



EXPERIENTIAL LEARNING

OPPORTUNITIES





EXPERIENTIAL LEARNING

at the International Center for Development Studies



The International Center for Development Studies (ICDS) is a non-governmental organization, based in Costa Rica, that contributes to sustainable development by facilitating interdisciplinary knowledge and providing the necessary tools to empower its students as responsible global citizens.

As part of its study abroad programs, ICDS offers students the opportunity to enrich their education with service-learning and community work, as well as internships and co-op possibilities for students who would like to stay after an academic program, or who want to come to Costa Rica for a semester or summer to intern.

HANDS-ON EXPERIENCE

Community work and internships give ICDS' students the opportunity to put in practice what they learn in the classroom, use their Spanish skills, be involved with leading practitioners in the field, and contribute to the efforts towards sustainable human development in Costa Rica.

Following is a brief description of the fields and organizations that provide ICDS' students with community work opportunities.



HUMAN DEVELOPMENT



LA COMETA

Focus: Women and Children

Location: Tirrases, Curridabat, San José

Community center run by the Municipality of Curridabat. Most of the population they work with are low income, migrant women and children.

Mission: La Cometa offers the community a meeting place and training through educational and cultural activities; this center aims to foster the integral growth of vulnerable population in the area.

Vision: Being the center of education for freedom, recognized by the community, that generates people awareness of their human dignity. Capable of contributing with the responsible transformation of their environment.

Programs: Tutorships for middle and high school students, free continuing education courses, art courses, open education for adults looking to finish high school.

Volunteer experience: La Cometa works with different organizations such as Universidad de Costa Rica, Universidad Nacional, and other stakeholders to provide their services.

Student profile:

- Basic Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting
- Ability to plan and work independently

Possible assignments:

- Plan and deliver English classes / workshops
- Maintenance of the educational orchard



CECUDI

Focus: Children

Location: Santa Marta,
Montes de Oca, San José

Managed by the Municipality of Montes de Oca; CECUDI is a system of care and integral development for children under the age of 6, whose families qualify as low income. The NGO develops different educational projects like orchards, bilingual education, and nutrition.

Volunteer experience: They receive volunteers from different international organizations like AFS to participate in their daily activities.

Student profile:

- Basic Spanish speaker
- Enjoys working with kids
- Enjoys physical and agricultural labor
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting.

Extra qualifications:

- Basic experience on agriculture or urban gardens
- Ability to plan creative activities that engaged children

Possible assignments:

- Maintaining the education orchard/urban garden.
- Plan and deliver educational activities for kids such as workshops, English vocabulary and the development of fine and gross motor skills



CDI

Focus: Vulnerable populations.

Location: Barrio México, San José.

It helps vulnerable populations develop necessary work skills through education and technical workshops. CDI is part of a local Christian Church who seeks to promote the love of Jesus through their community services. The learning opportunities they offer include: music lessons, English, quilting, computer skills, high school equivalency diploma, and dance classes among others. CDI is a non-discriminatory organization that is open to people of all ages, personalities, sexual orientation, or religion.

Volunteer experience: They receive any individual that wants to help as a volunteer and University students looking to do their college community work. Different local educational institutions also collaborate in the execution of different programs.

Student profile:

- Basic Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic teaching experience
- Basic experience on tutoring
- Basic experience working with Latin American population
- Basic experience on assisting, developing or executing workshops
- Be creative (develop interesting activities for learning or practicing languages)

Possible assignments:

- Plan and deliver English Clubs or workshops

IGLESIA LUTERANA

Focus: Vulnerable populations.

Location: Barrio México, San José.

The Iglesia Luterana is associated with the German Mission EineWelt (a Lutheran Mission) to fund the Migration and Sustainable Entrepreneurship project. The project focuses on young men, women, and families that, through their workshops, acquire tools for self-development as well as competencies to foster social and economical entrepreneurship activities aimed to benefit their community.

Mission: To provide opportunities for the population of La Carpio, through alternatives of self-employment and technical training.

