

# COSTA RICA

ProjectsAbroad™

## Pura Vida

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**Hello everybody!!!**



This is the August's edition and we are so happy because we shared some special changes and activities those were so nice. I want to share with all that in this moment our weather is passing through a wet moment because we are in the rainy season, but some days are very sunny and so hot; that's very normal in this country, mainly in our province Guanacaste. Also on August 15 we celebrated Mother's Day as a cultural celebration in which Moms shared a good time with their families and had a special day.

I wish the best and many blessings to all who read this.

**Laura Estrada**

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**Social Manager**

### Mother's Day

Mother's Day is a holiday that commemorates mothers. It is celebrated at different times of the year by different countries; Mothers often receive gifts on that day.

#### Origins

The first celebrations of Mother's Day dates back to ancient Greece, where it surrendered to honor Rhea, the mother of the gods Zeus, Poseidon and Hades, among others. The Romans called this celebration the Hilaria when acquired from the Greeks. It was celebrated on March 15 in the temple of Cybele and for three days there were offerings.

Early Christians transformed the celebrations of the Mother Goddess in honor of the Virgin Mary, the mother of Jesus. In the Catholic calendar on December 8 is the feast of the Immaculate Conception, a date that is held in celebration of Mother's Day in some countries like Panama.

In the Seventeenth Century in England a similar event took place, also honoring the Virgin, and was called Mothering Sunday. The children were attending Mass and returned home with gifts for their mothers. In addition, as many wealthy gentlemen served, often far from home, the day was not working but paid for them to go to their hometowns to visit their families.

In the U.S., however, the celebration has its origins in 1872 when Julia Ward Howe, author of Battle Hymn of the Republic, suggested that time was dedicated to honor peace, and began holding annual meetings in the City Boston, Massachusetts in celebration of Mother's Day.



## What to Expect



In our country this day is very special and is celebrated in any house in order to share a nice happy time with mothers and exchange gifts in a family atmosphere. Also it's important to say that this celebration is on August 15 of each year which is different from other countries which are mostly celebrated in May. The environment when that day is coming up here in Costa Rica is great in all places of our country; the streets are so crowded, the different kinds of stores sell a lot, so it is very important for "Ticos" to wait for the moment to celebrate this day.



### Roxana Apu:

Doña Roxana Apu is part of the host families of Projects Abroad in May 2011, she likes the experience of having these volunteers who come from different countries. She said that they have adapted very well to the home and rules, generally they have understood very well in spite of different languages and customs. Also she said that the five volunteers this month have been very helpful and nice because they were just girls.

Something nice is that when they left her house the girls gave her and to her family some presents like flowers, chocolates and memories in order to thank them for everything. Doña Roxana has been very surprised and happy because this is sign that they liked living in her home very much.

For these reasons and many more she wants to remain part of this experience to be a host mother!!

## Staff page

This month we have a new member of the staff. We want to tell her through this mean “Welcome to Projects Abroad”. Her name is Laura; she is studying Business Administration at UTN (Universidad Tecnica Nacional). Laura loves going to the beach and listening to music and she is glad and feels lucky for this new opportunity to work.



Welcome!!

Remember our working hours; you will be welcomed at the office at any time (Monday to Friday; from 8:30 am to 5:30 pm).

## Volunteers' moment



### **Irene Méndez Cruz:**

Poder trabajar en un canal de televisión regional fue una gran oportunidad de aprendizaje. La amabilidad de los costarricenses y del equipo de trabajo, quienes me ofrecieron participar de manera concreta en el noticiero como periodista, e introducirme a los otros oficios de la Televisión, me permitieron un enriquecimiento profesional tanto como personal. Sin hablar de mi experiencia con la familia quien fue muy cariñosa y atenta conmigo de que no me hiciera falta nada y que me sintiese cómoda en un país que no es el mío. Durante dos meses se convirtieron en una verdadera familia adoptiva, quien me dio la oportunidad de conocer más de la cultura costarricense, costumbres, bailes y gastronomía.

Por otro lado pude aprovechar de paisajes maravillosos en compañía de otros voluntarios quienes se volvieron verdaderos amigos y compañeros de aventura! Viajábamos todos los fines de semana y la variedad increíble de fauna y flora, tal como selva, volcanes, playas, lagos, monos, cocodrilos e tortugas marinas nos dejaron unos recuerdos inolvidables. Mi experiencia en Barra Honda me permitió entender la importancia y lo bonito de la conservación, pero también los esfuerzos y la pasión por la naturaleza que eso implica.

