

Costa Rica: Trabajo Voluntario | 2026 (Feb. - Mar.)

Programa de Inmersión

[Adult & Family Signup](#) | [Medical Signup](#)

YOUR NEXT STEPS: Follow these steps below

1. Review summary table & find the weeks that you will be on immersion
2. Adult & Family Participants: Sign up for an activity station
3. Medical Participants: Practice taking signos vitales en español (resources below)
4. Prepare for your work, use the support materials below, collect materials and donations

SUPPORT MATERIALS:

1. Use [this template](#) to help you plan your activity
2. View Sample plan [here](#)
3. Review these [Spanish sentence starters](#), commands and phrases to help you explain your activity in Spanish.
4. [Spanish for Health Care Vocabulary & Lessons](#)
5. [Vital signs in Spanish](#)
6. [Side effects in Spanish](#)
7. [Blood Pressure Management in Spanish](#)
8. [High Blood Pressure and Hypertension conversations in Spanish](#)
9. [How to Measure Blood Sugar Level in Spanish](#)
10. [Spanish for EducatorHow to Measure Blood Sugar Level in Spanish Vocabulary & Lessons](#)

Summary of Volunteer projects COSTA RICA

FECHAS	Descripción
<p>WEEK 1 Feb 9 - Feb. 13</p>	<p>All Medical & Adult participants will participate:</p> <ul style="list-style-type: none"> - Orientation to the CEDCAS organization - “Canastas Básicas” donations: Purchase items & assemble - Deliver donations to community CEDCAS
<p>WEEK 2 Feb. 18 & 19</p>	<p>CEDCAS</p> <p>Medical Group: You will be taking vital signs of community members and discussing blood pressure and blood sugar readings.</p> <p>Adult & Family Group: Lead activities with kids in the Semillas de Amor Group</p>
<p>WEEK 3 Feb. 25 & 26</p>	<p>Medical Group: Health education workshops (talleres)</p> <ol style="list-style-type: none"> 1. Peligros y consecuencias of automedicación (dangers and consequences of self medicating) 2. Mental Health strategies to build resilience, set goals and establish healthy habits <p>Adult & Family Group:</p> <ul style="list-style-type: none"> - Lead activities with kids in the Semillas de Amor Group
<p>WEEK 4 Mar 1 - Mar 6</p>	<p>Friday morning: Possible activity with the “adulto mayor” group at CEDCAS</p>
<p>ACTION STEPS</p>	<ol style="list-style-type: none"> 1. Complete the Volunteer lesson in the pre-departure course 2. <u>Adults / Family participants:</u> Sign up for an activity below <ol style="list-style-type: none"> a. Use this Activity Plan Template to help you plan / organize b. Collect any materials and connect with your partner 3. <u>Medical participants:</u> study vital sign and side effect in Spanish

ADULT & FAMILY Activity Station Sign-up

(Medical group sign-ups keep scrolling...)

1. **Sign-up for an activity below.** List your name, email & phone number. Groups of 2
 - a. Do you have a hobby or a craft you love to do? Can you teach that to kids? We will help you out with Spanish vocabulary and grammar once we get to Costa Rica.
 - b. Some examples in the past have been: yoga, bracelet making, making slime, reading books, making volcanoes, teaching self defense, teaching songs, how to play the guitar, math games, etc.
2. **Plan and Prep your activity:** communicate with your partner
3. **Make a copy** of this [Activity Plan Template](#)
4. **Other considerations:**
 - a. Plan for 25-30 kids when collecting supplies
 - b. We will be indoors in a large room. We don't have a lot of space for big sports games like bball or soccer, but smaller physical activities such as Yoga, Karate, work well.

WHAT IS YOUR ACTIVITY?	Name and Email/Cell	Name and Email/Cell	Materials needed
EJEMPLO: Making OOBLECK: science experiment on solids & liquids	Leslie Foster lfoster@commongroundinternational.com	Caleb Foster cfoster@commongroundinternational.com	Glue, water, food dye containers,
Feb. 18th & 19th			
Bracelet / Jewelry Making	Teresa Pattison Teri.patti@gmail.com	Ali Ewell aliewell420@gmail.com 256'996'3443 Steve Gold snathan.gold@gmail.com 801-833-1414	Stretchy sting, beads, charms, clasps (not necessary)
Book making	murrayfam2002@gmail.co	Trish Murray	Copy paper; construction paper;

