



CEPIA
asociación

Anual Report

**January - December
2022**

17th Year

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A Word from our Directors

17 years! What a journey it has been for all of us. We have grown, thanks to this organization and the encounters we've experienced. I feel part of a great family; the human family, which always seeks bonding, connections, understanding, love and support. Even though many people face hardship, I always try to focus on how each person manages to grow through learning, human relationships, and free and authentic expression.

I'm fascinated by the human potential displayed through resilience, art, wisdom, successful projects, and a free and healthy body. In CEPIA we welcome this human potential in all its ways, just like we welcome human diversity.

The fragile ecosystem that surrounds us offers endless opportunities for knowledge. As adults we have the opportunity to guide our children and families towards a better balance between our needs and those of Mother Earth. We also have the opportunity to join forces to face ecological and social challenges. Our survival depends on that.



Laetitia Deweer
Founder & Development
Director

In an ever-changing world, there are so many challenges around our communities. We are responsible for preparing people for a world still unknown to us: what skills will children and adolescents need five years from today? We're fully focused on facing this challenge by bringing opportunities closer to the people and understanding the context; we learn what Guanacaste can offer those people and what market niches they can work in.

María José Cappa
Executive Director



Once again, we want to thank all the volunteers and staff whose effort and dedication help make us what we are; it wouldn't be possible without them. We also thank our Board of Directors for their leadership and for achieving the necessary synergy to keep us moving, growing, and listening to the voice of our community.

Introduction

The year 2022 challenged us to re-invent ourselves. The Covid 19 Pandemic had some serious financial and social consequences, but it also deeply affected human relationships. So last year, healing from the scars of the pandemic became vital. CEPIA kept growing, hand in hand with the community, by listening to its needs and addressing them.

We made a leap into new areas such as healthcare, with the Eye Care Campaign. CEPIA's facade was reborn with a new community mural, a music school came to be, while the community programs kept growing with the help of "Yo soy la respuesta" (I am the answer), Swim to Survive, and other programs included in this report.

These are the 27 communities our work is having an impact on: Playa Grande, Cartagena, Tempate, Bejuco, Lorena, Portegolpe, El Llano, Huacas, La Garita Nueva, La Garita Vieja, Matapalo, Potrero, Brasilito, El Llanito, Santa Rosa, Linderos, Villarreal, Hernández, San José de Pinilla, San Francisco, Trapiche, Los Ranchos, 27 de Abril, Paraíso, Las Delicias, Rio Seco, and Hatillo.

Acknowledgments

We thank all the donors who make our
work possible!

Find them on this link:

<https://cepiacostarica.org/donors/>

A big thanks to all our **volunteers, staff** and
collaborators, who join forces to allow
children, adolescents and adults to grow in a
healthy environment, as part of a fair and
empathetic community.

Activities & outcomes of our 10 programs.



1. Children's Daycare Center for Integral Attention (CIDAI)

Goal

CIDAI offers comprehensive daycare, early stimulation and education (which focus on the development of life, cognitive, physical and emotional skills) to 111 children aged 2 to 17 (divided into 5 different age groups).



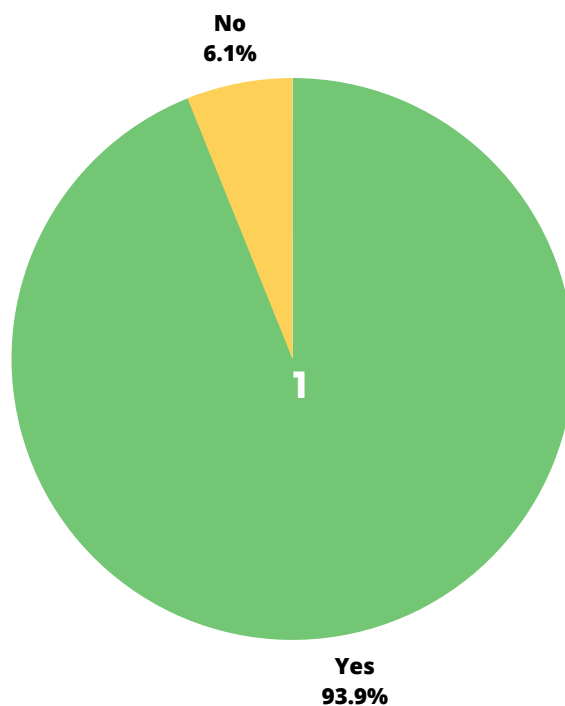
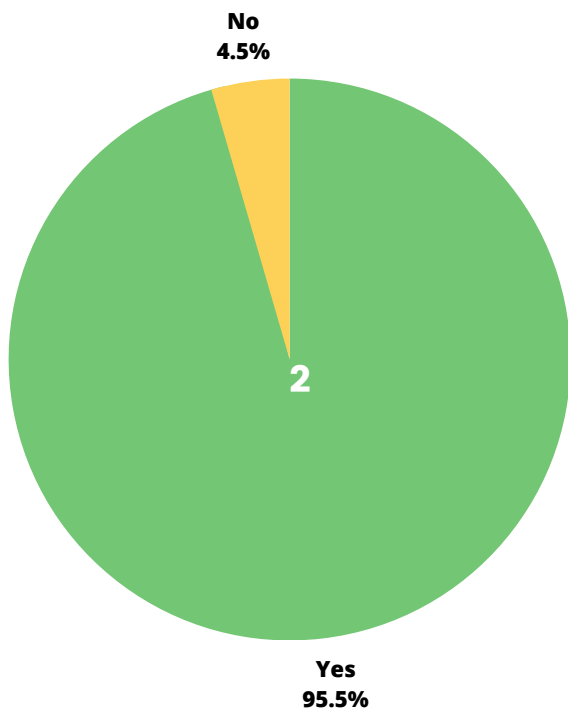
Pedagogical Principles

Humanistic pedagogy, life-skill development, Ludo-Pedagogy (edutainment, or teaching through play), critical pedagogy, PBL (Project-Based Learning), mindfulness, inclusive pedagogy, and positive discipline.

In a recent survey about the level of satisfaction of the participating children, 139 of the 148 responses said they “felt part of the program.” (Graph 1)

When asked if CEPIA is a safe place, 105 out of 110 responses were “Yes” (See Graph 2).

Graph 1. Level of satisfaction of 148 members of the CIDAI program, under the question "Do I feel like I'm a part of CEPIA" (2022).



Graph 2. Percentage of 110 members of the CIDAI, program under the question "CEPIA is a safe place for me / I feel safe at CEPIA" (2022).

1.1 Personal care and autonomy development.

Children acquire autonomy progressively. As part of our educational approach, every day starts with students and their teacher forming a circle. This is to promote and develop mindfulness, as well as a routine that helps children feel safe and allows them to develop healthy habits and skills for life.

We work on skills that promote the children's independence, personal hygiene and safety. Our plans have the support of an interdisciplinary group of social workers, psychologists and educators. These professionals also make family and community plans, and if necessary remediation plans too.

1.2 Professional care.

This group has some highly qualified professionals, such as special education teachers, a psychologist, a social worker and direct care assistants.

Working with families is crucial when it comes to strengthening protective factors around children: it is much easier to raise the children's level of awareness and preparation in a favorable environment.

Social Work is in charge of handling specific needs, such as special medical cases and family follow-ups.

14 children received interdisciplinary care while their parents received follow-up remediation plans; for example, legal proceedings, neglect, positive upbringing and cohabitation strategies, migratory issues, healthcare, and management of boundaries.

98 children received psychological support, either through crisis interventions or weekly sessions.

We offered 10 workshops to a total of 63 parents. The topics were: positive discipline, parental neglect, suicide prevention, domestic violence and sexual abuse. Also, 10 mothers benefitted from one group workshop on positive discipline.

We also held 26 workshops to a total of 100 children. The topics were: teenage pregnancy, bullying prevention, different types of violence, courtship, decision-making, conflict resolution, sexual abuse prevention, managing emotions, developmental changes, prevention of psychoactive substance use, and grief management. These actions, sustained over the entire year, help identify potential areas of concern in the children.

32 children have already taken part in workshops in the prevention of psychoactive substance use.

We also gave 130 sound therapy classes, as part of the program's holistic approach.

These are some of the testimonies by the children and their parents or tutors:

***“She’s really nice, all this time I’ve been here she’s treated me well.
And I’ve made new friends.”***

“She’s one of the last few teachers who understand students, she’s great. More than a teacher, she’s a friend.”

“I hope they keep it up with the same love and affection they show to the kids. I hope they never change.”

“Firstly I want to thank the organization for all their support. Please keep this up, as it’s very important to the kids and teens. Thank you.”

1.3 Healthcare.

Part of our daily duties is strengthening healthy habits for a healthy life. Those habits include proper hygiene and infection control: families need to change their behavior patterns around the house to reduce cases of diarrhea, allergies and pediculosis. This required coordination with the Costa Rican Social Security Insurance System (CCSS or CAJA) and Universidad Latina, whose nursing students offer their collaboration in this area. We also promote independence and daily personal hygiene.

The nursing students of Universidad Latina in Santa Cruz held 10 workshops covering the following topics: personal hygiene, comprehensive sexual education, prevention of psychoactive substance use, developmental changes, teenage pregnancy, dental hygiene, the importance of handwashing and healthy diet.

We monitored 111 young children every 6 months to check their health in areas like weight screenings, size, eyesight, hearing, and dental condition. We also did the proper follow-ups when necessary.

We made plans for the families of three overweight children and one obese child. Another six children received dental care. We also worked together with parents on the following topics: how to handle pediculosis infections and diarrhea, cytology, and breast exams.

We helped 31 children and 12 pregnant mothers register for Social Security. The moms are now doing prenatal care.

100 children received eye care and 70 of them were given eye glasses.

Finally, 18 children received medical care at the Beachside Clinic due to allergies, infections, or accidents.

