



Sustainability and Spanish Immersive Experience

15 day Agenda

 UWC COSTA RICA



Visibility & Access



Increase visibility of the UWC Costa Rica mission and facilitate access to educational experiences for more youth in Costa Rica and other countries.

Outreach & Innovation

Mission: To become a hub of educational innovation and social transformation.

A Hub: Leading partners in bringing together global alliances.

Scale our Impact



A global impact academy that promotes positive change in sustainability, social justice and peace. Challenge the global educational and learning communities to conceive new realities.

Financial Sustainability & Scholarships Program



Leverage financial stability for UWC Costa Rica.

Sustainability and Spanish Immersive Experience

The 360° Sustainability Experience Immersive Residency is a 14 day, bilingual program for all ages and audiences. It was specifically created for learning or volunteering groups that wish to have an experience abroad and are excited about Sustainability and Costa Rica.

By the end of this program participants will:

- Be immersed in a Sensory Experience
- Reflect about their own personal relationship to nature
- Become an ambassador of sustainability

This project will work with different key concepts related to sustainability as promoted by the UWC Costa Rica. We will generate actions inspired by the Sustainability Principles (SPs):



Care



Nature



Education



Impact
& Economy



Reciprocity
& Continuity



Community
& Diversity



Social Justice
& Governance



Responsible Use
& Resources

Building Blocks Methodology

There are 5 building blocks that work as the main components of the program's content.

Daily Rhythms: Help us integrate our overarching philosophical framework into the everyday rhythm of the residency over time.

Discussion Themes: Are the core themes we want to learn about, knowledge that helps us frame activities and conversations.

Immersive Experiences: Are the activities that put the action into an experiential cycle of the different themes.

Reflections: No learning is complete without internalization and contemplation of the information, experiences and action.

Community Compilations: Is the recording, in various formats and styles, of our experiences in order to share it



Activities are structured around 3 main areas/components:



Community engagement through sustainability experiences

Throughout our stay in San Isidro, all of our activities and food suppliers are centered around local agents within the San Isidro community with whom we are interested in fostering long-term relationships of mutual benefit. **We will be learning about local initiatives linked to sustainability, conservation and regenerative production.**

Biodiversity and Conservation

We will be identifying different ecosystems and species that live next door to the campus in San Isidro. We will learn about conservation, wildlife protection and environmental management. This component includes a visit to the Toucan Rescue Ranch, a visit to the Braulio Carrillo National Park, and walks in the forest trail in the San Isidro campus.

Life cycles: Organic production, biofertilizers and composting

Using microorganisms taken from the forest, we will create organic fertilizers (non chemical) which will be applied to the orchard where we will be planting vegetables and learning about organic farming. This component includes a planting activity in the orchard in alliance with the Ministry of Agriculture, a visit to the Composting Plant in San Isidro and a visit to a local farm, (member of the CAZ), called Pinar del Río to learn about their farming practices and products

Learning outcomes

- + Learn about local ecology in the San Isidro campus
Understand processes of reciprocity, care and interconnection.
- + Foment stewardship role we have (from the UWC Costa Rica) to the nature we cohabit in and with our neighboring communities.
- + Apply ethics of care and responsibility.
- + Connection with nature and bio-sensitivity through being in nature - foment sense of being part of a community of life.
- + Develop a sense of community through familiarizing with neighbors, spaces, businesses and projects in San Isidro, as well as with our “inner community” sharing a space during this week.
- + Learn about life cycles of organic planting, consumption and decomposition
Generate Action Plan with projects and activities related to sustainability in the Santa Ana campus and/or with the San Isidro community.



Applied skills:

- + Systemic/complex, creative, abstract thinking
- + Bio-sensitivity
- + Ambiguity management
- + Cooperative learning
- + Dialogue and efficient communication
- + Collective reflection
- + Learning through doing



Daily schedule



7:00 am: Breakfast

12:00 pm: Lunch

6:00 pm: Dinner



Morning



Afternoon

Day 1:



Arrivals and Introductions



Arrivals and Introductions

Day 2:



Intro Session and review Itinerary Icebreaker Sessions
A Walk in San Isidro Community (grocery shopping
and Farmer's Market Visit)



One on One Sessions



Day 3:



8:00 am Sustainability Program
Immersive Experience Agenda (4 hours)
12:00 pm Lunch



2:00 pm Spanish Lessons by Intensa or group activity
6:00 pm Dinner



Day 4:



7:00 am Breakfast

8:00 am Sustainability Program

Immersive Experience Agenda- Walk on nature trails

12:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

7:30 pm Bonfire

Day 5:

7:00 am Breakfast

8:00 am Departure for Nacientes Palmichal - Ciudad Colón



9:00 am Tour of the farm, biodigester, worm composting, trails and environmental lecture

12:00 pm Typical Lunch at Nacientes Palmichal



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner



Day 6:



7:00 am Breakfast

8:00 am Sustainability Program
Immersive Experience Agenda (4 hours)

12:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

Day 7, 8, 9: Trip



Iniciativa “Conociendo Costa Rica Program”

Trip to (Choose one)

- Monteverde
- Arenal
- Jacó

Any destination includes 2 tourist activities.



Day 10:



7:00 am Breakfast

8:00 am Sustainability Program

Immersive Experience Agenda at Pinar del Rio Farm

12:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

Day 11:



7:00 am Breakfast

8:00 am Sustainability Program

Immersive Experience Agenda (4 hours)

12:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

Day 12:

7:00 am Breakfast

8:00 am Visit to **Braulio Carrillo National Park**

This National park, one of the largest protected areas in Costa Rica with 50.000 hectares, neighbors the San Isidro property. However, we'll be entering through its main entrance about 40 min away approx., so we'll be taking the bus. Once there, we'll walk through the trails in the rainforest and catch some beautiful views.

1:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

Day 13:



7:00 am Breakfast

8:00 am Sustainability Program
Immersive Experience Agenda (4 hours)

12:00 pm Lunch



2:00pm Spanish Lessons by Intensa or group activity

6:00pm Dinner

Day 14:



Farewell Activity UWC - Day Trip to Volcán Irazú



2:00 pm Spanish Lessons by Intensa or group activity

6:00 pm Farewell Activity

Day 15:



Departures



Departures

*Activities and schedules are subject to last-minute changes due to weather, health protocols or unforeseen issues... so let's be adaptable!

What to expect...

- Varying weather (hot / cold / rain / wind)
- Getting dirty and possibly wet
- Close quarters / Tight sleeping spaces (3 showers, 4 bathrooms)
- Hiking / Walking
- Mindfulness exercises in nature
- Collaborating with daily chores: serving food, clean-up and sleeping setup
- Research and preparing to create an Action Plan

Apply...

- Adaptability & flexibility
- Collaborative spirit
- Care for yourself, others and our shared spaces
- Respect
- Empathy
- Mindfulness

Checklist

- + Water bottle
- + Sunscreen
- + Insect repellent
- + Comfortable clothes for working and hiking (quickdry, or waterproof if you have it, clothes you're okay with getting dirty or wet)
 - + Jacket
 - + Sweaters (remember San Isidro gets cold in the evenings!)
 - + Socks
 - + Pants
 - + Pijamas
- + 2 pairs of comfortable shoes (in case one gets wet)
- + Hat
- + Day pack or small bag for Day Trips (optional)
Toiletries and any personal items you might need





Connect with us

UWC Costa Rica



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