

Costa Rica

Departure Information

Monday, April 19

Come to Young Achievers by 10 am

Carpool Leaves YA for the Airport at 10:30 am

We will check in, go through security, eat lunch, and board the plane.

Arrival Information

Tuesday, April 27

We're scheduled to land in Boston at 5:40pm

Carpool leaves Logan Airport around 6:15pm

Expected Arrival at YA 6:45pm

CHECK THE STATUS OF OUR FLIGHTS:

Call Delta at 1-800-325-1999

Flight 414	Departs San Jose 7:10 am	Arrives Atlanta 1:25 pm
Flight 1862	Departs Atlanta 3:02 pm	Arrives Boston 5:40 pm

Questions?

Mr. Grymonpré 508-208-3741

Ms. Colón 617-842-2780

Carpool Drivers

Monday, April 19 from YA to Logan

Leaving YA at 10:30 am

Ana Lia Gramajo (6 passengers)

Cheryl Irenné (5 passengers)

Shirlee James (5 passengers)

Tuesday, April 27 from Logan to YA

Leaving Logan at around 6:15 pm

Mark Moro (6 passengers)

Rida Colón (3 passengers)

Elizabeth Sanchez (5 passengers)



Expect a Connect-Ed recorded phone message at approximately 7:30pm each night.

Phone contact list while in Costa Rica

USA Numbers:

Dominique Aubin (cell phone) 781 475 7741

YA Teachers: Our phones will be turned off in Costa Rica!! Use these only on 4/19 and 4/27.

Mr. Grymonpré 508-208-3741

Ms. Colón 617-842-2780

Costa Rica Numbers: **Call 011+506+eight-digit number**

CALL FIRST: O2 cell phone: 8712 0713

CALL SECOND: Dominique Aubin (see above)

CALL THIRD: Lalo Nietos (Our caretaker) 8897 4204

Other Numbers:

Rayner Arraya (Our biologist) 8836 4114

Famoca International (Bus Co. Pedro or other) 2236 0580 and 8360 3809

Colochos (Alberto Artavias) Airport transfer 8861 7920

Remember that the phones work only "most of the time" at the property. Leave messages if no one answers. We check for them frequently.

O2forlife.org

O2ForLifeEducation@rcn.org

Name _____

Costa Rica Trip

Packing List

Students will need to bring the following items with them to Costa Rica. EVERYTHING YOU BRING WILL GET DIRTY!! Our hikes take us through muddy terrain.

Pack these items in a backpack or a small duffel bag. We will try to carry on your luggage instead of checking it on the plane.

Give to a Teacher at the Airport:

- Passport (and one of your two copies)
- All Medication

Required:

- sneakers (that can get dirty)
- flip flops (or other shoes for shower and/or in the house)
- light weight rain jacket with hood
- reusable water bottle
- small flashlight
- (one piece) bathing suit
- hat or visor
- 1 beach towel
- socks
- 3-4 pair quick drying shorts
- 10 quick drying short sleeved shirts
- 1 long sleeved shirt
- 1 pair quick drying long pants
- Underwear (bring a couple extra)
- pajamas
- journal and pen/pencil
- toothbrush and container
- deodorant
- comb/brush
- feminine products
- ziplock sandwich bags
- 2-gallon ziplock bags (to pack in)
- Books to read on plane/bus/boat

MORE ON BACK

Optional:

- sturdy sandals that can get wet (like Tevas, Chacos or even Crocs)
- washcloth/ shower poof
- body lotion (very important—**unscented** so it doesn't attract insects)
- disposable camera
- ipod (only during travel days)
- Magazines or game books for on the plane/bus

DO NOT BRING: (We will pack these for the group)

- Bug Spray (we'll pack this)
- Sunscreen (we'll pack this)
- Soap (we'll pack this)
- Shampoo/conditioner (we'll pack this)
- Toothpaste (we'll pack this)
- Aloe Vera (we'll pack this)
- Umbrellas—prohibited at airport
- Knife
- Perfumes or lotions that smell
- Boots
- Binoculars

YA Costa Rica Group

Please bring your passport to family conferences to leave with us
(in a safe)

or bring it in on Monday & hand it to Mr. Grymonpré

We will keep it in a secure location, bring it on the trip,
and return it when we get back.

Questions?

Mr. Grymonpré 508-208-3741

Ms. Colón 617-842-2780

Young Achievers Costa Rica Trip

April 19-27, 2010

Summary: 10 students and 2 YA teachers will travel to a wildlife preserve in Costa Rica to make daily hikes and expeditions into the rainforest over April vacation.

Number of Students: We invited 11 students (and eventually two alternates), and we have 10 students who will be attending.

Chaperones: Kris Grymonpré (Grade 7 Math/Science) & Cinthia Colón (Grade 5). At O2 for Life preserve, staff biologists will also supervise and lead activities.

Air Transportation: DELTA

April 19	Flight 1863	Departs Boston 1:30 pm	Arrives Atlanta 4:18 pm
	Flight 413	Departs Atlanta 6:51 pm	Arrives San Jose 8:50 pm
April 27	Flight 414	Departs San Jose 7:10 am	Arrives Atlanta 1:25 pm
	Flight 1862	Departs Atlanta 3:02 pm	Arrives Boston 5:40 pm

Additional Transportation: Students will carpool to and from Logan Airport. In Costa Rica, O2 for Life is arranging for bus and boat transportation between airport and their reserve.

