

# COSTA RICA

## Projects Abroad™

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## Editor's Letter

Welcome to the October newsletter edition of Projects Abroad, Costa Rica.



Last month was the Independence month in Costa Rica, an important date in which all Costa Rican people celebrate one year more of the independence from Spain every September 15<sup>th</sup>. This year we celebrated 191 years of independence and “Ticos” like to celebrate with a parade made up of many students and spectator people from different places in our country. I am so glad to share this time with you again and hope you to enjoy different information about all the parts that are conformed and displayed for you in this October newsletter from Costa Rica.

**Laura Estrada**

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**Social Manager**



República de  
Costa Rica

**September 15**

**Independence of Costa Rica**

September 15 marks the anniversary of the signing of the Declaration of Independence of the United Provinces of Central America in Guatemala, where current Republics of Guatemala, El Salvador, Honduras, Nicaragua and Costa Rica declared independence from Spain.

Also this important and patriotic date September 15 in Costa Rica is for Ticos very important, which every year celebrate with a great satisfaction to be independent of Spain, besides its arrival the whole country rejoices and celebrates with a patriotic party in which much of the most important avenues of the country are full of the nice participation of many young bands, and also adorning with adults' present of our country with music, his taste and pride of Costa Rica. In addition to all viewers join us watch this gradual national holiday.

Moreover we have the arrival of the torch of freedom which is run by Costa Rican students from Guatemala to the city then is run to other cities of the country until to be in the Central Valley.

With the arrival of the torch in each city is also a memorial moment that is celebrated with much enthusiasm which all Costa Rican enjoy to feel that fire of liberty which embraces us all as brothers independent.

**THESE ARE SOME PHOTOS OF THE PARADE WE HAD HERE IN LIBERIA,  
GUANACASTE THIS SEPTEMBER 15<sup>TH</sup>**



## Host Article

### Lineth Baltodano:

Mrs. Linnet is one of our host mothers that have been working with Projects Abroad, Costa Rica since 5 years ago.

She said that she is so happy to be part of this excellent experience as a host mom, because, with this opportunity, has shared too many special things and moments with all the volunteers that were and are living in her house. During the interview she told me that all the volunteers from all the nationalities have been very special, kind, funny and friendly young people.

Something that she enjoys and feels grateful for is that when the volunteers come to her house most of the time they want to share with her and family like a little present from their countries such as chocolates, memories, tiny seeds, this is with the purpose to make her



know that they are so happy to be in the country and be living as part of the family.



Basically this is what Mrs. Linnet feels about her experience, she says that other mothers should take part in this experience because for her it is very nice and she hopes to share many more special moments in the future.

## Staff page

In this month we were visited by a Projects Abroad staff member from France and it was very nice to have her here in our office of Costa Rica. She is Celine Celokina, with her we shared moments like: one day she accompanied us to Cafe Liberia, the place where we are doing the workshops and she was part of our activities there, also we had a dinner with her and shared some moments together.

Well for these reasons and more I want to say thanks to her for being here for a few days and letting us get to know her too. Thanks Celine and we hope you come again pretty soon.



Welcome!!

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

## Volunteer's moment

My name is Zachary Alleman and I am from Chicago. I currently study Economics at DePauw University, belong to a fraternity, and play on the football team. My time with Projects Abroad in Costa Rica was a time that I will never forget. I showed up to Liberia not knowing anybody and left with life long friends from all around the world. Although my time in Costa Rica was short, I was able to work in a great environment and visit some of the most beautiful places I've seen in my life at the same time. While in Costa Rica, I volunteered as a physical education teacher in a public school for 1<sup>st</sup> to 5<sup>th</sup> graders. This was a great opportunity to improve my Spanish and live in a completely different culture at the same time. During the week I was able to hang out with the other volunteers. Weekend trips to the beach, volcanoes, and national parks were very rewarding after a long week of work. I've only been gone for a few weeks and I already miss my host family and the other volunteers that I became close friends with. My trip really inspired me to return to Liberia in the future and help improve the school at which I taught. I could not have been happier with my choice to volunteer in Costa Rica. My advice to others considering volunteering is to do it before it's too late because opportunities like this don't come up too often in life.



**Christian Neubauer**

**5/10**



### Corn Rice

This is one of the dishes usually people prepare here in Guanacaste that is famous in Costa Rica.

#### **Ingredients:**

2 cups basmati rice, wash, soak 30 minutes  
1 cup boiled fresh corn kernels  
2 onions sliced into rounds  
2 green chillies, slit  
5 cashew nuts, broken  
2 cloves  
2" piece cinnamon  
3 black cardamom  
1 stalk curry leaves  
3 bay leaves  
1/4 tsp. turmeric powder  
salt to taste  
3 tbsp. ghee  
Salt to taste

#### **Grind together:**

1 onion  
1 tsp. cumin seeds  
2 tsp. coriander seeds  
3 garlic flakes  
1" ginger  
5 red chillies  
1 tsp. bottle masala (refer recipe)

## How to prepare this recipe!!!

Cook rice with turmeric powder and 1/2 tsp. salt (so that each grain is separated). Then heat ghee; add bay leaves, cloves, cinnamon, cardamoms, and cashew nuts. Fry for a minute, after that add onions and fry onion until golden brown, add green chillies and curry leaves, add ground masala and stir for 2 minutes.

Then add the boiled corn and 1/2 cup water and let it cook for 5 minutes, salt and stir. Put rice on a large plate, pour the mixture over the rice and mix it well with hands. Keep it on the gas for 5 minutes on a low flame, garnish with chopped coriander leaves. Alternatively after mixing put in an oven proof dish and bake on high in hot oven for 4-5 minutes and serve piping hot.



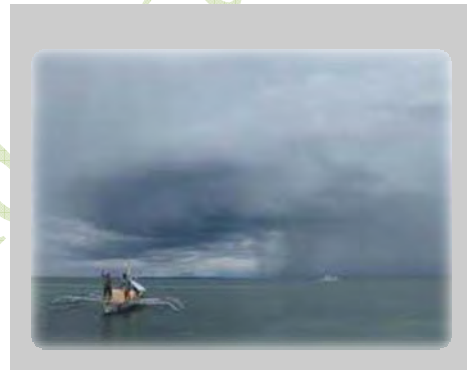
**Once it's finished, serve and enjoy it...MMMMMM it is delicious**

## What to do on Weekends

### Guanacaste

Guanacaste is a province full of attractions. There are different activities related to health, culture adventure, nature, or just for pain relaxation, as well as those concerning sports and recreation.

**Picture taking:** this is one of the activities that people practice the most, even though it is the rainy season, the views and diverse landscape are beautiful. It is possible to catch a unique rainbow and a different sunset. Do not forget your umbrella as any moment the breeze that carries heavy rain can come.



**Craft shopping:** community people practice traditional techniques of making clay crafts that date back to the Chorotega ancestors. They design vases, adornments, plant pots, flower vases, plates, among other figures. Also you can get other types of crafts like the gourd bowls made from Jicara or a variety of paper products, crafted out of the typhus plant.



### **Soccer center:**

Teenagers, adults and kids go to the soccer center in Liberia to play. You have to form teams and think about a uniform because they do not offer uniforms just a t-shirt to identify the team. It is possible to find team to play with and many people go to support a team and have a nice time.



**Official Facebook Group!** 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...

<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/>

# COSTA RICA PURA VIDA

