BBYO COSTA RICA TREK PROGRAM 2022

SESSION INFORMATION

COSTA RICA TREK | GRADES 8–10 | 14 DAYS
Travel Date: July 26 – August 8, 2022

ULTIMATE AMERICAS TREK | GRADES 8–10 | 35 DAYS
Travel Date: July 5 – August 8, 2022

CONNECTING TWO SUMMER EXPERIENCES?
You will receive a separate guide for each program along with details on how the connection works.

EMERGENCY CONTACT INFORMATION
Prior to departure, families will be provided with two essential contact numbers. The first is a 24-hour emergency number that is to be used in the case of a family emergency at home, or if a teen is in physical distress and contacts a parent before contacting their staff member.

You will also be given a contact for the Staff Member responsible for your teen's bus. This contact is to be used for most situations and questions that arise in the summer. Your teen's Staff Member will return your call or email within 24 hours.

To ensure your teen's Madrichim can best utilize their time with the group, we do not share contact information of our bus-specific staff with families. We ask that families adhere to the above protocols to ensure the well-being of both our teens and staff members.

Please only use the emergency phone number when there is an emergency as described below:

Emergency Situations
• Family health emergencies
• Urgent medical or safety situation pertaining to family or friend at home
• Immediate need for a teen to leave the program and return home

Non-Emergency Situations
• Missing luggage or general transportation questions/concerns
• Concerns about fatigue or social adjustment
• Information on itinerary or sleeping arrangements
• Requests for flight extensions
• Requests to be featured in photos
• General security concerns (email updates will be sent in such scenarios)
• General questions regarding the itinerary or location of your teen

MAILING PACKAGES
Please do not send packages to teens in Costa Rica. Packages often get delayed by customs, and even if a package does get through, it may be difficult to get the package to our group. If your teen forgets any necessary item(s), the staff will do their best to help them purchase or obtain the item(s) in a timely fashion.
STAFF LEADERSHIP

Hello BBYO Passport Families,

It gives me great pleasure to welcome you and your teen to Summer 2022. We are thrilled your teen will be joining us in Costa Rica. They'll embark on a life-changing trip with BBYO Passport where they'll explore new places, meet new friends, and make memories to carry with them for life. We are excited your teen is joining a network of thousands of teens who have been on a BBYO summer program and benefited from a fun summer filled with engaging sessions, skills to last a lifetime, and an impactful Jewish experience.

Our Costa Rica program is a structured, supportive, and nurturing environment in which your teen can grow personally and feel a sense of accomplishment. The real benefits of traveling with us to Costa Rica will be apparent when your teen returns home more self-reliant, self-sufficient, and confident. What a gift to give to your child! We have a full staff team ready to meet your child.

We look forward to spending the summer with your teen and sharing the wonderful experiences of BBYO summer with them!

L'Shalom,

Marni Heller
Associate Vice President, BBYO Passport
mheller@bbyo.org or bbyosummer@bbyo.org

MADRICHIM (COUNSELORS)
Each group is staffed by a team of madrichim (counselors), a local tour leader, and a dedicated bus driver. Staff names are given 3-4 weeks prior to your departure, and you can expect a staff welcome call leading up to your departure.
TRAVEL INSURANCE

BBYO Passport has partnered with Travel Insured International to provide a low-cost, student group travel insurance option specifically designed for teen travel. While travel insurance is optional, we strongly encourage families to purchase travel insurance to protect their investment and plan for the unexpected.

Policies are available for U.S. residents only. If you are a resident of Canada and would like to purchase travel insurance, contact Jeffrey Barr at Travel Insured International. If you are a resident of any other country, you can also contact Jeffrey for a stand-alone medical policy. You can contact Jeffrey via email at jeff@travelinsuranceisrael.com.

To review Travel Insurance Rates for the cost of your program, click this link.

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<th>PER PERSON RATES</th>
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The above rates are for trips up to 30 days – for each day over 30 add $3.00 per person per day. All of the above rates are for the plan which includes insurance and non-insurance services.

Cancelling an insurance (CFAR) benefit not available to residents of New York State.

The Standard + “Cancellation for Any Reason” (CFAR) policy must be purchased prior to final payment for all related non-refundable trip costs and is unavailable for New York residents. All policies are issued after the final payment is made; however, the policy is considered to have gone into effect once the premium payment is made to BBYO.

To sign up for travel insurance, please log into your account and fill out the form titled “Traveler’s Insurance.”

Questions regarding travel insurance? Email Jeffrey Barr at jeff@travelinsuranceisrael.com. BBYO is not licensed or authorized to answer questions regarding your teen’s travel insurance policy or options. Our Customer Service team is happy to answer general questions for our families, but all questions regarding any insurance matters must go directly through Jeffrey.
PROGRAM CHECKLIST

This list will help you make sure you and your teen are ready to travel with BBYO Passport this summer. Don’t forget to complete all forms as early as possible.

- Check the ‘Dashboard’ and ‘Personal Info’ sections of your account and verify that teen information, personal information, and any additional parent/guardian contact information is up to date.

- Complete all available forms through your account:
  - Parent Release
  - Traveler’s Insurance
  - Teen Release
  - Traveler’s Health Form
  - Physician/Medical
  - Passport Information
    - Ensure that your teen’s passport is valid for at least six months after our return date.
  - Scholarship (optional)
  - Terms and Conditions
  - Flight Options (indicating your supervised flight preference)
  - Flight Options – Details (indicating what your domestic travel to our meeting point is)
  - COVID-19 Vaccination Verification

- Pay your balance in full by April 5, 2022. Payments may be made online through your Passport account by either ACH E-Check (no processing fee) or by credit card; any credit card payment made, aside from the initial $250 deposit, will be charged a non-refundable 3% processing fee.

