



Social Voyagers

2027 Trips

Sámara, Costa Rica



Social Voyagers, 501(c)3 Non-Profit

Founded by Andy Stuart & Rachel Andres



Guiding Principles:

- Service, wellness, and connection are the key to healing ourselves & our communities
- Service trips during breaks give us more opportunities to serve and expand our network of students willing to lead and engage in the community

SÁMARA, COSTA RICA

Located on the Nicoya Peninsula in the northwest of Costa Rica, identified & studied as 1 of 5 **Blue Zones** where people live the longest in 2012. Sámara is a small, safe, idyllic fishing and surfing town.

Our long-lasting relationships help our travelers become genuine members of this amazing community.

Average February temperatures are in the upper 80s.



Service in Sámara

- Painting projects: local schools, churches, and public areas
- Donation bins of school supplies and sports equipment



SAFETY in Sámará

- ★ Safe, friendly, & welcoming
- ★ Medical doctor with a modern clinic
 - Freddy Soto Arroyo - attended med school in the US
- ★ Social Voyagers has emergency procedures in place
- ★ Largest safety concerns
 - **Dehydration**
 - **Sun exposure**
- - ★ Frequent reminders to drink water & apply sunscreen



Surfing

- Small group lessons with experienced instructors on land and in the water
- Optional second day of surfing without instructors
- Calm, shallow water, friendly to beginners



Spanish Class

- Beginning, intermediate and advanced levels
- Games
- Costa Rican culture
- Graduation





O



And more...



SAMPLE DAILY ITINERARY



7:30am - 8:00am:

Breakfast

8:30am - 11:00am:

Surf Lesson

11:30am - 12:30pm:

Lunch at local restaurant

1:00pm - 2:30pm:

Service Project/ Painting for Sámara

3:00pm - 4:00pm:

Spanish Lesson

6:00pm:

Dinner at local restaurant

7:00pm - 9:00pm:

Free time - soccer on the beach, stroll through town, bonfire on beach (last night)



Accommodations

- Walking distance to beach, restaurants, and shops
- Pool
- In-room safes
- Wi-fi
- Overnight security



