

Nayeli Tello-Pérez
University of Wisconsin-Milwaukee
Global Studies International Internship 489
Fall 2016



Parque
La Libertad

Table of Contents

Table of Contents.....	1
Student Consent to Use of Information, Waiver, and Release form.....	2
Internship Learning Goals	3-5
Weekly Journal Entries.....	6-16
Internship Sponsoring Organization Information.....	17
Supervisor Evaluation Form.....	18-19
Letter of Recommendation	20
Internship Placement Assignment.....	21-23
Resume Excerpt	24
Post-Reflection Paper	25-27
Internship Work Product.....	28-29

Student Consent to Use of Information, Waiver, and Release

I, Nayeli Tello Perez, hereby grant the University of Wisconsin – Milwaukee Center for International Education, the Global Studies Degree program, and its facilitators, faculty, advisors, and staff, (“CIE”) the following rights in conjunction with the use of my Global Studies 489 International Internship Portfolio (“Portfolio”):

1. Create and maintain a digital copy of the Portfolio within CIE’s academic server space;
2. Edit the Portfolio for public consumption as deemed appropriate by CIE in its sole discretion;
3. Provide a digital copy of the Portfolio to any party seeking information about international internship opportunities or CIE’s programs;
4. Utilize the Portfolio for both quantitative and qualitative research and marketing purposes in the pursuit of the mission and goals of CIE and provide the Portfolio to CIE staff to achieve these purposes;

I understand that (i) I have the right not to consent to the release of my Portfolio, (ii) I have the right to inspect my Portfolio, and (iii) I have the right to revoke this consent at any time by delivering a written revocation as set forth herein. I understand that this authorization remains in effect from the date I sign through the date on which I deliver written revocation of my consent.

I acknowledge CIE’s intent to utilize the Portfolio for educational, research, and related marketing purposes. CIE reserves the right to utilize the information in full or part as related to the purpose of its mission and goals, and I consent to such use. I hereby waive all rights of privacy, compensation, and other rights which I may have in connection with CIE’s use of my Portfolio for the purposes set forth herein.

I understand the rights I am conferring upon CIE with regards to the Portfolio by signing this agreement. I release and hold harmless the Board of Regents of the University of Wisconsin System, the University of Wisconsin – Milwaukee, CIE, and each of their officers, employees, and agents from claim or cause of action, whether now known or unknown, for any and all claims arising out of the use of my Portfolio as set forth herein.

I understand that if I wish to discuss or negotiate the terms of this agreement, or if I desire to revoke my consent, I may contact Professor A. Aneesh, Faculty Coordinator, Global Studies Program, at (aneesh@uwm.edu; 414-229-4253).

I have read and agree to the terms of this Agreement:

Student

Name: Nayeli Tello Perez
 Email: tellonayeli@hotmail.com
 Signature: N Tello
 Date: 1-03-17

Parent/Guardian Information (if under 18):

Name: _____
 Email: _____
 Signature: _____
 Date: _____

Service Learning Goals

Skill Goals

Problem Solving: To better identify the community's main issues and to better brainstorm ideas, that will allow for one to find the best or most efficient solution to the conflict. Particularly I would like to focus on problem-solving because understating and connecting to a community via their conflicts will allow for the community to feel encouraged and strengthen to open up and demand changes in their current struggles.

Leadership: Over the years I have gained valuable experience in other fields rather than my own. I would like to gain leadership skills in this field because by this I can become more confident when engaging in a conversation or a specific project about my field. Becoming an expert in my field will come with time, but at least being proficient enough to were key terms, practices are more is easy to speak of. This can lead to better communication skills, and problem-solving skills, when I am put in the position to take initiative.

Knowledge Goals

Plants & Insects: Here at the organization we have a big botanic garden, a pond and nursery garden. The surroundings carry a lot of native plants and species that come to this park because of the rich biodiversity they have built. I am very interested in learning how and why they choose to plant the trees, flowers, foods and more they carry here at the park? I want to learn the names and functions of these plants, this way I can better understand the Costa Rican climate and the benefits of the insects and plants in the park.

Agricultural Practices: Learning the practices that are common and substantial for the environment are also important. I want to learn how to properly identify the common practices and most beneficial for the environment and soils. Learning the practices that are taking place here at the park, are important to understand why they choose these and the purpose to it.

Community Engagement: the socioeconomic factors that define the areas in which I'm working are rather impacting and interesting. A lot of the community suffers drug addiction, alcoholism, unemployment, teen pregnancy amongst other stuff. The goal for this community is to get them involved in practicing more sustainable ways of living with the resources they have. I want to learn what the community is interested in learning; this way we can better manage the educational programs offered so they are actively engaging better practices in their daily life routines.

