



HEAL THE FRONTLINE TREK



COSTA RICA



A TRANSFORMATIVE HEALING JOURNEY FOR COVID-19 WARRIORS



- Meet health care policy makers, ministers and administrators
- Visit local Costa Rican government and private hospital
- Share frontline experiences fighting COVID-19 and offer advice on future pandemic response strategies
- Enjoy World-Class 5* Star Accommodation at Radisson Hotel in downtown San Jose
- Private A/C chauffeur driven ground transportation for entire trek in Costa Rica
- Visit local non-profits, meet social activists, civic leaders and change makers
Participate in mindfulness, inner peace and meditation skills sessions
- Learn from and interact with Harvard alumni and American expats in Costa Rica
- Explore world famous beaches in Manuel Antonio national park and enjoy food at Soda Sanchez – famous local eatery
- Explore world famous Mt. Irazu volcano
- Explore historical sites, enjoy shopping and local cuisine in historic town of Cartago
- Visit Tarcoles bridge and shoot amazing crocodile pictures
- Visit local organic spice and learn about spice farming near town of Quepos
- Visit a local organic coffee and learn how coffee beans are grown and made into coffee near San Jose
- Learn from YLAI (U.S. Dept of State program) alumni in Costa Rica and impact of their social initiatives
- Explore San Jose the capital of Costa Rica, enjoy shopping and “Casado” – a local favorite food

Thanks in advance for your contribution!

TO DONATE PLEASE VISIT OUR WEBSITE OR OUR GOFUNDME PAGE.

Cash or Check donations can be sent to:

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Website: globalstudytreks.org

If you have any questions please contact:

Sam Sharma: 860-794-8347

@ globalstudytreks@gmail.com

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