1.4 Education.

Although our model focuses mainly on the development of life skills, the academic part is getting more of our focus for two reasons: the high inequalities in our education system and the COVID 19 pandemic.

The level of reading and writing skills of the children living in the communities CEPIA assists declined dramatically during the pandemic. Private schools were better prepared; as a result, the gap between public and private education increased considerably.

This is why CEPIA's spaces are vital for the children's academic progress. After all, reading and writing is the basis of all learning.

Another of the program's main focus is schoolwork support: from a total of 60 children still in the school system, 54 advanced to the next grade.

4 children received 96 private tutoring classes to improve their academic performance.

19 children received special education services to tackle specific issues.

The kids also received 104 music classes, helping them grow an interest in music and music sensitivity.



Our most critical area of work was strengthening our relationship with schools and supporting the acquisition of academic skills negatively affected by the pandemic.

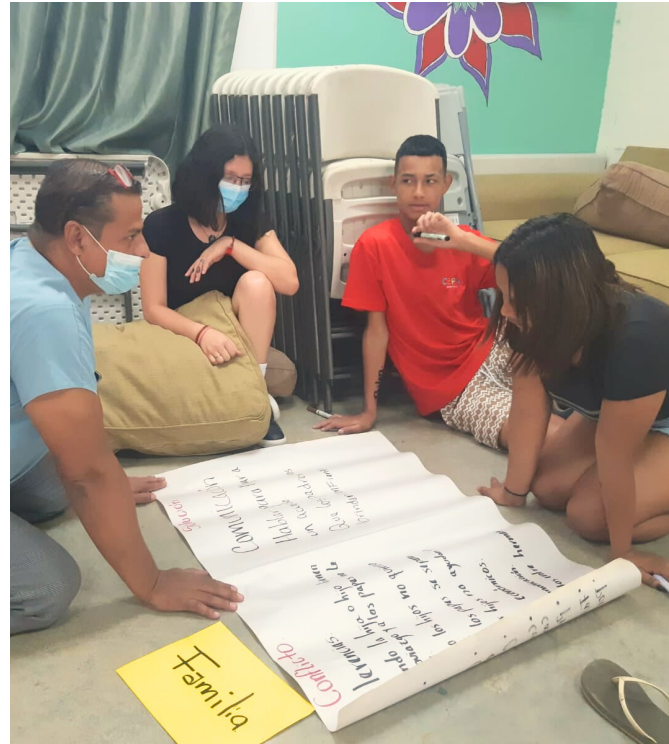
73 children worked on different group projects on the following subjects: Sea animals, Agriculture, Plant Growth, The Water Cycle, Guanacaste Tree Seeds, The Ocean, and Use of Recyclable Materials.

The PBL method is interest-driven. It promotes research, critical thinking, decision-making, empathy and group work.

1.5 The youth group.

Goal

To promote the full development and social inclusion of 20 highly vulnerable adolescents by helping them make a life plan.



Part of our 2022 strategy was to develop dynamic activities that create new learning experiences for the participating children. Meanwhile, we continued with the day-to-day support of each child and his or her family; this allows us to have a personalized follow-up and to identify improvements on both an individual and a family level.

Another important initiative this year was establishing partnerships with local organizations, such as the Civic Center for Peace, or CCP, where we ran programs like Dialoguemos (Let's talk), Masculinidades (Masculinities) and craft workshops.

We also partnered with park rangers, community groups, volunteers, and private businesses, to offer spaces for learning and recreation that strengthen the children's comprehensive development.



In 2022, we assisted a total of 43 children aged 13 to 17, in vulnerable situations. 20 of them were girls and 23 were boys. The children came from 12 coastal communities of the canton of Santa Cruz, Guanacaste.

Following we detail some high-impact facts based on the goals of the CIDAI program and the model it follows:

1. To encourage and help teenagers to rejoin the regular school system.

Out of the 43 teenagers in 2022:

- 6 rejoined elementary school, both regular and distance-learning.
 - 15 remained part of formal high school education, in either regular or night school.
 - 3 applied for college admission exams.
 - 1 was inserted in vocational education, after a close coordination between CEPIA and INA (National Institute of Apprenticeship).
 - 18 started making their life plan related to education or professional training.
-

2. To develop communication skills in a second language (English).

- The teenagers took seventy 90-minute classes throughout the year, for a total of 105 hours.
- In partnership with Lexis School of English, we granted 5 full scholarships to study English.
- We also granted 15 online scholarships from the Rosetta Stone app, which allowed several teenage students to improve their English.

3. To develop basic computer skills.

- We offered 35 computer classes (basic text processing tools)
- We also offered 2 workshops on the risks of internet use.
- Finally, the students made 3 presentations in which they put into practice what they'd learned in class.

“It was a very nice experience, because I was able to share what we do at CEPIA every day.” (T. Medina).

4. To promote physical and mental health.

- We held 3 weekly sports and fitness classes (a total of 90 classes).
 - We also held 1 weekly class at Beyond Sports gym in Flamingo.
 - We offered sixteen 3-hour swimming classes (a total of 48 hours).
 - Together with ConnectOcean and SwimSafe, we held 1 workshop on lifesaving.
 - We held 6 self-defense classes for women.
 - We kept teaching 1 weekly meditation/yoga/sound therapy class (a total of 40 classes).
-

5. To develop musical and artistic skills.

- We offered 63 music classes, 1.5 hours long each.
- The students worked together to create a song.
- We offered a total of 30 classes in artistic expression, through painting, drawing and handicrafts.

6. To hold workshops on comprehensive sexuality education, prevention of drug abuse, general culture, and life skills.

We offered 58 workshops:

- 34 were about general topics, like religion, prevention of drug abuse, comprehensive sexuality, and life skills, among others.
 - 9 were part of the program Dialoguemos (Let's talk), 7 were part of the De que trata la trata (What's Human Trafficking) and 8 were part of the program Vamos a mascarear (Let's disguise) at the Civic Center for Peace.
-

7. To encourage participation in environmental awareness voluntary work.

- We held two community cleanup campaigns in Huacas and Brasilito.
- We organized two volunteer campaigns: one at the Monkey Park rescue center and one with the Leatherback Trust in Playa Grande.

"It was really good, we were able to talk about our experience and share with others what we do. I really liked listening to others talk about the same topics." (J. Acosta)

8. To go on recreational and educational field trips.

- We organized a total of 16 field trips. Some of the places we visited were Santa Rosa National Park, Las Baulas National Park, 27 de Abril Camp, Tamarindo Estuary, CCP, Tenorio National Park, and Río Celeste.

TESTIMONIES

“The program offers some really good opportunities and it’s necessary for my daughter; she’s managed to overcome a lot since her first childhood traumas. I’m grateful to the organization and the program. I also want to thank the teachers for all their support; please keep it up because these kids need your help. Thank you so much.”

(Mother)

“It’s all really good, my son has learned a lot. Great work, I don’t have any suggestions. Thanks a lot for helping our children.”

(Mother)

“Firstly I want to thank the organization for all their support. Please keep this up, as it’s very important to the kids and teens. Thank you. My experience as a mom has been very good. My daughter has received more support at CEPIA than anywhere else. Thank you.”

(Mother)

2. Psychology and holistic health.

Goal

To ensure that children at social risk and their families receive comprehensive psychological and human rights support.



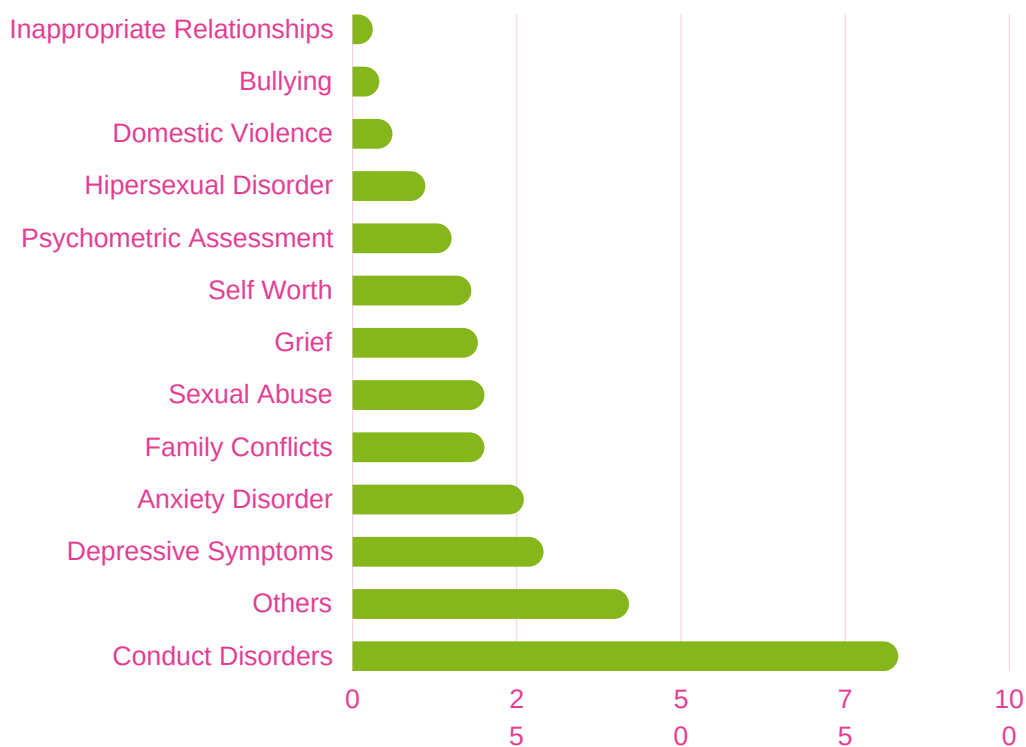
The full scope of individuals supported by the psychology department in 2022, including all sorts of interventions, were 990 people.

