

# 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?

I chose this trip in order to challenge myself and have the opportunity to provide meaningful help to a Costa Rican community. I 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.



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**Project Category:** Service Learning and Community Service  
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**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 we were truly able to get to know one another and make meaningful connections. Taking the time to engage with each other, without distractions from home or other aspects of daily life helped us all to grow close quickly. 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.