- Arrange your travel to/from the departure airport or the pre-approved meeting point and submit those travel plans to us in your account.

- Arrange for a local SIM card or phone (optional)

- “Like” BBYO Passport on Facebook and Instagram—we will post trip photos to Facebook over the summer!

- Review the trip policies, program rules and expectations, as well as BBYO’s Code of Conduct together as a family

- Review the advised packing list in this document

- Make a plan for accessing spending money during the program
TRIP POLICIES

VISITORS
While your teen is in Costa Rica, there may be periods of time where they are able to have friends or family visit the group. This can be coordinated directly between your teen and their trip staff once your teen is in Costa Rica.

GROUP COMPOSITION
Each group forms its own traveling community, and the size of each group varies by program date. Our typical bus size for our Costa Rica trip is around 35-42 teens.

Note on Connections
Some teens from your program may continue to another BBYO Summer Experience, while others do not. When joining a new program, you may see some familiar faces from your previous experience. However, there may be new faces, too! Our staff is well trained to make sure this transition is as smooth as possible.

ROOMING PLAN
Standard accommodations are based on 2-4 teens per room, with the same amount of sleeping accommodations. Every time we move to a new overnight location, we will rotate rooming assignments. BBYO does not allow teens to request specific roommates as we want to provide a better opportunity for our teens to get to know one another and promote group bonding.

PROGRAM ITINERARY
The final program itinerary is announced 3-4 weeks prior to departure. Please note that even a confirmed itinerary may be subject to changes on the ground.

KASHRUT & DIETARY NEEDS
All meals provided on the program are vegetarian when dining as a group. If kosher facilities are available, we will eat there. BBYO Passport experiences include “pizur” meals where participants can use a cash allowance to buy their own food. Kosher meals during pizur time are subject to what is available locally and to the teens’ personal choices. Teens with special dietary situations should make sure their medical dietary restrictions are reflected in their account information.

There will be multiple opportunities throughout the trip for teens to purchase snacks. When traveling, your teen may encounter new foods that will not be to their liking, so we ask teens to be flexible and have snacks and other alternatives on hand just in case.

SHABBAT PROGRAMMING
Shabbat is a special time and can be an amazing opportunity for rest and reflection. Friday nights and Saturdays will include prayer, informal discussions, and various Shabbat programming. Where possible, we try to include visits to local synagogues to give teens a taste of how Judaism is observed locally. Often our best or only option is a traditional Orthodox service. Even if this is not part of your tradition, it is an opportunity for a rich cultural experience and can be meaningful, too. When possible, we strive to provide several alternative options for celebrating Shabbat, and teens are encouraged to take an active role in how the experience is shared with the group.

As a program, we do not drive on Shabbat. We do, however, require that teens carry items on Shabbat, such as water bottles. At the same time, what teens do during non-programmed time on Shabbat is their own personal decision. We only ask that everyone be mindful and considerate of each other's practices.

KEEPING FAMILY UPDATED DURING THE PROGRAM
Parents of teens will automatically receive email notifications, including updates from the road and a link to new pictures posted from the group.
MONEY
Sleeping accommodations, all meals, in-country transportation, and all program activities are covered by the core program fees. The only spending that is your responsibility will be snacks, souvenirs, bottled water, and gifts. We estimate $100-$150/week is sufficient.

How to Bring Money Abroad
There are several ways to bring money abroad. Please read this section carefully, and keep in mind that BBYO Passport Staff will be unable to facilitate money transfers (including Venmo) to teens during the program.

ATM/Credit Cards
If you choose to use your personal ATM card or credit card, we ask that you be aware of the following:
• Each family must contact their bank or credit card service in advance to determine if their cards will work in Costa Rica. BBYO strongly recommends families alert their banks the dates and locations of their travels before your teen departs. Failure to notify your bank may result in a teen’s card being frozen upon arrival.
• Because IDs are frequently checked when making credit/debit card purchases, we recommend only bringing a credit/debit card issued in the name of the teen.
• Some teens have had trouble withdrawing money from savings accounts. We strongly recommend that ATM cards be linked to checking accounts only to prevent any potential complications in Costa Rica.
• Please do not send your child with prepaid gift/credit cards as they will likely not be accepted abroad.
• Most merchants abroad will only accept EMV-enabled cards (i.e., smart chip cards).
• American Express and Discover cards are not widely accepted and are not recommended.
• Even if you plan to bring a credit/debit as a primary source for purchases, we recommend traveling with at least $100 in cash as a back-up, as credit/debit may not be accepted at smaller stores or stalls.
• We will not have access to ATMs on a daily basis, so please plan accordingly.
• Check with your bank for exact fee charged when using ATM, debit, or credit cards internationally.

Local Currencies
Many locations in Costa Rica accept U.S. dollars, but not all. If you plan to bring cash with you, either plan to exchange it to local currency before you depart for the program or at the arrival airport. Bringing some back-up cash is a good idea, but we do not recommend it as a primary method for making purchases while abroad.

The Costa Rican currency is the Colón. You will find that goods in Costa Rica can cost 20% to 55% less than they typically cost in North America. Exchange rates are constantly fluctuating. Please check the rates prior to your trip.

