Winter 2019 BUCK-I-SERV to Costa Rica

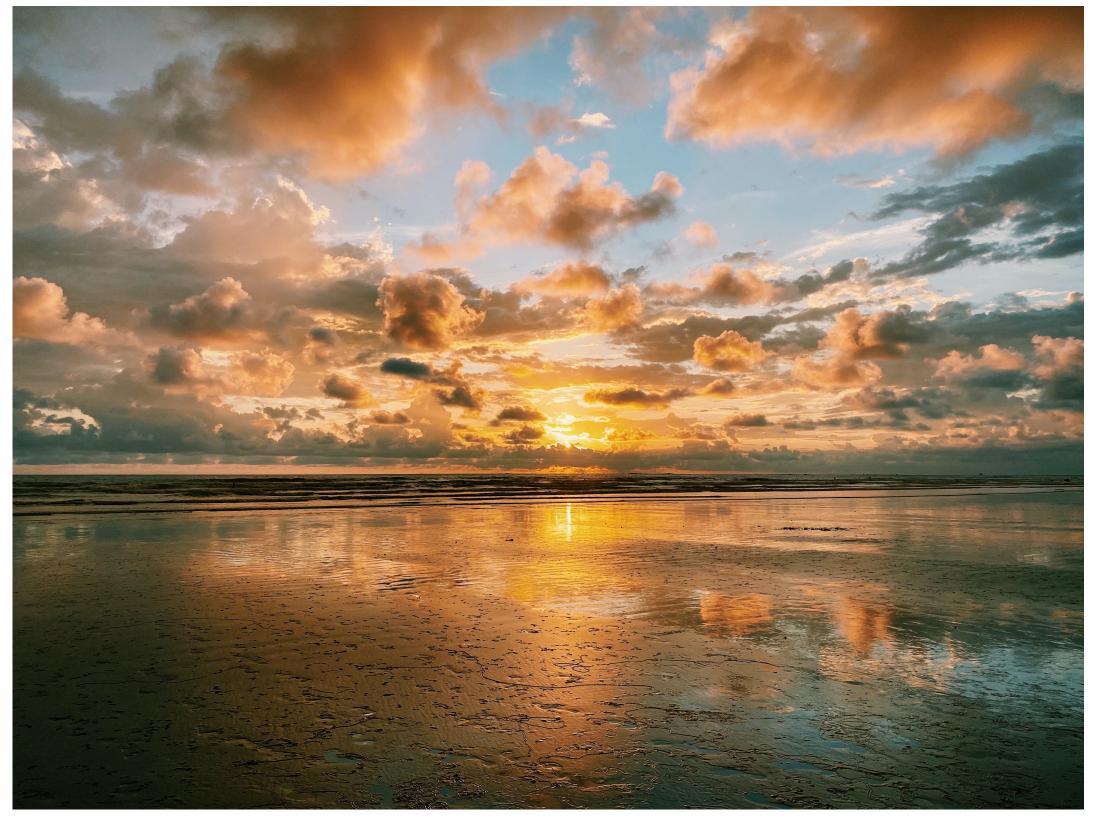
Project Description:

The STEP project I chose was a 10-day trip to Costa Rica through Ohio State's BUCK-I-SERV and Outdoor Adventure Center. The trip was fully immersive and included things like completing service work in the small town of Brujo and high-adventure activities like white water rafting, repelling down a waterfall, and even learning how to surf!

What motivated me to choose this project?

chose this trip in order to challenge myself and have the opportunity to provide meaningful help to a Costa Rican community. hoped this project would allow me to engage in and learn more about Costa Rica, especially the culture, by visiting various cities and interacting with the people there. Similarly, I wanted to challenge myself to learn new skills (like surfing or repelling) and improve my Spanish-speaking abilities.









What did I learn?

While in Costa Rica, I learned a multitude of things. From something as simple as learning about different plants and herbs grown on a mountaintop garden we visited, to learning how to surf, Costa Rica was filled with opportunities to learn immersed in Costa Rica and its culture also allowed me to strengthen my Spanish-speaking skills and learn how to better communicate with people who did not speak the same language as me.



were truly able to get to know one another and make meaningful connections. Taking the time to

Name: Taylor Rouse **Project Category:** Service Learning and Community Service **STEP Faculty Member:** Dr. Mesuret Hailu Major: Neuroscience, Pre-Dentistry What was my favorite part? Though the entire trip was incredible, my favorite day was when we got to hike up a mountain and stay in a cave (peep the waterfall picture below). Not only were we in such a beautiful setting, but we got to do things like cliff jump in natural pools, repel down a waterfall, visit a mountaintop garden, and even spotted a sloth! It was truly a unique and unforgettable experience.

