

Costa Rica

Country Profile

4-H Canada's Going Global Exchanges



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 adults 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 principles: Salud (Health), Saber (Head), Sentimientos (Heart), and Servicio (Service). In Costa Rica, CONAC 4-S works in high school and communities in developing activities related to family, leadership, making decisions, climate change, and sustainable agriculture. Youth participate in community clean up campaigns, reforestation activities, and healthy living programs.



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

- Past exchange participant

What to Expect

Costa Ricans have a very relaxed attitude and way of being, so expect delays and to be on 'Tico Time' when travelling. Also expect to hear dishes with beans, rice and plantains!

You will have the opportunity to:

- 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: Commit to studying a bit of Spanish before travelling. 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.

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.

Learn more about 4-H Canada's Going Global Exchanges at 4-h-canada.ca/goingglobal.