Value Goals

Learning how communities of different social, economic and environmental backgrounds, can become communities with better living livelihoods that sustain basic life needs in order for them to carryout sustainable lifestyles.

I would like for communities to find their own vocation to pursue better lifestyles and ensure safe practices. By this we can achieve better practice in resource management, and educate them on environmental levels, that will not only benefit them now but also future generations.

Annotated Bibliography

Andree, Peter, Jeffrey Ayres, Michael Bosia, and Marie Josee Massicotte, editors. Globalization and Food Sovereignty: Global and Local Change in the New Politics of Food. , Toronto, University of Toronto Press, 2014

I read this book last semester while taking an urban studies class, this book taught me about neoliberal policies and the agribusiness that has taken the rights of citizens to claim food sovereignty, in particular I want to use this book, to take what I have learned about this business and how to prosper in a world that leaves many out of the picture. I want to use this book to learn more about what challenges the communities faces here with neoliberal policies and big agribusiness that take over their food sovereignty. Also I want to develop some sort of slideshow to teach them about these policies and make them aware of what they don't see behind the process of big food industries.

Coleman, Jennifer, and Elizabeth Maynard. Food Safety for Food and Vegetable Farms. Illinois, Purdue Agriculture, 2014. Accessed 21 Oct. 2016.

<https://www.extension.purdue.edu/extmedia/GP/GP-1-W.pdf>

This article just brings consciousness about practicing safe farming and agriculture methods to keep humans who eat the produce unharmed from food illness problems. Particularly we harvest some vegetables here at the park that are taken for the workers own consumption. I think that using this article to demonstrate the possible outcomes of poorly harvest produce can definitely encourage the workers here to take a closer look at their produce and the practices they apply here at the park. This can also be useful for future workshops and meetings when we have the locals join us here at the park, to bring awareness of these outbreaks, and how they can be prevented.

Cockrall-King, Jennifer. *Food and the City: Urban Agriculture and the New Food Revolution*. New York, Promenthus Books, 2012.

This book describes the hope there is in the city to for people to grow their own vegetables and foods. Jennifer uses scenarios where she puts a lot of social and economic impacts in play where our food could be forever at stake if we don't learn the alternatives to grow it on our own. I think that here ideas play an important factor in this community because most of the people here suffered a vast majority of food scarcity because they don't have the money to buy food for their families. If they learn to garden and harvest, they will soon not only have to rely on the agriculture business for their foods, but rather on their harvest to feed them.

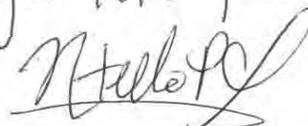
I think it's important because by this we don't only teach them, that food security could be outside their own door, but also how they are capable of becoming entrepreneurs in this field to later develop this into more than a hobby, potentially a business.

Glover, Troy D., Diana C. Parry, and Kimberly J. Shinew. "Building relationships, accessing resources: Mobilizing social capital in community garden contexts." *Journal of Leisure Research* 37.4 (2005): 450.

This article is important for my service learning goals, because it will show what resources and functions the representative organization plays when it comes to connecting to the community they are servicing. This can be helpful for future projects and the organization involvement because it will let them control some materials that are important for community gardens to truly work out. My knowledge goals will be influenced somehow because I will then know what are the key players to successfully provide this services to these communities.

[file:///C:/Users/naveli/Downloads/Anexo%209.%20Descripci3n%20del%20ambiente%20socioecon3mico%20La%20Libertad%20\(1\).pdf](file:///C:/Users/naveli/Downloads/Anexo%209.%20Descripci3n%20del%20ambiente%20socioecon3mico%20La%20Libertad%20(1).pdf) --- This report is a detailed about why the park started, the problems with the surrounding areas, and why it was important to start the park in search of better opportunities for the community around. The reports dates back to the begging of the first year of the park, the activities offered, and the engagement of the surrounding communities. It details, the programs offered, the goals of the park and why it has become an important factor for the community. This helps my knowledge goals because I will better understand the backgrounds of the communities I'm working with, also develop better learning plans according to their needs.

Signatures:

Nayeli Tello-Perez

 11/03/2016

Sara Ramirez Jimenez
 Sara R J

04/11/16

Weekly Journal Entries

Week 1

At Parque La Libertad I will be working in the environmental sector of the park. Mainly I will focus on interviewing the community who comes to the park and finding out what part of the environmental sector they want to see more of. I will ask about workshops, classes and events and see what will trigger that we get more people involved in our sector. I will also work a couple days with various students and groups of English learners, I will only conversate in English with them to help them better communicate and feel comfortable carrying a conversation with the language. There will also be a couple educational classes in which I will step in and help with environmental tours and the students.

