



## 2022-2023 Costa Rica University Experience

### Program Description

Participants will spend 11 days living in La Flor, a small community in a valley of Northern Central Costa Rica. They will engage daily in enrichment activities with local youth, including art, physical education, literacy, and community service.

### Program Goals

This opportunity looks to focus on three areas:

- **Community:** making lasting friendships through living within a rural community.
- **Cultural Competence & Giving Back:** engaging community residences to share culture and provide enrichment activities for youth.
- **Learning:** improving foreign language skills through immersion and gaining an understanding of local flora and fauna and natural beauty through excursions that support local communities and Tico-owned small businesses.



### Country Description

Costa Rica is the wealthiest country in Central America and has established itself as a leader in territory preservation and sustainability. Over 26% of Costa Rica's land is protected for conservation, much of which falls within its 29 national parks. Costa Rica is home to 5% of the world's biodiversity. The country is a military-free democratic republic. Learn more at <https://www.visitcostarica.com/en/costa-rica/general-information>.

## Program Fees & Registration Information:

- Please submit the following to register:
  - Registration Form
  - Copy of Passport and COVID Vaccination Card
  - Registration fee (bank transfer or check to Go Tico!)
  - Photo Release Form
- Note: all programs have minimum requirements for participants (8). Should the minimum not be met at time of deadline, all funds will be returned to registered participants.

Dates	August 18 - 28, 2022	January 6-16, 2023
Fee	\$1,795	\$1,795
Registration Deadline	July 1, 2022	November 1, 2022

### Program Fee Includes:

- All accommodations, including four nights with a local host family, and overnight stays as noted
- All meals
- In-country transportation and airport pick-up and drop-off
- All entrance fees for tours and activities
- Pre-departure (to US) COVID tests as required

### Travel Vaccinations:

- All travelers must have COVID-19 vaccine complete and travel with their vaccination card
- All travelers should visit either their personal physician or a travel health clinic 4-8 weeks before departure.
- Please consult the following website for government recommendations regarding vaccines: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>

## Program Itinerary:

<b>Day 1</b>	<ul style="list-style-type: none"><li>-Airport pick-up at San Jose International Airport, Costa Rica</li><li>-Settle into homestays or cabins</li><li>-Orientation</li><li>-Dinner</li><li>-Icebreakers with homestays</li></ul>
<b>Day 2</b>	<ul style="list-style-type: none"><li>-Breakfast</li><li>-Tour Tour &amp; Meet &amp; Greet with local residents</li><li>-Excursion: Butterfly Farm &amp; Lunch</li><li>-Dinner</li><li>-Community Night</li></ul>
<b>Days 3, 8, 9</b>	<ul style="list-style-type: none"><li>-Morning Excursion: Waterfall hike, River Boat Tour, Arenal National Park</li><li>-Afternoon Enrichment activities with local youth: Art, Science, PhyEd</li><li>-Evening Community Night</li></ul>
<b>Day 4</b>	<ul style="list-style-type: none"><li>-Morning Charla: Rural Tico life &amp; economy &amp; Community service</li><li>-Tamales with local residents</li><li>-Afternoon youth enrichment</li><li>-Evening community night</li></ul>
<b>Day 5 &amp; 6</b>	<ul style="list-style-type: none"><li>-Overnight Excursion: Biological reserve <i>Rainforest hiking, Chocolate Tour, Night Tour</i></li><li>-Switch to cabin or homestay upon return</li></ul>
<b>Day 7</b>	<ul style="list-style-type: none"><li>-Morning Charla: Local sustainable agriculture and flora &amp; fauna</li><li>-Community Service Project with local residents</li><li>-Afternoon Enrichment activity: Literacy</li></ul>
<b>Day 10 &amp; 11</b>	<ul style="list-style-type: none"><li>-Morning Excursion: Kayaking &amp; Swimming at Laguna Rio Cuarto</li><li>-Afternoon Reflection</li><li>-Evening closing potluck</li><li>-Head home!</li></ul>

## Passport:

Routine applications are processed in approximately 6-8 weeks from the time of application, but wait times now are generally longer. Additional Information:

<http://travel.state.gov/passport>

## Contact Information:

Sara Bembenek-Saborio at Go Tico! Costa Rica

Whatsapp: +1-506-8991-3536

goticocostarica@gmail.com

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## **FAQs**

**Where will participants be staying?** Participants will splitting their time between cabins in the host community and host families in La Flor de Rio Cuarto, all of whom are family of Sara & Johel that are very well known and have lived in the community for many years.

**Who else will be going on this trip?** Go Tico! Costa Rica directors Sara Bembenek-Saborio and Johel Saborio Gonzalez will be the hosts on this trip.

