



**An ISV group hanging out with
Costa Rican children**

ISV Checklist

Have you turned in the following?

- Flight/Options Form and applicable Deposit(s)
- Copy of Passport
- Proof of Travel/Medical Insurance
- Project Preference & Spanish Forms
(sent by Departure Date)
- Total Balance

Due dates link:

www.isvonline.com/crduedates.html

Costa Rica Quick Facts

- Spain ruled Costa Rica for almost three centuries.
- Football (soccer) is a popular sport in Costa Rica. The national football team is called Los Ticos. Other team games played are baseball, basketball, and volleyball.
- In Costa Rica, it is not uncommon to give coffee to babies (in their bottle, with milk).
- Costa Rican women do not take their husbands last name and use their maiden name for life.

Phrase of the day:

¿Cuánto cuesta?

"How much is it?"

Costa Rican cuisine is known for being tasty, yet fairly mild, with high reliance on fresh fruits and vegetables. The main staple consists of rice and black beans, which in many households is eaten at all three meals during the day.

For breakfast, Costa Rica's traditional dish is "Gallo Pinto" (literally translated as spotted rooster), which consists of rice, cilantro, onion, green peppers, garlic and black or red beans mixed together and sometimes lightly fried. A locally-produced sauce called salsa lizano is often used to add a hint of spice to the dish. (Sour cream, scramble eggs, or meat is sometimes also added on the side for variation).

The traditional breakfast drink, besides coffee, is called agua dulce ("sweet water") and is made from brown sugar. The brown sugar is melted and formed into conical sections with the top cut off called "Tapas de Dulce." Then some of this tapa is scraped off and melted into

boiling water to make the sweet "agua dulce."



For lunch, the traditional national dish is called a "Casado" (see picture). It again consists of rice and beans, though this time they are served side by side instead of mixed. There will generally be some type of meat (carne asada, fish or chicken) some picadillo and a salad to round out the dish. There may also be some extras like fried plantains or a piece of white cheese in accompaniment. The traditional drinks are called "Refrescos Naturales" and consist of liquefied fruits diluted in either water or milk and sweetened to taste.

Fresh vegetables are a primary ingredient in most main dishes, and members of the squash family are particularly common. These include varieties such as zucchini, zapallo, chayote, and ayote. Potato, onion, cilantro and red pepper are other common ingredients. Plantain is another commonly used fruit and can be served in a variety of ways, including fried in butter, unripe (verde), and in honey or a sugar-based sauce.

Other Costa Rican food staples include corn tortillas, white cheese and picadillos. Tortillas are used to accompany most meals. Ticos will often fill their tortillas with whatever they are eating and eat it in the form of a "Gallo" (direct translation: rooster). Picadillos are meat and vegetable combinations where one or more vegetables are diced, mixed with beef and garnished with spices. Common vegetables used in picadillos are potatoes, green beans, squash, ayote, chayote and arracache. Oftentimes, picadillos are eaten in the form of gallos.

Go see your doctor!

ISV does not require for you to get any vaccinations for your trip, however, we *highly* recommend you see your personal physician ASAP to get up to date professional advice. Advise your physician of your travel plans, and ensure that your immunizations are up to date with regard to: Hepatitis A and B, and tetanus. Some countries will also require typhoid and/or yellow fever. Many vaccinations can take anywhere from a few days to a couple of months to be effective, thus please make an appointment immediately!

Turn in your travel documents!

If you have not already done so, please remember to send us the picture page of your passport as well as forward us proof of your travel insurance and medical insurance that covers you for overseas. These documents are due 65 days prior to your departure. Please see the due dates link for exact dates. While traveling, it is important to have copies of your passport, airline tickets, insurance policy, travelers check numbers, driver's license, and any other important documents that you are carrying as a precaution against lost or stolen items. We suggest to make one copy to leave with a contact at home and send it to yourself in email, and one copy for you to carry which is separate from the originals. Also make a copy of your itinerary for a contact at home, and also send it to yourself as an email.