



LEADERS-IN-TRAINING PROGRAM

SUMMER 2018

COSTA RICA

14 Day Adventure + 7 Day Training and Work Experience at Kippewa

In association with:



KIPPEWA LIT PROGRAM

“What can I do after my OC (Oldest Camper) summer?” This is a question we hear all of the time from our girls as they prepare to graduate out of their time as a camper at Kippewa.

Well... we have the answer! Come back to camp as an LIT!

Our Leaders-In-Training (LIT) program is for teens entering 11th grade in the fall, following their final summer as a camper at Kippewa. It's a 21-day experience, with 14 days spent touring around Costa Rica with our Camp Cobbossee brothers and 7 days at Kippewa training and gaining real-life leadership and counselor experience.

We partner with Zeal Adventure & Travel for the Costa Rica portion of this program. Zeal provides the perfect balance of a traditional teen tour and life-changing adventure. With their combination of summer camp, leadership training and adventure travel expertise the LITs return to Kippewa prepared to change the lives of the younger campers, while also experiencing a life-changing experience themselves.

ABOUT COSTA RICA

Costa Rica, or “rich coast” in Spanish, is an incredible country chock full of life. The sliver of land is small (only 0.1% of the world’s land mass) however, it contains 5% of the world’s biodiversity. What’s more, 25% of the country is a national park or protected area. With one coast along the Pacific and the other coast on the Caribbean Sea, Costa Rica is sure to please the beach goers, snorkelers, and surfers in the group. For those interested in volcanoes and rainforests, Costa Rica has that too. Zeal travels to Costa Rica for these reasons and many more!





WHY IS KIPPEWA PARTNERING WITH ZEAL ADVENTURE AND TRAVEL?

There are teen tours, and then there are **teen tours!**

Zeal is the latter. Zeal offers Kippewa LITs the perfect balance of a traditional teen tour and a life-changing adventure. Like any teen tour worth its salt, Zeal's Costa Rica trip visits all the highlights-cultural, historical, and natural. Unlike your average teen tour however, Zeal has added in their expertise of summer camp, leadership training, and adventure travel. That means your teen is returning to Kippewa prepared to change the lives of their campers while also having experienced a life-changing summer themselves.



Zeal Adventure and Travel was an amazing experience for my daughter Daniella. She traveled, participated in community service, formed lifelong friendships, and participated in a variety of activities. The most beautiful part about the trip is the bonding that was formed with other participants and working together as a community. Zeal provided daily pictures and updates; I was always excited to see what adventure my daughter was participating in next! It was a fabulous experience.

*– Theresa G., Zeal and Kippewa parent,
Garden City, NY*

TRIP HIGHLIGHTS

- 2 days of leadership training on site at Kippewa before departure
- 25 hours of community service volunteering with Cirenas educational center and local kids in a Costa Rican summer day camp
- LIT training from Kippewa staff, Zeal's director, and experienced LIT leaders
- Surf lessons with world class instructors
- Rainforest tour on foot and by zip line
- Explore Arenal volcano by day, relax in natural hot springs by night
- White water rafting down class III and IV rapids
- Discover hidden waterfalls during guided nature walks
- Beach days at the finest beaches in the world
- Sun bathe and snorkel at Tortuga Island
- 3 days of hands-on counselor work experience at Kippewa upon return

Pura Vida: *In Costa Rica, everyone uses the phrase pura vida. It simultaneously means hello, goodbye, take it easy, pure life, all good, and slow down. You'll see the pura vida lifestyle all over the country as we travel from city to jungle to coastal towns.*

(800) 547-7392

www.kippewa.com/LIT

DAILY ITINERARY

Day 1: Travel to Kippewa

Complimentary transportation from NY and Boston areas to Camp Kippewa (optional).

Days 2 & 3: Kippewa Leadership Training

Preparatory leadership training by Kippewa staff while reliving Kippewa memories.

Day 4: Fly to Costa Rica

You'll depart from camp with your Kippewa LIT director and fellow LITs, meeting the Zeal trip leaders at the airport. From there, the entire group will fly to San Jose, Costa Rica. Upon arrival, we'll drive in our private shuttle to our first destination, the United World College of Costa Rica. There, we'll prepare for volunteering over the next two days with LIT training.

Days 5 & 6: UWC Day Camp

Not only are these days super fun, but also you're honing your skills as an LIT and preparing to be an awesome leader. The tools you learned in training come into use as you lead games, activities, and team challenges.

Day 7: La Fortuna

Welcome to Costa Rica's hub of adventure, La Fortuna! After settling into the hotel, we'll explore downtown before dinner. Enjoy the hotel pool with friends in the evening!