PHONE CALLS ABROAD
Prior to using your cell phone abroad, please contact your cell phone provider to understand what the costs associated with international roaming are. If you wish to rent a cell phone or SIM card (for unlocked phones only), you will need to do so on your own. If you are choosing to rent a SIM card, please contact your cell phone provider in advance to unlock the phone so that it may accept an international SIM card.

How and When to Call
For parents and friends who wish to contact a teen during the program, please remember that Costa Rica is several hours ahead of Eastern Time. We remind you that cell phone use during programmed time will not be permitted. Evenings of the program are generally a good time to call. Most of our accommodations do not have regular phone service in the rooms.
PROGRAM RULES & EXPECTATIONS

BBYO is a teen-led organization, and as such, we place great trust and responsibility on our teens. By agreeing to participate in the program, you are agreeing to abide by the terms of our Release Form and the BBYO Code of Conduct. We encourage you to review these conduct guidelines as a family before the start of the program:

DISCIPLINARY APPROACH

In order to create a safe and successful program experience for everyone, BBYO Passport has established a series of rules and disciplinary guidelines. Each disciplinary situation is evaluated individually, but, as a general rule, infractions related to physical violence, drugs/controlled substances, alcohol, and leaving the group without authorization are grounds for removal from the program. A single infraction may result in immediate separation from the group. BBYO Passport staff reserves the right to make these decisions, and there may be further consequences for BBYO members within their local regions after returning home.

Cause For Removal

It is our sincere hope that no one will need to be sent home from a BBYO Passport program, and accordingly, we encourage parents and teens to discuss this matter carefully together before the start of the program.

In the event of program dismissal, the parents of the dismissed teen will be solely responsible for all associated fees, including the cost of special transportation to the airport, a flight chaperone if necessary, or an airline change fee. No portion of the program fee will be refunded, and any scholarship funds awarded will need to be reimbursed in full to BBYO or the issuing agency. Given the international nature of the program, the consequences of dismissal are extremely serious, costly, and disruptive to the rest of the group.

All behavioral matters will be addressed on the program through a series of steps. These steps may include a staff/teen conversation, formal warning, program probation, and ultimately, dismissal. BBYO Passport staff members reserve the right to make decisions related to behavioral misconduct and disciplinary consequences.

CURFEW & ROOMING

Getting a full night’s sleep is one of the best ways to ensure a teen stays healthy and engaged in the program. A curfew will be enforced at the discretion of program staff. Teens are expected to abide by these curfew rules. Hotel rooms are assigned on a single-gender basis. Teens are not allowed to be in any other room other than the one they are assigned to without permission from the staff at any time during the program.

DRUGS & ALCOHOL

Possession, consumption, and/or the purchase of drugs and/or alcohol will not be tolerated on any BBYO Passport program and may result in immediate dismissal. The same applies to sharing, selling or otherwise dispensing prescription medication. Moreover, it is the policy of BBYO Passport to allow the police and justice departments of the respective countries visited to prosecute when infractions have occurred without intervention by BBYO Passport.

Purchase or possession of tobacco and marijuana products, and smoking paraphernalia, are not allowed regardless of age. This policy includes, but is not limited to, vapes, e-cigarettes, and edibles.

BBYO Passport staff members reserve the right to administer a breathalyzer test and/or search any teen’s belongings or room at any time and for any reason during the program.
LEAVING THE PROGRAM WITHOUT AUTHORIZATION
As part of our approach to safety and security, teens on BBYO Passport programs are **not allowed** to leave the supervision of the program at any time. There will be occasions for limited free time in specific controlled areas that are deemed secure by program staff. However, teens are not to leave the program at any time, for any reason, whatsoever, during the day or night. Leaving the program without specific staff authorization is grounds for immediate dismissal.

TIMELINESS & COOPERATION WITH PROGRAM STAFF
Behind the scenes of each BBYO Passport program is an intricate logistical plan which requires us to keep to an exact schedule. Staying on schedule requires the cooperation of every teen. It means waking up in the morning on time, not wandering from the group, and respecting the overall schedule of the program. The consequence of being late is that elements of the program may be cancelled. We need every teen’s cooperation to ensure that the program can be fully experienced by all.

SOCIAL COHESION
As a member of a traveling community, each teen has a responsibility to treat their fellow teens with respect and decency. We aim to create an atmosphere where everyone on the program is made to feel welcomed and comfortable, and each teen plays a role in making this possible. These same principles apply to virtual and social platforms before, during and after the program.

WEAPONS
The purchase or possession of a weapon, or an item that may be construed as a weapon, is not allowed during the program, and any such items will be confiscated.

RESPECT FOR PROPERTY
It is expected that teens will behave responsibly and with respect regarding belongings and property throughout the program. Should property be damaged or defaced by a participant, those responsible will be held accountable for payment of damages. *Please note that there is also a fee at many hotels and kibbutzim for lost room keys.*

TATTOOING & PIERCING
Such activities during the program are forbidden and may result in disciplinary action or dismissal from the program. Tattooing and piercings can be unsafe in foreign countries, and any resulting medical complications would not be covered under the program’s medical insurance policy. Teens will be required to remove any piercings they acquire during the program.
BBYO CODE OF CONDUCT

The BBYO Code of Conduct is designed with the health, safety and well-being of teens, staff, advisors and guests in mind. All BBYO participants are expected to adhere to these guidelines and to conduct themselves in a manner that reflects Jewish & BBYO values. Failure to do so could result in disciplinary action up to and including dismissal from a program and/or expulsion from BBYO and may also include requiring that the teen or parent/guardian repay scholarship or any financial assistance received from or through BBYO.

