

REACH COSTA RICA 2017

YOUTH DEVELOPMENT LEADERSHIP PROGRAM

Welcome to IAWAH and REACH 2017.

We're excited you'll be joining us for what will most certainly be a life-changing experience. Costa Rica is a beautiful country with a rich culture to explore, but still exhibits the large gap between the poor and wealthy of society so common in the majority world. We'll be exploring the root causes of why this gap exists and look at our responsibility in alleviating poverty without hurting those we're trying to help. Our three weeks together will be filled with challenges, excitement and learning opportunities with the goal of moving you further along in your relationship with Jesus. We'll spend time together in study, discussions, work, and learn alongside the leadership team of La Cumbre. It's going to be a great time! But it's also important you understand there will be times when you feel frustrated that you can't speak the language or simply confused at the cultural differences. Don't worry... it's normal and we're there to work through these things together.

August may seem like a long way away, but the time will go by quickly and there's a lot to prepare for before we board that plane. Therefore, it's important that you read through this information guide to be as ready as possible. Open your minds and hearts to what God has in store for you this summer!





Passports

It is essential that your passport does not expire within 6 months of leaving Canada or they will not let you into Costa Rica. Therefore, if your expiry date is on or before February 7th, 2018, you'll need to renew it now.

Consent to travel abroad form

This is only for those under 18. You will find this form attached and with all relevant information filled in. Your parents will need to fill in the rest and sign. Please remember to bring this with you on your first day of camp, Sunday August 6th. or email it to me ahead of time.

International Health Insurance

You **must have** international health insurance to go on the trip. If you're not covered through one of your parents work plans, you can buy insurance through a number of companies or banks. Make sure it has emergency evacuation coverage.

Medical Emergency Situations - for Parents

Should an emergency arise, we will contact you as soon as possible at which time you need to contact your insurance company. The Costa Rican Red Cross is highly trained and equipped to take care of most situations. San Jose has one of the best hospitals in all of Latin America - the Clinica Biblica which was established by Latin America Mission missionaries over 80 years ago. It is still a Christian hospital, and the majority of doctors are north american trained and speak English. Depending on the situation, your medical insurance company may advise an emergency evacuation for treatment back home. Should this happen, an IAWAH leader will accompany your child and meet you at the airport.



Immunizations

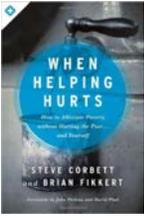
There are NO required vaccines for entering Costa Rica, but you must have your tetanus shot up to date. Please consult your local health clinic for recommended immunizations or see: <https://wwwnc.cdc.gov/travel/destinations/clinician/none/costa-rica#vaccines-and-medicines>. Many health clinics are "over-the-top" on recommending every possible vaccination. Please be aware that malaria and yellow fever are not present in Costa Rica. Canine rabies does not exist.



Medications

When you register at camp on August 6th, you will have the opportunity to go over any medication needs you have with the camp nurse. If you are under 18, medication will be handled by one of the leaders. Please bring enough for the 3 weeks. If for some reason, it gets lost (or wet on the hike), we can get almost any prescription filled in San Jose. Please bring the generic name - product names will be different in Central America.





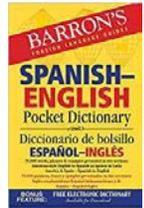
Required Reading

You will need to purchase the book *When Helping Hurts*, by Steve Corbett and Brian Fikkert. It is also available in French, *Quand aider fait du tort*, but only in the Kindle edition. You can order them through Amazon or The Book Depository. It's important that you read the book before the beginning of the program as we'll be studying and discussing this while in Costa Rica.



Recommended Reading

If you can, spend some time doing research on the history of Costa Rica, Latin American Culture, Globalization and Poverty, and the Catholic Church in Latin America.



Spanish-English Language Dictionary / Learning Spanish

If you want to bring a small phrase book, you can, but there are several apps available that can be downloaded onto your phone. Learning some basic Spanish would be helpful. Think about what you would say to other youth, or the kids we'll be working with at the camp and try to learn those phrases. We'll be going over some basic Spanish while in Costa Rica.