The area has a very polluted river, I have seen many trash thrown floating in it and various other forms of pollution in it. The problem is that the own community around the area pollutes the river throws anything and everything and from people in the park I have even heard that kids play in it. I am frustrated because I would like to see a change were kids can feel free to play and drink the water, that the population around keeps in close contact with the river and that they are unaware of the problems that can bring upon their health and the environment really concerns me, I would like to bring awareness about this and the realities of the contamination of it.

I will be helping students out by getting a better practice with their English skills, today I was introduced to a class of 12 students who I will speak with for a couple hours 1-2 days a week, knowing that I can impact the life of these individuals really makes me happy and feeling accomplished I hope I can make a big difference, as well as get them involved in the environmental sector so they can come volunteer sometime.

Meeting the whole staff has been memorable, everyone who has put their small piece of work to make this Park a success has really touched me, I have read an 82 document of the history prior to

this park and its demographics, I'm really impressed to see the progress it has brought and the lives' it has changed. I look forward to making more changes

Week 2

This week I got to look over the annual reports for the Park. In the reports, various activities were recorded regarding the number of attendees to active programs that took place in a year. I have the task to look over those reports and see the progress the park has made and how this impacted the community with the services provided. I also got the task of helping out with kindergarteners in an environmental awareness class. The class was given to them for free because they were from a school of very little resources and funding. It was very nice working with them, because they were all eager to learn and were very respectful.

Challenges that we face during the kindergarten excursion day, was that it was planned poorly with time so the kids were not able to fully enjoy the activities that we had planned for them. The last activity was that they had to paint a drawing of any of the things they had learn to take back to their school and hang in the hallways. Due to the shortness of time that we had we could not get to the activity so the kids did not get to paint or show some of the work they had learned about. I think better time management would be effective so the kids can take some of that knowledge back with them and show parent or other students what they have learned.

Solutions would be better time management and a better outreach to the community. I think that the excursions they have for the kids are great, but they need to be a little more detailed and maybe 3-4 hours long instead of 2. We seemed to have way too many kids for the staff that was on duty I was there helping out and I had 2 other colleagues with me but we had a total of 50 kids and it seemed that it was rather time conflicting trying to split the kids around to get them to enjoy all the activities. I think better planning will definitely work better so we can have each group of students working is something so that they all have time to enjoy all activities.

My goals for next week are getting together with my supervisor to figure out any special task that she would like for me to do. I also want to settle days with her regarding my times with the English

speaking students and when I'm able to survey the people who visit the park, to see what it is that they want to be part of this is very important because this way I will know what services we can offer to the park goers, in order to see more activities taking place in the environmental sector. I look forward to setting up a schedule with my divided duties.

Week 3

This week I got to sit down with Sara who will be my direct supervisor and spoke to her about the projects that I will be working on with the community. I have the task to build a meeting where we will have around 60-70 people from the surrounding neighborhoods come and we will hear from them what it is that they want to see more of in the environmental sector of the park. By this I mean activities, workshops, classes and more, we are interested in learning about what activities would be more appealing for the community so we can develop new plans for 2017.

My frustration with this project would be not knowing where to start, for me, this whole event planning idea is very new to me. Nevertheless, have I never carried an event that is so big for some many people, in an environmental setting. Is definitely a new challenge and a bit frustrating because I want the best to come out of this experience and I want the people of the community to be fully engaged and collaborative at the event I'm looking for different ideas everywhere and workshops techniques that we can bring, so I would like to see how my ideas are presented amongst the supervisors, and if these are achievable for the event and appealing to the audience.

I have started brainstorming a lot, talking to my supervisor about ideas, showing her my ideas, and getting an idea of what these communities have done and not done in the past. I am receiving a lot of support and help from my team mates which is great and convenient because otherwise without them I would be lost and unaware of what the surrounding communities are like. Good communication skills and planning are important in my case, because I have to work with strangers, and I am simply a stranger they won't trust either because I am an outsider. Reviewing the reports and learning about the surrounding communities I think is a big step to learning how to better connect with them and help them achieve greater things.

My goals for next we are to make progress in the plans for the big event, I want to dig up more ideas and techniques of how to properly carry out this project, if it's possible even to go out of my way to speak to locals and get their intake of what type of workshops they will like to see, or what activities they want to be part of in this event, this would also make my planning a bit easier.

Week 4

This week I got to work with kids all of the 3 days that I went to Parque la Libertad. On Monday it was rather fun because ISA the organization I came with got to attend and volunteer with the kids there. We had a group of 20 kids, where we helped them build their own plant base from recycling plastic bottles, they collected dirt from the nursery and then we gave them chili pepper plants to take home. It was a good experience because the students from ISA got to see my workplace, help kids and plant trees. They were all very amazed at the organization and happy that I was working there.