The adult and children's psychology sector works as a comprehensive health service, offering different kinds of psychological care, tailored to the patients' needs. There was also close contact with the local communities through different preventive workshops. This work was made possible in coordination with several government bodies: Social Security Insurance System (CCSS), Child Services (PANI), Judicial Authorities, Ministry of Education, and Welfare.

2.1 Family and individual care for children.

A total of 296 children received psychological care last year; 162 children aged 4 to 11 and 134 adolescents aged 12 to 18. Some were referred by CIDAI, schools and high schools, government bodies and coastal communities around the canton of Santa Cruz, Guanacaste.

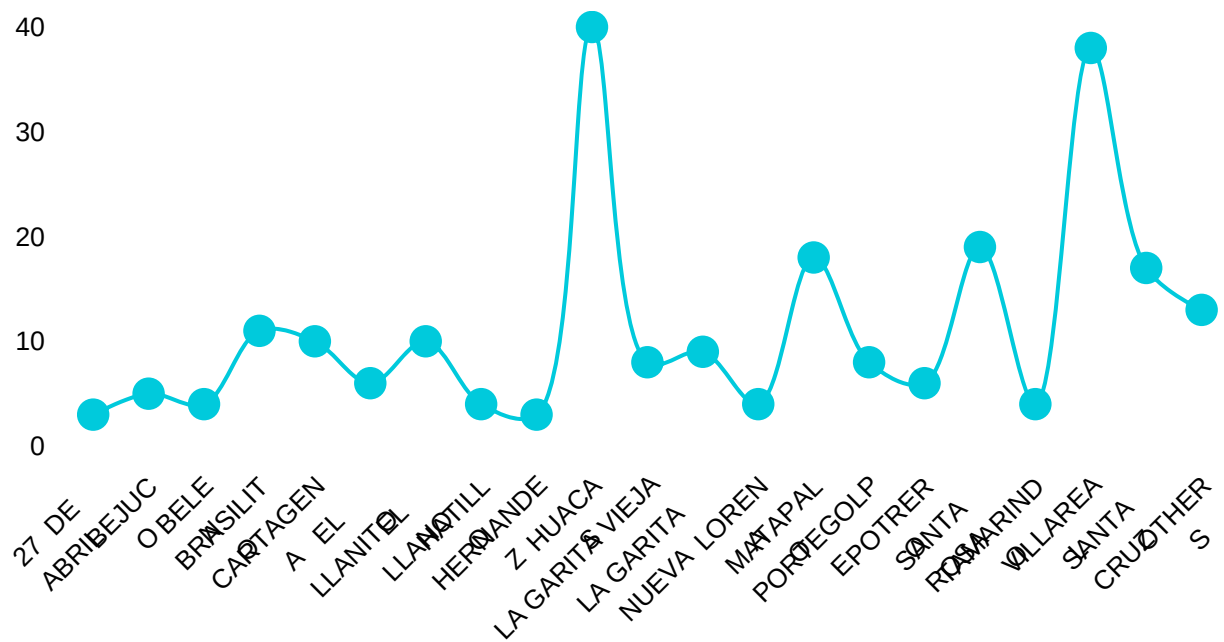
Graph 3. Main reasons for consultation - Children Psychology Department (2022).



Graph #3 shows that the **main reasons** for consultation in children's clinical psychology were conduct disorders (83 cases), followed by depressive symptoms (29 cases) and anxiety disorder (26 cases). Sexual abuse and family conflicts were fourth.

In terms of positive impact, 30 out of 33 parents noticed progress in their children during the psychotherapeutic process. Three of them have made progress with grief, 6 have fewer depressive symptoms, 8 have fewer anxiety symptoms, 23 have improved their conduct, and 3 have shown advancements in traumatic situations like sexual abuse and bullying.

Graph 4. Number of cases by place of residence - Child Psychology Department (2022).



Graph #4 shows the **case distribution based on the children’s place of residence**: Huacas is first with 40 cases, followed by Villarreal with 38. Santa Rosa was third, with 19 cases.

Nationality: 257 of the children were from Costa Rica, 27 from Nicaragua and 12 from Europe.

HIGH-IMPACT STORIES

"I really, really want to thank her for everything she's done for me. She's helped me feel good about myself and for this I am deeply thankful.

With you, I was able to vent and express myself, you are a great professional, the best. Thank you."

(9 Year-old girl)

"The process helped me heal. I felt comfortable."

(14 Year-old teen)

"It was really helpful, as I was in a very difficult place.

Thank you for your help."

(17 Year-old teen)

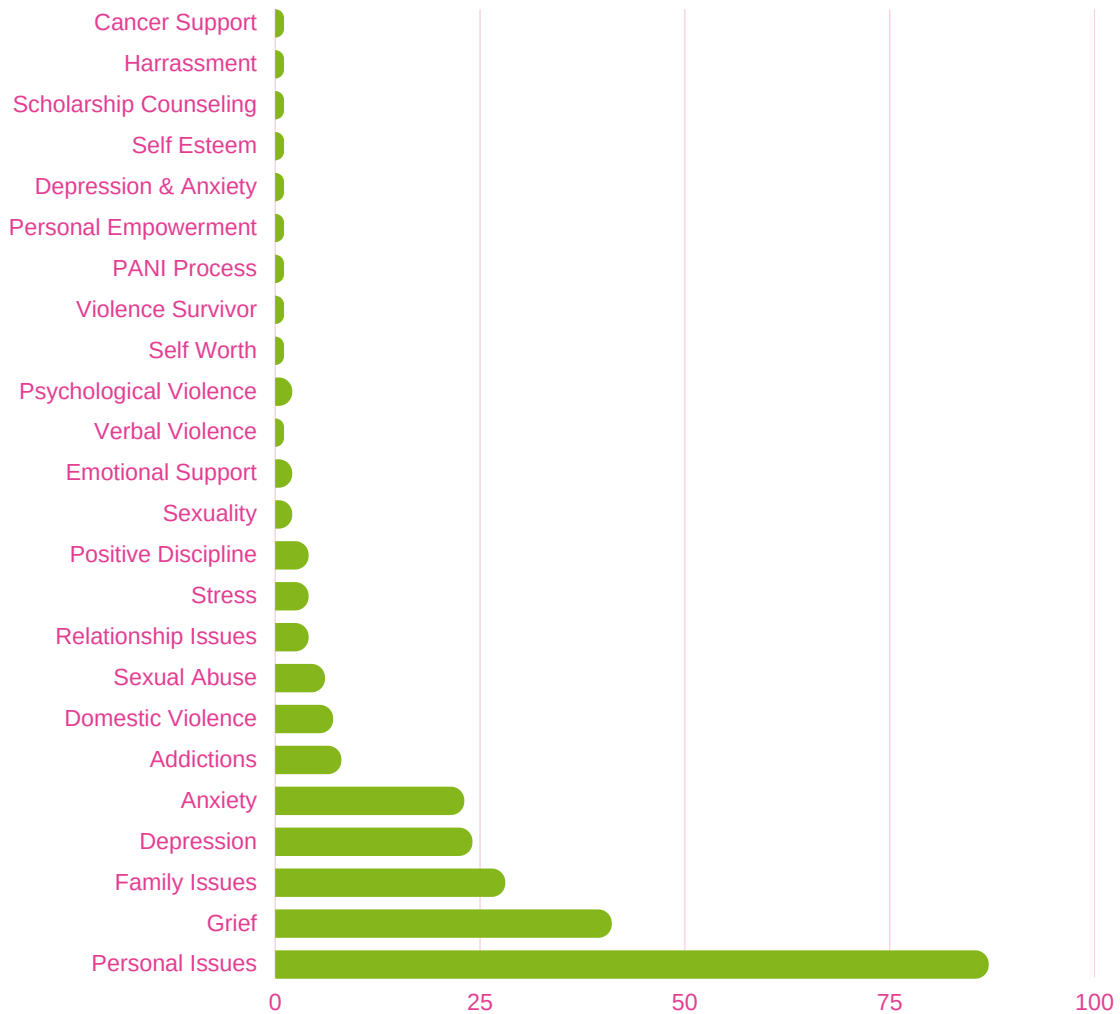
"My daughter has lowered her anxiety levels and now she sleeps better at nights."

(Mother)

2.2 Psychological care for adults.

The program had 252 total cases; from which, 185 were women, and 67 were men.

Graph 5. Main reasons for consultation - Adult Psychology Department (2022).



Graph #5 shows that the **main reasons for consultation in adult psychology** were personal issues (87 cases), followed by grief (41 cases) and family issues (28 cases).

In terms of positive impact, from a simple of 107 patients asked, 83 said they saw progress during the therapeutic process.

HIGH-IMPACT STORIES

Man, 32 years of age, suffering from separation grieving and depression.

*“The process helped me understand things and clear out my ideas.
It taught me how to act better, solve problems, and grow as a person, as a
father and as a partner.”*

*Woman, 30 years old, a mom under Child Services (PANI) supervision for
drug abuse, whose two children had to be put in a protection program.*

“The process helps me heal from a great pain, trust myself and forgive.”

Man, 48 years old, suffering from grief of his wife’s loss 4 months ago.

“The process helped me understand death, it helped me a lot.”

2.3 Community psychology.

We held 22 psychoeducational-preventive workshops for the schools of Bejuco, Cartagena, Huacas, 27 de Abril, El Llanito, Villarreal, Playa Grande, and Trapiche. A total of 407 people attended those workshops. The 2 topics addressed were school violence prevention (for the children) and positive discipline (for the parents).

In the posttest, parents said that positive discipline means “educating our children with love and assertiveness.” They also mentioned changes in their upbringing strategies: “always reassert positive comments with honesty.”

HIGH-IMPACT STORIES

From school teachers and counselors:

“It was positive for the students.”

“It helps them live in harmony”

“It created awareness and mutual respect among the students.”

“The parents found it enriching, now they’re requesting another one.”

“It gave the participants an alternative upbringing with respect and affection.”

2.4 Group therapy.

A total of 35 people received group therapy; including 15 children and teenagers, and 20 mothers.

