



2022 Costa Rica Experiences

Program Description

Live the life of a Tico High Schooler: engage daily in intercultural exchange with local high school students before exploring the Rio Cuarto region most days. Students will spend 10 days living in both homestays & community cabins in the welcoming host community of La Flor. In the morning, participants will collaborate on intercultural workshops with a local high school English class in a nearby community. Each afternoon, students participate in regional tourism outings.

Program Goals

This opportunity looks to focus on three areas:

- **Community:** making lasting friendships through living within a rural community
- **Cultural Competence & Intercultural Exchange:** engaging with local high school students to share culture & language
- **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 5% of the world's biodiversity and is well known for ecotourism. 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 Forms
 - Copy of Passport, COVID Vaccine and Insurance Card
 - Registration fee (checks made out to Go Tico!)
 - Behavioral Expectations & Photo Release Form
- Note: all programs have minimum requirements for participants. Should the minimum not be met at time of deadline, all funds will be returned to registered participants.

Trip Dates & Registration Deadline: July 16 - 26, 2022

Register by: May 1, 2022

Minimum-Maximum number of participants: 8-12

Program Fee Includes:

- Airport pick up and drop off at San Jose International Airport*
 - Go Tico! will specify flight arrival & departure time requirements. Please **do not** buy your tickets prior to trip confirmation.
- All accommodations, including four nights with a local host family, and overnight stays at outings
- All activities & transport for high school exchange
- All meals
- In-country transportation
- All entrance fees for tours and activities
- Pre-departure (to US) COVID tests as required

Program Itinerary Sample:

Day 1	-Airport pick-up at San Jose International Airport, Costa Rica -Settle into homestays or cabins -Orientation -Dinner -Icebreakers with homestays
Day 2	-Breakfast -Tour Tour & Meet & Greet with local residents -Excursion: Wildlife Refuge -Dinner -Community Night
Days 3, 4, 5, 6, 7	-Morning Intercultural Exchange with local High School -Afternoon Excursion: Thermal Waters, Butterfly Garden, Arenal National Park, Sarapiquí Boat Tour, Laguna Rio Cuarto Kayaking & Swimming, Tamales with local residents -Evening Community Night
Day 8 & 9	-Overnight Excursion: Biological reserve <i>Hiking, Chocolate Tour, Night Tour</i> -Switch to cabin or homestay upon return
Day 10 & 11	-Morning Excursion: Bajos del Toro Waterfall Hike -Afternoon Reflection -Evening closing potluck -Head home!

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>

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>

Contact Information:

Sara Bembenek-Saborio at Go Tico! Costa Rica
Whatsapp: +1-608-957-6421
goticocostarica@gmail.com

FAQs

Where will youth 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.

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

We heard cell phones aren't allowed. Is that true? Kind-of..... Historically, Go Tico! has not allowed cell phones on trips to provide students with the freedom to *just live* in Costa Rica, interact with the community, practice their Spanish a lot, and be free from always having to be connected and reporting back on everything that happens in life. Past students have greatly enjoyed time to disconnect and immerse themselves in their experience. Another reason to avoid phones while on the trip is that scammers love to prey on parents & grandparents eagerly awaiting their kids' arrival from abroad. Social Media posts about traveling abroad allows for scammers to take advantage of family who may not be keeping as closely in touch with your student. However, we will be allowing cell phones this year with the requirement that all students leave them in their accommodations or check them into a cell phone basket during daytime engagement with community members and charlas. They will be available during free time and evening quiet hours.

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

Parental Consent And Waiver of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”)

2022 Costa Rican Program

I, the undersigned parent or legal guardian of _____ (herein referred to as my “Child”), request that my Child be allowed to participate in the 2022 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 Child being permitted 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 (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 will inform my Child that he/she is 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. My Child is 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 Child’s health or other condition would affect his/her 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 my Child or damage to the property of my Child or myself arising from my Child’s 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 my Child be allowed to take part in the international travel and activities of the Program.

I ACCEPT ANY AND ALL RISKS TO MY CHILD 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 Child's 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.

PARENT OR LEGAL GUARDIAN SIGNATURE (1):

Print Name

Date

PARENT OR LEGAL GUARDIAN SIGNATURE (2):

Print Name

Date

Program Dates & Orientations: July 16 - 26, 2022

Orientation: Tuesday, June 7, 7 p.m.

Will you be available for all upcoming meetings? Yes No

Special Instructions:

Allergies: _____

Medical Conditions, Medications, Treatment Plan: _____

Behavioral Conditions***, Concerns, Items to be Aware of: _____

Dietary Restrictions: _____

Other notes: _____

**Notes here do not exclude a student from participating. What it does do is keep the chaperones informed and prepared to address concerns that may arise when your student is in a new place with new people in another country. Basically, if there is an issue that may arise while abroad that we need to know how to deal with, let us know here.

<p>To register, submit to Sara Bembenek-Saborio Go Tico! Costa Rica 6578 Purcell Road Belleville, WI 53508</p>	<ol style="list-style-type: none">1. Registration Form2. Liability Waiver3. Program fee (checks made to Go Tico! Costa Rica)4. Copy of passport & insurance card5. Copy of COVID vaccination card
---	--