

Costa Rica Immersion Parent Meeting

Sunday, 7 de junio @ 4pm PT, 5pm MT, 6pm CT, 7pm ET



¡Bienvenidos/as al programa de inmersión en Costa Rica!

Preguntas para empezar - Questions to get started:

1. Put # 1 if you've visited Costa Rica before. # 2 if not
2. Put a # 3 if this is your son/ daughter's first time out of the country. # 4 if not
3. True or false- Can you drink the tap water in Costa Rica?
4. True or false - The currency is called *el peso*?
5. Drop your top of mind questions in the chat

Los Objetivos de la Reunión - Meeting Objectives

1. Introductions: Trip leaders and Families
2. Program Itinerary- last chance to register for optional activities
3. Health & Safety: recommendations
4. Medical & Health conditions
5. Travel Logistics
6. Communication while on program
7. Packing list questions

8. Paperwork: Behavior Contract / Cell Phone Agreement
9. College credit this summer
10. Important deadlines that have passed
11. Next Steps & Q & A

Las Presentaciones - Introductions

- Who are your trip leaders?
 - Caleb
 - Fia
 - Lily
- Parents: Introduce yourselves in CHAT
 - Name and who your teen is
 - 1 thing you're excited about
 - 1 thing that gives you pause

PROGRAM ITINERARY: 30,000 Ft. View - Día por Día: (leslie)

☰ CRHS '26 PARTICIPANT Itinerary

DATE	Costa Rica Itinerary
JULY 9	Costa Rica Arrival Day - Chaperoned Flight arrives at - Independent travelers: CGI Trip leaders will pick you up from airport, give you clear instructions on where to meet (more details to come at parent meeting)
Manuel Antonio National Park & Beach Excursión	
JULY 10 - 12	Beach & National Park with local guides: flora, fauna, sloths, monkeys, etc. Surf lesson , sun sets, mucho español Hotel
Santo Domingo de Heredia: Spanish classes, volunteer work, host families	
JULY 12	Meet your host family!
JULY 13 - 18	JUNE 30-JULY 8

	Breakfast with your host family 8:30-11:30 Spanish classes 11:30-1pm Group Lunch 1:30 - 4:30 Volunteer work or cultural activities - Cooking classes & dancing classes - Local market tour - Tropical Fruit tasting - Toucan Rescue Ranch - \$ Soccer training last chance to register Dinner and evening with host family
Volcan Arenal National Park Excursion	
JULY 19-21	Adventure Excursion: - Arenal Volcano National Park with local guides - Ziplining tour in canopy of rain forest - Hanging bridges hike - Swim in waterfall - Hot springs
July 22	ADIOS 2 Weekers 😊
3 Weekers Continue Santo Domingo de Heredia: Spanish classes, volunteer work, host families	
JULY 22-25	Breakfast with your host family 8:30-11:30 Volunteer work or cultural activities - Cooking classes & dancing classes - Local market tour - Tropical Fruit tasting - \$ Rancho Arizona (last chance to register) 11:30-1pm Group Lunch 1:00- 4:00 Spanish classes 5-6:30: \$ Soccer training last chance to register Dinner and evening with host family
JULY 26 -28	Tortuguero Excursion • Tortuguero National Park • Kayak • Night turtle viewing • Beach & Pool
JULY 29	ADIOS 3 Weekers 😊

COSTA RICA 🇸🇨 Optional Activities (Fia)

TONIGHT - Last chance to register

FÚTBOL ⚽ Sign up here Are you a soccer player and want to keep up your training while on program ⚽?! Register to train on Tuesday and Thursday afternoons with a local Soccer coach! <i>Eliana, Miles, Thomas</i>	Clase de Surf 🏄 : Spend the morning at the beach learning to surf the waves with a personal surf instructor. Practice with other students along the shoreline before paddling out to give your surf skills a shot on the waves of Manuel Antonio. Learn more & register <i>Caitlin, Dahlia, Derek, Eliana, Hannah, Judah, Lem, Maeve, Megan, Mila, Olivia, Sage, Teegan, Virginia</i>
Rancho Arizona Coffee Tasting ☕ : On this tour / tasting- we will walk around the cafetal and learn about the different stages of growing, how this small batch coffee is harvested and end with a tasting and some snacks. You won't want to miss this hidden gem right in the heart of your Costa Rica Immersion Program! Learn more & register <i>Derek, Eliana, Teegan, Miles</i>	

CDC: Travel Health Recommendations (Caleb)

Costa Rica does not require any vaccines to enter. However they do have some travel recommendations

- Make sure you are **up-to-date on all routine vaccines** before every trip.
- **Hepatitis A:** Recommended for unvaccinated travelers one year old or older going to Costa Rica.
- **Hepatitis B:** Recommended for unvaccinated travelers younger than 60 years old traveling to Costa Rica.
- **Malaria:** CDC recommends that travelers going to certain areas of Costa Rica take prescription medicine to prevent malaria.