I am building the program to present this December to the community, this weekend I visited an agro ecological farm that practices a lot of sustainable methods, they have a lot of medicinal plants and for some others for consumption that were interesting to learn about. I would like to share some of those ideas with my team at work to see how it is capable that we grow more vegetables in the garden and that we take into practice other stuff they have, as far as animals, chickens, cows, dogs etc.

The kids are always memorable; they are so smart its unpalatable to know they are so young. In one of the educational programs we gave this week, they kid had to find different organism throughout the park so they could look into the microscope and we could take a bit about their functions. Some kids found many baby fish from our pond, they all decided to take the fishes are being very very happy to gain knowledge and a gift from the park. I will never forget their smiles :)

Plans would be teaching more little guys at the park, I look forward to our session this week and to see what Jennifer has plan for them. Jennifer is our educational teacher. I also look to share my

experience at Gran Vista—agro ecological farm this weekend and to advance my program for December's meeting.

Week 5

This was our last week at the park to have the educational program with the students from nearby schools. I was sick at the beginning of the week I did not get to spend another day with them so instead I concluded the program for our meeting on December 10th. I have it to where I will work a schedule from 9 am-12pm where we will present to the community, past, future and some extra activities, at the end of our activity. Conducting this meeting will entitled reaching out the community groups who are from here around the area, bringing them in and learning what programs they want to see for next year.

I have just experienced a little anxiety with putting the schedule for this meeting, I have never conducted a meeting like this for this cause. So I was really just given a general idea of what they wanted but I was not told what to use, so they gave me a lot of liberty with designing this meeting. When I presented the project and the topics I wanted to talk about it was rather interesting to see that Sara my supervisor was very nice about the whole situation and whiling to listen to what I had to say, she is also a pro at this and has over 6 years of experience working in community engagement, so it was really good to see her point of view. Seeing that she approved the program and was willing to put her input put me at ease, I want this to go as smooth as possible but I also want to reach a goal.

Coming up with the program is very important from there we can work times, slideshows, presentations etc. So seeing that this was appealing to the organization from here we can go on and work on creating a more detailed presentation and seeing how we will divide the task and all. I'm looking forward to meeting more people who are involved in this movement and new people who want to learn, so learning from these ladies has been very memorable because I leave with some insight on what is like to work with this cause in the real world. Overall, my accomplishments each week, entitled learning from them, the know so much and are so well connected to the community I always appreciate new knowledge.

This week by surprise I got to see Sara on the public transport, we had around a 30-minute bus ride so I sat next to her and we spoke on current issues such as politics and life. This is rather memorable, because Sara and I don't see each other often, she's only part-time here at the organization so most of the time, she will be here on days when I'm not, or evenings when I'm here in the mornings. We talked all the way to the organization and she listened to my ideas and my current stand with the new president. I got to connect with her in a memorable way because it feels as if I go to know her better, which is great because I don't feel as disconnected anymore.

Next week... My birthday week!! I will be sitting down with Sara to go over some of the plans for the meeting, there will also be two days for the closure of the educational program, where all the kids who have been here before for educational activities, will return and present what they have learned and taken from the program. I look forward to see their presentations, and enjoying some time with my coworkers.

Week 6

This week I presented the program scheduled for the meeting December 10th, I did this via email, because I wanted them to get a better understanding of how things could be structured and how the day should run. I also got to experience the closure of the educational environmental program. Over 100 kids from different schools, from the community got the chance to present a song, poem, play something that had prepare in regards to what they had learned at the park. It was so nice to see all of these kids come together and the impact the crew here at Parque la Libertad had created upon them.

We did not have internet at the offices for about 4 days, this was rather challenging because I could not connect or communicate so this created a problem for me when I wanted to complete work. The sector for which I work is also far away from other offices so it makes it difficult to connect to another network because we don't have the accessibility. Some days I went to CETAV another building that is near the entrance to work and use the internet but this just made it complicated, because of the distances and the time I had.

The biggest accomplishment was turning in that email with a settle idea of how the program should run. By introducing this idea, the other ladies here at the office, got to see a glimpse of what I have come up with and can provide me with feedback on what they believe we should incorporate. It still needs work and we must put together a PowerPoint presentation but this was important to have this available so we can brainstorm our ideas, and develop an outstanding presentation for the community.

it was my birthday on Tuesday, so after watching the presentations the kids had put on for us, and the all the pictures that were taken, the boss decided it would be nice to go get ice cream. The 5 of us went to dairy queen and, the boss bought my ice cream since it was my birthday. I got to spend time with them as we talked and enjoyed our dessert. It was memorable because it's things that don't happen often and it was all a mini celebration for everyone since they we're finishing the environmental program for the year and it was very successful and I was celebrating another year of existence. We go to spend time with good people and good food, this is always great.