Additional Trip Details

Food: All meals provided by local restaurants

- breakfast
- lunch
- dinner

Safety: 1:5 ratio with 30 students



IMMUNIZATIONS FOR COSTA RICA

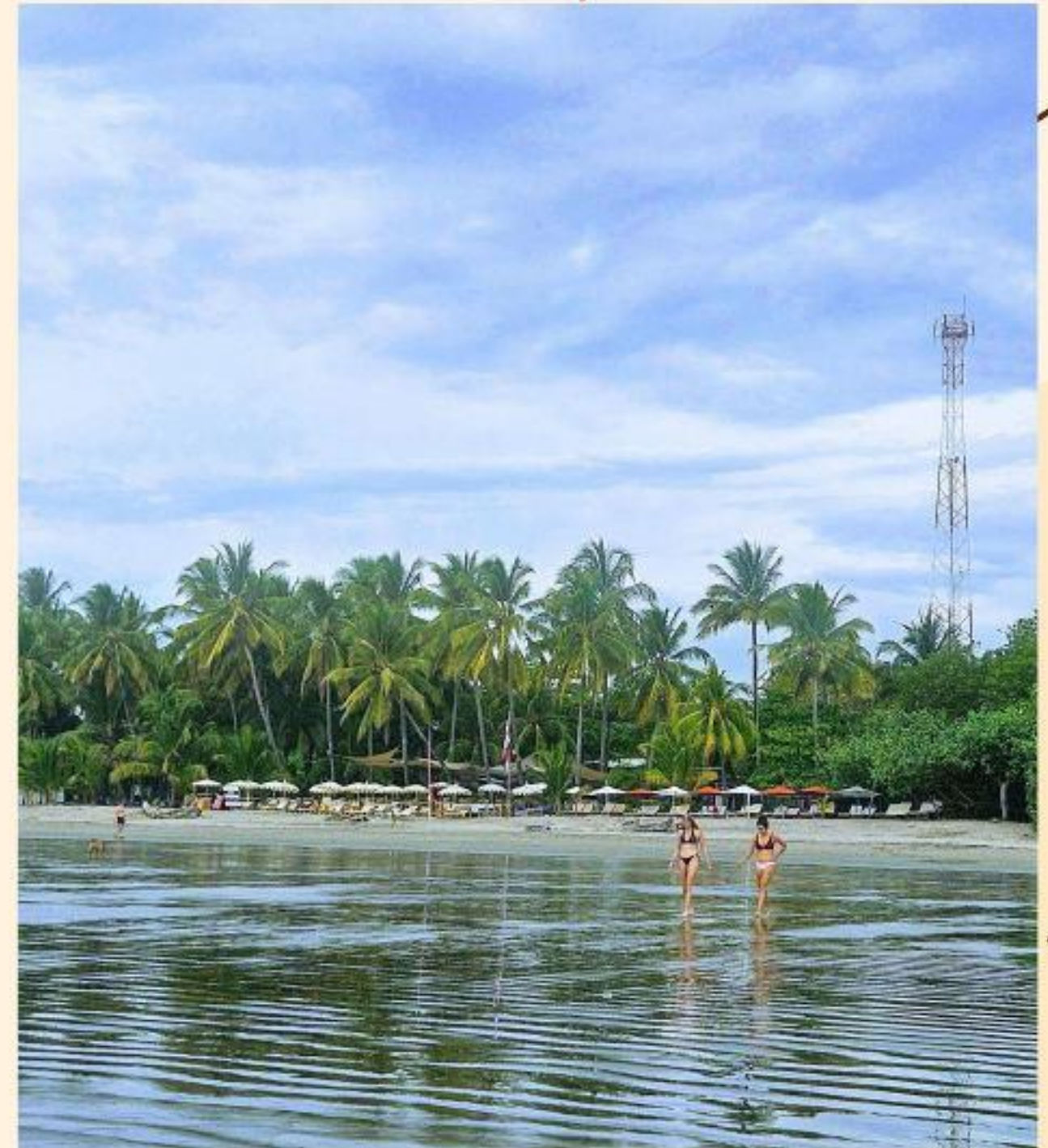


Travelers should make sure that they are current with routine vaccinations:

- Measles-Mumps-Rubella (MMR) vaccine
- Diphtheria-Tetanus-Pertussis
- Varicella (chickenpox)
- Polio
- COVID-19

Costa Rica country-specific vaccinations CDC suggests:

- **Hepatitis A, Hepatitis B**
- **Malaria & Typhoid** (*but not for where we're going*)



What Is Service Learning?



Service learning connects meaningful community service with structured reflection, so students learn from the needs they meet — not just log hours. Volunteering asks "what did I do?" Service learning asks "what did I learn, and what changed?"



Relational, not transactional

You return to the same partners and build real relationships. The community is a partner, not a project.



Guided by the Stanford Haas 8 Principles

Humility · Respect & inclusion · Reciprocity · Preparation · Safety & well-being · Accountability · Evaluation · Learning & reflection



Reflection is the learning

After every event you write a short reflection in GivePulse. That is what turns experience into growth — and what earns the Civic Engagement Seal.

See a need. Take action. Create change.

The Ladder of Engagement

How one trip becomes a life of service — the M-A Service Learning Center model, built with Stanford's Haas Center

1

Sámara

The spark. You travel, you serve, you see what service feels like when it's real.

2

Come home changed

You want more. The Service Learning Center is waiting with a place for you.

3

Climb

Bear Days → Bear Clubs → Bear Classes. Each rung is more commitment, more leadership, more impact.

4

Lead & pass it on

You run projects, mentor new travelers, and earn the State Seal of Civic Engagement.

Bear Days • Bear Clubs • Bear Classes

Three ways to serve at M-A — start anywhere, go as far as you want



SHOW UP

Bear Days

One-day service events open to the whole school. Belle Haven Garden Day, beach cleanups, the canned food drive. Your first hours, your first partners.



BELONG

Bear Clubs

Student-led clubs that serve the same community partner all year. Care Bears, Alzheimer's Alliance, Paw Pals, Play it Forward, Build On, Intercambio.



LEAD

Bear Classes

The Service Learning Seminar (for credit, launching 2026–27) and the Executive Board. You run the center, design projects, and mentor the next group.



State Seal of Civic Engagement Hours and reflections at every tier — logged in GivePulse — count toward the seal on your diploma and transcript.

Thriving Bear Clubs



Pick a cause, join a team, serve all year



Care Bears

Care packages and compassion for neighbors who need a lift



Alzheimer's Alliance

Weekly visits and activities with residents at Palm Villa



Paw Pals

Supporting local animal shelters and their adoptable pets



Play it Forward

Collecting and redistributing sports equipment so every kid can play



Build On

Service and global education — building schools and community



Intercambio

Language exchange and connection across cultures

Also: Surfriders · Leo Club · and new clubs started by students every year

Service at Home

What Pre-Leaders Learn

Your 25–35 opt-in hours are where the trip becomes a habit — not a box to check.

@maservicelearningcenter



How to serve well

The Stanford Haas 8 Principles: humility, respect, reciprocity, preparation, safety, accountability, evaluation, reflection.



Relationships over hours

Service is relational, not transactional. You return to the same partners — Belle Haven Garden, EHP, Palm Villa — and become known there.



