

COMMUNITY EMPOWERMENT TRIP

COSTA RICA ITINERARY





Dear MEDLIFERs,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Here at MEDLIFE, our mission is to build a worldwide Movement empowering low-income individuals in their fight for equal access to healthcare, education, and a safe home. As an SLT participant in Costa Rica you are joining that worldwide Movement!

The following is a sample travel plan for you to review. Please go over it before your trip and don't hesitate to reach out if you have any questions. Thank you for joining the Movement, and we can't wait to see you in San José!

Overview:

Known as a tropical paradise that attracts millions of tourists every year, the small Central American country of Costa Rica may not come to mind when you think of poverty. Unfortunately, the nation's dependence on tourism led the economy into recession when COVID-19 arrived, pushing inequality upwards. In fact, the number of Costa Rican households living in poverty increased by 5.2% during the pandemic, and informal workers in sectors like hotels, restaurants, and transportation were particularly affected. By joining a Service Learning Trip in Costa Rica, you will have the opportunity to support communities by volunteering on a service project such as constructing classrooms for a school or planting trees in an area harmed by deforestation. You will also help the tourism industry bounce back by exploring the country's dazzling natural wonders! As one of the world's most biodiverse countries and a leading destination in ecotourism, Costa Rica is a nature lover's paradise. It is also a hotspot for adventure travel, with adrenaline-pumping activities such as zip lining and kayaking!

Join us on a High School Service Learning Trip to Costa Rica to help families recover from the pandemic and learn about poverty and sustainability. You will work hand-in-hand with the community to improve their living conditions. Register today!

Highlights of the Week:

- Learn about the challenges faced by low-income communities.
- Gain experience volunteering on a service project.
- Build bridges across cultures by connecting with community members.
- Deepen your understanding of sustainability and the environment.

Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** Service Learning Trips are created with sustainability in mind. In Costa Rica, you may have the opportunity to volunteer on an environmentally friendly project such as a [public park](#) or [eco-bathroom](#).
- **Education:** Learn about the historical, political, and economic factors that have shaped Costa Rica. Deepen your knowledge of global health by shadowing healthcare professionals.

- **Life-changing experiences:** Through eye-opening experiences and building human connections, a MEDLIFE Community Empowerment Trip will deepen your passion for building a world free from the constraints of poverty.

Detailed Itinerary

DAY Saturday

1

Arrival to San Jose

Arrive at San Jose airport (SJO) between 6:00am and 12:00pm. A MEDLIFE representative will meet you at the airport and escort you to your accommodation. We will then head out for an Orientation Walk and a Welcome Meeting.

You will have time to relax, settle in, and then head out to explore. Meals aren't included during the day, but you can enjoy a tasty dinner at one of the nearby restaurants.



Overnight
San Jose MEDLIFE Hostel



DAY Sunday

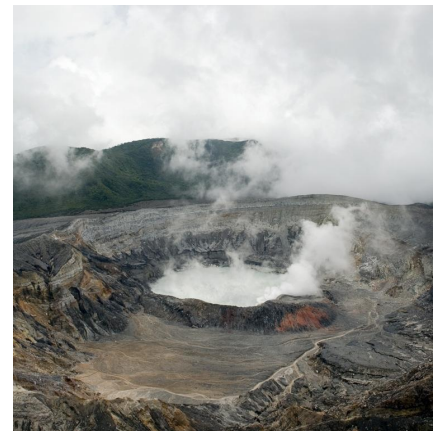
2

Poas Volcano Full Day

Poas Volcano National Park showcases one of the world's largest craters within Costa Rica's lush Central Volcanic Range. Recognized for its sustainable tourism practices, the park invites visitors to explore its trails amidst stunning natural landscapes, including the serene Botos Lagoon. Experience the awe-inspiring beauty and accessibility of Poas Volcano, just a short journey from the country's main cities.



Overnight
San Jose MEDLIFE Hostel



DAY

3

Monday

Reality Tour

On a MEDLIFE Reality Tour volunteers join MEDLIFE staff in the field to learn about our partner communities and the challenges they face daily. It is often our volunteers' first exposure to extreme poverty, making it one of the most impactful experiences of their trip. The Reality Tour's main goal is to introduce volunteers to the area's culture and history. This lays the groundwork for cultural awareness and sensitivity, which are so important when you're serving communities in another country.

During the afternoon, we will visit a museum to learn how people in Costa Rica lived hundreds of years ago.



Overnight
San Jose MEDLIFE Hostel

DAY

4

Tuesday

Mobile Clinic Volunteering

Wake up bright and early for your first day of volunteering on a Mobile Clinic! Staffed by local practitioners, our clinics offer basic medical treatment and preventative screenings to low-income patients.

During the afternoon,, we will explore more of the beauty of San Jose, enjoying a walking tour of the city. After returning to the hotel in the afternoon, we will hold our Engaged Education Roundtable Discussion, focusing on the relationship between poverty and healthcare.



Overnight
San Jose MEDLIFE Hostel

DAY

5

Wednesday

Mobile Clinic

Help MEDLIFE bring free healthcare to low-income communities with another day of volunteering on a Mobile Clinic. Upon arrival, we will work together to set up each station. Volunteers will spend the morning shadowing medical professionals as they provide treatment and identify patients in need of follow-up care. After returning to the hotel in the afternoon, we will hold our second Engaged Education Roundtable Discussion about the relationship between education and poverty.

Returning to the hotel you will have the chance to relax and enjoy a documentary movie on the important topic of global health.



Overnight
San Jose MEDLIFE Hostel



DAY

6

Thursday

Community Activity

Engage in meaningful community service projects that make a real difference.

This afternoon, you will be part of a wildlife conservation activity.



Overnight
San Jose MEDLIFE Hotel



DAY

7

Friday

Project Day

On project day you'll work hand-in-hand with locals on a community development project such as a home renovation, well construction, or bathroom complex. Development projects can vary, depending on community needs. We'll leave the hostel at 9:30am to head to the project site. Remember to wear clothes you don't mind getting dirty as you might be involved in messy activities, like mixing cement, painting walls, and other manual labor activities. After the project has been completed, take part in an inauguration with the community to celebrate all that you've achieved!

There, we will hold our third Engaged Education Roundtable Discussion about the relationship between poverty and development and conclude with a short reflection and debrief with the MEDLIFE team to wrap up the week.

Also, we will visit the National Theater through a live tour.



Overnight
San Jose MEDLIFE Hotel

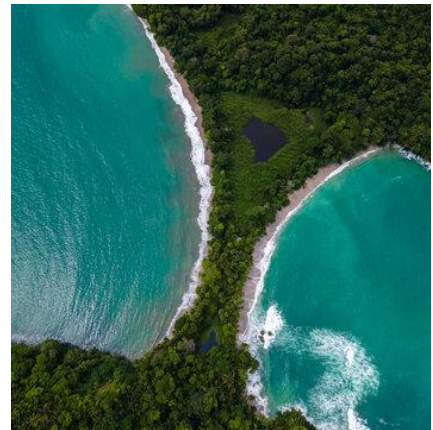
DAY

8

Saturday

Manuel Antonio Full Day

Manuel Antonio National Park is located on the Central Pacific Coast of Costa Rica. The rich biodiversity of this area, paired with a wealth of activities, makes this a destination that offers something for everyone. Manuel Antonio is the premier destination of the Central Pacific region, offering a variety of small intimate hotels artistically built into a rainforest hillside between town and the popular Manuel Antonio National Park.



Overnight
San Jose MEDLIFE Hotel

DAY

9

Sunday

Departure

Depart San Jose anytime between 12:00 pm and 6:00 pm.