Vision: Implementing sustainable activities in the Community of La Carpio to boost the organizational, artistic, technical, educational, and sports skills of the population.

Volunteer experience: As part of the German Mission, they receive volunteer students mainly from Germany but are open to accept volunteers from other latitudes.

Student profile:

- Intermediate to advanced Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and

situations

- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic experience on social project management
- Basic experience on communal development – business development
- Basic experience on assisting, developing or executing workshops.

Possible assignments:

- Look for alliances with local and international organizations that foster social and economic entrepreneurship.
- Create a data base with people at a national level in charge of social and economic entrepreneurship.
- Look for financial help through international cooperation, fundraising
- Train different techniques for entrepreneurship
- Plan workshops on subjects such as English, computer, and other skills.



NUESTROS JOVENES YA SON
CIUDADANOS CAPACES DE PROVOCAR
CAMBIOS EN SU ENTORNO
Y A TODOS
CON LOS QUE ELLOS SE RELACIONEN





FUNDAFUT

Focus: Down syndrome population

Location: Tibás, San José

Fundación el Futuro es de Todos (Fundafut) works mostly with Down syndrome population over 21 years of age. The main objective of the organization is to provide education and everyday life skills to their students so they can become as independent as possible.

Mission: To improve the quality of life of people with Down syndrome facilitating the maximum well-being, self-determination, personal development, respect, and dignity.

Vision: That people with Down syndrome integrate fully into society as active subjects, on equal terms with the rest of the population.

Volunteer experience: Students looking for organizations to do their college community work and educational institutions are involved in the execution of different programs as language therapy, art, cooking lessons, basic math, history and others.

Student profile:

- Intermediate to advanced Spanish speaker
- Proactive and patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Experience working with people with mental disabilities

Possible assignments:

- Participate in the daily educational activities
- Plan and deliver short English lessons





AGECO

Focus: Senior Adults

Location: Barrio Escalante, San José

Non-governmental organization whose main objective is to give and improve senior citizens way of living. They develop different types of workshops focused on music, swimming, languages, among others. They also provide legal support and training to the public regarding senior citizens matters.

Mission: non-governmental organization that works in the promotion of active aging; it foments spaces of social participation, the exercise of citizenship and respect for senior adults' human rights.

Vision: To remain as the leading organization in the promotion of active aging and services to achieve a Costa Rica without age discrimination, where senior adults exercise their rights, assume an autonomous existence, in an healthy way, and with opportunities for their personal development.

Volunteer experience: Students looking for organizations to do their college community work and educational institutions are involved in the execution of different programs as swimming, English, music, art and exercises.

Student profile:

- Intermediate to advanced Spanish speaker
- Proactive and patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Experience working with senior adults.

Possible assignments:

- Plan and deliver English workshops
- Plan and deliver workshops on different subjects such as art, dancing and music.

PROIN

Focus: Population with intellectual disabilities

Location: San Pedro, San José

this is a University of Costa Rica's project that provides people with intellectual disabilities the opportunity to experience college education.

Mission: Offer to the population with intellectual disabilities spaces of active participation in a university environment, in order to promote better quality of life, greater educational and learning opportunities, through free courses and integration in the university environment.

Vision: Being an option for adults with intellectual disabilities who completed high school education.

Volunteer experience: Teachers from the different programs are volunteers and also have community work students from UCR as assistants.

Student profile:

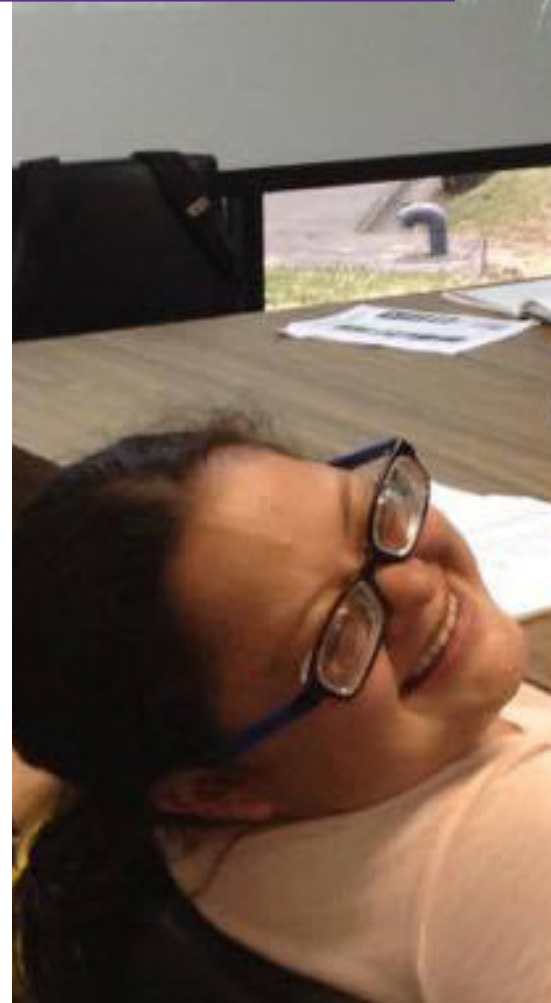
- Intermediate to advanced Spanish speaker
- Proactive and patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Experience working with people with mental disabilities

Possible assignments:

- Plan and deliver English workshops
- Plan and deliver workshops on different subjects such as art, dancing and music.
-
- Plan and deliver short English lessons





MANOS AMIGAS

Focus: Population at risk

Location: Paseo Colón, San José

Manos amigas works in different types of projects involving population at risk; from women in jail to homeless people. As part of their projects they run a day care funded by a governmental institution where kids under the age of 7 can receive proper attention while their families are working.



Mission: Extend a helping hand to those who live in abandonment, poverty and addiction, regardless of their condition. Let them know and feel that they are not alone.

Volunteer experience: They receive students from different international organizations like AFS and ICDS to participate on daily activities.

Student profile:

- Basic Spanish speaker
- Enjoys working with kids
- Proactive and patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Ability to plan creative activities that engaged children
- Experience working with kids under 7

Possible assignments:

- Participated in the daily educational activities
- Plan and deliver educational activities for kids such as workshops, English vocabulary, fine and gross motor skills.

CENTRO DIBÁ

Focus: Population with mental disabilities.

Location: Salitrillos, San José

Centro Dibá works as a daycare for people with mental disabilities over the age of 21, giving a chance to their parents to work knowing their kids are safe.



Mission: Our work focuses on offering physical and occupational therapies, individual care, and support for homes. The center serves adult people with different capacities, basically trying to fill the gap of attention left after their formal education, offering a safe and loving environment.

Vision: students become self-confident and independent to improve their and their families' quality of life.

Volunteer experience: Students looking for organizations to do their college community work are welcome and educational institutions are involved in the execution of different therapies.

Student profile:

- Intermediate to advanced Spanish speaker

- Proactive and patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Experience working with people with mental disabilities.

Possible assignments:

Work under the instructions of Diba's staff and assist with:

- Swimming lessons
- Daily walks
- Art projects for motor skills
- Interactions – social skills



SIFAIS

Focus: social integration

Location: La Carpio, San José

SIFAIS is a private non-profitable project that promotes self-advancement and social integration through the teaching and learning of art, sports and trades.



Mission: SIFAIS is a space where social transformation occurs; it is a two way street that transforms apathy into hope, and hope into real, tangible opportunities for those who give and for those who receive.

This is achieved through a process that:

- Begins with high quality, permanent, artistic, educational and athletic programs, taught by volunteers.
- Continues with the improvement of the community surroundings through the coordinated participation of the private sector, the public sector and civil society
- It's complemented by an ongoing communications campaign that promotes social awareness and solidarity leading to commitment and action.

Vision: SIFAIS seeks to create a domino effect of social transformation, proposing this system as an effective, adaptable and self-sufficient model that permanently provides the inspiration and actions required to promote the social entrepreneurship at all levels required to heal and regenerate the social tissue.