General Expectations

- Teens, staff, and advisors will create a safe, inclusive, and welcoming environment and treat everyone with respect at all BBYO gatherings.
- Follow all program rules and attend all scheduled activities on time unless otherwise approved by staff.
- When issued a BBYO nametag it must be worn and displayed for the duration of the program.
- Proper/respectful attire must be worn at all times. Shoes must be worn in public spaces.
- Teens may not leave the program venue without prior approval by staff unless part of the BBYO sanctioned agenda.
- Visitors may not attend BBYO programs unless they are registered as guests by staff in advance.
- For overnight programs, teens are assigned sleeping rooms at the start of the program and are expected to sleep in those rooms only.
- Alephs are not permitted to be in the sleeping area of BBGs and BBGs are not permitted to be in the sleeping area of Alephs.
- Sexual activity/intimate contact is not permitted at BBYO programs between any participants.
- Teens must report property issues or damages in any location to BBYO staff immediately. Any unreported damages could be charged to participants.
- Participants are responsible for securing and administering their own medications unless the rules of the program explicitly state differently. Sharing of medications (prescription and over-the-counter) with others is strictly prohibited.
- Social media must be used responsibly at all times - including during overnight/immersive experiences. Posts with dirty spirit, that slander other teens, staff, volunteers, speakers/guests or from anonymous accounts that use BBYO images, logos or the BBYO name will not be tolerated.
- All participants are familiar with the BBYO Community Agreements that outline how our community sees and responds to healthy relationships and power dynamics.
- For safety and security reasons, participants should avoid sharing the location of BBYO events on social media.

Disciplinary Consequences

BBYO strives to help teens learn from their experience and grow as responsible, independent young adults. In situations where teens do not follow program rules or uphold the values of BBYO, consequences will result. Disciplinary action is guided by an organization-wide standard to ensure consistency and fairness however consequences may vary based on circumstances. Teens who hold an elected/appointed leadership positions (chapter, region, conventions, internationally) may be subject to loss of their position as part of disciplinary action.

The following is a guideline. Final action is at the discretion of BBYO's professional staff.

If a teen is dismissed from a program due to failure to comply with the code of conduct, transportation home will be at the participant’s own expense. No refunds will be issued. Additionally, if a teen is dismissed from the program, and received financial scholarship, the family will be responsible for paying it back to BBYO. If there is involvement of law enforcement agencies, BBYO will contact the parents/guardian and not intervene in any other way.

Engaging in any of the following behaviors during a BBYO meeting, program, or related social media will result in immediate EXPULSION from BBYO:
- Conduct that endangers the safety, health or welfare of the teen and/or others;
Conduct or threats of conduct that are violent;
Possession of fireworks, firearms or other items considered to be weapons and/or anything potentially harmful to others.

Engaging in any of the following behaviors during a BBYO meeting, program, or related social media will typically result in disciplinary consequences that may include **IMMEDIATE REMOVAL FROM THE CURRENT PROGRAM AND/OR SUSPENSION** from participation in future BBYO activities:
- Theft or causing intentional damage to hotel/camp or other’s property
- Bullying, hazing, and other actions taken with the intent of harming others
- Consumption or possession of illegal drugs, alcohol, tobacco, “vaping” products or materials, or any substance that can be used to create an unnatural high
- Alephs found in BBG sleeping area(s) and BBGs found in Alephs sleeping area(s)
- Sexual activity/intimate contact in any sleeping area, or any public or private area
- Unwanted or unwelcome sexual contact, whether physical or verbal
- Sharing of prescription/over-the-counter medication
- Leaving a BBYO program venue without permission of staff
- Inviting/welcoming visitors to an official BBYO activity without permission of staff
- Tattooing or piercing oneself or others or receiving tattoos or piercings, or other forms of self-modification

Engaging in any of the following behaviors during a BBYO meeting, program, or related social media will typically result in **CONSEQUENCES COMMENSURATE WITH THE SITUATION:**
- Gambling;
- Inappropriate use of social media - including (but not limited to) dirty spirit, media that slanders other teens, staff, volunteers, speakers/guests or media from anonymous accounts that use BBYO images, logos or the BBYO name;
- Sending or sharing of sexually explicit material or intentional sending of material that is sexually explicit or shaming;
- Use of vulgar language and/or inappropriate gestures;
- Inability to follow BBYO program rules including tardiness/absence from scheduled activities without prior approval from staff, not treating others with respect, not wearing proper attire, not displaying an official BBYO nametag, etc.;
- Inappropriate physical or verbal contact;
- Carrying or displaying toy weapons;
- Not sleeping in your assigned room.

Teens who do not uphold BBYO values in their community may also be subject to consequences related to BBYO program participation as appropriate based on the situation. Teens who do not uphold the values of BBYO as elected leaders or use their elected position as leverage over others may lose their elected position.
TRAVEL INFORMATION

A group flight is not included in the cost of this BBYO Passport program. Details about how to meet at the airport and make your flight arrangements are posted to your account.

PASSPORT VALIDITY

Please check today to make sure that you know where your passport is and that it is not expired, or is about to expire. Make sure your passport is valid for six months after our return date. If it is not, you may not be allowed to board your flight(s). Information about ordering or renewing a passport can be found on Travel.State.Gov.

