



Costa Rica Trip
June 6th – June 13th, 2010

Any Questions: Contact Derek Nesland- derek@courtsforkids.org, 360-521-0592

Thank you for your interest in joining us on our upcoming trip to Costa Rica. As an organization, we have completed five projects in Costa Rica in partnership with Peace Corps Volunteers and each one has been a wonderful experience. Please read through the following packet to learn more about this experience. Hopefully you can share in what promises to be an incredible opportunity.

The purposes of our trip are twofold:

1. We will work with a community to help create a basketball/soccer court as well as providing other opportunities for kids to have a safe access to be able to play sports. On the final day, we will host a camp to inaugurate the court. We hope to demonstrate the love of the Lord through our hard work, service, and love for one another and the Costa Rican community.
2. Second, we will go over there with humility and a willingness to learn. We tend to look at people in less developed countries as less fortunate. Economically, this is true. However, in terms of relationships, community solidarity, and other aspects, we in America can sometimes be less fortunate. We seek to learn and grow through this experience so that we will be changed as we come back.

In addition to the court and camp, we will have many more opportunities to get involved with the community and serve, get engaged, and take part in other cultural experiences. This will not be a touristy, comfortable trip. The food will be different, our lodging won't be five-star, the heat and humidity will be overwhelming at times, and you will often feel uncomfortable.

However, if you choose to go, I can almost guarantee you will look back on this trip as a life-changing experience. You will grow so much in a week it will make you wish you could stay for longer. In fact, you will probably say this was the best week of your year.

Will you join us on an adventure?

Derek Nesland
President and Founder
Courts for Kids

Trip Details

Trip cost- \$1350 (Includes airfare, food, lodging, all transportation and travel insurance. Does not include- passport, immunizations, spending money for things like souvenirs, calling cards,)

To-Do List

1. Make sure you have a passport that will not expire before February 1, 2011. If you need a passport, go to the nearest post office for assistance. **In order to avoid the headache and stress, make sure you get your passport on time, do it ASAP.**
2. Fill out the sign-up form and turn in your non-refundable deposit of \$100 (check payable to Courts for Kids). (The deposit will go towards the cost of \$1350).
3. Turn in the first amount of \$300 by **April 1, 2010.**
4. Turn in the second amount of \$450 by **May 1, 2010.**
5. Turn in the remaining cost of the trip- \$500 by **June 1, 2010.**
For #2 through #5, see fundraising help
6. The recommended vaccinations for travel to Costa Rica according to the Center for Disease Control are the following (**keep in mind these are recommended, not required. Check with your local doctor and make the decision best for you**):
 - a. Hepatitis A
 - b. Hepatitis B
 - c. Typhoid
 - d. Tetanus, and MMR (make sure yours is up to date)

* The passport and immunization costs will be your own responsibility. If you raise more than \$1350, however, you can use the surplus to apply to these extra expenses. Just make sure to keep your receipts and turn them in to Derek.

Flight Itinerary

Sun, 06JUN10	CO1528	N HOUSTON/IAH (IAH) 9:10AM	SAN JOSE COS RICA (SJO) 11:45AM
Sun, 13JUN10	CO1447	N SAN JOSE COS RICA (SJO) 2:40PM	HOUSTON/IAH (IAH) 7:33PM

Location Details

Costa de Pajaros is a small community on the Pacific side of Costa Rica, with about 6,000 residents, 43% of whom are under the age of 20. There is an elementary school that has been around since 1961 and a high school that was founded in 2004. As a community that requested a Peace Corps volunteer, it has numerous social problems such as alcoholism, drug addiction, domestic violence, school drop-out and unemployment. Also, the community has no form of recreation for the youth, which is what causes them to turn to drugs and alcohol. Last year there was a community survey where the question was posed "What is the most important area to develop in the community? The overwhelming response (50%) said recreation for the young people. The most important leaders of the community all support the creation of sports recreation for the youth, but due to the economic situation in the community, it is unrealistic for the project to come solely from within the community.



Sign up Form

To ensure your spot on our Costa Rica trip, please return this form with a \$100 non-refundable deposit made out to Courts for Kids that will go towards your trip costs to:

Courts for Kids
Attn: Derek Nesland
PO Box 61874
Vancouver, WA 98666
360-521-0592
derek@courtsforkids.org