Cell Phones,

You can bring your cell phone if you use it as a camera, as your bible, have e-books on it, or a language app and Spanish-English dictionary. Wi-fi is available at the camp and in the guest house we'll be staying at while in San Jose. But, making an international call through your service provided will be very expensive. We will download photos each evening.



Pre-Orientation Day - Sunday May 21st, 2:00 - 9:00pm

Mark this date on your calendar and we'll see you at Camp IAWAH. Many of you will already be there for the first-year staff training weekend. We'll begin at 2pm and go into the evening. If you're coming from out of town, you're more than welcome to stay the night. We'll have breakfast together, and then all are invited to the community worship time. Pick-up time - for those not part of the first-year staff training - will be 11am. If you're not going to stay the night, pick-up time is 9pm on Sunday. There is no extra cost for this.



Adirondacks Pre-Trip Hike (Voluntary)

Wondering what it's like to hike in the mountains? Want an opportunity to break in those new hiking boots? We're offering a pre-trip hiking and camping weekend in the Adirondack High Peaks Region of Lake Placid NY. This wilderness reserve offers peaks of up to 5000ft. and is an excellent introduction to hiking steep grades. We'll leave on Friday June 2nd, after school and will return on Sunday June 4th in time for supper. Cost \$80. Must have passport and international medical insurance. Details to follow.



Payments

An initial non-refundable deposit should have been made already. A second non-refundable deposit of \$600 needs to be made by March 31st, 2017, so that flights can be purchased in early April. The remaining fees are due by June 15th, 2017.

Spending Money

You won't need much when there. The only chance you'll have to spend money will be in the town of Manuel Antonio - our day at the beach, and an afternoon in San Jose on the day before we leave. Please bring \$US cash. Canadian money will not be accepted and we won't be going to a bank to change funds.



Flights

Flights will be purchased early April. Your passport number, date of expiry, date of birth and full name are needed to complete the purchase. We will be flying Avianca to avoid travel through the US. Avianca flies direct to San Salvador, El Salvador where we have a short layover of about an hour before boarding our connecting flight to San Jose which is a just over an hour.



Our Itinerary (Subject to change)

Monday August 7th

Leave Toronto Pearson International 4:10pm

Arrive San Jose, Costa Rica 9:30pm - Stay the night in San Jose

Thursday August 24th

Leave San Jose, Costa Rica 5:40am

Leave Toronto Pearson International 2:45pm - Back to camp IAWAH

A Word about Water, Sun and Altitude Sickness

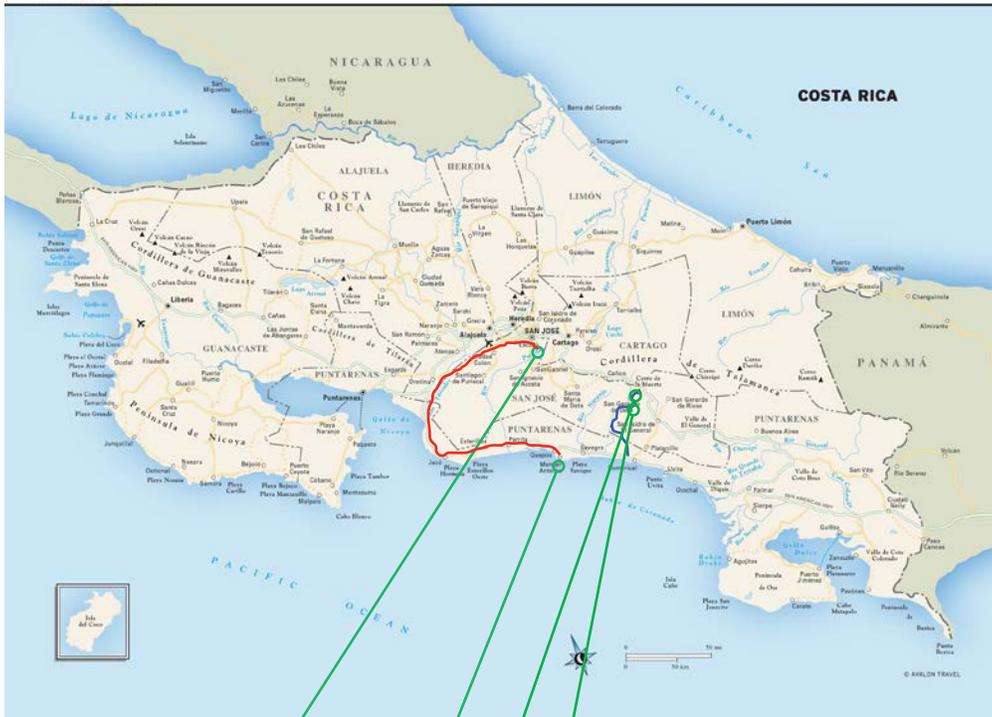
The camp is located at 2400m (8000ft.) You may feel that you can't sleep the first few nights, have a headache and a loss of appetite. These are normal symptoms of altitude, and they will pass after a few days. Our first day of the hike begins at 3450m (11,300ft), where you may feel nauseous - again because of the altitude. It effects everyone differently and most likely you won't feel any different except for a little out of breath when you decide to run. Best solution? Drink plenty of water and don't run!