O2 for Life: O2 for Life is a non-profit organization whose land lies in the Golfo Dulce by the Osa Peninsula in the southern Pacific coast of Costa Rica. See attachment for description of organization and long, established history of working with Boston-area middle school students in Costa Rica. Our contact person is Dominique Aubin.

Medical: Kris Grymonpré is trained in CPR and First Aid. We will follow the guidelines of O2 for Life when on their preserve. At all times, we will have a first aid kit and a cell phone. Before the trip, we will require medical forms that will be checked over by our school nurse.

Immunizations: It is recommended that students be immunized with Hepatitis A before traveling.

Funding: We have received a grant from an outside source for \$3,000 as well as a contribution from O2 for Life. We have asked families for a contribution of \$200 and will also fundraise throughout the school year.

Preparation: From January through April, students will meet at least one hour per week to prepare for the trip, study Costa Rica and the rainforest ecosystem, and plan fundraisers. Before going, each student will complete a research project on a specific rainforest creature and its adaptations.

Safety: Trained, experienced biologists who speak English will be leading every activity in Costa Rica. Cynthia Colón speaks fluent Spanish. We will carry all family contact information with us and leave copies with the Young Achievers office. We will register our travel with the US State Department.

Follow-Up: Students will make presentations to classmates and faculty. Because our goal is to repeat this trip annually, we will focus on presenting to lower grades and linking our travel to their curricula.

Rooming: Boys and girls will sleep in separate rooms. Chaperones will room with the students and have separate bathrooms.

Family Contact: Each night, we will record and send out a message via the Connect Ed system. We will make a cell phone available to students feeling homesick. We will also be available via cell phone in case of emergency. We have had and will continue to have family informational sessions with parents both before and after the trip.

Passports: Chaperones and students need valid US passports. Please make two copies of the inside cover of your passport—one for us to take on the trip and one to keep at home—in case the passport goes missing.

Learning Targets:

- I can list the features of a rainforest ecosystem.
- I can explain the physical and behavioral adaptations of an animal in the rainforest.
- I can explain the physical adaptations of a plant in the rainforest.
- I can make scientific observations and draw a scientific diagram of a specific plant or animal in the rainforest.
- I can explain why many animals may go extinct if the rainforest habitat is destroyed.
- I can experience a new and different culture.
- I can keep a journal of my thoughts and experiences during this trip.
- I can survive without access to video games, cell phones, or television for a week.

List of Participants:

- Kris Grymonpré (teacher)
- Cinthia Colón (teacher)
 - Mark Cardwell
 - Nelisha Carrasquillo
 - Raymond Dolison
 - Yadarys Familia
 - Anthony Henderson
 - Antwonette Irenné
 - Ramsey Jean-Baptiste
 - Emmanuel Rojas
 - Antonio Santana
 - Tiffany Winn-James

Itinerary:

- Monday, April 19
 - Family carpool from Young Achievers to airport
 - Be at YA by 10 am
 - Leaving at 10:30 am
 - Fly from Boston to Costa Rica
 - Flight 1863 from Boston (1:30 pm) to Atlanta (4:18 pm)
 - Dinner in Atlanta
 - Flight 413 from Atlanta (6:51 pm) to San José (8:50 pm)
 - Snacks on the plane
 - Go through Customs
 - Private bus to hotel outside San Jose, Costa Rica
 - El Sestio Aparthotel
- Tuesday, April 20
 - Check out of hotel
 - 6-hour bus ride towards Osa region
 - 45-minute boat ride to cabin
 - Orientation
 - Journaling
- Wednesday, April 21 through Sunday, April 25
 - Hikes through rainforest
 - Set up motion-activated trail cameras
 - Find and open coconuts to help cook dinner
 - Journaling
 - Kayak through mangrove forest at high tide
 - Hike through mangrove forest at low tide
 - Study rainforest plants and animals
 - Case study on leaf-cutting ants
 - Swimming on beach and in pools at the bottom of waterfalls
 - Check trail cameras
- Monday, April 26
 - Boat ride to bus
 - 6-hour bus ride to hotel outside San Jose
 - Journaling
- Tuesday, April 27
 - Bus to airport
 - Fly back to Boston
 - Flight 414 from San José (7:10 am) to Atlanta (1:25 pm)
 - Lunch in Atlanta
 - Flight 1862 from Atlanta (3:02 pm) to Boston (5:40 pm)
 - Parent carpool from airport back to school
 - Leaving airport at 6:15 and arriving at YA around 6:45 pm
 - Students will not have eaten dinner when you see them!
- Wednesday, April 28
 - Back to School!

Funding:

- Total Budget: \$10,000
 - \$3,000 from Gilman Trust Grant
 - \$1,000 from O2 for Life Foundation
 - \$1,500 from Young Achievers
 - \$2,500 from family & chaperone contributions
 - \$2,000 from fundraising

Please help us continue to fundraise at
<http://www.magfundraising.com/YACostaRicaTrip>

Spread the word by asking friends, co-workers, neighbors, and relatives to help out!