Next week, I want to sit with all the ladies and brainstorm ideas about how to put the presentation together, as well as develop a goal for our main audience. The objective of this meeting is to learn about the community and what it wants so they can be further engaged, hearing their input is very important because these are the people that make a difference amongst the community. I want to hear everyone input here in the office, and see how we can start to create these presentations and the time each of us will need to present our part.

Week 7

This week we had some volunteers with disabilities visit the park, this was nice because we had them work on various activities such as plant collection, building recyclable plants to take home and taking tours around the park to learn what services we provided. As we are getting closer to the day of the meeting I had the task this week to call all of our volunteer groups, to make them aware of the meeting and see where we could drop off and official invitation. It was interesting because talking to different people on the phone who are aware of the situation currently going on in the park is interesting, to see how they're involved and how they care about such subjects and informing the community of the upcoming projects for 2017.

Weather! With hurricane Otto, we had to close the park down for two days, so this definitely was frustrating because hours and plans have been backed up by two days and this does not benefit us at

Accomplishments would be getting the official announcement for the meeting created and delivered. We can now start sending this out for people to see and come to the meeting and also, we can share with other people of the community so hopefully they get involved in our sector. Also taking down the addresses of where we could drop off these invitations was rather interesting, because I'm not used to the way in which they coordinate addresses around here, so getting to the destinations will definitely be an adventure!

Having the young kids and their families this week there was memorable, despite their disabilities, they are special kids who are very smart and willing to work in projects in order to learn. Seeing how excited they were about building the pots and learning about insects and plants was significant to me, it was good to have all smiles around.

I would like to get a head start on the PowerPoint, and to present the idea to the main boss who I have not seen for a week, sitting with her and just getting an OK, from her will definitely let me continue to put the PowerPoint together and getting everyone information on it. I also want to

deliver the letter with Sara and see how this takes place. It should be a good week now that we're cleared of any hurricanes.

Week 8

This week I had to make several calls and visits to the development partnerships of each district. I had to call 8 different districts to make them aware of the meeting that will be taking place Saturday, December 10th and to figure out where we could drop off official invitations so they could make it out to the meeting. Everyone was very nice and polite and helped me out a lot, everyone was happy to hear that we would be conducting a meeting to talk about the workshops and programs that the Park will offer in 2017. It's also important to know that they were happy to hear that we would consider their input in the meeting to listen to whatever suggestions or comments they have to say.

I also attended the campo ferial, which is a closing ceremony for every sector in the park. We had a booth where we showed the hydroponic workshop that takes place in our sector, we had a lot of visitors of all ages intrigued to know how they could grow plants without a base compost or dirt. It was very nice because I got the chance to give everyone a small talk on the procedure and we build a small plant for them to take home and care for it.

Nothing really stressful came up this week, except for when we went to drop off the letters, the address here is different and challenging to get around. So we got lost twice but we found them within 5 minutes which was nice. I did get to travel to some of the least developed areas around the park, the surrounding districts, it was rather sad to see the conditions of the streets and homes in these areas. Everything is poorly maintained and cramped, I got to see the reality of the challenges these people face due to poverty and scarce services, which was rather depressing.

Reaching out to various members of the community was an accomplishment. The mothers and elders were so impressed with the hydroponic system, that it was an accomplishment to have them sign up so we could contact them about the upcoming workshops. Most people took a small plant

home, which can be the beginning of new practices for them and alternatives to eating healthier and organic.

The kids were so amazed at the hydroponic system we had. I explained to them the process and go to tell them about why growing plants in this alternate method are convenient and cheap. Helping them build the plants pots and telling them how to care for them was rather rewarding because they learned something new, and now they had this plant to care for. I really enjoyed teaching kids and adults why it's important that they grew their own vegetables and most important how easy it is to do so in small spaces where no land is needed.

This week I will prepare for the big meeting Saturday! I have to call some of our past volunteers and participants who have taken classes and workshops with us and invite them cordially to come to our meeting where they could obtain more information for classes in 2017. I will also help Sara out with any other projects she needs to get done around the office before leaving for the holidays.

Week 9

This week I had to finalize all the small projects for the talk this past Saturday. I had to make more calls and go around the park posting the announcement for the community to see in different buildings. We also had a volunteer group of 18 from a computer company, who came all day on Wednesday and helped us transplant baby plants in new pots with new soil. We worked with the volunteer work for about 4 hours and we had a lot of productivity in the garden. Some made soil, some made fertilizer, while others transported the juvenile plants to new pots.

The meeting was very small we expected 20 people minimum and only 6 showed. Those people who did come were part of the development partnership from each community. Which is important because these individuals are the ones that take on the role of implementing changes in the community and seek funds and new projects for recreational sites, sidewalks, programs and more. The challenges that this presented was that not having community members present we weren't able to get our message across to a large public and we weren't able to either hear their input directly on what new programs they wanted to see at the park.