Our ideal goal is to turn volunteerism into part of our national culture, and help Costa Ricans realize the enormous personal, social and competitive opportunities that can be unleashed if everyone were to volunteer 3 hours a week to a cause of their choosing.

Volunteer experience: Students looking for organizations to do their college community work are welcome and educational institutions are involved in the execution of different programs and workshops.

Student profile:

- Basic Spanish speaker
- Proactive

- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic teaching experience
- Basic experience on tutoring
- Basic experience working with Latin American population
- Basic experience on assisting, developing or executing workshops
- Be creative (develop interesting activities for learning or practicing languages)

Possible assignments:

- Plan and deliver English Clubs or workshops



HOGAR DE MARIA

Focus: Children

Location: Montes de Oca, San José

Hogar de Maria is a public foster home for kids that PANI (Costa Rican leading institution for children) determinates that are in risk with their families. Hogar de Maria is a transitory place for kids while their legal situation is solved and/or their families fulfill the requirements to get them back.

Volunteer experience: Students from different organization looking to fulfill their community work are welcome to participate.

Student profile:

- Basic Spanish speaker
- Enjoys working with kids
- Proactive and patient
- Assertive when communicating with people

- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Ability to plan creative activities that engaged children
- Experience working with kids from difficult backgrounds

Possible assignments:

- Participated in the daily educational activities
- Plan and deliver educational activities for kids such as workshops, English vocabulary, fine and gross motor skills



ARDILLITAS FELICES

Focus: Children

Location: Guadalupe, San José.

Ardillitas Felices is a center for integral development of children from 0 to 12 years old. Is a semiprivate institution that allows families to work while their kids are receiving the proper attention, education and alimentation.

- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Ability to plan creative activities that engaged children
- Experience working with kids

Possible assignments:

- Participate in the daily educational activities
- Plan and deliver educational activities for kids such as workshops, English vocabulary, fine and gross motor skills.

Volunteer experience: Students from different organization looking to fulfill their community work are welcome to participate.

Student profile:

- Basic Spanish speaker
- Enjoys working with kids
- Proactive and patient
- Assertive when communicating with people

ADRA

Focus: Human Development
Location: Barrio México, San José

The Adventist Development and Relief Agency (ADRA) is the worldwide humanitarian branch of the Seventh-day Adventist Church. It operates in five main activities: food security, economic development, first aid, disaster and disaster response and basic education.

Mission: According to the teachings given by Jesus Christ, ADRA believes that human beings have the right to a dignified life and to develop their social, moral and intellectual possibilities.

Volunteer experience: Students looking for organizations to do their college community work are welcome and educational institutions are involved in the execution of different programs and workshops.

Student profile:

- Basic Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic teaching experience
- Basic experience on tutoring
- Basic experience working with Latin American population
- Basic experience on assisting, developing or executing workshops
- Be creative (develop interesting activities for learning or practicing languages)

Possible assignments:

- Plan and deliver English Clubs or workshops

LA SALA

Focus: Sex workers

Location: San José,
Downtown

La Sala is an organization that seeks to improve the living conditions of sex workers and former sex workers. They give advice for police abuse, family violence, evictions, addictions, procedures in public institutions, health, and support in the search for alternative work, STI and HIV / AIDS, maternity, relationship and sexual orientation.

Mission: Non-governmental organization of sex workers that seeks to improve the quality of this population that lives in Costa Rica, through the promotion of their rights, recognition of their work and their empowerment.

Volunteer experience: Students from different organizations looking to fulfill their community work are welcome to participate.

Student profile:

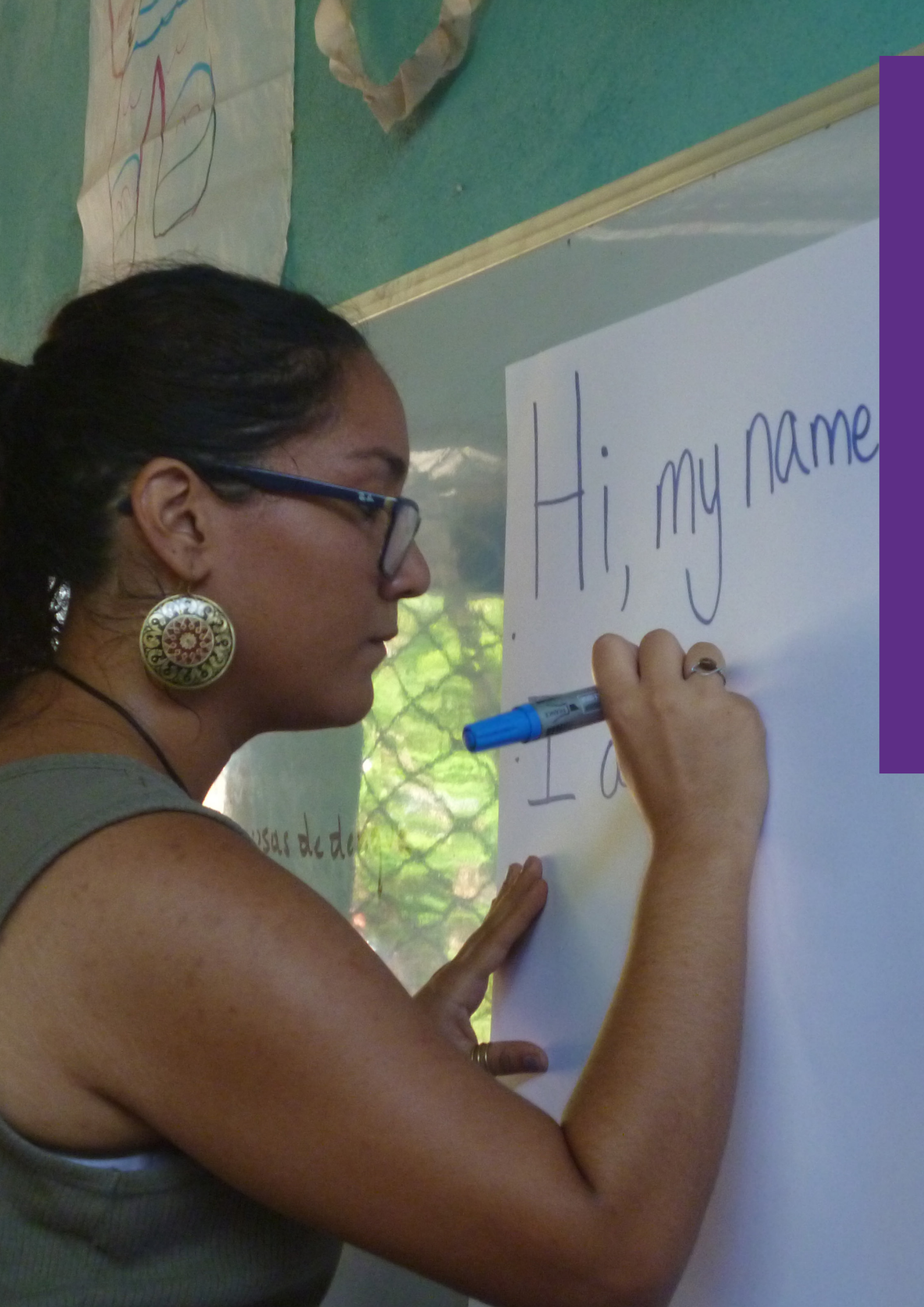
- Advance Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and hard situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Ability to plan creative activities that engaged women
- Experience working with women from difficult backgrounds

Possible assignments:

- Participated in daily activities
- Plan and deliver educational activities for women such as workshops, English vocabulary, and other skills.



Hi, my name

I a

usas de de

EL NIÑO Y LA BOLA

Focus: Young People

Location: Triangulo de la solidaridad, San José.

Is an organization that is currently recognized in Costa Rica as a Foundation for the Integral Development of Young People (FUNDADEJO). They work in slums / communities at social risk. Their job is to offer support to young people at all levels of society, in their formation, development and involvement of their environment like their community and their families to provide a more integral development.

The belief of BWAB is that young people and families that develop well - in a healthy and integral way - will begin to transform their neighborhoods, starting a movement locally until they can transform their city.

