

Make an Impact in Costa Rica! **Global Health Squads**



SQUADS ABROAD
A CROSS-CULTURAL SOLUTIONS PROGRAM



GERMAN INTL SCHOOL OF NEW YORK
VOLUNTEER & CULTURAL IMMERSION TRIP
JANUARY 6-15, 2018

DAYS 1-2: CARTAGO ARRIVAL AND ORIENTATION-

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 following day take an engaging tour of Cartago and the Orosi Valley including a trek to a waterfall and a swim in a river in the Tapanti National Park. Return to the home-base for a delicious dinner and orientation about the volunteer assignments over the upcoming days.

DAYS 2-6: GLOBAL HEALTH PROJECTS- Over the course of the next week, your group will be matched with a daycare and elderly center to provide educational workshops and the tangible accomplishment of a much needed enrichment projects such as building a wash station, garden, or educational murals. In addition to volunteering each morning the group will enjoy guest speakers, and cultural activities facilitated by CCS bilingual trained staff and local professionals.

AFTERNOON CULTURAL ACTIVITIES- Trek up to the highest volcano in Costa Rica, Volcan Irazú. 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 with stops at the Basilica, the Market, the Ruins, local bakeries and again the locally famous POPS ice cream shop!



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.

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.

GROUP FLIGHT INFORMATION:

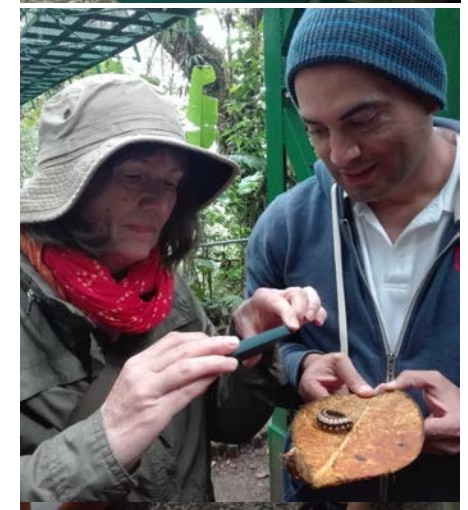
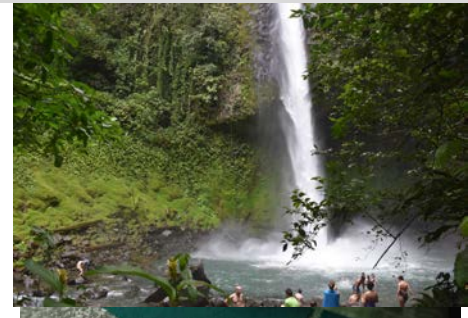
AV 571 06JAN JFK-SAL 9:20AM-1:35PM
AV 621 06JAN SAL-SJO 2:45PM-4:05PM
AV 670 15JAN SJO-JFK 5:00PM-1:20AM
/16Jan arrival

DAYS 7 -9: LA FORTUNA HOT SPRINGS, WATERFALL, & ARENAL VOLCANO PARK-

The group will embark on an overnight excursion to La Fortuna-Arenal Volcano Natl Park. Arrive at your hotel and relax in the one of La Fortuna's many restorative natural hot springs. The following day explore the rainforest and wildlife through an exhilarating Skytrek zip-line adventure. In the afternoon venture to the stunning La Fortuna Waterfall for a hike into the falls and a swim in the natural pool below.

DAY 10: 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: \$2095 per student including roundtrip airfare

Due Dates: Application & \$350 deposit due Sept. 30, 2017, balance due Nov. 6th, 2017

How to Enroll: <https://www.empowered.org/High-School-of-Health-Sciences>

www.squads.ngo

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