I would have loved to see a room filled with people of the community and their families, thus we could have created a larger impact and gotten a bigger message across, that it would have been great to see them get involved more in the environmental sector of the park.

My accomplishment was met by GETTING THE MEETING DONE! AND HAVING A GREAT TIME WITH THE VOLUNTEERS THAT SPENT TIME HELPING US OUT AT THE PARK!! without partnerships like this things, would get done at a very slow pace, so having these volunteer groups come and spent times in the botanic garden or the nursery is always valuable because things get moved around better.

The meeting was very important for the environmental sector to obtain information on what services were important for the community, as well as workshops and classes that they wanted to see teach here. Having that happened was good because by this they had good input, the people who made it and contributed to the information we wanted to know.

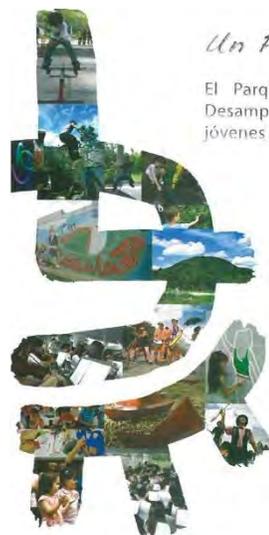
The meeting was memorable because those 6 people were engaged and cared about the services we provided and gave us input on what they wanted to see in 2017. After the meeting I had a small gathering with two older ladies who wanted to create Christmas ribbons from recycled magazines, we sat and chatted while making the ribbons, and they told me how they wanted to see a change for their communities and their families. It was nice to have this closure, this way they can feel safe and confident that the park may change things for them. This was my last week, next week I will be going one last time to say my goodbyes and give out our secret Santa gifts. I look forward to this, because I know this will be memorable and bittersweet.

Internship Sponsoring Organization Information



Parque La Libertad is a project of human security and social inclusion that seeks to improve the quality of life of the surrounding communities through its economic, social and environmental development.

Mission: El Parque La Libertad, es un proyecto de seguridad humana e inclusión social que busca mejorar la calidad de vida de las comunidades aledañas mediante su desarrollo económico, social y ambiental.



Un Parque para todos

El Parque La Libertad son 32 hectáreas, ubicadas entre los cantones de Desamparados, Curridabat y La Unión. Está creado como un sitio para que niños, jóvenes y adultos disfruten del arte, el ambiente y educación.

Misión del Parque La Libertad

"Ser un espacio público autosostenible que ofrezca oportunidades de excelencia y calidad para la expresión, el disfrute cultural, la capacitación técnica y las actividades al aire libre y que constituya una fuerza integradora de las comunidades a su alrededor, para potenciar, de manera conjunta, su desarrollo económico, ambiental y social"



Parque La Libertad

...donde la creatividad no tiene límites!

Más información:

Web: www.parquelalibertad.org E mail: info@parquelalibertad.org Tel.: 2276 9400



Dirección:
1. Del Palti de Fátima de Desamparados 300 mts este y 200 mts norte
2. Entrada frente a la Plaza de Deportes de Río Azul



Actividades para nuestro crecimiento y diversión



Eje Ambiental

En este eje se realizan actividades de conservación, reforestación, capacitación técnica en jardinería, se está trabajando un jardín botánico y una huerta, además del programa Reciclaje en marcha. Usted puede participar como voluntario en las actividades que se realizan.



Eje Mipymes

Trabaja y capacita a los estudiantes del Parque La Libertad que deseen incursionar en una empresa propia. A través de cursos y proyectos se ofrecerá capacitación, educación técnica, y administración de empresas además de capacitación en paquetes de cómputo para contabilidad y otras herramientas. De igual forma se contempla la enseñanza del inglés y la posibilidad de prácticas profesionales y bolsa de empleo.



Eje Artístico

Organiza y enseña a los participantes sobre la producción y exhibición de actividades culturales para que sean parte de su vida. El teatro, la danza, la música, los artes circenses y las artes visuales, son solo parte de un gran mundo de creatividad que puedan desarrollar y aprender quienes se integren a este eje.



Eje Actividades Urbanas y Recreativas

Abarca deporte y recreación que practican especialmente los jóvenes, con la finalidad de fortalecer sus capacidades físicas y fomentar una mejor utilización de su tiempo libre. Otro fin es proponer nuevas formas de vida basadas en el entrenamiento y el esfuerzo. Entre las actividades están: patinetas, bicicrós, parkur y otros.

...donde la creatividad no tiene límites!



Además de los jóvenes, los niños y los adultos mayores son muy importantes para el Parque La Libertad, por eso también habrán programas de salud, de recreación y de crecimiento personal.

Consulte sobre los cursos en todos los ejes programados para el 2014.