The water at the camp comes from a mountain spring, is tested and perfectly safe to drink. In San Jose and at the beach, we'll drink bottled water. On the hike, we will use a water filter.

It's important you bring sunscreen for the beach as well as when at the camp and for the hike. A hat is strongly recommended.

Costa Rica



Fly into San Jose
Guest house is located in San Francisco de Dos Rios

Camp La Cumbre - San Gerardo de Dota
<http://lacumbredota.org/?lang=en>

Cerro de La Muerte (Buenavista) -Beginning of Hike

Hiking Route (in Blue)
(Cerro de La Muerte, San Gerardo de Dota, Providencia, La Chaqueta, El Brujo, come out at highway between Savegre and Dominical)

Playa Manuel Antonio - Finish Hike, Day at the beach

Route back to San Jose (in Red)

Emergency Contact

If, for some reason, you need to get in touch with your child during the trip, there are several options:

1. You can email: leadership@iawah.com
There will be a laptop where Ken will review emails every day when possible (not on hike)

2. Call the Camp La Cumbre Office in San Jose. A message will get to us.
011-506-2226-1314
(English Spoken)

3. Call Silenia Diaz
Director - La Cumbre
011-506-8839-2328

4. Efrain - Trip Leader
Cell phone with group at all times
011-506-8712-4507

4. In case of an emergency while we're on the hike, we can be contacted via camp IAWAH office. They can communicate with us through our InReach Satellite Communicator

WEATHER FOR THE MONTH OF AUGUST

We are in the rainy season so we can expect rain most days. Last year, we didn't get any rain while hiking - rain usually begins mid-afternoon, but we still need to be prepared for all kinds of weather

Average Rainfall for August: 225mm/day
Average number of days of Rain: 28

Average Temp at camp: 12-22C
Average Temp at Beach: 18-27C
Average Temp in San Jose: 13.5 - 25.5C



At the camp, and in town, we will have opportunity to do laundry, so please pack light. No need to bring any detergent – we will pick that up in San Jose.

Casual / comfortable clothes for town and travel

To avoid looking like tourists, no tank tops (men) or short shorts (women) Shorts are fine when at the camp and the beach, but in the town, cities and especially rural areas, no one wears shorts.

We will be attending a church service one Sunday, but the dress is very casual. Women do NOT need to wear a skirt. We want to avoid looking like the “traditional” gringo missionary.

2 - Pairs of pants for town and rural areas (jeans are just fine)

5 or 6 - T-shirts - mix of synthetic or cotton

1 – collared shirt (good for looking slightly dressier, without over doing it)

1 – Long sleeve light shirt - Synthetic is best

2 – Pairs of shorts

Socks – the number that you think you’ll need. Keep them light. Dry feet are very important when hiking

1 – Pair of decent everyday shoes – whatever you feel most comfortable in. Think of what you would use when walking around camp.

Pyjamas

Underwear

Warm clothing for cool nights

Remember, the camp is at 8000ft. and it can get quite cool at night. A light sweater, jacket or fleece is good. It’s best to layer your clothing, as temperatures can change quickly during the day. On the day we start our hike from the continental divide, we will be leaving very early in the morning.