VISA RULES

If you are traveling to Costa Rica on a U.S., Canadian, or European Union member country passport, you do not need a visa to enter any of the countries we visit. If you are traveling on a passport from another country, you may need a visa.

Plan to Carry a Photocopy of Your Passport During the Program

Because we hold onto your passport for safekeeping on the road, we recommend always carrying a copy of your passport in your wallet or backpack as a back-up form of identification. If you are bringing a cell phone, you should also save a picture of your passport there.

Check That the Name You Used to Register Matches Your Passport

If you registered with a nickname, your ticket will be printed accordingly, and you may be denied boarding. Contact us to make any corrections ASAP.

EXIT TAX

Costa Rica imposes a $29 USD exit tax at the airport, which may be paid in cash or using a major credit/debit card (there is a $10 fee to use a credit card). Most airlines include this tax as part of your flight cost, but please check with them directly to verify.

LUGGAGE RULES

Check with your specific airline for the most updated terms, however, the following are the basic luggage rules for transatlantic group flights:

- **Checked Luggage**: One bag of no more than 50 pounds and no more than 30 inches long
- **Carry-on Luggage**: One carry-on luggage or larger duffle
- **Personal item** such as a purse or backpack

FOR TEENS ON CONNECTED EXPERIENCES

If you are on a connected program that includes Ultimate Americas Trek, the luggage rules on the connecting flight may differ from the U.S. flight. Additional airline fees will apply if your luggage exceeds these limits.

When deciding what kind of luggage to bring, keep in mind you will need to load your luggage on/off the bus and to/from our accommodations. So, please try to keep it manageable, and be sure to bring luggage on wheels (we suggest a rolling duffel). Before packing, please review updated restrictions on the TSA website [TSA website](#).

MEETING AT THE AIRPORT

If you are taking the group supervised flight, plan to meet in the check-in area of our departure terminal four hours in advance of the group flight. If you are taking a domestic flight to meet the group, please make sure it lands at least five hours before our departure. Starting at six hours prior to departure, our team will be wearing bright green staff t-shirts and will greet teens as they arrive at our meeting point. **The BBYO Passport t-shirt you will receive in the mail just before the program MUST be worn on departure day.**
On arrival to Costa Rica, make your way to the passport control area and then continue to baggage claim immediately after your passport has been stamped. In baggage claim, there will be time for restroom breaks and to use an ATM, but do not wander beyond baggage claim without staff. Our team will greet teens at baggage claim as they arrive at our arrival airport.

We recommend that teens arrive at the airport with their personal cell phone and a portable charger in case they need to contact a member of our team. Please be sure that your cell phone number is listed in your account.

UNACCOMPANIED MINORS
Each airline has their own rules for mandatory "unaccompanied minors," and additional fees do apply. If your teen is 15 years or younger, please refer to your chosen airline for information and contact us well in advance (2-3 weeks) if special arrangements need to be made with our staff.

WHAT HAPPENS IF YOU ARE DELAYED?
If you are delayed on departure day and will not meet the group on time, please call your assigned airport representative as soon as possible. If possible, we will re-schedule you on the next available flight. However, please keep in mind that there is no guarantee that we will be able to do so, and you will be travelling without staff. Additional fees may apply.

RETURNING HOME
You will typically clear customs and baggage claim within 60–90 minutes of arrival. If scheduling a connecting flight home, allow for a window of at least three hours between flights within the same airport.
HEALTH & WELLNESS

SUN SAFETY
The sun in Costa Rica can be strong in the summer—often stronger than teens are accustomed to—especially along the coast. Dehydration, heatstroke, and sunburn are serious concerns.

Below are some rules we employ whenever we go on hikes or whenever we will be outdoors for an extended period:

- Wear a hat
- No tank tops
- Use sunscreen
- Carry at least two liters of water

Teens will not be permitted to board buses unless they have adhered to the above protocol.

WATER
Proper hydration is essential during a program of this nature. Teens should be drinking two large bottles of water per day. Bottled water is widely available and inexpensive, and you will have many opportunities to purchase it. Similarly, you will be able to refill your own water bottles with tap water frequently. Teens will not be allowed off the bus without full water bottles! BBYO will not purchase bottled water on behalf of the group.

MEDICATION
Teens are responsible for carrying and self-administering their own medication. With the exception of over-the-counter treatments and EpiPens, our staff is not allowed to hold or administer prescribed medication and cannot be responsible for ensuring that prescribed medication is taken. If you have special requests (e.g., refrigeration requirements), please note them on your health forms. Teens are never allowed to share or dispense prescribed medication.

Don’t forget to fill out your physician/medical form in your account.
BBYO SUMMER 2022 | COVID PROTOCOLS INTRODUCTION

In consultation with BBYO’s Medical Advisory Committee, BBYO Passport is committed to enforcing policy and procedures for all individuals in Israel, Europe, and the Americas to ensure the health and safety of our communities. While news and information about COVID-19 is everchanging, we are continuously updating how our programs may be affected. BBYO is working to prepare the necessary measures to limit the spread of COVID-19 and to keep our teens, staff, and families healthy. We will continue to update our protocols based on the recommended guidelines issued by the Center for Disease Control/CDC, American Academy of Pediatrics (AAP), as well as federal, state, and local governments. The guidelines outlined below provide families and staff with information about the policies and protocols BBYO is implementing to mitigate the risk of COVID-19 in Israel, Europe, and the Americas. BBYO reserves the right to update these guidelines as more information becomes available from the CDC, AAP, FDA, and other sources. Please know this is a fluid document and as information changes and evolves, so will our guidelines. BBYO reserves the right to make changes to protocols and procedures throughout the summer. Thank you for your patience and understanding. You can review our policy on our website.

