



2024 Costa Rica Experiences

Program Description

Participants will spend their program 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 while immersing themselves in the culture, language, cuisine, and incredible flora, fauna and natural wonders of the region.

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 field trips and tours

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 6% of the world's biodiversity and is well known for ecotourism. The country is a military-free democratic republic.

Program Fees & Registration Information:

- Please submit the following to register:
 - Registration Form (google form)
 - Signed PDF of Liability Waiver
 - Copy of Passport
 - Registration fee (payment via Venmo @goticocostarica)
- Documents due at a later date, TBD
 - Behavioral Expectations
 - Medical Insurance Card
- Note: all programs have minimum requirements (six) for participants. Should the minimum not be met at time of deadline, all funds will be returned to registered participants.

Dates	January 8 - 18, 2024	May 26 - June 5, 2024	August 16 - 26, 2024
Registration Deadline	December 8, 2023	April 1, 2024	June 1, 2024
Age Group	University	University	University
Fee	\$2,600	\$2,600	\$2,600

Program Fee Includes:

- All accommodations in Costa Rica, including nights with a local host family and overnight stays at outings (if applicable - see itinerary)
- All meals during program in Costa Rica
- In-country transportation and airport pick-up and drop-off
- All entrance fees for tours and activities

Program Fee Does Not Include:

- Airline ticket to San Jose (SJO) - Go Tico! will provide arrival/departure window
- Trip cancellation insurance
- International health insurance coverage - required (Go Tico! can provide recommendations)
- Spending money

Passport:

Routine applications are processed in approximately 8-11 weeks from the time of application, but wait times now are generally longer. Additional Information:

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

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Travel Vaccinations:

- 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>

Contact Information:

Sara Bembenek-Saborio at Go Tico! Costa Rica

Whatsapp: +506-8991-3536

goticocostarica@gmail.com

FAQs

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

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 urgent care facility is 15 minutes away. The nearest hospital is 40 minutes away. 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.

Consent And Waiver of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”) 2024 Costa Rican Programs

I, _____ (herein referred to as “Participant”), request that I be allowed to participate in the 2024 Costa Rica Program coordinated by **Go Tico! Costa Rica and chaperoned 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 permission to take part 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 learning 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 I 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 me 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 that I be allowed to take part in the international travel and activities of the Program.

I ACCEPT ANY AND ALL RISKS TO ME 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 use 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 SIGNATURE

Print Name

Date