



Costa Rica

2012



March 24 – April 1

Mastate Charitable Foundation (MCF)

Come see sustainability in action!

Mastate Charitable Foundation is nestled in the community of Mastatal, Costa Rica, set on the edge of the pristine La Cangreja National Park. Here you will see natural building practices, renewable energy systems, rainforest and wildlife preservation, as well as, small sustainable community businesses and so much more! Currently, MCF has been constructing the Community Learning and Sharing Center (CLSC), that will act as a positive place for youth and community members to congregate and learn, as well as, serve as a market place for local food and arts.

Rancho Mastatal, where we will visit, promotes sustainable living and social and environmental justice. They advocate organic gardening and regional farming; healthy, local economies; Permaculture; holistic health; natural, vernacular building techniques; alternative, local energy systems; and other educational activities to help facilitate

a regenerative global community. In conjunction with the greater community of Mastatal, they work to create and supply most of our social and health needs locally. They serve to educate about political, environmental, social and economic issues important to us as we create a vibrant community where one can come to share, learn and get inspired.



About MCF

The Mastate Charitable Foundation is located in the rural community of Mastatal, Costa Rica. MCF was founded in 2004 to advance benevolent, educational, sustainable and scientific efforts in challenged areas in and around the Mastatal community and La Cangreja National Park.

For more information or to reserve your spot contact:

Brooke Syvertsen at the Marion Institute | brooke@marioninstitute.org 508.748.0816

3/24 Saturday: Arrive in San Jose, Costa Rica and check into the Hotel Los Volcanes. Settle in and then enjoy a “welcome” dinner with the group.

3/25 Sunday: Depart for Rancho Mastatal and on route, visit a locally-run, shade-grown coffee farm that views every “waste” as a commodity. Arrive at Ranch, settle in and have a delicious welcome dinner.

3/26 Monday: Walking tour of the Ranch: Hear the history while viewing their sustainable buildings and practices. In the afternoon, view biodigesters, solar panels, and the CLSC building, the sustainably constructed MCF project.

3/27 Tuesday: Guided walking tour of the Rainforest at the base of La Cangreja National Park. In the afternoon, get your hands dirty and help construct bricks for the Community Learning and Service Center!

3/28 Wednesday: Sustainable business and farming practices: Visit La Iguana Chocolate and see how the locally-run organic chocolate farm works and discuss sustainable business practices. Fermentation workshop in the afternoon.

3/29 Thursday: Zapaton Indigenous Reserve: Experience a reservation community in Costa Rica with medicinal plant and basket weaving demonstration. Depart for Esterillos Este and arrive at Encantada Cottages. Rest and relax on the beach or hike the trails.

3/30 Friday: Take a guided tour of Manuel Antonio National Park. Depart in the morning for a day trip to see monkeys, sloths, iguanas, birds, and so much more! Bring snacks and relax on the park's beautiful beaches. \$70/pp

3/31 Saturday: Escape on a flatbed boat for a few hours to visit the amazing Mangroves. This tour will take you through the lush mangrove habited by more than 1200 species of wild birds, animals and reptiles. \$70/pp Return to Alajuela hotel.

4/1 Sunday: Depart Costa Rica.

* For a more detailed itinerary, contact Brooke brooke@marioninstitute.org or call 508-748-0816.

Rates: \$1,180-\$1,380*

Reserve your spot by January 20, 2012! Space is limited. A \$250 non-refundable deposit is required at time of booking to secure your reservation.

*Lower price reflects double occupancy. Price is subject to change.

What is included: Transportation to and from Ranch and airport in CR; all tours, lodging, and food provided in Mastatal; Hotels and food vouchers for 3/29-3/31; and a tax deductible \$100 donation to MCF.

What is not included: Airfare, tours outside of Rancho Mastatal. **Alcohol is not included. **Tours can be arranged for you prior to departure.

Cancellations: Last day to cancel is February 15, 2012. A 20% fee will be deducted for all canceled trips. After February 15, 2012 there will be no refunds.

For a more detailed explanation of trip cost and itinerary, please contact Brooke at 508.748.0816.

View sustainable business practices in the Mastatal community like shade-grown coffee and locally produced organic chocolate.



Learn about natural building, materials, and techniques.

Come see how compostable toilets, methane biodigesters, cob and solar ovens, work and function as vital components of the community.



Learn about the importance of the world's disappearing rainforest.



Immerse yourself in Costa Rica's rich diversity of plant and animal life in the wild.