VACCINATIONS

Vaccination guidelines vary by country and are continually evolving. We recommend consulting with your physician as well as the latest Center for Disease Control guidelines. Everyone attending must be fully vaccinated for COVID-19 by the Pfizer, Moderna, AstraZeneca, or Johnson & Johnson vaccines. All participants must receive the COVID-19 booster if their second vaccine dose (or first dose for Johnson & Johnson) was received more than 180 days before the start of their session. The booster must be received no later than 14 days before a participant’s summer program arrival date.

TESTING

Pre-Trip Testing
All participants and staff will need a lab result certified PCR test to board their flight to Israel and Europe, as well as attend Costa Rica Trek and Western USA Trek. The test must be taken within 72 hours of arrival at the airport. If a participant had COVID-19 before a summer program that would cause them to receive a positive PCR test result, please see the country of arrival for required documentation.

Onsite Testing
Symptomatic individuals will be tested by BBYO staff. BBYO reserves the right to randomly test anyone on a program for any reason, failure to comply will result in the removal from the program. If a participant is not feeling well, they must report it to their staff member. Failure to go to report illness may result in further consequences for the teen, as it jeopardizes the health and safety of the entire group.

Testing to Return Home
All participants and staff will test according to the U.S. guidelines to board their flight to return to the United States.

Testing | If a Positive Result
BBYO has protocols and procedures in place to ensure the safety of your teen. If your teen tests positive for COVID-19, you will immediately be contacted by a member of our staff. Policies and procedures related to COVID-19 are everchanging and BBYO will follow guidelines and procedures based on the current policies of the location and time of travel, which will always include supervision by BBYO vetted staff who ensure that teens have all that they need to feel safe, comfortable, and cared for.

Further details regarding COVID-19 procedures will be reviewed during the Orientation zoom calls.
BBYO IMMUNIZATION POLICY

All those who are in attendance at BBYO overnight experiences (teens and adults) are required to have the following age-appropriate vaccines recommended by the American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC):

- Tdap (Diphtheria, Tetanus and Pertussis)
- IPV (Poliovirus)
- HiB (Haemophilus influenza type b bacteria)
- PCV 13 (Pneumococcal) vaccine or PCV 23
- MMR (Measles, Mumps, Rubella) or serologic evidence of immunity. Adults born before 1957 are assumed to be immune to measles
- Varicella vaccine (Chicken Pox), or serologic or historical evidence of immunity
- Menactra (Meningococcal disease / Meningitis)—required for those age 11 and older
- COVID-19—currently, Moderna, Pfizer, Astra Zeneca, or Johnson & Johnson are the accepted vaccines; in addition, all participants must receive the COVID-19 booster if their second vaccine dose (or first dose for Johnson & Johnson) was received more than 180 days before the start of an overnight experience.

Recommended, but not required:

- Hepatitis A
- Hepatitis B

BBYO reserves the right to update this policy at any time and without prior notice

**Policy Exceptions:** We recognize that individuals with specific medical conditions (i.e., documented allergy or severe adverse reaction to a particular vaccine, congenital immunodeficiency or HIV, malignancies receiving chemotherapy, transplant patients, and persons receiving immunosuppressive drugs and chronic steroids), will not be able to receive certain vaccines. In these instances, a physician documenting the issue and exempting the child from further doses of that specific vaccine must be furnished to BBYO. In addition, if any individual or their family believes that a specific situation poses extenuating circumstances and furnishes a letter from a medical doctor (MD) substantiating this contention, BBYO’s medical team will review such situations on a case-by-case basis, and under certain circumstances, may make an exception. Families may apply for an immunization waiver [here](#).

**Additional reading:**


This policy can also be found on [our website](#).
SAFETY & SECURITY

We take a number of precautions to reduce security risks on our program, and ask our teens to follow some basic security-related guidance as follows:

- **Be aware of suspicious objects** and be careful not to leave behind personal items that may be confused with a suspicious object.
- **Do not share information** such as length of stay in Costa Rica, hotel locations, or trip itinerary with anyone not travelling on the program. This includes sharing these details on social media.
- **Stay together as a group.** This is a supervised program and we depend on our teens to always stay together as a group.
- **Follow staff instructions.** We travel with licensed guides who are trained in security procedures, and we depend on everyone to follow staff instructions.
- **Dress conservatively.** In the interest of maximum cautiousness, we recommend not dressing in a recognizably Jewish way and generally choosing clothes that are culturally neutral.

PICK POCKET ALERT
Pick pocketing is a relatively common occurrence in large metropolitan areas, and we recommend protecting your valuables at all times when we are in public.

DRESS CODE EXPECTATIONS

Proper attire at BBYO Summer Experiences involves clothing that is neat, clean, and in good repair. We want you to be able to express yourselves and be true to your individual style, while adding to our environment of leadership, learning, and community. Clothing that detracts from that environment is not allowed.