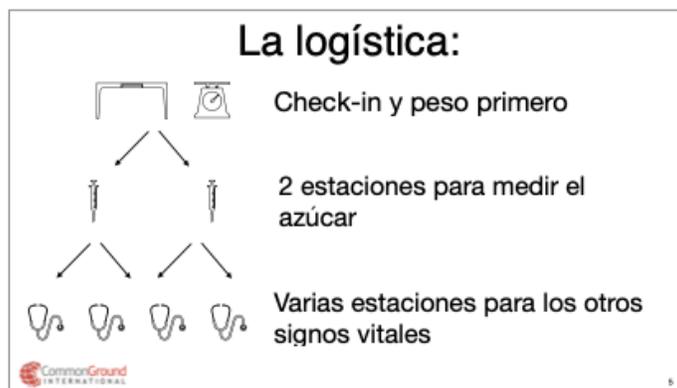
	m	murrayfam2002@gmail.com Annie Valdes avaldes@alumniemory.edu	brads, rubber bands, paper cutter; hole puncher; stapler; stickers
Games, Physical activity	Liz VanNostrand Maria McConville	lvannostrand85@centurylink.net m.mcconville5@gmail.com	UNO, chalk, jump rope, loteria, hopscotch? juggling beanbags or balls (Sarah B. will bring) Scrabble, Spanish version
butterflies made with pop-cycle sticks or tongue depressors	Suzanne Porter seporter29@gmail.com 443-791-8870 Elaine Armstrong elaine.arm39@gmail.com 360-921-2329		tongue depressors, glitter (I'll bring those two), construction paper, glue, crayons, scissors,
Mask Making	Edie Jones Maggie Rees Linda Saunders	edithkjones@comcast.net	paper masks, markers, feathers, adhesive jewels, paper to cover table (we will bring all materials)
Origami hearts + song (Tengo alegría en mi corazón)	Jeanie Holt Sadie Holt Melissa North	gnegne@gmail.com 603-703-2209 melissaenorth@gmail.com 720-838-1424	Origami paper (we are bringing)
Book reading	Jeff McClain jeffreyjmcclain@gmail.com 828-200-1150 https://resilientlittlesap.com/	Penny	A friend wrote a beautiful children's book about resilience. I'd like to partially translate and read. Could also combine this with book making above and help kids make their own Resilient book.

Feb. 25 & 26			
Let's Play! Connect Four Addition and Multiplication versions	murrayfam2002@gmail.com seporter29@gmail.com	Trish Murray murrayfam2002@g Suzanne Porter seporter29@gmail. com	Game markers, 3 pairs of dice; printable game board
Games, Physical activity	Melis Teresa Pattison	Ivannostrand85@ce nturylink.net	Jump Rope, chalk for sidewalk art, loteria, Scrabble, Spanish version
Origami	Melissa	Steve	

Medical Activity Station Sign-up

CEDCAS: Medical Group: WHAT ARE MY NEXT STEPS?

Medical Group



1. Study your medical vocabulary & phrases for taking vital signs. Here are some materials to use:
 - [Vital signs in Spanish](#)

- [Side effects in Spanish](#)
- [Blood Pressure Management in Spanish](#)
- [High Blood Pressure and Hypertension conversations in Spanish](#)
- [How to Measure Blood Sugar Level in Spanish](#)
- [How to Discuss Signs and Symptoms of Diabetes in Spanish](#)

2. Gather your gear / materials! You will need:

– estetoscopios, guantes, termómetros, etc.

3. What vital sign station do you want to run (groups of 2)? SIGN UP BELOW

SIGNOS VITALES: Feb. 18 & 19

SIGN UP FOR A VITAL SIGN STATION. Feb. 18 & 19

Feb. 18: (10 - 12 people)

1. Station # 1: Check in y peso: Jennifer S, Maria McConville
2. Station # 2: Blood sugar Renee Higa-Tanner, Sarah B.
3. Station # 3: Blood sugar: Jaclyn Orehova, Valeria Sibaja
4. Station # 4: (presión, Temperatura Pulso y respiraciones) Ellie Golding, Carly
5. Station # 5: (presión, Temperatura Pulso y respiraciones) Monica Roadruck, Celia P.

Feb. 19: (10 -12 people)

1. Station # 1: Check in y peso: Jennifer S, Sarah B.
2. Station # 2: Blood sugar: Ellie Golding, Carly
3. Station # 3: Blood sugar: Monica Roadruck, Bekah Davis
4. Station # 4: (presión, Temperatura Pulso y respiraciones): Renee Higa-Tanner, Valeria Sibaja, Celia P.
5. Station # 5: (presión, Temperatura Pulso y respiraciones): Jaclyn Orehova, Maria McConville

WORKSHOP TOPIC

****On Feb. 26** we will be giving a health workshop to community members at CEDCAS! There are two topics they would like us to give an interactive workshop about. Which topic would you like to work on? We will work on groups. Sign up below and list some initial ideas you have

1. Peligros y consecuencias of automedicación (dangers and consequences of self medicating)

2. Mental Health strategies to build resilience, set goals and establish healthy habits	
<p>Topic 1: Peligros y consecuencias of automedicación (dangers and consequences of self medicating)</p> <ol style="list-style-type: none"> 1. Valeria Sibaja 2. Jaclyn 3. Carly 4. Bekah Davis 	<p>IDEAS:</p>
<p>Topic 2: Mental Health strategies to build resilience, set goals and establish healthy habits</p> <ol style="list-style-type: none"> 5. Ellie Golding 6. Annie V 7. Maria McConville 8. Jennifer S 	<p>IDEAS:</p> <ul style="list-style-type: none"> - meditation/yoga? - journaling - SMART goals - Signing advance care directives