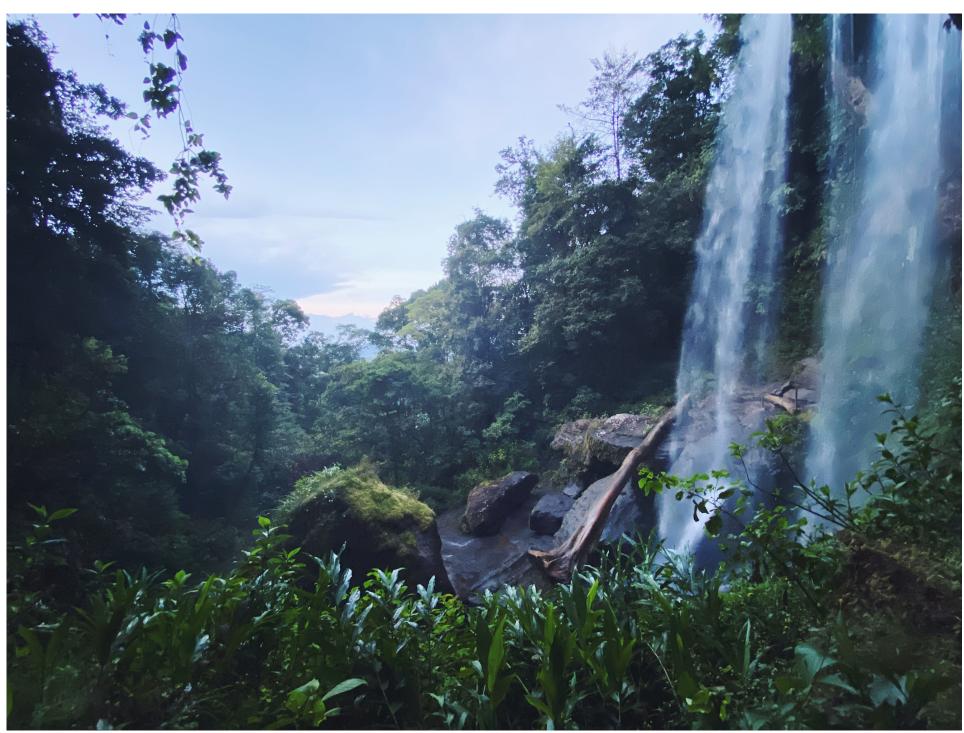
How was my trip transformational?

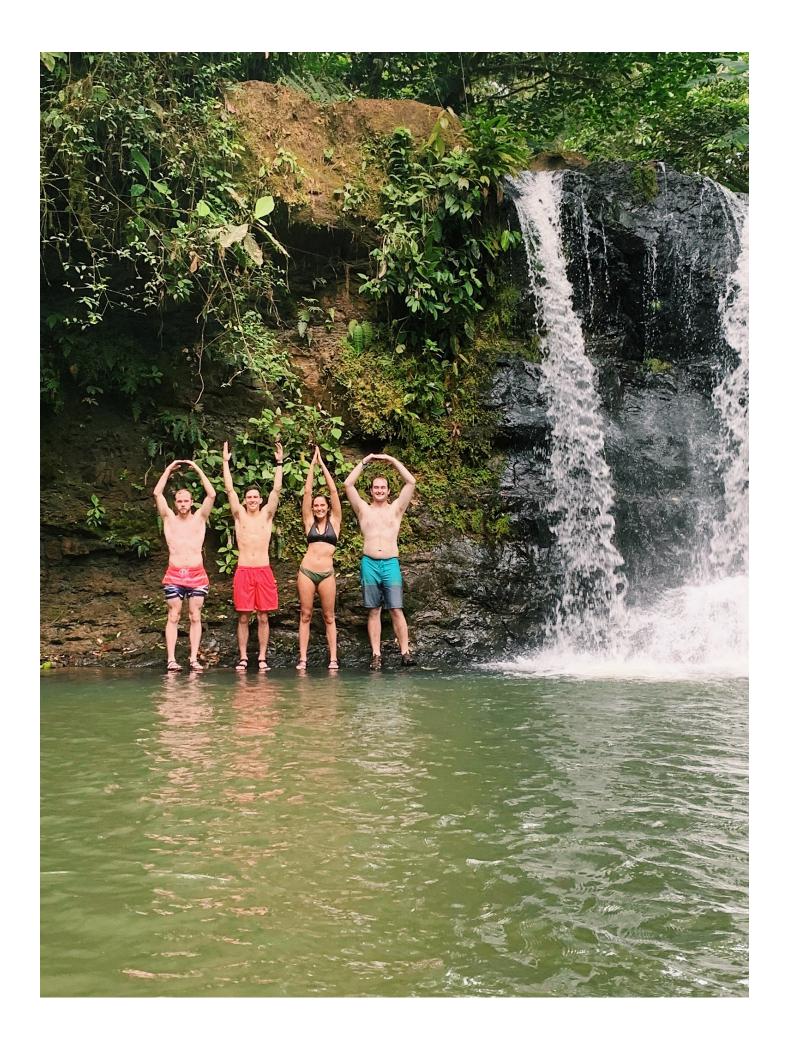
My time in Costa Rica truly taught me a lot about the power of human connection and being present. Throughout the 10-day trip, our group was rarely on our cell phones, and

engage with each other, without

distractions from home or other aspects of daily life helped us all to grow close quickly. something new every day. Being fully We got to try new things we could never have expected to do; this adventure and change helped me to feel truly alive again. Being in such a beautifully vibrant country, surrounded by incredible people and constantly getting to try new things has given me the courage and energy to work hard and live every day to the fullest.









Second-year Transformational Experience Program