afternoon, evenings and at weekends there is a programme of activities designed to activate language in a natural and motivating way.

How many teaching hours are there?

The course begins when you arrive at Nab Cottage and ends when you leave. We say there are 35 contact hours a week though this is often an under-estimate.

Do many people come back?

Yes, over the years we've had an astonishing return rate - many people come again and again, many refer families, friends and work colleagues.

Will I be able to reserve a specific bedroom?

The earlier you book the more choice you'll have over the bedrooms.

Do I need to join in all the activities?

No, you don't. You can always decide to join in or not. However we do ask everyone here to speak only in English at all times in public places. There is a lot of support and guidance and you can discuss things with us at any time.



How long do people stay at Nab Cottage?

The average stay is about 3 weeks, though some people stay for up to 3 months.

What about weekends?

Saturday is a free day though we'll suggest different options and often small groups of people here will go off together, either to a local town by bus, for a walk in the hills, or organise a trip further away to Chester or Lancaster. On Sunday we do a longer walk with anyone who wants to join us. We then have a long dinner in the evening and meet the new students.





We are under 2 hours by taxi from Manchester, Liverpool, Leeds/Bradford, Blackpool and Newcastle airports. We can arrange taxi collections. There are also direct train connections from all these airports to Windermere, our local station.

See www.thetrainline.com or www.nationarail.co.uk for times. From Windermere it is 6km to Nab Cottage and a direct bus journey. It is also possible to take a bus from the airports to Ambleside 3km from Nab Cottage. See www.nationalexpress.com for details.

We are members of the following organisations:



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