Malaria Prevention:

There are known cases of malaria in the La Fortuna area and Tortuguero area

STEPS TO TAKE:

1. Review [CDC INFO](#)
2. Contact your local travel clinic to determine if taking anti-malarials are suggested.
3. We will be following long sleeves/long pants protocol at dawn/dusk with repellent. Bug spray



Health, Safety, Medical Conditions: (Lily)

FORM: Fill out this form, give us insight on the mental & physical aspect of your teen. Any tips on how to support your teen when they feel challenged and out of their comfort zone?

- Are there any allergies we need to be aware of that you did not originally list in the registration form

- Any medications that they need to take on a daily basis? Self-administer or need help remembering
- Any problems breathing?
- Any recent mental health updates we should be aware of?
- Full URL: <https://forms.gle/HY3eJA49D2uLPosX9>

Caleb



STEP 1: [Watch the video in packing lesson 10](#)

STEP 2: [Review packing list](#)

- **Less is more-** having the right things is really important!!
- **Function over fashion** -Functional, dynamic clothing to be able to truly enjoy the experience vs. suffer because you're not wearing the appropriate clothing even though it may not be in-style.
- **Dynamic clothing:** Quick dry, non-cotton, layers, zippers

¿Cierto o Falso?

- Your son or daughter will be in Costa Rica during the dry season.
- They should expect rain every day.

- A rain jacket is not necessary.

CONSIDERATIONS:

- ★ Packing with layers is key!
- ★ Pack dynamic clothing, wide range of activities.
 - Classes, coffee tours, volcano visits, volunteer work, city walking
- ★ In homestays: house shoes or slippers
- ★ Host family will do laundry, but no dryers
- ★ In homes: no air conditioning or heat
- ★ Electrical outlets: are the same as USA, most only 2 pronged

Packing Considerations for Excursions

- ★ Packing with **layers** is key!
- ★ Pack **dynamic clothing, quick dry** clothing
 - waterfalls, rain storm, mud, ziplining, hiking, hot springs, surfing
- ★ **Active clothing**
- ★ **Sturdy, strap-on sandals** that can get muddy and you can wash them off with a hose (Chaco, Teva, Keen)
- ★ Super absorbent towel
- ★ Bug repellent
- ★ Sun protection
- ★ Reusable water bottle



Behavior / Smartphone Agreements 🤪 (Leslie)

Behavior Agreement

No Tolerance Behaviors - Immediate dismissal from trip and return to USA

1. Engaging in illegal activity in Costa Rica, Ecuador
2. Purchasing, possessing, or consuming illegal drugs (including marijuana and vaping) or alcohol while on program
3. Sexual activity
4. Sneaking out at night while living with host family or after “room-checks” at hotels
5. Neglecting program obligations such as group activities, attending class, community service work, host family activities and meals, and check-in’s with leaders
6. Any action that endangers or could potentially endanger others

Next Steps:

1. Make sure you and your kids are on the same page!

Smartphone Agreement (Lily)

3 Options:

1. Go old school, leave it at home and opt to bring a camera and a dictionary
2. Bring it and adhere to CGI’s appropriate uses of smartphones by signing the contract below
3. Bring it, don’t adhere, and we will CONFISCATE it!

Inappropriate uses of Smartphone:

- During group / family meals
- During Spanish classes (except when accessing a dictionary)
- During volunteer work
- Hours upon hours in the evening scrolling, playing games etc. instead of interacting with my host family
- On social media during classes, during volunteer work, cultural activities and any other group time

Students will have wifi at lang. School

Next Steps:

1. Make sure you and your kids are on the same page!

Communication while on program: (Fia)

- 1 week before program begins we will create a Parent WhatsApp group <https://chat.whatsapp.com/IAqaxoYUb9YClOoN673iJ5>



- We will send out brief program updates in that group
- We will send out pictures in that group
- Message leaders privately for specific questions / concerns regarding your teen while on program.
- **To do now:** Download WhatsApp to your phone