Mission: El Niño and La Bola / FUNDADEJO is a youth, family and community development organization that works to build teams that dynamically impact youth in the cities of the world through: - Reaching youth and their families from their own neighborhoods - Lead them to mentoring relationships one by one and to small groups - Give them the tools they need to become leaders - Build communities from and around them. Once they are prepared, let them improve the world.

Volunteer experience: Students looking for organizations to do their college community work are welcome and educational institutions

are involved in the execution of different programs and workshops.

Student profile:

- Advance Spanish speaker
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and hard situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic teaching experience
- Basic experience on tutoring
- Basic experience working with Latin American population
- Basic experience on assisting, developing or executing workshops
- Be creative (develop interesting activities for learning or practicing languages)

Possible assignments:

- Plan and deliver English Clubs or workshops

ENVIRONN



MENT

ECOLOGICAL PARK ITARÄR

Location: Moravia,
San José

Itarär was founded in 2005 and covers an area of 5,000 square meters. It was created to raise the awareness among students of the responsibility they have to protect the environment and the need to exercise it as a way of life. It consists of a series of educational projects focused on conservation and sustainable development. Itarär, in the Bribri dialect, means grow or growing.

Mission: To provide a space for knowledge, education, conservation, and sustainable development in the area of Moravia.

Vision: To be an ecological park committed to environmental education, protection, and regeneration of forestry in an urban area.

Volunteer experience: Itarär accepts volunteers that help with the maintenance of the park, deliver workshops and assist with its weekly organic fair.

Student profile:

- Basic Spanish speaker
- Enjoys physical and agricultural work
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic experience on agriculture or urban gardens
- Ability to plan and work independently

Possible assignments:

Work under the instruction of park employees on different permaculture projects:

- Weeding
- Composting, planting and harvesting
- Preparing beds for planting
- Managing pests at butterfly garden



MVM

Location: San José

MVM is a simple and versatile initiative that works with nature in a lot of areas, adapting to different situations and with many benefits. The project began in 2010 driven by creative and daring minds seeking a more active, healthy and fair world.

Mission: Sharing and applying ethical solutions for global regeneration.

Vision: To be recognized as an initiative that teaches, promotes and facilitates lifestyles that improve the quality of life of every resident of Costa Rica.

Values: Our work is based on three ethical principles of permaculture: earth care, care for people and fair trade.

Volunteer experience: MVM is open to public participation.

Student profile:

- Basic Spanish speaker
- Enjoys physical and agricultural work
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic experience on agriculture or urban gardens
- Ability to plan and work independently

Possible assignments:

Work under the instruction of MVM members on different permaculture projects:

- Weeding
- Composting, planting and harvesting
- Preparing beds for planting

FULTIERRA

Location: Sabanilla, San José

Fultierra is part of the MVM network. The pilot project consists of maintaining an urban organic garden and making compost out of household waste. They have: Elaborated terraces based on debris to avoid soil erosion, created composters in the orchard to obtain organic fertilizer, separated the organic waste in the houses, without the use of bags, reused containers to collect waste, created awareness among the neighbors and produced organic vegetables with their own fertilizer.





Mission: To create more projects like Fultierra. These projects will be funded and managed through Fultierra and with interinstitutional alliances, such as the Municipality of Montes de Oca, the Ministries of Health and Public Education, MINAET, and others.

Values: Our work is based on three ethical principles of permaculture: earth care, care for people and fair trade.

Volunteer experience: Fultierra is open to the public and neighbors that want to participate.

Student profile:

- Basic Spanish speaker
- Enjoys physical and agricultural work
- Proactive
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Extra qualifications:

- Basic experience on agriculture or urban gardens
- Ability to plan and work independently

Possible assignments:

Work under the instruction of Fultierra members on different permaculture projects:

- Weeding
- Composting, planting and harvesting
- Preparing beds for planting

CULTURAL PRESER



RVATION

MUSEO NACIONAL

Location: Pavas

The Department of Anthropology and History (DAH) aims to rescue and preserve the Costa Rican cultural heritage as well as obtaining it, managing it, and spreading any information about it. The guideline that has ruled archaeological investigation has been lead basically by rescue. However, some rescue projects have turned into long-term ones.

