

HLC LACROSSE CLUB

STUDENT CULTURAL EXCHANGE



Lacrosse and Service in Samara, Costa Rica

GROWING THE GAME

For the past 10 years, Student Cultural Exchange has been a pioneer in helping to spearhead the growth of lacrosse in Costa Rica through summer teen travel programs. The programs seek to grow lacrosse in new territories around the world and simultaneously help support local nonprofit organizations through financial assistance and volunteer aid. The overriding goal is to use the game of lacrosse as a vehicle for change in the countries we visit, but also in the American lacrosse players who may be exposed to this sort of humanitarian work in developing countries for the first time in their lives.

VOLUNTEER PROJECTS

Community service in the local communities is an important component of the Student Cultural Exchange Lacrosse and Service programs. The specific service projects will be dependent on the year, location, and need for the community as determined by the local nonprofit organizations with whom our travelers collaborate during the course of their program. Some projects in the past and possibilities for the future include: teaching English in a local school, leading summer camp activities, environment beautification projects such as beach clean-ups and tree planting, and many more similar projects.

CULTURAL IMMERSION AND TEAM BONDING

There are few experiences that bring a group of young people together like travel and immersion in a new, unfamiliar culture. Successful athletic programs across all sports and levels of competition understand the team-building value that international travel can bring to a group of teammates. Student Cultural Exchange programs are designed to push young lacrosse players outside of their respective comfort zones to grow together as a group of young lacrosse players.

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EXCHANGE

OUR MISSION:

The mission of Student Cultural Exchange is to provide immersion-based travel opportunities that helps transition eager young minds into caring, socially conscious global citizens. Our varied program options are designed to give our American and international student travelers the opportunity to develop deep, lifetime connections with previously unknown people and places.



SAMPLE ITINERARY

Day 1 – Travel Day. The team arrives at the airport in Costa Rica and heads to the Samara/Carrillo area on the Guanacaste Province of Costa Rica. After checking into their hotel, the group heads down to the beach for a quick swim before dinner and program orientation.

Day 2 – The team takes part in morning yoga sessions and surf lesson before running a lacrosse clinic at local schools after lunch. At night the group plays a pick-up lacrosse game under the lights .

Day 3 – The group zip-lines in the morning before taking part in another lacrosse clinic at a local school and helping to paint school desks.

Day 4 – The team works on the volunteer project at the local school until lunch. Following lunch, the group runs another lacrosse clinic for local children before heading into the jungle for a late-afternoon hike to a secluded beach.

Following dinner, the group heads to the local field for a pick-up lacrosse game under the lights.

Day 6 – Travel Day. Heading back to the US!



TRIP DETAILS

Student Cultural Exchange works with coaching staffs to customize each trip to suit the needs of individual teams. Activities, volunteer projects, practices and scrimmages will be coordinated in conjunction with each team’s specific goals and objectives.

Program Price: 1,800 per traveler (plus airfare cost, approximately 600-750 additional US dollars)

Program Dates: August 2 - August 7, 2020

- Accommodations: Our travelers will stay in the Tico Adventure Lodge, Pension Playa Samara, Samara Pacific Lodge or similar boutique hotel in the Samara/Carrillo area.
- Program tuition includes lodging, all meals, all transportation within Costa Rica,, volunteer fees, guide fees, field rentals and select activities.
- Not included in the program price are select activities, checked bag fees and meals on travel days, snacks and souvenir.
- Two full-time Student Cultural Exchange staff members will be on location to provide 24 hour assistance to the travelers.



SAMPLE DAY:

6:30am:

Waking before breakfast, the team heads down to the beach for a morning yoga session

8:30am:

Following breakfast the group heads to a local school for volunteer work painting school desks.

10:30am:

After the volunteer work, the team members head down to the beach for a morning surf lesson on the gentles waves of Playa Samara

12:30pm:

Lunch

1:30pm:

After lunch the team has some downtime at the hotel to relax and swim in the hotel pool

3:00pm:

The team heads to a local school to run a lacrosse clinic for local children. The team helps teach the basics of lacrosse (passing, catching, shooting, ground balls, etc) before culminating with a scrimmage with the local children

7:00pm:

After an early dinner and some downtime, the team heads to a local field for a scrimmage against another US high school lacrosse team under the lights.

10:00pm:

Following the scrimmage, the team heads back to the hotel for bed.

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