The post-test showed that they managed to lower their levels of anxiety.

HIGH-IMPACT STORIES

From mothers:

"Being able to share more and be more communicative, leaving our cell phone aside. Loving and supporting each other to be able to lead a healthy life. Stress-free, always looking for the way to express our fears or feelings and not shut ourselves off so much."

"Self-esteem is always thinking positive."

From the children:

"No one needs to see our private parts."

"I learned that some people are homeless because of drugs"

"I learned how to prevent a pregnancy, how to look after ourselves and avoid bad decisions."

" I learned to better protect myself during adolescence and to focus on what matters."

2.5 Holistic therapies.

This benefited 14 children with therapeutic yoga classes imparted by Cathy Vanhabost. Also 5 adults took breath work classes with Patricia Coester.

Tuesday, June 21 was International Yoga Day. An important part of CEPIA's holistic approach is including yoga in our daily work routine.

This year again we dedicated some special time to commemorate this millenary practice.

We gave 3 yoga classes, free and open to the public: hatha yoga, holistic yoga for beginners, gentle yoga, asana (to stay in the present moment), and yoga for kids.



2.6 Eye care campaign.

The campaign was made possible thanks to a 2-day visit by 5 optometrists and ophthalmologists from the University of Chicago Ophthalmology Department.

The first day took place in Villareal, assisting some 134 people aged 10 months to 84 years old. 100 were given eye glasses.

The second day took place at CEPIA, assisting a total of 150 people. 90 were given glasses.



3. "Girasol" Project for children with additional needs.

Goal

To offer services and activities to children and teenagers who need special assistance.

A total 23 children with additional needs were assisted.

This group includes children and young adults with autism, Down syndrome, paralysis, and other physical or mental disabilities.

The activities:

- 20 music workshops offering socialization and stimulation through art.
- 11 educational tours, offering a chance to learn new things while having fun.
- 10 visits to the beach or pool for socialization and physical exercise.
- 13 teacher-parent meetings to help with different vulnerability issues.
- 14 language therapy sessions
- 17 recreational activities for socialization and entertainment.
- Helping 2 sound-sensitive children get hearing protection.
- Supporting 3 families with diagnostics and other resources.



TESTIMONIES

'Thanks a lot for the activities you offer. My son has lots of fun'
(Mother of a 16-year-old member of the program)

*"This has been a great stimulus for my son.
Thanks for everything you've done for us."*
(Mother of a 5-year-old)

4. Extracurricular classes.

Goal

To promote recreational activities and a safe space where children can build self-confidence, strengthen their social skills, develop their own interests, and look for new experiences.



This program is made possible through the voluntary work of people, organizations and businesses around the CEPIA zone of influence, who offer workshops on different subjects. These workshops are held in the different communities of the area.

Below are all the subjects addressed in each semester, as well as the number of children benefitting from each workshop:

Number of benefitting children during the 1st semester, by subject.	
I Semester	Number of Children
Jiujitsu (at Hero Academy)	60
Skateboarding (at Happy Feet)	26
Soccer	165
I am the Answer <i>(healthy, conscious, natural life)</i> at Gaia	219
Surf for beginners	30
Functional training	15
Music	18
Yoga	15
Parkour	15
Surf 4 Youth (Advanced)	15
Swimming	36
English	30
Dance	20
Gymnastics	10
Handcrafts	5
Girl's Club	165
Total First Semester	844

Number of benefitting children during the 2nd semester, by subject.

II Semester	Number of Children
Jiu-jitsu (at Hero Academy)	60
Skateboarding (at Happy Feet)	33
Soccer	180
I am the Answer <i>(healthy, conscious, natural life)</i> at Gaia	210
Swimming	27
Music	18
Aerial Acrobatics	20
Surf 4 Youth (advanced)	14
Surf for beginners	16
English	30
Dance	20
Gymnastics	10
Girl's Club	183
Functional training	15
Total Second Semester	836

We also ran two camps:

In the community of 27 de Abril, 120 children spent two days full of joy, play and lots of fun. We offered recreational activities and sports like football and karate. The level of participation was really high, especially the football group since the Project has been on since 2022.

We organized a swim camp (Swim-To-Survive) with Vamos Youth in partnership with Fundación VoLo for a total of 173 children aged 5 to 13 from the local coastal communities: Villarreal, El Llanito, Santa Rosa, Hernández, 27 de Abril, Paso Hondo, Trapiche, Brasilito, El Llano, and Matapalo. The program was aimed at children with no access to a pool or swimming classes. We thank Aude Lemaire-Hamel and her entire team for all their time and dedication, teaching us lifesaving skills for four consecutive weeks.



More information on the Girls Club project.

The goal is to create safe spaces around the local communities and invite the girls to ponder their own lives, identify the causes of their issues, and grow stronger as women.

The main focus is “liberating education,” the backbone of which is the teaching and understanding of Human Rights as a guideline for the empowerment of young girls. The program consists of 44 psychoeducational workshops for girls between 8 and 13 years of age.

Number of participants by community.	
Community	Number of Girls
Huacas	15
El Llano	15
La Garita Nueva	15
27 de Abril	15
Villarreal	18
San Francisco	9
Cartagena	12
Tempate	17
El Llanito	10
Pinilla	16
Santa Rosa	15
Brasilito	15
Paso Hondo	15
Total of Girls	187

TESTIMONIES

Here is the testimony of a mother who came to the Club seeking help for her daughter:

The girl kept coming home with money that neither her parents nor her siblings had given her.

Thanks to the level of trust and safety that the mentor managed to build, the girl was able to tell her mom that “some man gave her the money.”.



The mother, with the help of the CEPIA staff, files a complaint in Child Services (PANI) and they take the necessary measures, safeguarding the girl’s safety.”



More information on the “Yo soy la respuesta” (I am the answer) project.

The mission of I am the Answer is to include environmental awareness in formal education. Students build a better future for themselves by committing to looking after the planet and following the Mother Earth Peace and Wellbeing Agreement (in Spanish, Acuerdo de Paz y Bienestar Madre Tierra). They acquire skills that allow them to lead a conscious, healthy and sustainable lifestyle, in harmony with nature.

The Project is aligned with the Paris Agreement on climate change, the 2030 Sustainable Development Agenda (SDA) and the Madre Tierra (Mother Earth) Decree. It trains citizens in environmental awareness and sustainable lifestyles in harmony with Mother Earth.





The program is based on Gaia Yoga, which teaches comprehensive wellbeing. It uses tools like meditation, intentional mindfulness, and positive affirmations, and combines them with collective action to promote values, knowledge and skills that the children will use for life.

Learning and putting into practice the Gaia Yoga tools leads to mindfulness. This means to practice, on a daily basis, the necessary habits and skills for a conscious, healthy and sustainable lifestyle, which also helps reduce our ecological footprint.



The program consists of 30 classes, subdivided into 3 modules of 10 classes each (Conscious Life, Healthy Life, and Sustainable Life). The classes are organized by two women instructors, who address one topic per week for 40 minutes.

A total of 210 second-grade students (103 boys and 107 girls) aged 7 to 9 took part in the program. They all came from 8 elementary schools from the Santa Cruz district: San Francisco, Trapiche, Hernandez, 27 de Abril, Paso Hondo, Playa Potrero, Cartagena, and La Garita.

We also took group actions and/or partnered with: Asociación Nandamojo (native trees), the Asada (water company) of Playa Potrero and Asociación Abriendo Mentes (we had a talk on recycling and also painted plastic barrels at Playa Penca), Costa Rica Regenerativa (we took a field trip to Huerta Tierra Mágica de Tempate), and Hotel Cala Luna (celebrating global wellness day).



5. Environmental education.

Goal

The goal is to include environmental awareness in all of CEPIA's children and adult programs. This means that looking after Mother Earth, eliminating environmental pollution, reducing, reusing & recycling, and caring for all the creatures on our planet, is now part of the students' everyday experience.

Planting a tree ensures the present and future wellbeing of the planet and all its inhabitants.

In February, together with the ASADA of Huacas, we did a river cleanup. Some 30 people assisted with the task, which will help prevent floods during the rainy season.

On June 6, we celebrated World Environment Day by donating 115 trees, to help purify the air and regulate the weather, especially in the dry tropics.



Everyone who was interested in participating went to the Community Center and were given some trees to plant and look after. The project was carried out with the Nandamojo Organization.

The CIDAI students took part in the following environmental activities:

- February 25: garbage collection campaign in Brasilito.
- April 5: participation in a congress on environmental actions held by DNI Costa Rica (Defensa de Niños y Niñas Internacional).
- May 17: workshop on waste treatment and recycling.
- June 8: workshop on snake conservation, together with Civic Center for Peace.
- June 17: seeding campaign and beach cleanup with the Leatherback Trust.
- July 14: voluntary environmental campaign at the Monkey Park.

It's worth mentioning that I am the answer (see previous chapter) includes several workshops on environmental awareness, as well as a visit to a regenerative garden.

“It was really good, we were able to talk about our experience and share with others what we do. I really liked listening to others talk about the same topics.” (J. Acosta, Youth Group)

6. Strengthening underprivileged families.

6.1. Food and material donations.

We have a follow-up system that helps support families in poverty and extreme poverty in need of intervention and/or social care. In 2022 we donated food to **401 families** living in vulnerable or extremely vulnerable conditions. We also supported **1460 families** by donating **personal and household items**, such as quilts, bicycles, iPads, wooden furniture, beds, mattresses, clothes, and shoes. Thanks to our donors' support, we also managed to deliver bicycles to 33 children.

6.2. Women's volunteer committee.

Last year we supported 8 women living in high vulnerability (mostly Nicaraguan) who needed help to ensure their families' basic necessities.

Starting this year, these women are taking part in the training workshops offered in the Women's Circle. This allows them to follow an empowerment training process. They also do voluntary work in the community center. This year, we've already donated the following products:

- 94 packages with food and cleaning products.
- 323 boxes with fruit and vegetables.
- 162 donations, including furniture, electrical appliances, household supplies, clothes, and footwear.



