

Discover Costa Rica!

Global Health Squad



SQUADS ABROAD
A CROSS-CULTURAL SOLUTIONS PROGRAM



INTERNATIONAL COMMUNITY SCHOOL VOLUNTEER & CULTURAL IMMERSION TRIP MAY 20-26, 2018

DAY 1: GROUP ARRIVAL & CARTAGO 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. Take an engaging tour of Cartago before returning to the Home-base for a delicious dinner and orientation to the upcoming days.

DAY 2-5: GLOBAL HEALTH PROJECTS

Over the course of the next week, your group will explore the social determinants of public health while working with a community organization to resolve a public health challenge in the areas of Healthcare, Nutrition, and Sanitation. In addition to engaging educational workshops, the group will experience the tangible accomplishment of a much needed enrichment project such as building wash station, garden, and delivering dental supplies and education. Site visits, guest speakers, and cultural activities will be facilitated by CCS staff and local professionals.

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.



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 \$700-900) is not included in the program fees but may be provided and offered upon request.

DAY 5-6: MONTEVERDE CLOUD FOREST

Embark on an overnight excursion to the most well-known cloud forest in the world for its biodiversity, conservation efforts, and scientific research. Take a guided nature walk through the park to experience this unique ecosystem. The following day, explore the rainforest canopy further with an exhilarating Skytrek adventure, a extensive system of suspension bridges and zip lines through the canopy.

DAY 7: 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!



PROGRAM CONTRIBUTIONS AND DUE DATES

Individual Program Contribution: \$1290 per student

Group Project Contribution: \$1500 per group towards the host enrichment project.

Due Dates: Application & \$350 deposit due October 31, 2017, balance due 60 days prior

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

www.squads.ngo

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