The following examples should provide parents and teens with reasonable clothing guidelines. All guidelines below apply to situations in which teens are participating in regular, daily activities. The Jewish value and philosophy surrounding this policy is *tzniut* (modesty or humility). *Tzniut* is infinitely more than what we wear—it is who we are.

GENERAL GUIDELINES FOR ALL APPAREL:
- No item of clothing may bear a logo or message that is antithetical to BBYO values or have any drug or alcohol words, pictures, or symbols.

SHORTS/SKIRTS/PANTS:
- Shorts must have at least a three-inch inseam and must cover two inches below the rear end.
- Skirts and dresses must reach the tips of the fingers and must not expose any undergarments.
- Pants must fit properly and not expose any undergarments.

SHIRTS/TOPS:
- Clothing must cover the midriff, torso, back, and chest.
- Necklines of all clothing must appropriately cover cleavage.
- Clothing may not reveal undergarments in any way (either because the clothing is sheer or because it does not meet the requirements noted above).
- Tank tops are not allowed to be worn during daytime activities or programming but are allowed at night when teens are in their hotels.

PACK APPROPRIATELY FOR SHABBAT AND RELIGIOUS SITES
Since we will be visiting sacred and religious sites during the program, the custom is to keep knees and shoulders covered in such places, so please pack accordingly. Also, to create a special atmosphere for Shabbat, it is tradition to
wear clothing on Friday night and Saturday that is nicer than what we wear the rest of the week. Shabbat dress code is "dressy casual," which means khakis and button-down shirts or dresses, skirts, pants with nice top. Please remember that it is important to dress respectfully for Shabbat each week. No short skirts or skimpy tops are allowed. Please use your best discretion when packing outfits. We also suggest you leave your heels at home. **If you are found to be wearing clothing that is not Shabbat appropriate, you will be asked to change.**

**FOOTWEAR**

We will be doing a lot of walking, and having comfortable shoes is important! Flip flops will not be allowed when we are on the move, and while athletic sandals like Tevas or Chacos are fine most days in Costa Rica, they are not appropriate for days when we have hikes/nature walks. It is not necessary to bring hiking boots. Comfortable and sturdy walking shoes are more than sufficient for all programming.

This policy is designed to build a culture where clothing does not distract or detract from each teen’s ability to build relationships with each other, engage in serious learning, and have a great time at their BBYO Summer Experience(s). We look forward to building that culture together!

**PLAN FOR THE WEATHER**

When deciding what to bring on the program, the most important thing to keep in mind is the weather. Avoid cotton clothing! It is very humid and dry-fit or windbreaker styles are a much better option.

Costa Rica is a tropical country, but the weather varies greatly region to region. In the highland areas, you can expect cooler weather with evenings dipping into the 50s–70s. Due to this, it is important to carry a windbreaker, long-sleeved shirt, or light sweater in your daypack. Along the lowland areas, the weather is in the 80s or even 90s during the day. Finally, June and July fall within the rainy season for Costa Rica. This means that rain is common, although it is often brief, in the late afternoon or evening. No matter where we travel in Costa Rica, you can be sure that it will be humid!

**STAYING DRY IN THE CLOUD FOREST**

The air in Costa Rica is very moist, so we strongly recommend packing all your clothing in extra-large Ziploc plastic bags to keep them dry—even in your luggage bag. We also recommend bringing extra Ziploc bags to keep items in your daypack dry! **Plan to bring a light raincoat.**
PACKING LIST

Your teen needs enough clothing for two to five weeks, depending on their program, **but please remember that they will be sharing quarters with others, space is limited, and airlines have a weight limit on luggage.** Your teen should plan on bringing clothing for various climates and activities that may involve them getting wet. A sturdy pair of closed-toe, sturdy, walking shoes is a must!

Each day you will want to be sure to carry a water bottle. You may want to carry a notebook and pencil/pen throughout the day, it is recommended that you bring a backpack to carry these items with you each day. This will minimize the chances of losing or misplacing your possessions. You will not have time to go back to the hotel or bus between programming.

*Suggested packing list put together by previous participants: It is highly recommended to label your belongings!*

