

# *Discover Costa Rica!* **Global Health Squads**



**SQUADS**ABROAD  
A CROSS-CULTURAL SOLUTIONS PROGRAM



## **COLLIERVILLE SCHOOLS** VOLUNTEER & CULTURAL IMMERSION TRIP JUNE 9-16, 2018

### **DAY 1-2: GROUP ARRIVAL, CARTAGO ORIENTATION, AND LA CARPINTERA ZIPLINE**

Your group arrives into Juan Santamaria International Airport where CCS staff will greet and transport the group to the quaint colonial city of Cartago 45 minutes away. The Home-Base is located on a safe and quiet residential street within walking distance from the historic city center. The next day get your adrenaline pumping with a safe and exhilarating half-day adventure at La Carpintera Adventure Park. In the afternoon take an engaging tour of Cartago before returning to the Home-base for a delicious dinner and orientation for the upcoming days.

### **DAY 3-7: GLOBAL EDUCATION PROJECTS**

Over the course of the next week, your group will volunteer each weekday morning in a local school. Students will examine the social determinants of public health in the community while working to resolve a public health challenge in the areas of Nutrition, Sanitation, and Dental Hygiene. In addition to providing educational support to students, the group will experience the tangible accomplishment of a much needed enrichment project such as building wash stations, gardens, painting educational murals, and providing dental supplies and workshops. Site visits, guest speakers, and cultural activities will be facilitated by CCS bilingual trained staff and local professionals.



## 22+ YEARS OF THE SAFEST AND HIGHEST QUALITY STUDENT VOLUNTEER TRIPS

### HOME-BASE ACCOMMODATIONS

At the Home-Base, you'll enjoy authentic local cuisine, connect with CCS staff, and enjoy your downtime. Volunteers stay in same-sex rooms with private bathrooms. One room accommodates 4-6 people. Private rooms for teachers /chaperones are typical, but this is based on request and availability.

### STAFFING

Our incredible team will be on call to support you every step of the way—including Country Director Jose Hernandez, as well as expertly-trained CCS cooks, security guards, house managers, and drivers. A CCS leader will be assigned to the group at all times.

### COMMUNICATION

Our staff can be reached 24/7 in the event of an emergency. Students will have the opportunity to access the internet and landlines for set periods of time on most evenings. Trip updates may be posted on our blog for friends and family to follow along.

### TERMS AND CONDITIONS:

Individual Program Contribution includes all in- country expenses, including meals, lodging, transport, scheduled activities, staffing, travel medical insurance, and volunteer project support. CCS requires a minimum of one teacher/chaperone for every nine students enrolled. One free chaperone is provided with 5 or more, two free with 6-16, 3 free for 17 or more students. Group airfare (estimated \$600-800) is not included in the program fees but may be provided and offered upon request.

### DAYS 3-7: AFTERNOON CULTURAL ACTIVITIES

Trek up to the highest volcano in Costa Rica, Volcan Irazú. Visit a local artisan market, learn how to make gallo pinto, join a salsa dance class, and challenge yourself with level-appropriate Spanish lessons. Enjoy an engaging tour of Cartago, the Orosi Valley including a trek to a waterfall in the Tapanti National Park.

### DAY 8: PROGRAM CLOSURE & RETURN HOME

Embark on a return flight home. Friends and family will love to hear of the many exciting stories, friendships, and discoveries you made in Costa Rica!



### FEES, DUE DATES, AND HOW TO ENROLL

**Individual Program Contribution:** \$1140 per student

**Group Project Contribution:** \$1500 as a group towards the host enrichment project.

**Due Dates:** Application & \$350 deposit due TBD, balance due 60 days prior

**How to Enroll:** Online @ <https://www.empowered.org/Squads-Abroad>

[www.squads.ngo](http://www.squads.ngo)

Communicate with our Director of School Group Programs, Erik Werner @  
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