Mission: To become a leading museum in the national environment which investigates about and protects the cultural and natural heritage whereas spreads the knowledge acquired to all the society, so that it can be enjoyed, used, and preserved.

Vision: To carry out several institutional actions wherewith to make the knowledge acquired on Costa Rican cultural and natural heritage available to society with the intention to strengthen the diversity of our cultural identity.

Volunteer experience: Students looking for organizations to do their college community work are welcome.

Student profile:

- Intermediate Spanish speaker
- Patient
- Assertive when communicating with people
- Adapts easily to new cultures and situations
- Able to work with scarce resources
- Able to use public transportation in a Latin American setting

Possible assignments:

- Help with the cleaning and classifying new discover objects



INTERNSHIPS/CO-OP OPPORTUNITIES

The following are examples of internship and co-op opportunities available through ICDS. Other placements are offered, but they depend on ICDS and its partner institutions' current projects, as well as the current political and social situations of the country. Placements in both research internships and work co-ops are determined based on students' interest, language proficiency, research skills and experience, as well as the host institution's needs.

If students have a specific idea for their internship/co-op, ICDS can find the appropriate site for the student's placement. Students are encouraged to contact us to discuss other opportunities that relate to their academic interest, requirements, and period of time needed for such an opportunity.

Please contact us at studyabroad@icds.ac.cr



Glucose

Pancreas

Insulin

Liver



Aldeas SOS

This is an independent, non-governmental, international development organization which has been working to meet the needs and protect the interests and rights of children since 1949. Although the socioeconomic situation of Costa Rica is far better than in many other Latin American countries, poverty and neglect still affect thousands of Costa Rican children and families. In three different locations, Aldeas SOS Children's Villages is supporting children and young people.

Chietón Morén

"Chietón Morén" means fair trade in the Boruca language. This project is an initiative derived from the handcraft association "Flor de Boruca" and has been welcomed by the Dominicos religious community and the Dominicos research center. Any artisan can take part as long

as they are indigenous. The project has two main spaces, a store, and a museum. This allows them to sell their products without intermediaries, and at the same time permits them to show the richness of their culture, which at times is ignored and disrespected.

Finca Pico Blanco

In the 1980s a land was purchased by a Costa Rican family on the slopes of Cerro Pico Blanco in San Antonio de Escazú. It suffered from environmental degradation due to poor agricultural practices. This family has always had a particular interest in contributing to the conservation of the planet. From the 80s until now, they have worked to transform the land into a residential environment that promotes a family experience in harmony with nature. Their main goal is to develop a practical, simple, functional, and operative technology for self-



sustaining urban farms, which can be applied in small communities.

Hogar de la Esperanza

This center gives integral attention to people with HIV who are living and coexisting with this virus and other social situations. Attention is given regardless of beliefs, ethnicity, religion or sexual orientation, as their families do not have the economic resources to help them. They offer support and peer interaction in order to improve their quality of life through medical, psychological, and spiritual attention.

Hogar de la Siembra

This is a non-governmental institution created in 1983 and is endorsed by PANI, Costa Rica's governmental infant institution. For more than 25 years it has been rescuing girls and teenagers in social risk, helping them to overcome abuse and violence within their families, maintaining the

idea that one girl saved is a whole generation saved. Their mission is to give a transitory home for these girls, giving them temporary shelter, integral education, and the necessary tools to face life as an independent adult.

La Flor

La Flor is an agro-ecological farm located in a beautiful, natural environment. It is approximately 2 hours outside of San Jose, above the Orosi Valley near the town Paraíso in Cartago. The town is a typical rural Costa Rican community located in the high lands of the Central Valley. It is a project established by ASODECAH, a non-profit organization that seeks to complement the country's environmental education and strengthen the relationship between the society and the environment.



EMPOWERING GLOBAL

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L CITIZENS



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