**Is the community safe?** The community is incredibly safe, as it is so small that most of the families have been living there for much of their lives. The people of La Flor are wonderful, kind hosts who enjoy having students stay and share their culture.

**Where is the nearest medical facility?** The nearest private medical clinic (open standard business hours) is 15 minutes away. The nearest 24 hour medical facility is 13 miles (25 minutes). The chaperones will have access to a car at all times in case of an emergency. If need be, transportation by ambulance is available.

**Are payment plans available?** Yes! Please reach out to us to extend your payments over several months prior to the trip: [goticocostarica@gmail.com](mailto:goticocostarica@gmail.com).

**Participant**  
**Waiver of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”)**  
**2022 - 2023 Costa Rican Program**

I request to participate in the 2022-2023 Costa Rica Program coordinated by **Go Tico! Costa Rica and hosted by Sara Bembenek-Saborio and/or Johel Saborio Gonzalez** (herein referred to as “the Program”). This Agreement shall remain in effect until the conclusion of the Program. In return for my participation in the international travel and activities and to use the facilities and property of third parties, I make the following promises and warrant as to the truth of the following facts.

1. I understand that this Program is not an activity sponsored or endorsed by and is not connected in any way or manner whatsoever with any school or academic institution (herein referred to as “School”).
2. I am familiar with all the activities included in the Program, and I understand that representatives from the Program are available to discuss these activities if I should wish for additional information. I understand that I am expected to cooperate with, and follow the directions of, the persons in charge of the activities and to act in a manner consistent with the spirit of good international détente and respect for the rights of others.
3. I am in good health, and I know of no reason why he/she would be incapable of participating in all the Program activities. I will immediately notify the representatives of the Program if a change in my health or other condition would affect my ability to fully participate in the Program.
4. I hereby waive and release any right I, my heirs, distributees, guardians, legal representatives and assigns may have or acquire to make a claim against, sue, attach the property of, or prosecute **Sara Bembenek-Saborio, Johel Saborio Gonzalez, School** or any of their members, governors, officers, agents, family members, instructors, and affiliated organizations (herein referred to as the Releasees”) for monetary damages caused by injury to myself or damage to my property or myself arising from my participation in the international travel and activities and use of the facilities and property of third parties, whether or not the injury or damage results from the negligence or other action of the Releasees.
5. I am aware that the international travel and activities of the Program involve traveling to and living in rural communities and remote National Parks in the country of Costa Rica which do not have emergency medical facilities nearby. With knowledge of the dangers involved, I voluntarily ask I be allowed to take part in the international travel and activities of the Program.

**I ACCEPT ANY AND ALL RISKS TO MYSELF OF INJURY, DISABILITY, DEATH AND PROPERTY DAMAGE ARISING FROM INTERNATIONAL TRAVEL TO COSTA RICA AND PARTICIPATION IN THE ACTIVITIES, AND THE USE OF THE FACILITIES AND PROPERTY OF THIRD PARTIES, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION OF THE RELEASEES.**

6. I agree to indemnify and hold harmless the Releasees from any loss, liability, damage or cost, including reasonable attorneys fees, they may incur due to my participation in the international travel to Costa Rica and activities of the Program and us of the facilities and property of third parties, whether or not such loss, liability, damage or cost results from the negligence or other action of any of the Releasees.

**I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AN ASSUMPTION OF RISK, AND AN AGREEMENT BY ME TO INDEMNIFY THE RELEASEES, AND I SIGN IT OF MY OWN FREE WILL.**

**PARTICIPANT:**

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Print Name

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Date



**University Program Date & Orientation:**

<b>Dates</b>	August 18 - 28, 2022	January 6 - 16, 2023
<b>Fee</b>	\$1,795	\$1,795
<b>Registration Deadline</b>	July 1, 2022	November 1, 2022

**Special Instructions:**

Allergies: \_\_\_\_\_

Medical Conditions, Medications, Treatment Plan: \_\_\_\_\_

\_\_\_\_\_

Other Items to be Aware of: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

Other notes: \_\_\_\_\_

\_\_\_\_\_

<p><b>To register, submit to</b> <b>Sara Bembenek-Saborio</b> <b>Go Tico! Costa Rica</b> <b>Via email: <a href="mailto:goticocostarica@gmail.com">goticocostarica@gmail.com</a></b></p>	<ol style="list-style-type: none"><li><b>1. Registration Form</b></li><li><b>2. Liability Waiver</b></li><li><b>3. Program fee (bank transfer or checks made to Go Tico! Costa Rica)</b></li><li><b>4. Copy of passport</b></li><li><b>5. Copy of COVID vaccination card</b></li></ol>
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