Por todas esas razones nunca olvidare mi experiencia en Costa Rica con "Projects Abroad".

## News and Updates

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This is a nice segment, because we have a new useful placement of Journalism based in Plaza Futura Liberia in which one of our volunteers, called Uberto Baldoli, from Italy, has had the opportunity to work there, learn about the experience and to be part of a staff who were conformed for nice people and tried to make him feel the best. So we are so happy to meet a nice volunteer working for first time there and realize for himself that he is very happy and grateful for everything.

**These are some pictures of the placement:**



**Uberto with one of his partners**



**Uberto working at the office**

**Another Placement:**

There is a new placement; it is International Christian School (ICS). This year this educational institution is working on special clubs which offer the students the chance to learn languages and practice sports. Projects Abroad provided help to ICS; there are two volunteers working there, one is helping on sport and another one helps teaching German to kids. They are so happy going there and the school staff are grateful for their work.

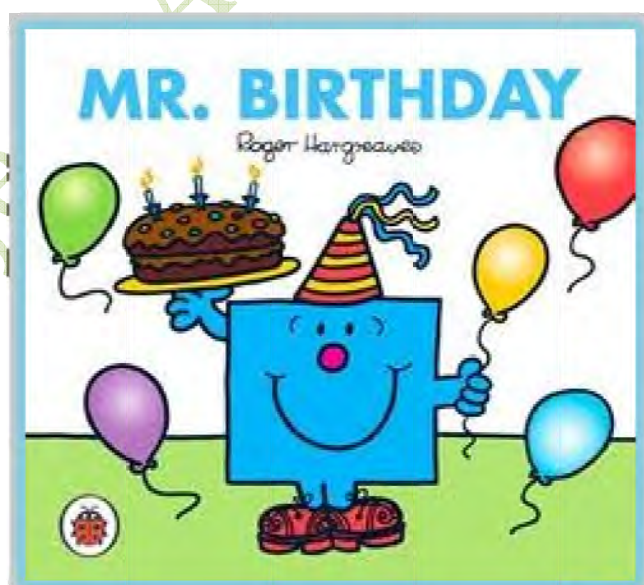


Projects Abroad Costa Rica

## August Dairy

### ;; August Birthday Celebrant!!

| NAME       | DATE OF BIRTH |
|------------|---------------|
| Andy Lewin | 01/08/        |



## Miscellaneous



### ¡¡CHORREADAS!!

Typical Delicious Recipe from Costa Rica:

I invite you to try this excellent recipe from our country; it's so easy to do and will take just a short time to make, then enjoy it as soon as you can! Good luck.

Ingredients!

- 8 very tender corn
- 2 / 3 cup milk
- 6 tablespoons flour
- 6 tablespoons sugar
- 2 eggs
- 1 / 8 teaspoon salt

### **PREPARATION:**

Shell corn kernels and blend with milk, flour, 6 tablespoons sugar, 2 eggs and 1 / 8 teaspoon salt. Blend immediately (it will break down easily). Put 1 teaspoon of oil in a pan over medium heat; add 4 tbsp. of corn paste, spread a little and fry. The salt can be left out and instead add sugar and grated cheese. Serve with sour cream if desired.

**Once it's finished, serve and enjoy it... MMMMMM it is delicious**

## What to do on weekends?

### Merecumbe Liberia's Academy

On weekends some volunteers have been participating at the Academy Merecumbe in which they learn how to dance some of the different popular rhythms that we as "Ticos" dance when we go out at night or at any time to different places. For them this has been a great experience, also they have fun and share among all.

The rhythms most popular in Costa Rica are: Salsa, Merengue, Cumbia, Bachata and Reggaeton!! The last one is the most funny for young people between ages of 12 to 25 years; they enjoy it a lot when they go out at night but the other ones are so popular too among youths and adults.

I want to share some pictures of some volunteers enjoying and learning to dance to our popular rhythms!!!



Check out our Facebook group, newsletters from Costa Rica and Mytripblog from Costa Rica: those are regularly updated with photos from Social events and news on the projects placements, special weeks and volunteers in their teaching, care, sports, conservation experiences, monthly dinners and more...

**Official Facebook Group!**

<http://www.facebook.com/groups/projectsabroad.costarica/>

**Newsletters from Costa Rica!**

<http://www.projects-abroad.co.uk/volunteer-destinations/costa-rica/newsletters-from-costa-rica/>

**Mytripblog from Costa Rica!**

<http://www.mytripblog.org/pg/groups/265/costa-rica/>



*ENJOY COSTA RICA*

Projects Abroad  
Costa Rica