Name (as spelled on passport) _____

Email _____

Phone _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____

Emergency Contact Name _____

Emergency Contact Number _____

Beneficiary name and relationship (for insurance) _____

Fundraising Help

1. Come up with a list of friends and family members who might support you on this trip. Don't rule people out too quickly. You will be very surprised at who will support you. Get their addresses.
2. Type up a support letter for people to make a tax-deductible donation on your behalf. (use the sample provided for an idea)
3. Send the letter, pledge card and a return-addressed envelope (to your house) to everyone on your list. **IMPORTANT- Get this letter out ASAP to make sure you get your support raised in time.**
 1. \$100 deposit made out to Courts for Kids ASAP
 2. Turn in the first amount of \$300 by **April 1, 2010.**
 3. Turn in the second amount of \$450 by **May 1, 2010.**
 4. Turn in the remaining cost of the trip- \$500 by **June 1, 2010.**
4. If applicable, schedule a meeting to see if your home church, service club, or other organization will sponsor you.
5. Make sure people give you checks made out to Courts for Kids. When you receive a check, put the name and address of the donor onto the worksheet provided. (This page is for your records, so you can send a thank you note when you receive the check as well as a summary afterwards).
6. When you have raised enough for your airfare or for your total trip, turn in the checks to Courts for Kids or Tawanna.
7. Make sure you send a thank you letter to all your sponsors. Then, bring their addresses on the trip so you can send them a postcard.
8. Other fundraising ideas- (Make sure you send out support letters first as this is the most successful way of fundraising for a trip like this).
 1. A big car wash-Instead of doing the car wash in a parking lot, approach a local car wash and ask if you can pre-sell tickets and get the proceeds for the time you are there helping.
 2. Ask people for in-kind donations. Either have a big garage sale or sell them on ebay.
 3. Pursue grant opportunities at local, larger businesses. For example, Walmart and some grocery stores regularly give away grants around \$500-\$1,000.
 4. Do a marathon event and get sponsors. Example- an all night free throw shooting marathon and get people to sponsor per made free throw.
 5. Be creative and find a good fit for your group.

(IT IS BEST TO REWRITE THIS LETTER ADDING YOUR OWN WORDS TO GIVE IT A PERSONAL TOUCH. USE THE FOLLOWING AS A GUIDE)

August 1, 2009

Dear _____,

I am excited to share with you about an upcoming service project I will be doing in Costa Rica over summer break through Courts for Kids. I need to raise \$1350 in order to make this a reality so I am asking friends and family members to consider helping out with a tax-deductible contribution.

We will head to the Costa Rica on June 6th and make our way west of San Jose, where we will build a basketball/soccer court for a community with great need for a safe place for their kids to play. The community leaders were asked in a survey what was the biggest need for the entire community. The overwhelming response (50%) was that a space for recreation for their youth was their highest priority. Their community does not have the resources to provide this, which is why we are coming down to work together to build it with them.

Due to a lack of opportunities for youth, many get distracted with destructive behaviors. Drug and alcohol abuse are rampant. I am excited to be a part of being able to help this community with something that we grow up in America with unlimited access to- sports.

My school is adopting this project as an outreach effort. We hope to show the love of Christ through our hard work, service, and love for one another and the community.

I also know that this trip will be a huge learning experience for me as I get a chance to be immersed into a foreign culture. We are going with an attitude of humility and a desire to grow. From what I have heard through friends who have done similar trips, my life will be changed through the process.

Would you consider supporting me as well as the Costa Rican community in this project? I need to raise **\$1350** for this trip to be possible. If you are interested, please make a check out to **Courts for Kids** and return it in the enclosed envelope. Could you please return this envelope as soon as possible in order to make sure I hand everything in with enough time to spare? Your donation is **tax-deductible** and **100%** of what you give will go directly to this trip.

Sincerely,

o Yes, I would like to support _____ on the Costa Rica Courts for Kids project in the amount of:

- _____ \$500
- _____ \$200
- _____ \$100
- _____ \$50
- _____ \$25
- _____ other amount

Please check this circle and write your email to the right if you want your donation receipt e-mailed to you to help us save costs and resources.

Please make your **tax-deductible** contribution out to **Courts for Kids**, and return using the return-addressed envelope as soon as possible.

o Yes, I would like to support _____ on the Costa Rica Courts for Kids project in the amount of:

- _____ \$500
- _____ \$200
- _____ \$100
- _____ \$50
- _____ \$25
- _____ other amount

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- _____ \$500
- _____ \$200
- _____ \$100
- _____ \$50
- _____ \$25
- _____ other amount

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Please make your **tax-deductible** contribution out to **Courts for Kids**, and return using the stamped, envelope as soon as possible.

Name _____
 Address _____

 City _____ State _____
 Zip Code _____
 Phone Number _____
 Email _____



Name _____
 Address _____

 City _____ State _____
 Zip Code _____
 Phone Number _____
 Email _____



Name _____
 Address _____

 City _____ State _____
 Zip Code _____
 Phone Number _____
 Email _____



Name _____
 Address _____

 City _____ State _____
 Zip Code _____
 Phone Number _____
 Email _____



Donor Giving Worksheet

Name of Participant _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

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Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Donor Name _____ Phone Number _____

Address _____

City _____ State _____ Zip _____

Contribution Amount _____

Total Amount on page _____

Keep this page for your records and then turn in checks to Derek Nesland (360-521-0592, derek@courtsforkids.org) with the checks made out to Courts for Kids.

**Courts for Kids
PO Box 61874
Vancouver, WA 98666**