Day 8: Volcanoes and Waterfalls

Our first adventure in La Fortuna is exploring the base of Arenal Volcano via the trail built over the lava flow of 1969. Get an up close view of the area's volcanic history before we head out on a tour of La Fortuna waterfall. Its waters fall from over 100 feet into a natural pool that cascades down into several more swimming holes that offer us a refreshing dip after the short hike in.

Day 9: Rafting the Balsa River

Rafting is an exciting way to see the jungle! Our local guides are safe, professional, and fun. They lead us down class III and IV rapids guaranteed to get your adrenaline going. During the slower sections of the river, our guides will help you spot sloths in the trees hanging over the river. You'll also enjoy a riverside lunch complete with locally grown organic food and freshly blended tropical juices. In the afternoon, we relax at the local naturally heated hot springs.

Day 10: Monteverde

Today we leave La Fortuna for Monteverde, one of the most biodiverse regions in Costa Rica. Upon arrival in the afternoon we settle in, eat dinner, and prepare for an exciting guided night walk. This is the time sloths are most active, so prepare to see these wonderful animals and much more!



Day 11: Zip Line Adventure

If you've read up on Costa Rica, you're well aware of the incredible zip line tours cascading through forest canopies. Today is your day to experience the hype! What does it feel like to rush through tropical stands of trees filled with animals like monkeys and macaws? Find out today! In the afternoon, you have free time to walk through the quaint village center, picking up local art, souvenirs, and gifts for friends and family.

Day 12: Playa Manzanillo

Costa Rica's west coast is studded with pristine beaches with perfect conditions for surfing and swimming. This area is so great that celebrities are often spotted in towns along the coast. Today we make our way there to experience it for ourselves. Upon arrival, we settle in and hit the beach for some summer vibes.

Day 13: Everybody Surfin' Now

We spend today learning to surf with local instructors that are expert surfers themselves. Learn the ins and outs of the sport and have fun in the waves. When you've had enough, we'll walk through town together to grab lunch, smoothies, and other tasty treats.

Day 14: Isla Tortuga

Just a 30-minute boat ride from mainland Costa Rica is an uninhabited island paradise, complete with coconut trees dotting the white sand beaches. This is the ultimate beach day as you've only imagined. Enjoy a pick-up soccer game, world-class snorkeling, tasty meals and drinks, or just plain lying out under the sun.

Day 15: Lazy Day

Today is all about enjoying the resort life. Sleep in, eat brunch, lounge by the pool, call home, and recharge before hitting the city for culture and exploration.

Day 16: San Jose

The trip is winding down already! We spend today exploring San Jose's Central Avenue and the National museum and theater. It's a bustling city full of art, culture, cuisine, and history. This is a great day to pick up last minute gifts and souvenirs.

Day 17: Travel to Kippewa

Today we'll depart from San Jose for camp. It's time to be an incredible LIT and help give young campers the summer of their lives!

Days 18, 19 & 20: LIT Work Experience at Kippewa

Put your training and experience in Costa Rica into practice with 3 days of teaching activities and leading Kippewa campers. End your time at camp with the traditional Kippewa Lobster Bake, and your own LIT final campfire.

Day 21: Travel Home from Kippewa

Complimentary transportation from Kippewa to the NY and Boston areas (optional).

Zeal was an amazing, UNREAL experience. It was truly a trip I will never forget. The leaders were my favorite part of the whole trip. I always felt safe. I felt cared for. I'd definitely do it again. – Rachel M., Zeal participant, Rockford, MI



PROGRAM FACTS

FIRST SESSION DATES: June 23, 2018 – July 13, 2018

SECOND SESSION DATES: July 20, 2018 – August 9, 2018

TUITION: \$6200

WHAT'S INCLUDED: Transportation from NY and Boston areas to and from Kippewa, round-trip international flights chaperoned by Kippewa staff members and Zeal trip leaders, private transportation in-country, three meals a day, accommodations, activities, and park fees.

WHAT'S NOT INCLUDED: Spending money (\$200 recommended)

ENROLLMENT DEADLINE: December 31, 2017

LOYALTY PROGRAM AND SIBLING DISCOUNTS APPLY

- \$125 / sibling at Kippewa or Cobbossee
- Double Loyalty deadline (\$100 / year previously attended Kippewa): November 15, 2017
- Regular Loyalty deadline (\$50 / year previously attended Kippewa): December 31, 2017



To learn more about the Kippewa LIT Program, visit our website or give us a call!
www.kippewa.com/LIT (800-547-7392) • www.travelwithzeal.com (844-282-9325)