How to reflect

Every event ends with a short written reflection in GivePulse. Reflection turns hours into learning — and earns the Civic Engagement Seal.



How to lead

Sámara is the first rung. Come home and climb: Bear Days → Bear Clubs → Bear Classes — and lead the next group.



State Seal of Civic Engagement

On your diploma & transcript

On your transcript. Noticed by colleges.

California awards the Seal to graduating students who show real civic knowledge, skills, and action. Your Social Voyagers service — at home and in Sámará — is a direct path to earning it.



Complete a civic engagement project

Your local service hours plus the Sámará service project qualify — and they're already documented in GivePulse.



Reflect on what you learned

The reflections you write after every event are the evidence. Keep them thoughtful.



Demonstrate civic knowledge & responsibility

Service Learning Center lunch meetings, leadership roles, and the Ladder of Engagement build exactly this.

Mr. Stuart will help you track progress toward the Seal. Ask at any Tuesday lunch meeting in P5.

The Story of the Center

Built with Stanford. Run by students. Now a statewide model.



9

years

3

tTiers: Bear Days · Clubs · Classes

8

Haas Principles guide every project

Bear Day

Belle Haven Garden Day

Reflection, gardening and good vibes.



10:00 am – Noon



261 Ivy Dr., Menlo Park



Belle Haven Community Garden

RSVP in GivePulse · Closed-toe shoes · Bring a water bottle · Counts toward your Civic Engagement Seal

OCT

3

Saturday



Service at Home

25-35 hours of **opt-in** service

Join the **M-A Service Learning Center** to connect to service opportunities



@maservicelearningcenter

Registered travelers will receive an email invitation to join our givepulse group to RSVP for service events and log hours.



Service Projects:

- ★ Beach Clean Up, Paw Pals, alzheimer's days
- ★ Canned Food Drive
canning, donations, and distribution
- ★ Belle Haven Community Garden

Service Clubs:

- ★ Care Bears
- ★ Intercambio
- ★ Surfriders

Lunch Meetings

- ★ Feb travelers, Tue lunches in P5
- ★ Every other week



Give Pulse (Software and App)

The logo for Give Pulse, featuring the word "givepulse" in a light blue, rounded, lowercase font with a subtle drop shadow. It is positioned on a white rectangular background that resembles a sticky note pinned to the top right of the slide. An orange location pin icon is visible in the top right corner of the slide, and a dashed line extends from the bottom right of the sticky note.

givepulse

You will receive an email to join our group

Please log your service hours by RSVP to events, or independently logging extra hours (called 'impacts' in the program)

You will also be asked to provide a brief reflection after the activities

Mr.Stuart will verify your attendance at service events

A small, stylized illustration of a brown suitcase with orange straps and a handle, located in the bottom left corner of the slide. A dashed line curves around it from the left edge of the slide.



Service Learning Center

givepulse

Social Voyagers





Hi

Andrew Stuart has invited you to join Menlo-Atherton High School Service-Learning Center and Social Voyagers!

[Claim Your Account](#)

About Menlo-Atherton High School Service-Learning Center and Social Voyagers

The Menlo-Atherton Service-Learning Center (SLC) provides service opportunities, empowering students of all ages to serve the Menlo-Atherton Community.



Costa Rica Parent Meeting

Parent Meeting for February Costa Rica Trip. Agenda: Introduction to Social Voyagers, Trip Plan/Agenda, Service hours and fundraising goals...

Wed, Sep 13, 2023
6:00pm - 7:00pm (PT)

20 Remaining



Garden Workday

Come help clean and prepare the Belle Haven community garden for winter crops!

Sat, Sep 30, 2023
10:00am - 12:00pm (PT)

(Private - Group Only)

20 Remaining



Pre Travel Seminar

SV Pre-Travel Seminars in P-5: Mr. Stuart will lead seminars about service learning, the purpose of international travel, being a respectful traveler...

Wed, Nov 8, 2023
6:00pm - 7:00pm (PT)

(Private - Entire Network)

20 Remaining

Letter-Writing Campaign



Purpose:

- Support our service project in Sámara
- Financial aid for student travelers

You get:

- Envelopes with stamps & return address
- Letter requesting donations - includes EIN number for non-profit tax exempt status

After addressed:

- Bring letters to Mr. Stuart to be documented & mailed

Provide addresses for 10 people:

- Family friends
- Friend's parents & guardians
- Relatives
- Neighbors
- Clients, co-workers, business partners of parents/guardians
- Card list (if your family sends them)



Donations to Sámará Schools



Work with other travelers

- 27 gallon bins
- School supplies, like
 - Scissors
 - Glue
 - Paper (lined, white, construction)
 - Pens/pencils
- Playground supplies, like
 - Soccer balls
 - Jump ropes
 - Cones

FLIGHT & PAYMENT INFORMATION

Travelers should make sure passports are up to date
(Expiration August 24, 2027 or later)

Payment Dates for February Trip:

→ \$1,000 deposit due tonight, if possible.