6.3. Christmas campaign.

A total of **1250** children received their Christmas presents.

A total of **120** families received food packages.



6.4. School supplies.

In 2022, at the beginning of the school year, we delivered a total of 527 backpacks with school supplies.

These supplies were crucial in supporting students experiencing child vulnerability to stay at school.



7. Professional training & employability.

Goal

To strengthen the professional skills of people living in the coastal area of the canton of Santa Cruz by promoting opportunities that have a positive impact on underprivileged families.



Students in the Electrical Installation course during their graduation.

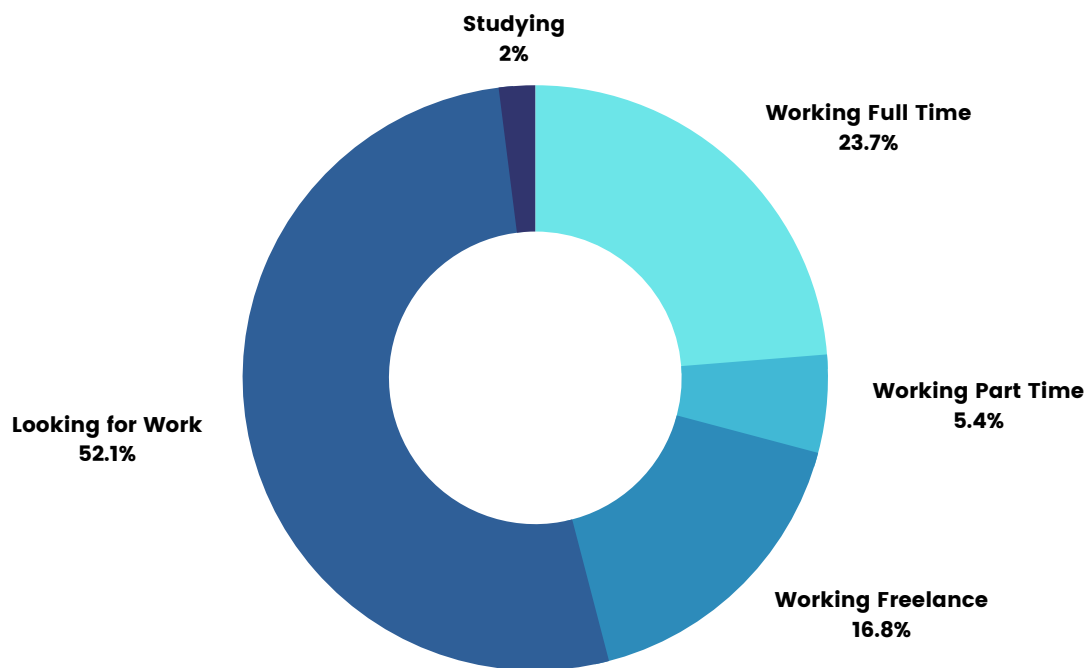
We offered 30 courses last year: 8 organized by the National Institute of Apprenticeship (INA), 6 given by volunteers, and the other 16 organized using CEPIA's own resources.

Professional training courses.

- 1 Basic boating course.
- 2 Food handling.
- 3 Office productivity.
- 4 Office productivity.
- 5 High Beginner English.
- 6 Basic boating course.
- 7 A/C maintenance.
- 8 Basic boating course.
- 9 Low Pre-Intermediate English.
- 10 Manicure: X gel & decoration mix.
- 11 Food handling.
- 12 Food handling.
- 13 Electrical installations.
- 14 Emergency First response.
- 15 Intermediate English.
- 16 Manicure – Acrylics and nails.
- 17 Food handling.
- 18 Basic boating course.
- 19 Food handling.
- 20 Sewing course.
- 21 Pool operator.
- 22 Food handling.
- 23 Lifeguard and Swimming instructor course.
- 24 Lifesaving.
- 25 Surf instructor.
- 26 Food handling.
- 27 Hotel front desk.
- 28 Beginner English.
- 29 Beginner English.
- 30 Conversational English.

In total, 466 people began studying at CEPIA in 2022: 50.3% women and 49.6% men. As seen in the graph below, 52% of the students were unemployed when starting the course.

Graph 6. Students' employment situation/status (2022).



271 students completed their training and 52 are still taking courses that end in 2023. The average age of the students is 30 years old. 75% of them are Costa Rican and the majority live around Huacas, Villareal, Tamarindo and El Llano.

According to a recent student survey, 71% of the students believe that the training courses had a high impact on their lives. They enabled them to improve their knowledge and work performance. Also, 79% rated the course they took part in with the highest score, 5 out of 5.

We extended the range of courses offered this year. We organized Manicure and Sewing courses, which really sparked interest in the community. In addition, 61 people got their Food Handling training, which allowed them to get their Food Handling License from the Healthcare authorities: that is a requirement in most restaurant and hospitality establishments in the area.

Throughout the year, 73 people received one-on-one employment counselling. During those sessions, we invited the users to join our WhatsApp group, “CEPIA Employability,” where we post job offers and tips for a better job search.



Students in the Pre-Intermediate English course, offered by CEPIA in Tamarindo.



Students in the Manicure course holding their certificates.

65% of the people asked to give their opinion about the service ranked it as excellent. They pointed out the support and motivation boost they received by the CEPIA staff, as well as other resources like creating a strong résumé.

The program also seeks to teach life skills, equally necessary for someone trying to join the workforce and stay in it. This initiative is called “Surfeando Mareas Laborales” (Surfing Labor Tides) and consists of a group of sessions covering topics such as soft skills, mental health, emotional health, and handling difficult situations at the workplace. We held 12 sessions in 2022, for a total of 132 people.

There is a direct connection between poverty and unemployment. This is why every action in this program aims at bringing jobless people closer to job opportunities and better working conditions.



Students in the Electrical Installations course practicing what they learned in class with structures that allow them to simulate a workspace.

In 2022, CEPIA became an Employment Unit, part of the Costa Rican Nacional Employment Agency. This partnership allows us to support job seekers through the online platform ane.com. It also paves the way to join forces with local businesses by linking them with qualified candidates.

HIGH-IMPACT STORIES

Yajaira and Gineth are two of the students who graduated last December in Electrical Installations in Buildings.

In this 200-hour course, the sex distribution was 80% men and 20% women. Due to preconceived gender roles in our society, opportunities for a technical training are normally taken by men. So, the effort and consequent success of those two students deserves to be acknowledged.

It is really inspiring for the other women in our community.

Yajaira graduated with honors, with a grade of 97 out of 100. She also took over as group leader, facilitating union and cohesion; those are key aspects when it comes to overcoming obstacles along the way and completing the course.

8. Women's empowerment.

Goal

The goal of this gender-focused program is to create sisterhood spaces that promote empowerment, mental health and financial independence to women living in vulnerability around the Santa Cruz coastal area.

8.1. Women's circle.

This is an initiative for adult women. In its semimonthly meetings, women learn from each other through informal training.

Last year they held a total of 22 workshops on the following topics: connecting with their inner self, connecting with their creative side, and learning how to find their place as people and as women in today's society. We also ventured into topics related to the female body, femininity and intimacy, through exercises that involve the body. After all, the body holds our life experiences. Women's life stories are reflected through the body.

Session on medicinal plants in La Senda.





Sound therapy session.

They also look into gender roles and ways to redefine them. A good example is the role of caring for children and senior adults, which historically has been held by women.

Finally, women delved into the importance of self-care, learned about positive discipline, and how to properly set boundaries when raising children.

At the same time the women organized practical workshops, which they could include in their everyday lives. They learned to make bracelets, basic makeup, artisan soaps, canvas bags, artisan chocolate, and others.

In 2022, 21 out of 48 members were new; about 30 of them actively participated throughout the year.

TESTIMONIES

“Each testimony, each learning I’ve received has been really helpful for my personal growth...coming from all this violence, psychological, physical and verbal, thanks to this great help, I’m getting to know the worthy woman that I am today.”

(Cándida)

“To me, this circle is very important, as I’ve learned many things I didn’t know about and I’ve learned to share and work as a team.

It’s also helped me a very lot to improve my life.

When I joined the circle it had been a few months since I’d lost my dad and I was feeling like my life was worthless.

Like, I was scared, I wanted to cry whenever I saw people, even when I started working in housekeeping.

It was weird, I just couldn’t talk to anyone.

But thanks to the circle I improved little by little. Also, Larissa’s workshop has kept me motivated and I feel the urge to continue, because I feel it’s helped me a lot.

Thanks to the circle, with so many nice workshops, I’m moving on.”

(Marisela)

8.2. Women entrepreneurs.

Thanks to our partnership with Donorsee.com we were able to offer our support to 19 women entrepreneurs from Cartagena, Hatillo, Portegolpe, Belén, La Garita Nueva, Huacas, Brasilito, Los Ranchos, Villarreal and Matapalo.

Those brave women dared to follow their dreams and CEPIA supported them in that endeavor. This project was made possible thanks to the help and support of the following volunteers: Majo Abugattas, Luisa Reyes, Stephanie Lippens, Pilar Cardozo, Johanne Bade, and Nathalie Salazar.

Our work: we helped remodel a beauty salon, we bought sewing machines, food industry equipment, like ovens, blenders, cooling machines, fryers, riveters, display shelves, manicure and pedicure implements, hammer mills for grinding maize, materials for bag-making, attire and jewelry.



In the words of Annabelle:

“CEPIA is a great support for many women like me, who can only depend on themselves to bring food home. This Project is a huge help for our businesses so they can grow and give a better service.”

An entrepreneur receiving the materials for her business project.



8.3. Vida mujer.

Goal

To secure the sexual and reproductive rights for women living in vulnerability by offering safe, reliable, and non-hormonal birth control to prevent unintended pregnancies.

The women are given high-quality, long-term contraceptives free of charge; each one gets a copper Intrauterine Device (IUD).