The temps can be below zero, but it will warm up quickly as soon as the sun rises.

In addition to the clothing suggestions above:

1 – Light fleece or wool sweater

1 - Thin base layer. Mid to light-weight merino wool is best

A pair of thicker socks

Light wool hat and gloves

Hiking clothing (in addition to the suggestions above)

When looking for clothing for the hike, synthetic is the cheapest option that works well. Avoid cotton – too difficult to dry in tropical climates. The best (but also reflected in the price) is wool and silk. For example, I prefer to wear a light merino wool T-shirt. It will wick water away and you can wear it for days without it smelling. If you’re unsure about an article of clothing, bring it to orientation on May 21st, or send us an email.

REMEMBER

PASSPORT

Check expiry date

CONSENT TO TRAVEL AS A MINOR FORM

INTERNATIONAL MEDICAL INSURANCE

ORIENTATION DAY CAMP IAWAH MAY 21, 2017



The weather for the hike will be rainy and muddy. Guaranteed! But once we get to the rainy zones (the rain forest), it will be hot enough that you won't want to wear a rain jacket. Best to just hike in a T-shirt and shorts or quick-dry pants, and then change when we arrive to our overnight spot.

Your boots will be the most important piece of gear. You'll want something that has great ankle support, higher than a shoe, but not like an army boot. MEC has a huge range of very good options. Atmosphere or Trailhead are also good places to check out if you don't have a MEC store nearby. Think about what you can take in a 30-35L backpack. You will not be carrying your sleeping back on the hike. But in addition to your hiking boots, you'll want a pair of dry shoes or sandals to have at night. Therefore, your pack will basically consist of clothing for the hike, shoes, snacks, water, toiletries, headlamp and perhaps some reading material. (The shoes would be the same ones used when walking around town or at the camp)



1 – Pair of quick dry hiking pants

3 pairs of good hiking socks (Merino wool is great, but go what will be comfortable for you)

1 – pair of good hiking boots – this is essential!!! Make sure you've had time to wear them in. Doing a long hike on the first day of wearing a new pair of boots is never good.

1 – pair of waterproof gaiters (essential / gore-tex is best)

Light waterproof jacket

The shorts you use for the hike can be the same ones listed for the casual clothing.

Hat for the sun

Sunglasses

Beach Clothing (in addition to clothing mentioned above)

It will be hot during the day, so be prepared. Bathing suit, shorts and sandals are ideal. Evenings can cool off - a light long-sleeved shirt is advisable, but this will be the same that was listed under casual clothes. No need for a second one.

Sandals

Bathing Suit

Beach towel – this can be used as your normal towel when at camp and we'll just wash it. Please don't bring 2 towels.



HOW TO PACK / OTHER THINGS TO BRING

Once again, we need to think “light”. Therefore, any reading material should not be huge. Magazines are great for sharing and leaving behind.



- **A bible** is good, but not a super big study bible. Just put the Bible App on your phone if you bring that. *YouVersion* is excellent.
- **Journal / Note book.** You will be provided with one upon arrival
- **Toiletries** - deodorant, soap, small mirror (if you want), toothpaste, toothbrush, shaving items, hair items (shampoo, brush, comb), nail clippers.
- If you wear **contacts**, bring along a pair of prescription glasses in case you lose a lens.
- **Water bottle(s)** or 3L dromedary type bag - for the hike, you'll want to be carrying a min. 2L of water.
- Sleeping Bag - Not needed
- **Headlamp** and extra batteries
- **Camera** This is optional. I have a waterproof / shockproof camera that can be used by the whole group. We will also have a group GoPro.
- **Sunscreen** - at least #15, but 30 is recommended
- **Chapstick**
- **Insect repellent** – this is a must when working at the camp or doing any hiking in the mountains. You cannot bring aerosol on the plane. Therefore, it needs to be a pump spray or cream. An effective repellent that's not greasy and comes in a cream is Watkins.
- **Mosquito Net** - With the increase in mosquito carried diseases such as Zika and Dengue, it's best that you carry a mosquito net to sleep under at night. These can be picked up at an army surplus store, a camping store such as MEC or order online. They should be very light and small for travelling.
- **30 - 35L day pack** with ability to keep things dry.