Letter of Recommendation



To whom it May concern

Dear Sir or Madam,

I hereby acknowledge that I know Miss Nayeli Tello Perez carrying identification document number XXXXX.

I certify that she is a responsible, honest, creative person and able to adapt to the different challenges that arise.

I met Nayeli during the project of professional volunteering that is developed in the facilities of Parque La Libertad in Desamparados, Costa Rica, we worked together on socially oriented projects in community environmental education.

Any details that need to be extended do not hesitate to contact me through sramirez@parquelalibertad.org or by calling 506 87065871

Sincerely,

Sara Ramírez J

Community Environmental Educator

La Libertad Park.

Internship Placement Assignment

My internship was an easy find, thanks to the organization I had chosen to go with that provided a study abroad and service learning combo as one of my choices. My field which is Global Sustainability along with a minor in community education, had a couple options for placement in Costa Rica. Before going here, I did not know what I would find myself in, but once discovering that this country possesses 5% of the world's biodiversity, has 2 oceans, 5 active volcanos, and abundant amount of species to learn from, I knew I had made the right choice for studying abroad here. Before coming to Costa Rica, I had little to none experience in my field, most of my jobs in high school and through my 4-year degree had been focuses on customer service and hospitality. I was really excited to know that I would be not only gaining some valuable knowledge in Costa Rican biodiversity but I would also be working for an organization that was making changes through environmental education in a community that was unrepresented.

The organization which I had gone with, had arranged 3 possible service learning opportunities for me. I had the task of doing research and listing them from the most appealing to the least. Since this would have been my first real encounter with an organization that was doing something in relation to my field and my interest, I decided that Parque La Libertad would have been the first choice that will better serve my interest and knowledge. The organization gave us 2 weeks to get a "feel" of the service learning position they had given us. I got assigned my first choice which was of course Parque La Libertad. I attended the park 3 times a week, for 4-5+ hours a day. I had to get up at 6am be out by 7:45am, take two buses and it was 1-hour long bus ride each way. Although I did like the organization a lot, I did not appreciate the travel time, especially

because the buses were very old and dirty and unreliable with times, there was no bus schedules, busses here would come as needed, depending on peak times.

Despite the travel time, I decided to stay with this organization, because I appreciated the work they had built, their impact on the surrounding communities and the staff that was contributing to this project. The organization has taught me valuable skills, like better communication skills, time management and community outreach.

I've been a native Spanish speaker all of my life, but I have never live in a Spanish speaking country as an adult. My communication skills in Spanish were limited because a lot of the terms that have to do directly with my career, I did not know them in Spanish. Hearing day by day, the different meaning of things and vocabulary that involved agriculture, and sustainable practices, helped me because I could now explain my thoughts or answer question in Spanish with literacy that was new to me. Time management was another big part of this job for me, between the travel time and getting up early, and going to class after every visit made, I definitely had to learn how to better manage and appreciate my time at the park, because it was limited. I had to plan out my whole day, and become more responsible of how I how I was going to spend my time on each project or activity, before commuting back to my neighborhood. The community outreach part was the most important to me, because this was where I got to see the reality of the underrepresented communities, the challenges they had to endure and how they manage to survive this day to day basis. In the organization we had several employees who lived amongst those affected communities, and had found new possibilities in the park to gain valuable job skills and secure a job in order to offer better livelihood to their families. Working with them made me realize that

there are so much opportunities that are in process of helping these individuals who are in need of new life cycles and conditions. The people here are those who understand that their community needs fixing and are in position of doing something to see their community rise. They seek opportunities both in education and in labor because they want to change the future for their children. Spending time with these workers has given me the knowledge to understand their current situations and why they desire for a change to happened.

Overall, I have a more definite answers as to how my degree can help communities all over the world by becoming empowered through educational and sustainable practices. With the new skills and knowledge that I have gained via this internship I know that I will be able to help many in the job I land with my career.

Resume Excerpt

1. Time Management – Learnt how to better manage time between task and projects in order to give each assignment the best evaluation and focus.
2. Leadership- Worked well with volunteers and students who came in to the park to take advantage of our classes, tours and activities. I am able to take initiative in activities and guidance along with keeping the activities engaging and informational.
3. Team Oriented- Work very well with other employees, assisted as needed with classes and activities, related well to the culture and routines.
4. Dependable- can be counted to get the job done and assist with other task. Gained their confidence to work with groups on my own and lead activities that required great instruction and engagement.