We offer IUD clinics in the different communities of Guanacaste, with the support of qualified doctors and medical centers or hospitals that offer their facilities.

The selected women are screened and assessed, and those who meet the requirements are given an appointment in one of those clinics.

Women who want to join the program must fill out a Google Form so that we can assess their needs and possible risks. She must also take part in a single-session course to learn about the features and proper use of IUDs and their possible side effects, as well as clear up any possible doubts.

Vida Mujer offers other OB-GYN (women's care) services, like IUD removals, breast exams, Pap smears, and reproductive health consultations.

2022 was a year of growth and new partnerships as more clinics and doctors became involved. Specifically, three new clinics joined the team this year: Clínica Renovarte in Liberia with Dr. Solís, Paradise Medical Services in Nosara with Dr. Diana López, and Mission Activation in Sardinal with Dr. Mariangel Mora. Dr. Mora led the first clinic in Sardinal and provided training courses for the new doctors who joined the program.

We established a new partnership with the NGO TDK International, which donated their first lot of 50 IUDs in November at lower-than-market prices.

We also became partners with the NGO Chepe se Baña, in San Jose, to establish more clinics in 2023. This organization mainly assists people who are homeless, destitute or involved in prostitution.

Geneva Garcia Ellen from Vida Mujer and staff of the Paradise Medical Clinic in Nosara.

Although the number of women assisted last year is lower than in previous years, the time and energy spent in making the program grow will ensure its longevity and our capacity to reach more women in 2023 and the years to come.



Partner clinics:

1. Huacas - Beachside Clinic
2. Liberia - Clínica Renovarte
3. Liberia - Hospital San Rafael Arcángel
4. Nosara - Paradise Medical
5. Sardinal - Mission Activation Center
6. Santa Cruz - Centro De Salud Integral Vida & Salud

Services provided.	
Women who received an IUD	98
Women who received a Pap smear	15
Other OB-GYN consultation	5
Number of clinics	7
IUD removals	7
Telemedicine	15
IUD donations	60
Volunteers	5
Volunteer doctors/nurses	5

TESTIMONIES

“Being part of the project and having the copper IUD fills me with relief, as we already have a little baby at home and we want to dedicate all our time to him for the time being.”

“I had a baby when I was 16, very young. Now I’m 22, I only have 1 child thanks to the program, which has been real help... today, I have a 6-year-old boy.”

8.4. Tamarindo Women's Collective.

This women's collective is a spontaneous movement, created in Tamarindo in December 2021. It's the result of various situations of sexual violence experienced by young women. As a response to that, several WhatsApp groups were created in Tamarindo, Villarreal and Cabo Velas. Those chat groups included women who work in Tamarindo and travel to work from nearby communities. Those women were all looking for a safer way to get around; the most common means of transportation in the area are illegal "pirate taxis", whose drivers oftentimes take advantage of their anonymity to commit unlawful acts.

When CEPIA started looking for information on the issue, we saw that it was very limited; we found that sex violence does occur, but most women don't report it for different reasons.



Community assessment results.

A total of 155 people responded; including 129 women and 26 men.

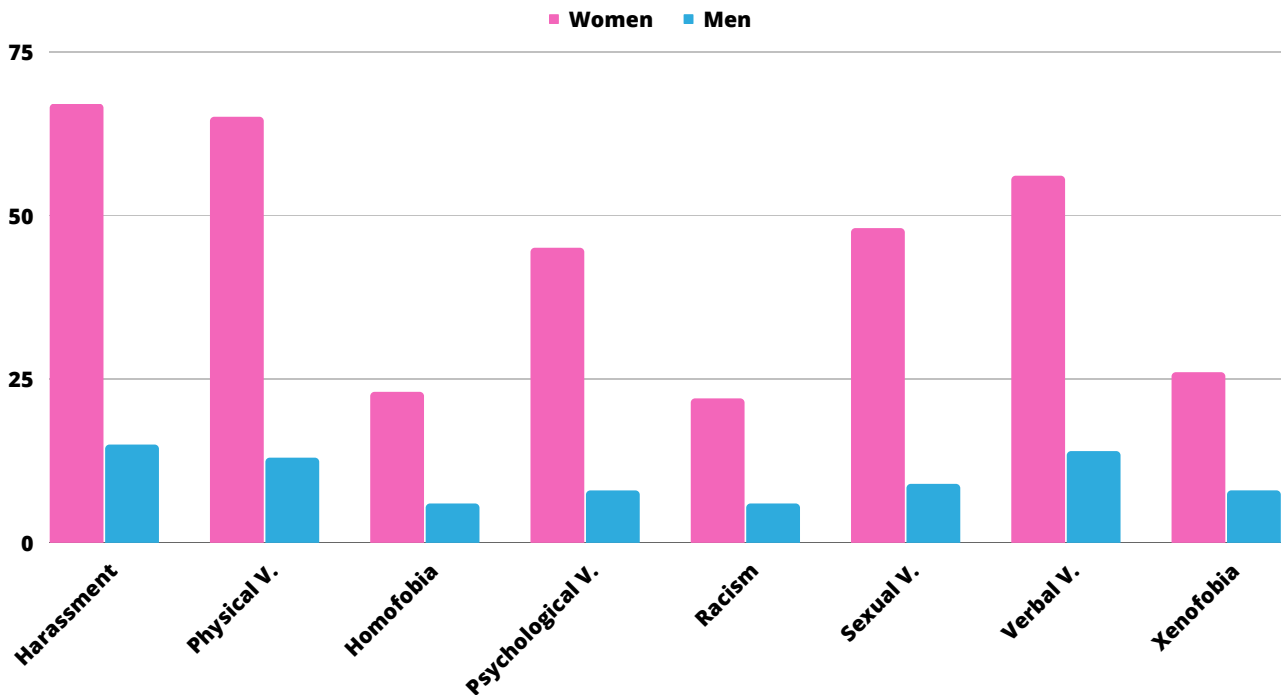
Out of the 129 women who replied to the questionnaire, 70 said they didn't feel that safe in Tamarindo, while over 30 were very emphatic when saying the same. Only 5 out of the 26 men who replied said they didn't feel safe.

Over 100 women agreed that the top two situations associated with insecurity are walking in the streets and social gatherings. Feeling unsafe due to their physical appearance is third, followed by "catcalling". In other words, the main sources of insecurity are all related to gender violence.

In the question How often do those in charge of Security (Law Enforcement, Private Security Companies, and local businesses) work, communicate, and meet with the members of your community in order to solve the safety issues in Tamarindo? 59 women replied "never" and only 1 replied "frequently". In the case of men, 10 replied "never", 12 replied "hardly ever", while no one replied "frequently".

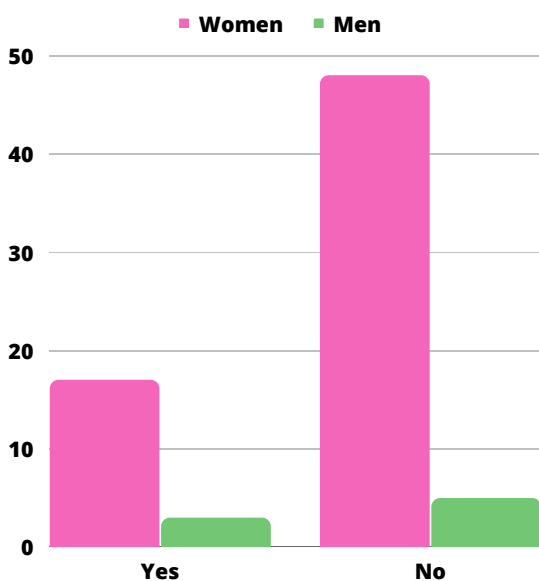
Nearly 70 women claimed to have been victims of street harassment, physical violence, or verbal violence. 55 women claimed to have suffered psychological violence and 58 sexual violence. 61 women said they had been victims of aggression. Finally, out of the 26 men who replied, 15 reported being a victim of violence too.

Graph 7. Types of aggression by gender.

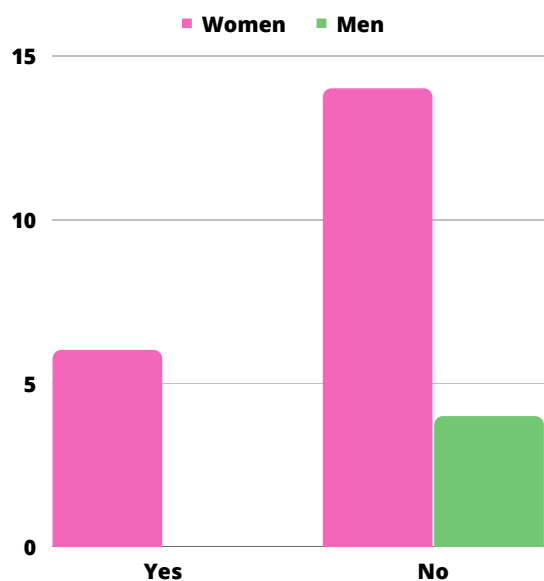


Out of the 61 victims of some sort of aggression, nearly 50 said they didn't file the complaint to the authorities, while 14 women who did file a police report claim that the response of the authorities was slow. This is reflected in the next two graphs:

Graph 8. Amount of people who filed a police reports by gender.



Graph 9. Who perceived a fast response from the police by gender.



This proved the importance of joining forces with local community actors. We proceeded to make 4 protocols of awareness on sexual violence against women, regardless of whether they're living, working, or just visiting the community.

These protocols aim to offer tools so that business owners and workers can learn how to act and how to assist the victims of these types of violence, without putting anyone's life in danger. They teach them the concepts and legal framework that can be applied in each situation.

We elaborated four protocols:

- Sexual harassment and/or abuse in public spaces.
- Sexual harassment and/or abuse in private spaces.
- Kidnapping for sexual purposes.
- Rape.