COSTA RICA: Travel Logistics & Meet- up Plan: Leslie

How do I meet up with trip leaders & group?	
STEP 1: Make sure your child's flight in on this: CRHS Flights Sum '26 Need your flights: - Hannah? - Tyler? - Mila? - Sage?	
Chaperoned flight: LILY	STEP 1: Meet Lily: - LAX meet-up with Lily at 3am at Southwest Ticket counter: Lily, Derek - HOU meet-ups with Lily at Southwest ticket counter @2:30pm: Caitlyn, Dahlia, Amara, Deven, Maeve STEP 2: Go through customs & Immigration with Lily - Give immigration this address IF they ask:

	- Lapa Verde, 100 meters South of McDonalds, Santo Domingo de Heredia, Costa Rica STEP 3: Judah, Megan, Fiona: *Meet up with Lily & group in baggage claim STEP 4: Exit airport & get transport to hotel as a Group
Independent travelers	STEP 1: Go through customs & Immigration - Give immigration this address IF they ask: - Lapa Verde, 100 meters South of McDonalds, Santo Domingo de Heredia, Costa Rica STEP 2: Go baggage claim and meet up with Caleb and Fia in baggage claim: Miles, Teegan, Cary, Virginia, Olivia, Eliana, Lem STEP 3: Exit airport & get transport to hotel as a Group

Budgeting for expenses on program: (Caleb)

El Dinero en Costa Rica	- What is the currency called? Colones - What is the exchange rate? 500= \$1.00 - What's the best way to get \$? ATM - How to carry money? - Recommended amount to start out with? - Bring \$5 and \$10 increments - Using an ATM card: What do you need to do ahead of time in order to use your card?
Budgeting for daily expenses	**Please have a chat about budgeting with your teen BEFORE they depart! - What do they need to pay for on a daily basis? *Lunch and Dinners on Excursions * Lunch in Santo Domingo - Average cost of lunch? *Excursion meal prices \$15-\$25+ *Santo Domingo lunches \$10-\$15+ -What is the recommended amount per week? *\$150-\$200 CR: Please bring \$75 in \$5 and \$10 bills for the first few

	days. **If you're using a debit card or credit card on program- alert your bank and let them know you're traveling so they do not put a hold on your card.
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TRAVEL LOGISTICS: (FIA)

COMMUNICATION WHILE ON PROGRAM	
WhatsApp group	Students & Parents join WhatsApp groups soon! • CR participant Group (1 wk before departure) • CR PARENT Group 1 wk before departure)
Important documents to have on hand	
PASSPORT	<u>3 P's:</u> • Passport • Physical copy • Picture of your passport on your phone
PROGRAM ITINERARY	 CRHS '26 PARTICIPANT Itinerary
iNext- travel insurance	<u>Travel insurance policy:</u> • iNext travel insurance policy: Coverage details • You will get an email from iNext (2 wks. Before departure) • This is your travel insurance policy • Save it for your files • If you need to go to a clinic, pharmacy, etc. you will need to pay out of pocket and save all receipts to submit to iNext.

Program Handbook	Review - W Parent-Manual-CRHS_2026.docx - CR student handbook (print out OR have digital access) - W Costa Rica HS Handbook.docx
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REGISTER FOR CREDITS: IMPORTANT NOTES... (Leslie)

(if you want college credit- Optional)

Undergraduate credit hours	Register & pay for college credit 2 wk program = 3 credits, \$165 3 wk program = 4 credits, \$220 4 wk program = 5 credits, \$275
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Paperwork & Payments - Caleb

PAST DUE All documents at this link: https://commongroundinternational.com/courses/high-school-immersion-pre-departure/lessons/2-passports-health-travel-contracts-high-school-spanish-immersion/	
LISTA de DELINCIENTES 🚓 📋 🖨️ Submit paperwork to Johanna at support@commongroundinternational.com	
Travel contracts / Liability Find it here	
Placement Test	
Character Recommendation form	- Hannah - Tyler

Los Próximos Pasos - Next Steps:

1. Register for surfing, Soccer & Rancho Arizona TONIGHT
2. Submit paperwork & Final payments to Johanna at support@commongroundinternational.com
3. **Read Parent Manual:**  Parent-Manual-CRHS_2026.docx
4. All program links on your [welcome page](#)
5. **Colorado participants:** Colorado Meet-up June 11th @3pm East Simpson Coffee Company (parents & participants)