<table>
<thead>
<tr>
<th>CLOTHING</th>
<th>OTHER &amp; SUGGESTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ T-shirts (10–12)</td>
<td>❑ Passport (must be valid for at least six months after our return date)</td>
</tr>
<tr>
<td>❑ Long-sleeve shirts (2)</td>
<td>❑ Photocopies of passport (2; for carry-on)</td>
</tr>
<tr>
<td>❑ Pants (2 pairs of jeans or khakis, specifically for London)</td>
<td>❑ Medications (pack in carry-on)</td>
</tr>
<tr>
<td>❑ Shorts (5)</td>
<td>❑ Photocopies of prescriptions (in case medicine is lost)</td>
</tr>
<tr>
<td>❑ Shabbat outfits (2; see Dress Code Expectations for suggestions)</td>
<td>❑ EpiPen (1–2; if needed for severe allergy)</td>
</tr>
<tr>
<td>❑ Pajamas (2–3)</td>
<td>❑ Over-the-counter medicine (small package of preferred brand)</td>
</tr>
<tr>
<td>❑ Underwear (13)</td>
<td>❑ Water bottle that holds 32 oz. or more (hydroflask is not recommended)</td>
</tr>
<tr>
<td>❑ Socks (13)</td>
<td>❑ Reading glasses</td>
</tr>
<tr>
<td>❑ Bras (4–5)</td>
<td>❑ Sunscreen (2; SPF 15 or higher)</td>
</tr>
<tr>
<td>❑ Masks (5–7)</td>
<td>❑ Moisturizing cream (for dry skin)</td>
</tr>
<tr>
<td>❑ Windbreaker or lightweight sweater (1)</td>
<td>❑ Chapstick or lip balm with SPF</td>
</tr>
<tr>
<td>❑ Hats (2)</td>
<td>❑ Backpack</td>
</tr>
<tr>
<td>❑ Bathing suits (2)</td>
<td>❑ Portable charger</td>
</tr>
<tr>
<td>❑ Raincoat (1; suggested)</td>
<td>❑ Voltage adapter/converter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SHOES</th>
<th>❑ Sunglasses</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Closed-toe gym shoes or sneakers</td>
<td>❑ Bug repellant</td>
</tr>
<tr>
<td>❑ Sandals (for casual use only)</td>
<td>❑ Umbrella</td>
</tr>
<tr>
<td>❑ Water shoes like Tevas, Chacos, or Keens (must have a closed back so they will not slip off during rafting)</td>
<td>❑ Travel neck pillow</td>
</tr>
<tr>
<td></td>
<td>❑ Personal snacks</td>
</tr>
<tr>
<td></td>
<td>❑ BBYO Clothing (to wear &amp; trade)</td>
</tr>
<tr>
<td></td>
<td>❑ Flashlight, batteries</td>
</tr>
<tr>
<td></td>
<td>❑ Ziploc bags (various sizes for holding valuables and wet clothing on water hikes)</td>
</tr>
<tr>
<td></td>
<td>❑ Musical instruments</td>
</tr>
</tbody>
</table>

| LINENS | ❑ Tallit, Tefillin, Kippah for Shabbat |
|        | ❑ Musical instruments |
|        | ❑ Kleenex |

<table>
<thead>
<tr>
<th>TOILETRIES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Toothbrush</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Toothpaste</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Hairbrush</td>
<td>❑ Kleenex</td>
</tr>
<tr>
<td>❑ Soap/face wash/body wash</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Shampoo/conditioner</td>
<td>❑ Kleenex</td>
</tr>
<tr>
<td>❑ Deodorant</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Razors (if electric, bring an adapter)</td>
<td>❑ Kleenex</td>
</tr>
<tr>
<td>❑ Hand sanitizer to carry in backpack</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Contact lenses, solution, and case</td>
<td>❑ Kleenex</td>
</tr>
<tr>
<td>❑ Spare contacts</td>
<td>❑ Musical instruments</td>
</tr>
<tr>
<td>❑ Toiletry bag</td>
<td>❑ Kleenex</td>
</tr>
</tbody>
</table>
ADDITIONAL PACKING TIPS

ITEMS WE DO NOT RECOMMEND PACKING
- Linens like sheets or a blanket, pillows, or a sleeping bag
- Luggage that is not easily carried
- Expensive jewelry or other valuables
- Heavy backpack or hiking boots
- Laptops, iPads, or expensive electronics

VALUABLES
Theft is not uncommon in any place where a large number of tourists congregate, and there have been instances of theft on programs in Costa Rica in the past. Accordingly, we encourage you to leave items of value at home and to carefully keep track of anything valuable that you do bring on the program. As a general rule, hotel rooms should always remain locked. However, even a locked hotel room should not be considered a secure area unless a locked safe is available. If you bring a lock for your suitcase, locking it in the room is an option. If it is possible to bring a locking suitcase, we recommend it, although it is not a solution on its own. Teen property is the sole responsibility of the teen.

MEDICINE AND CONTACT LENSES
If you are taking prescription medication, bring enough for the duration of the program as well as an extra written prescription record in case you misplace/lose your medicine. Take all medication on the plane with you in your carry-on luggage. Do NOT pack any medication with your checked baggage. The same applies to contact lenses. Please review TSA’s restrictions on traveling with medication and liquids.

VOLTAGE ADAPTERS AND CONVERTERS
The electrical current in Costa Rica is the same as in North America, using two and three pronged electrical plugs. Your standard chargers and electronics will not need a converter, but if you have further questions, check with your local electronics or travel store.

MUSICAL INSTRUMENTS
If you are musically inclined and willing to bring your instrument, please feel free to do so. Please remember that as with any other valuable item, bringing an instrument on the program is done at your own risk of loss or damage.

TOILETRIES
As with most hotels, the majority of the ones we visit will supply small bottles of basic toiletries (shampoo, body wash, etc.) It is always a good idea to pack a small amount to have on hand.

LAUNDRY
Laundry service is not provided in Costa Rica. Some hotels provide a laundry service and teens may wish to take advantage of this service at their own expense. BBYO Passport and its program partners are not responsible for clothing lost or damaged during the laundry process.

NOTE: A laundry service will be provided for teens on Ultimate Americas Trek.

ADDITIONAL SUGGESTIONS:
- Limit cosmetics to a minimum, including hair dryers and straighteners.
- Pack a change of clothes, as well as extra travel-sized toiletries, contact lenses, and prescription medication in your carry-on luggage in case your checked luggage is delayed in transit.
- You will receive two BBYO Passport luggage tags along with a program t-shirt in advance. Fill out the luggage tags and affix them to your carry-on and checked luggage for identification purposes. Please wear your program t-shirt the day you travel to the program.
SUMMER STARTS HERE.

CONTACT US

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☎️ 202.537.8091

BBYOPASSPORT.ORG Find us on