Together with the Tamarindo Community Development Association, ADIT, we held our first workshop aimed at creating awareness in illegal "cab drivers" of the Tamarindo area.

Tamarindo's Women Collective and ADIT worked together to organize 2 activities: one on March 8 for International Women's Day, and one on November 25 for the International Day for the Elimination of Violence Against Women. They both included a march along the main streets of Tamarindo, which ended at Parque Oneida with more cultural activities. There was also a presentation of the monologue "Silenciada" (Silenced) at CEPIA with the participation of 50 people.

Another action taken was to make 1000 prevention kits. The kits included basic information on how to act in order to be safe at beaches and other public places, how not to destroy evidence after rape, and how to use the safety whistle in situations when there's a risk of violence.

Thanks to the voluntary work of La Paz Community School we now have a website called "Safe Guana Taxi", where women can access information on safe taxi drivers.

March & festival for International Women's Day, 2022.



9. Legal counseling.

Goal

To offer legal counseling on human rights and access to justice to people living in vulnerability, especially women victims of violence.

This is really important for these people, as it offers them empowerment and assistance in court, and prevents further vulnerability.

Most victims don't understand the judicial system and how it works. This works against them, as oftentimes their cases are dismissed or exceed their statute of limitations. Another issue is technical challenges and access to the internet, which makes things even harder. This is why it's important to receive legal counseling before filing a police report.

We received multiple testimonies of intimidation by spouses, partners, or employers. The most common cases are employers abusing their power and taking advantage of the women's irregular immigration status. In cases of domestic violence and sexual abuse, lots of women fail to identify those situations as violent and tend to normalize them.

This program was resumed on September 15, after a long hiatus. In this short period of time, we've reviewed 16 open cases and given them the proper follow-up. In total, we attended 59 cases in 2022.

Five days a week, a counselor has an emergency hotline available for consultations and appointments. He also offers telephone support to victims who are trying to file a complaint.

Main reasons for consultation:

- Domestic and/or sexual violence - 30 cases
- Patrimonial violence - 7 cases
- Asylum seekers - 8 cases

TESTIMONIES

"I'm really grateful to them for listening, for their guidance and advice, because I've been feeling really alone. They've told me (at the workplace) that whatever I say is worthless because there are no witnesses, but what I've felt and lived has always been my cross. And I asked to please be switched to staff, that I wasn't comfortable, because I raised my voice in several occasions, I said that I deserved respect, but they didn't care. And now you're saying that there actually is a solution to this. As I mentioned before, I suffered many, many years from aggression, lots. I've been to other places, I went to INAMU (National Women's Institute), but as I was leaving I saw that CEPIA was doing something, on Wednesdays, something about women, and I asked God for advice; Because the truth is I feel awful. I still need to complete my two weeks' notice but I feel terrible, I feel their looks. I feel scared, obviously, because I said I didn't deserve this, that my integrity goes before anything. Now I understand that what I'm asking for is my right, the right to be respected. Nobody has the right to humiliate or denigrate me. I'm really grateful. No more."

10. Community support and leadership.

At the beginning of last year, we remodeled the facade of our Community Center, adding a mural designed by Peruvian-American artist Mario Torero. Torero has a long career as an international muralist, who has now settled and in San Diego California where he showcases most of his work.

Mario asked all the different groups for their opinion: children, teenagers, and women. He wanted to immortalize their looks, know their favorite colors and their idea about the community as well as CEPIA.

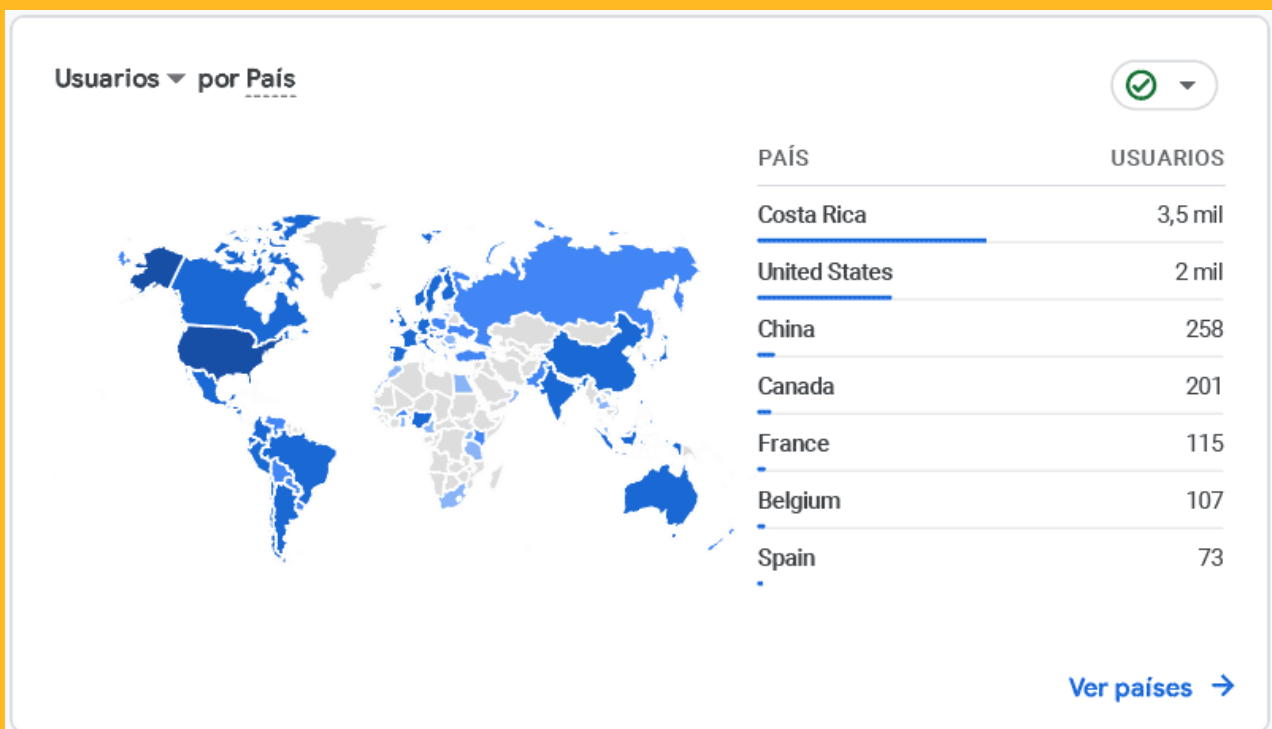
The artistic and cultural expressions are inscribed on CEPIA's name and they are a core part of CEPIA's work with the community.

We also continued to work on strengthening community leadership around the Community Center project in San José de Pinilla, still a work in progress.



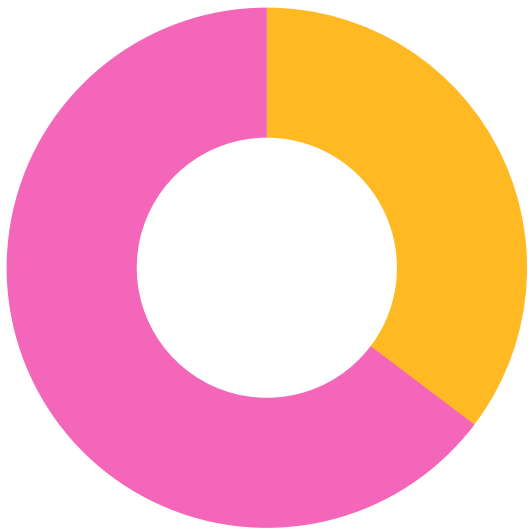
COMMUNICATION

Last year our website had 7900 visitors.
Most visitors live in Costa Rica, followed by the United States, as shown on the map below:



Graph 10. Website visitors by gender.

The following graph shows that most users of the website are women (64.7%):



35%

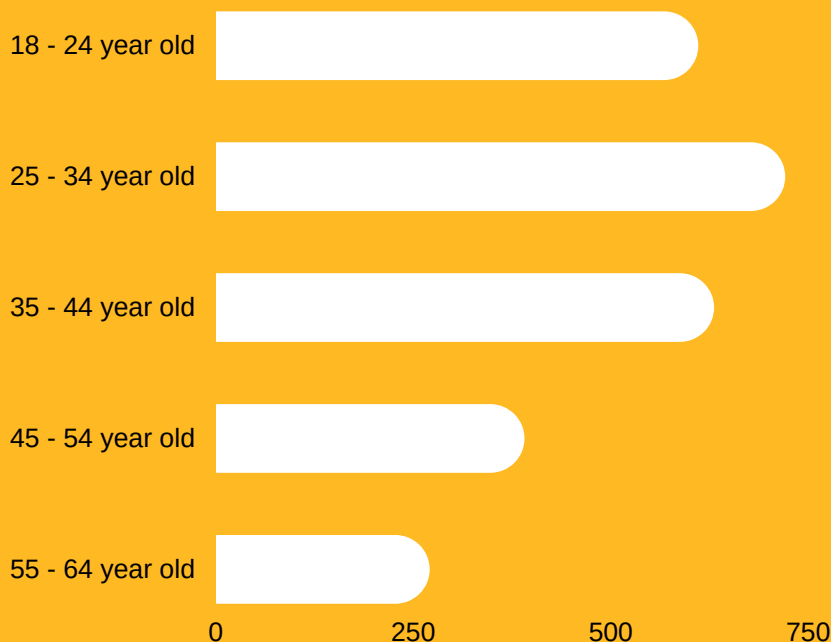
of the audience are men.

65%

of the audience are women.

Graph 11. Website visitors by ages.

The graph shows that most visitors are between 25 and 34 years of age. The second most popular age group is 35 to 44. It's worth noticing that we get many visits from young people aged 18 to 24.