If you already have a good pack, think about how you'll keep things dry inside. A drysack will work. If you're looking for something new, make sure the waist strap is comfortable, as this is where you carry the weight of the pack (not on your shoulders). A good waterproof option is the Raptor 35 by MEC

<http://www.mec.ca/product/5041-121/mec-raptor-35-dry-pack/?q=water-proof%2Bpack>



Another option is the Outdoor Research Dry Bag

https://www.outdoorresearch.ca/ca_en/drycomp-ridge-sack-ca.html

or

https://www.outdoorresearch.ca/ca_en/catalog/product/view/id/67525/

Camp IAWAH has a pro deal with Outdoor Research, which means we can order these for 1/2 price. Email if you want me to order for you.



- **Spanish/English dictionary** and/or Latin American phrase book for travelers (pocket size). You may want to share this with a few others on the trip. We really don't need 12 Spanish phrase books.
- **Money:** U.S. cash only – you won't need much. I suggest \$50 max, unless you have something specific in mind that you want to buy.
- **Passport and copy of Passport**
- **Portable games** – card games like Uno or Dutch Blitz or others. Again – talk to some of the others on the group so we don't end up with multiple copies of the same game.



What not to bring:

- Expensive jewelry (rings, watches, dangle earrings, long chains, etc.)
- An overabundance of items
- Expensive clothing that you do not want damaged.
- Snacks - we will purchase them ahead of time.



What Camp IAWAH provides

- All camping equipment for cooking
- Water purifier
- First Aid
- Satellite communication for emergencies
- Topo Maps
- Cell phone with local number for emergency contact
- Snacks





One of the aspects of a trip into a developing country which is likely to incite a great deal of discussion is just how much the team should try to “fit in”. This question has bearing on the clothes you will wear, the food you will eat, even the volume of your conversation! Here are some basic operational principles that will help you relate well to the Hondurans.

You are Guests.

When you are working at the camp or in the city, you are working at the invitation of a La Cumbre. Be as sensitive to your role as guest as you would be at your employer’s or teacher’s home for dinner. Try whatever food you are offered. Costa Rican food is really quite tasty.

You are coming primarily to learn, not to teach.

You will undoubtedly run across procedures that you feel are inefficient, or attitudes that you find closed-minded. Resist the temptation to inform you hosts “how we do things”. Ask yourself why the community operates that way: What is the benefit? Be open to learning that other methods and ideas may have merit that is not readily apparent to a foreigner’s eyes. Save your observations for team debrief time when the entire group can explore the causes and effects of the community’s idiosyncrasies.



You must respect the Costa Rican view of Christianity.

You may come from a Christian background that emphasizes obedience to Christ and adheres to a strong set of guidelines to define one’s faith. You may belong to a church that stresses freedom in Christ and is rather lax in its attitude towards behaviour. Whichever is the case; you will likely be confronted by a Christian community that has strong feelings one way or the other. It is important to recognize that Christianity has many faces throughout the world, and that one goal of our trip is to witness and experience faith lived out in a new setting. One of the keys to effective cross-cultural interaction is to identify those aspects of Christianity which transcend cultural trappings.



Personal preparation.

It will help you to read anything you can that explains the life and culture of Costa Rica. Be mentally prepared to enter another culture that has different language, food, housing arrangements, worship patterns, etc. You will experience many new things and at times, face problems in communication and cultural differences. Prepare yourself mentally and spiritually to be flexible! Remember that we have a mighty God who is bigger than these “difficulties”.



Spiritual Preparation:

- Pray that the Lord will prepare you for your time on the trip.
- Pray for harmony and unity between us and our hosts
- Share with others what you are doing and why.
- Come prepared to be a servant and to be ministered to.



People usually realize that there are some very basic differences between Latin Americans and North Americans. Obviously, the difference in dominant languages is one contrast. However, there is another area that is many times more important than this. It's called culture, and your ability to adapt yourself to culture has a great effect on your attitude and in turn what you gain from your experience. Your ability to perceive and respond differently to these cultural signals will mean the difference between a good experience and a bad one.

