



COSTA RICA WEEKLY UPDATES

26 June 2023

States' 4-H International



¡Pura vida! We are excited to bring you the first week of updates from the Costa Rica Outbound program!

After the overnight departure orientation in Houston, TX, the group took a short flight to San Jose. There the Costa Rican IFYE staff met them at the airport and transported them to the orientation hotel. That first night, the youth stretched their legs on a local walking tour, danced at dinner, sampled the local cuisine, and even celebrated a participant birthday!

On the second day of the Costa Rican orientation, the group toured Poas Volcano National Park and La Paz Waterfall Garden - seeing their first sloth of the journey! After more orientation activities, it was time to rest up for host family introductions the next day.

While the youth were of course a bit nervous the following day, everyone was delighted to finally meet their host families in person! The families themselves were equally excited, being more than ready to invite their States' 4-H delegate into their lives. After introductions, the delegates headed off to their new home for the next 4 weeks.





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From spending time with their host family, practicing their Spanish skills, to exploring the nearby towns and scenery, every day has brought with it a new day of discoveries in Costa Rica!

The delegates have been doing an incredible job at connecting with their host families. Many of them have even attended the local schools with their host siblings. Some of the youth have said "the school food is so much better here!", "I hope we have school tomorrow because I made some new friends," and "I made a new friend and will go watch a movie with her." The delegates have expressed how welcome and at home they feel with their families.

Some other activities delegates have been doing with their host families include learning to salsa dance, roller skating, cooking, playing board games, going to the beach, hotspots, and visiting local marketplaces! They all look forward to more adventures - and language learning ahead!



Chaperones have also begun their weekly contact with each delegate, reaching out to see how the experience has been during the first few days. Everyone seems to be having a positive experience with their host family. We have been hearing things like ... "My host family is the best!" and "They are so kind. I love my host family!" Most of them have fun activities planned with their host families this first weekend. We are looking forward to hearing about all the exciting things they have done so far, and some of their plans ahead! Pura vida!

We hope you enjoyed taking a look into the exciting first week of the Costa Rica program! Make sure to follow along on Facebook as well to see more of the delegate's adventures.



States' 4-H Chaperones & Staff