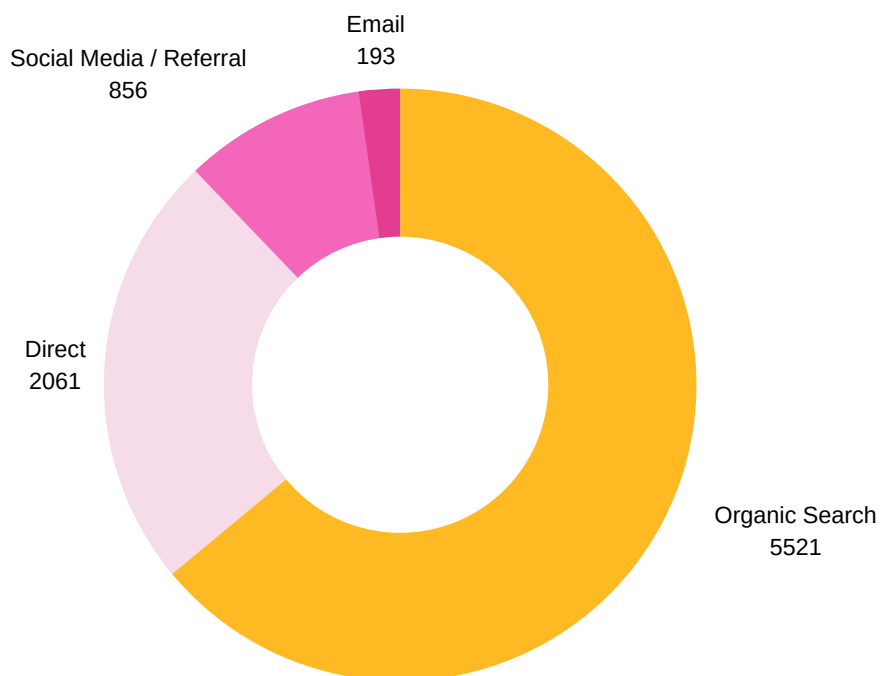


73%

of the audience are between 18 and 44 years old.

Graph 12. Website traffic source.

This next graph shows website traffic in terms of user source (where the visitors came from):



Organic Search: these are unpaid results that appear on a search engine results page after a query (based on Content or SEO).

Direct: these are the result of a user entering a URL into their browser or using a bookmark to directly access the site.

Redes Sociales: visitors arriving through social media, as well as posts and shares from CEPIA's profile or from www.cepiacostarica.org.

Referral: visitors arriving through another source, like a link on CEPIA. For example <https://www.tamarindosurffilmfestival.org/>.

Email: visitors arriving through newsletters and bulletins that CEPIA emails to all its contacts.

Social Media



Facebook

16 000 followers



Instagram

2 300 followers



TikTok

50.5 million views

Fundraising

In 2022 CEPIA received a total of ₡381,240,479 in donations (approximately USD 635,400 at a \$1=₡600 exchange rate).

In 2022 CEPIA spent a total of ₡471,862,274 (approximately USD 786,437 at a \$1=₡600 exchange rate).

You can find the complete
financial/accounting report on our
website:

<https://cepiacostarica.org/reports/>

OUR TEAM

Last September marked the renewal of our Board of Directors (made up exclusively of volunteers). Meet the new Board:

1. Simona Daniele (Italia-CR), President
2. Martin Salerno (Argentina-CR), Vice President
3. Gina Malavassi Piedra (CR), Secretary
4. Ana Catalina Baltodano (CR), Supervisor
5. Vincent Barrabe (Francia-CR), Treasurer
6. Wenceslao Mendioroz Nogaro (España-CR), Board Member 1
7. Erika Araya Araya (CR), Board Member 2
8. Roberto Céspedes (CR) Board Member 3

Meet the 33 partners and staff members who worked with CEPIA last year:

- Maria Jose Cappa Martínez, Executive Director
- Laetitia Deweer, Development Manager
- Cesar Abarca, Financial Coordinator
- Yulieth Rodriguez, Finance Assistant
- Msc. Claudia Angulo, Clinical Psychologist and Healthcare Coordinator.
- Eleana Alcocer, Psychologist for the CIDAI program

- Juan Carlos Gomez, Social Worker
- Priscilla Arias, Extracurricular Program Coordinator
- Karla Marín, Youth Group.
- Ana Laura Zelaya, Educator and Coordinator for the CIDAI program.
- Graciela Gomez, Heilyng Larios, Natasha Guerrero, and Julieth Ortiz, Teachers in the CIDAI program.
- Grettel Chacon, Administrative Assistant
- Juan Molina & Mauricio Juárez, Bus Driver
- Sebastián González, Communication Designer
- Patricia León & Mauricio Rodriguez, Adult Psychology
- Juan Fonseca, Professional Training and Employability Coordinator.
- Courtney Borquet, Coordinator for the Girasol project.
- Rodrigo Fonseca, Music teacher for the CIDAI program.
- Dimitrios Kyriakoulis, English Teacher.
- Belquis Rosales, Recreation Instructor.
- Fernando Villalobos, Private Accountant.
- Geneva Garcia Ellen, Coordinator for the Vida Mujer project.
- Sughey Alvarez & Saray Barrantes, Girls Club Mentors
- Wendy Abarca & Priscilla Arias, Yo soy la respuesta (I am the Answer) Mentors
- Esther Jiménez, Women's Collective
- Carlos Ugalde, Victim Assistance Legal Office and Legal Counselor.
- Marvin Granados, Javier Araya, Isaac Ledesma, Caterina Tosco, Diana Fuentes, and Carla Carrillo, Teachers for the Professional Training courses.
- Massiel Viales, Preschool Teacher from the Ministry of Education, also worked on the CIDAI program.

A total of 153 volunteers (Costa Ricans and Residents) offered their constant support:

Abad Arrieta Zúñiga Adriana Madrigal Olivares, Alejandra Parody, Alexander Guevara Gonzales, Alexander Tellez, Alexandra Hill, Allyson Rappaport, Amy Jacobs, Ana Margarita Elizondo Garofalo, Andrea Díaz, Andrea Mena Castro, Andrey Juarez Molina, Anginette Arroyo Arias, Ariana Guido, Ariana Víquez, Aude Lemaire-Hamel , Aya Nathan, Belquis Rosales, Brenda Carey, Camille Ebrard, Carrie Brown, Catalina Baltodano, Catherine, Cathy Deweer, Chakiris Mena Facio, Chelsea Ortega Monge, Christian Retana Casares, Courtney Borquet , Cristian Jesús Gómez Álvarez, Darla Murillo Henson, Deyanira Madrigal Chacon, Diane Sangrillo, Dr. Jimenez, Elizabeth Daly, Esperanza Landero, Franchesca Bonilla Serrano, Gabriela Valenzuela, Gaby Abarca, Georgina Quesada, Geovanny Espinoza, Gitanjali Dasy, Greg Fay , Greivin Ocampo, Hellen Ramirez Guzman, Hero Academy (Erika), Huifen Dunn, Iarela Viales Marchena, Isabel Clare, Ivonne Lizeth Valderrama, Jairo Morua Chinchilla, Javier Castaneda, Javier Lopez, Javier Ruin, Jennifer Jimenez, Jerlyn Tenorio, Jerome Daniel Flament, Jessica Williams , Jodi Gallant y Stuart Sireldon, JoEllen Noit, Johanna Vargas Leiton, Johanne Bade, Jonathan Ugalde Herrera, Jorge Castillo, Josiel Silva, Juan Carlos Naranjo Vasquez, Julio Ferreyra, Karen Alvarado, Karen Grencik, Karen Ortiz Aparicio, Karla Chavarria, Katherin Rodriguez Castro, Katherine Garcia, Katherine Marcela Rodríguez Castro, Katherine Vasquez Leal, Kelle Rich, Kristin Coffey, Kriz Umaña Chacon, Krystal Gutierrez Zuñiga, Larissa Granda Hernandez, Laura Quesada, Leo Almanza Fallas, Ligda Rodriguez, Lili Boss, Linnea Hauser, Lizeth Molina, Luis Masis, Luis Villegas, Luisa Noemy Reyes Rosales, Mackensie Matarrita, Marcela Porras, Margarita Elizondo, Margoth Marin Cascante, Maria Edith Arrieta Ortiz.

Maria José Abugattas Hodali, María José Monge Mora, Maria Perez , Marian Paniagua, Maricris Sison, Mariela Viales Torrentes, Mario y Sara Torero, Martha Ligia Alvarez Mendez, Melisa Galo Garcia , Michelle Rodriguez, Mike Owen Benediktsson, Milagro Rodriguez Rodriguez, Natasha Averith , Nathalie Salazar, Nicolas Chtepenco, Nila Leiserowitz , Nova Everson, Olivier Van Houte, Ornela Constantini, Patricia Coester, Paul Oporta, Petra Shoep, Pilar Barba, Pilar Cardozo, Querelyn Araya Morales, Rachel White, Rafa Sandoval, Raquel Aguilar, Richard (Rick) Ramirez, Richie Ramone, Sary Daniela Barrantes, Sebastian Horton, Shelley Campbell, Shirley Carrillo Mora, Stephanie Lippens, Sughey Yariela Alvarez, Susanne Dennefors, Tamara Ponce, Tania Munjica, Teresa Okecki, Terri McCarthy, Thais Barrantes, Ulises Najul, Velma Jimenez, Vesna Todorovic, Walbin Sanchez, Walfred Ofelio Sinay Santos, Wendy Abarca, Yamileth Bermunez Chaves, Yorhany Pizarro Lopez, Yuri Rodríguez Alemán, Yves Deweer.

We also thank the participation of the following temporary volunteers and interns:

Samuel Delgado, Jacqueline Cruz, Maxine Demeter, Natasha Desmet, Miet Moermans, Piet Brunger, Nele Kintrup, Angelique Guilmard, Manon Duboc, Celia Soto, Elena Thoni, Isabel Burtak, Claudia Santisteve, Marla Steinmeyer, Karen Faller.



For further information, suggestions or questions about this report, please write us at:
cepiacostarica@gmail.com