Friendships

Latins are very friendly people and easy to approach, although there are some differences in the way which they handle conflict in their relationships when they arise. A prime example is seen in how the two cultures view "truth". Latins tend to view truth as very relative; whereas, for the North American, "truth" is very foundational, especially for a good friendship. When a conflict arises between a North American and a Latin, the Latin will say anything he thinks that the other wants to hear in order to save the friendship. The North American, on the other hand, expects that the Latin will tell him the truth because it expresses the fidelity of the relationship.



Hence, when the North American finds out that he was not told the truth, he is offended. He will then typically go to the Latin to confront him. If you want to preserve a relationship with a Latin, the one thing that is never done is to confront him bluntly and embarrass him. He must always be "confronted" through a third party, be it a mutual friend or an authority figure. Only in the most serious of situations should a direct confrontation occur. Avoid them at all costs!



If a confrontation occurs and the Latin is the offended party, the relationship will usually end, leaving little hope of reconciliation. Among the upper classes, which tend to hold cultural values similar to North Americans, an honest confrontation is more likely to happen, and the air may be cleared somewhat. However, the relationship will then be a cordial one until there can be a long period of healing.

How do Latins Perceive North Americans

Eugene Nida, a noted Christian anthropologist, in his book *Understanding Latin Americans*, notes that the following things characterize a Latin's view of North Americans:

- They are predictably materialistic, self-centered, bland, flat, calculating. The idea that "time is money" is too prevalent. People are eternal, money is not.
- North Americans have less capacity to enjoy beauty and are less concerned for the spiritual dimension of life.
- They are impatient and they fail to relax.



- They are program-oriented instead of people-oriented.
- They are constantly striving for “success” regardless of the consequences to health and family

Latins tend to view North Americans as being indifferent and cold towards them. Thus, we should try to overcome this barrier. One good way to do this is to remember that Latins are more people-oriented and pamper their children. So, when you go into a home situation or where there are children or the elderly, be sure to give them lots of attention.

What do Latins Value Most

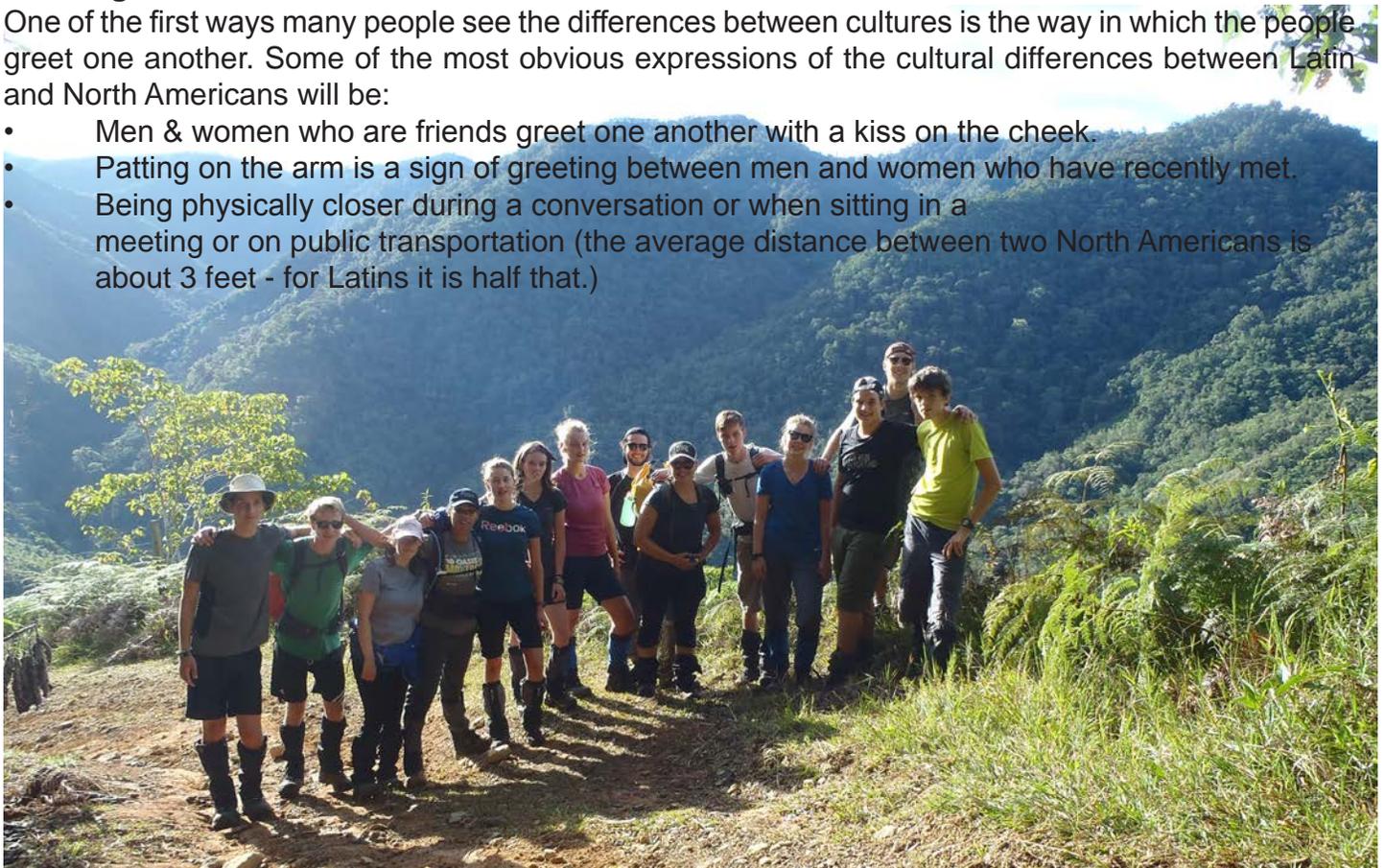
In rank of descending order, Latins value the following:

- Personal dignity
- Kinship ties
- Social position
- Materialism
- Spiritual values
- Freedom to express their emotions
- Fatalism/preoccupation with death
- To have a decent life
- Opposition to manual labour (from the theology of the Catholic church regarding work)

Greeting Customs

One of the first ways many people see the differences between cultures is the way in which the people greet one another. Some of the most obvious expressions of the cultural differences between Latin and North Americans will be:

- Men & women who are friends greet one another with a kiss on the cheek.
- Patting on the arm is a sign of greeting between men and women who have recently met.
- Being physically closer during a conversation or when sitting in a meeting or on public transportation (the average distance between two North Americans is about 3 feet - for Latins it is half that.)



Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
Arrival IAWAH 3:00PM Orientation	Leave for T.O. 9:00am	Leave for Camp La Cumbre	Leave 4:00am for Continental Divide Sunrise 5:00am	Activities Train- ing Day - La Cumbre	Prep for Kids Camp Kids Arrive 2:00pm	Work with La Cumbre Leader- ship Team running camp
Pack Sessions	Arrive San Jose 4:10pm Sleep - AMCA Guest House	Orientation Sessions Planning Sleep - La Cumbre	Breakfast on Mountain Top Hike to Camp- 9km Sleep - La Cumbre	Perspectives Sessions Sleep - La Cumbre	Work with La Cumbre Team Sleep - La Cumbre	Sleep - La Cumbre
Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
Continue with Camp Kids leave PM Clean-up Debrief Sleep - La Cum- bre	Waterfall Hike 8km Valley School Training Sessions Sleep - La Cum- bre	Hike - La Cumbre to Providencia Sleep - Provi- dencia	Hike - Provi- dencia to La Chaqueta Sleep - La Chaqueta	Hike - La Chaqueta to Pie- dras Blancas - Sugar Cane Pro- duction Piedras Blancas to El Brujo	Hike - El Brujo to the coast Head to Beach Sleep - Manuel Antonio. Hotel Mono Azul	Day of rest Explore Park Sleep - Manuel Antonio. Hotel Mono Azul
Sunday 10	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
To San Jose Church Service Sessions Sleep - AMCA	Visit and serve in Communities of the kids that we ran camp with Sleep - AMCA	Torchbearers Ministry Kzona Youth Ministry Sleep - AMCA	Visit and Serve - Flight Home Youth Detention Centre Final Evening Dinner out Sleep - AMCA	Airport for 3am To IAWAH Sleep -IAWAH	Debrief Sessions Closing Program Sleep - IAWAH	Pick-up 10:00am

