

## CRIA Information for UBC Students

Created: May 2019

### **SCHOOL**

Every year students at CRIA do two things:

1. House Event - on the UBC CFE website this is referred to as a Sports Day. It's only an hour(ish) event, and is a competition between the schools four houses (Jaguars, Scorpions, Sharks, and Toucans). There have been lots of house events in the past, so the structure is all there for you to work with, including timing of events and groups, etc... I would recommend working with this structure since the students and teachers already know it and it works well. Check with some other teachers about types of events that they have had this year already - for example, we wanted to do a water relay, but they just had one at their March event.
2. Drug & Alcohol Presentation - to the secondary students, one class at a time (grades 8-11 normally). Anything you want to present on! We did an overview of the main drug categories, talked about legalization of marijuana in Canada, and about Adderall in post-secondary schools. Stories worked really well - whether they were stories we had heard, or students sharing their own stories - they all helped make the topic more engaging and memorable.

Other than these two main events to plan, you are free to wander around the school. It's a great opportunity to pop into different grades, different class types, and see how a school works outside your declared subject area and grades. There is also a learning center that you can go to and work with students one-on-one.

- Clothing: you'll find that teachers wear all sorts of things here. In general, for pants, no jeans, no short shorts, no skinny strap tank tops. Guys wore shorts, dress pants, or joggers. Females wore skirts, dress pants, joggers. Bring flowy and light clothing - it's hot! For shirts, thicker strap tops, dresses, t-shirts, collared shirts, button ups - don't wear long sleeves, it's really hot. For shoes, sandals are fine, some teacher wore birkenstocks, some wore heels, as long as you aren't wearing really casual sneakers then you're fine.
- Food: The cafeteria has lunch and snacks. We ate there the first day and then brought our own lunches. It's pretty cheap (\$4 USD, 2100 colones) for lunch, and they will give you seconds if you ask. Vegetarian and vegan options are available too. The schedule for food is online on CRIA's website.

### **CARS**

- Alamo in Brasilito - say you are working at CRIA and apparently they offer discounts on car rentals (a teacher told us this at the end of the CFE). We paid over \$1000 USD for a car rental (UBC subsidizes \$500 CAD), but apparently you can get them from only \$23/day at the Alamo here. If you rent from a local one, it's also easier to swap out the

car for an upgrade if you decide to drive anywhere that needs a 4x4 and higher clearance.

- If you rent a small car you'll be fine for the most part in the Flamingo area. Do look into roads before you drive on weekends though - this website (<https://www.twoweeksincostarica.com/road-conditions-specific-routes-costa-rica/>) lists all the roads and conditions - whether they are paved or dirt roads. It came in handy for us when we went to Nosara and Monteverde.
- We found that high clearance was more important than a 4x4. Rental car companies will try to upsell you on both of those things.
- It's the end of dry season in April/May, so you won't have to do many river crossings. Be very careful if you do decide to do them.
- Don't blindly trust Google Maps for directions. Often it maps the shortest route, which tends to be really bumpy dirt roads. More often than not there is another way to get places on all paved roads.

### **FUN THINGS**

- Marlin del Rey catamaran cruises offer discounts for CRIA teachers. It's only \$25 for a cruise instead of \$75. <https://marlindelrey.com/>
- One of the teachers, Ruth, teaches Zumba on Tuesday and Thursday evenings in Potrero. It's 1000 colones (about \$2) and it's really fun. This is her facebook page: <https://www.facebook.com/ZinTutty0812/> but you can also ask the teachers at CRIA about it.

### **HOUSING**

- Brasilito is a small town, not much going on. In my opinion, it would be better to stay in Flamingo or Potrero. We stayed in Surfside-Potrero on Calle Augacate (the south part of Potrero by the Sailing Center) - it's cute, and there are fruit stands, bars, grocery stores, restaurants, cafes, all within walking distance.
- You have to find housing yourself - it's probably easier to go through local rental companies rather than AirBnb. We brought a booklet from CRIA back that has rental company information.

### **MONEY**

- We paid for everything in colones, not USD. Most places are listed in colones.

### **RESTAURANTS**

#### Potrero

- There are nightly events going on at the Sailing Center and it's a great place to hang out.
- El Garden - the pizza place is good and there is a brewery
- Garcia in Mar Vista - a bit pricier, but you can go get a drink and hang out in the infinity pool

#### Flamingo

- Amigos - tacos/burritos and beer

- Coco Loco - on the beach