Visit Social Voyagers website and donate through
Paypal or credit card

Or use Zelle (silviatg98@gmail.com)



→ Oct 15: Payment #2 \$2350

→ Nov 1: Flight payment \$1395

Total: \$4,745

- \$3350 (room, board, & planned activities)
- \$1395 (flight)

Travel Insurance:

Troy Lain: **Mandatory** - new this year!

Seven Corners

Troy.Lain@sevendcorners.com

800.335.0611



Signing up:



○ Check passport expiration date- 6 months after travel



Pre-Register: bit.ly/SV2025
& Deposit

\$1,000 (all trips)

Registration Form

Sent via email after
deposit

Stay Connected

- Thursday, October 15, M-A
Library - 6:00 pm
- Flight payment of \$1395 by
Nov 1
- Service events sent out
through Remind

Payment Options

- **Zelle:** silviatg98@gmail.com
- **Check:** Make out to Social
Voyagers, turn in tonight or
deliver to P-5
- **Website:** socialvoyagers.org
Donate → Include student's
name in the note



SOCIAL VOYAGERS

silviatg98@gmail.com

Deposit to Checking ...6768



zelle

Travel Insurance:

Troy Lain: Mandatory

[Seven Corners](https://www.sevencorners.com)

Troy.Lain@sevencorners.com

800.335.0611



Rules

1. **Safety** always wins over fun
 - A lot of fun things in Costa Rica
 - Kids' safety is #1 concern
2. Being kind with each other as roommates
 - a. What makes a good roommate?
 - b. How can we make the best of the time?
3. **NO** hooking up or exchanging bodily fluids*
4. **NO** use of alcohol or drugs*
5. **NO** leaving the hotel or activity without chaperone approval*

***Breaking these rules will get a student sent home**

Attitude

- Treating your community as family
- Consider others' needs first
- Your needs will be taken care of too

As a traveler:

1. Cultural awareness
 - a. Speaking
 - b. Listening
 - c. Say hi
 - d. Appropriate dress
2. FISH Principles
 - a. Play
 - b. Make their day
 - c. Be present
 - d. Choose your attitude
3. Hurry up & Wait
4. Knowing your edges/finding your limits

Required Forms



This Agreement provides the terms of _____'s (student's name) participation in programs provided by Social Voyagers (SV) including a trip scheduled for February 2022.

1.) Acceptance
a. Understanding
I have read the
joining.
Parent/Guardian

b. Understanding
I understand the
international u
strengthen com
the tangible ho

Social Voyagers MEDICAL & PERMISSION TO TREAT AND TRAVEL FORM

Full Legal Name: _____

Date of Birth: ____/____/____ Gender: Female ____ Male ____ Non-Binary ____

This form grants temporary authority to Social Voyagers to provide and arrange for medical care for a minor in the event of an emergency, where the minor is not accompanied by either parents or legal guardians. This form also grants the minor permission to travel internationally and within the United States with Social Voyagers.

Please advise us on the following:

1. Have you ever

2. Have you ever

3. List any drugs



SOCIAL VOYAGERS Traveler Code of Conduct Agreement

Social Voyagers is committed to providing the safest, most meaningful, and most inclusive programs possible for all student travelers. The code of conduct below is designed to provide the safest/most inclusive experience possible for all travelers. **Any traveler who is found to be in violation of this code will be sent home from the program immediately with all additional traveling expenses associated with the dismissal covered by parents/guardians.**

Drinking Alcohol & Use of Illegal Drugs	Travelers do not use alcohol, illegal drugs, or prescription medications that are not prescribed to them and documented in their medical information at any time during a Social Voyagers event or trip.
Leaving the Hotel or Events Without	Travelers stay with the group during daily activities and events and remain in the hotel once the group has checked in for the evening. In an emergency situation that requires leaving the group or hotel, travelers must get

- Full agreement
 - Student & Parent/Guardian initials & signatures
- Medical Form
 - Share relevant conditions
 - Clarify if student or chaperone will hold meds
- Code of Conduct
 - Student & Parent/Guardian signatures
- Traveler info
 - Dietary needs
 - Spanish level

Return completed forms:

- Email to sgarza@seq.org
or
- Dropped off in
 - Counseling Office B-14 (Ms. Torres)
 - P-5 (Mr. Stuart)



Remind

Main method of communication with students
We'll send you the link if you join one of the trips later



Social Voyagers 2027

Text 810010 and text the code

@ekghh4

