



Going Global Exchange

COSTA RICA

4-H in Costa Rica

The Consejo Nacional de Clubes 4-S (CONAC 4-S) is an organization focused on developing children, youth, and rural adult women through productive projects that help the economic and social development of rural communities. CONAC 4-S develops projects based on the values of the 4-S principals: Salud (Health), Saber (Head), Sentimientos (Heart), and Servicio (Service) with the overall goal of 'overpassing the best' and 'learning by doing things'. In Costa Rica, CONAC 4-S works in high schools and communities on developing activities related to family farming, leadership, making decisions, climate change, and sustainable agriculture. Youth participate in community clean up campaigns, reforestation activities, and healthy living programs.



QUICK FACTS

Most farms are small-scale. Sustainable agricultural methods are becoming increasingly popular!

Costa Rica hasn't had an army since 1948!

Even though Costa Rica covers only 0.03% of the planet's surface, it is within the top 20 richest countries in biodiversity!

What to Expect

- Costa Ricans have a very relaxed attitude and way of being, expect delays and to be on 'Tico time' when travelling.
- Expect to eat dishes with beans, rice and plantains.
- Live with a 4-S family and share their cultures and traditions.
- Learn about entrepreneurship programs, and meet young people who manage their own companies.
- Visit the vibrant ecological and natural sites around Costa Rica.
- **Tip:** If interested in Costa Rica, commit to studying a bit of Spanish before traveling. You don't need it but you'll have a better time if you do. Many families have at least one member who speaks some English.

Read past GGE experiences!

- Elizabeth in Costa Rica (2016)
<http://elizabethfrocphotography.weebly.com/blog/costa-rica>



"All I have done this week is wake up at 5am, eat gallo pinto, and climb mountains . . . And I'm 110% okay with that."

Noel, Costa Rica, 2016

"Over 400 stairs later, we reached two gorgeous waterfalls. The water was a pale aqua blue, and slightly chilly. But that didn't stop us from jumping right in!"

Elizabeth, Costa Rica, 2016