Post Internship Reflection Paper

This semester I volunteer at Parque La Libertad, located in San Jose, Costa Rica. As a government funded organization. PLL has operated since 2008 in aims of providing services and educational tools to its surrounding communities which present high rates of socio-economic factors that put the community at risk of having fewer opportunities and poorer livelihoods. My internship was focused on the environmental sector where I worked closely with the community environmental educator Sara. Her job was primarily with the partnerships that had grown in these communities with aims of seeing the communities changed and more services offered. Each community which there are 7 of them, had a group of elder individuals who seek funds from the government, in order to give maintenance to parks, plant gardens and so on. The activities funded were primarily to benefit their neighborhoods by providing a safe environment and more services.

My experience with this organization was rather rewarding and memorable. First, the staff was so nice and accommodating, I got along with everyone they always made me feel welcomed and appreciated, which was important because I felt more comfortable working there. I always had something to help out with and was actively engaged in the organization the days I attended to volunteer. My main project here was to work with the community engagement coordinator. I had the task to arrange a meeting with the community partnerships were they would come in and hear the projects they proposed for 2017. Projects include new workshops, classes and technical careers for the community. I prepared the agenda for this meeting, and helped with the coordination of the presentations, along with getting a small snack for the visitors we had, and then we concluded with a Christmas activity which was creating ribbons recycled from magazine pages. Between working on the agenda of this meeting, I also helped Jenny the environmental educator who works with primary and secondary schools in the area a total of 7. Groups of 20 students

would come to the park 2 to 3 times a week, where they would spend 3 hours exploring the park with us, specifically, our sector where we had a nursery, a pond, and botanic garden. While the students were there we gave them a tour of the sector and would also carry out activities including collection of insects from the garden and nursery, where afterward we would take these to examine under a microscope and Jenny would speak of the functions of the insects in our ecosystems. Afterward, we would move forward with a painting activity or the building of plants from recycled plastic bottles, that the kids took home and were instructed on how to care for it.

My learning goals were specifically about the organization practices and the relation they played in the community. Overall I felt as if my learning goals were met in a short amount of time, because of the constant engagement I had with my co-workers. Every day we had an activity going on or useful information that was being communicated with me, that made me aware of the services being offered to the community. Twice a week I also volunteer to tutor students of the center of technology and audio school. The tutoring consisted of English classes and practicing with them, so they felt comfortable talking with an English native speaker. Speaking to them I discovered how the park had given them the opportunity to pursue a degree of their interest, and how all the help they had received from the park including the English classes was a start to provide them with better opportunities. I connected very well with the park staff and the practices, I believe I gained a lot of valuable knowledge that is going to be very useful for any career path that I decide to pursue in my field.

I believe that by my contributions to the park have brought in a new point of view of how volunteering opportunities should proceed at the park, I know they had a rocky time in the past with certain volunteers, and by bringing in new ideas of certain projects can help them better guide their volunteers in the future. There is always somewhere to help, and I think that dividing the work with the volunteers amongst the employees that are there can also be helpful and more engaging. I think overall my contribution of

dedication, was important for them because I really did care about learning and being engaged in their weekly routines. Which helped both myself and the organization learn from each other. One thing that I would better manage with volunteers would be more involvement directly with the community, especially because I had the community engagement supervisor assign to me, I felt as if my contact with the surrounding community and the partnerships was minimal. I feel as if the park only does outreach to those who come in looking for the opportunities, and they don't spend enough time on the outside talking to residents about the opportunities and services offered at the park. More contact on the outside will be useful that way we also see more involvement.

Overall, my experience here was great and I wish it would have been longer. My personal strengths were that I did not have a language barrier so I was able to communicate and engage with every member and employee of the park. I also was willing to learn and help out in every sector, so I think that this was important because I always looked for something to do and was actively engaged in their activities. Personal improvements would be more community interaction, I got to meet some of the people who took part in the services offered, and during our meeting on December 10th, I got to meet some of the community partnerships individuals, as well as some community residents. I missed sharing more with them and learning from them, the people who have been in this communities for the past generations and current are the individuals who can tell me more about the hardships and improvements we need to see in their neighborhoods. Due to the little time I had and that most of my time was focused inside the park due to safety reasons I would have liked to explore the neighborhoods around us, to better understand their conditions and what areas need to be focused on to better improve. I enjoyed this organization and I hope they keep on changing the lives of those individuals who are underrepresented in our society.



¡Si te gusta la nota naturaleza esta es tu oportunidad!
 Te invitamos a una CHARLA INFORMATIVA para que te enterés del nuevo TÉCNICO EN JARDINERÍA que ofrecerá el INA en el Parque.

FECHA	HORA	LUGAR
Sábado 10 DIC.	03:30 p.m. a 05:00 p.m.	CEGEA,
Sábado 17 DIC.	10:00 a.m. a 11.30 a.m.	Parque La Libertad

REQUISITOS

Tener entre 17 y 24 años. Mínimo noveno grado, preferiblemente con experiencia en jardinería.

+ Información
 Inoches@parquelalibertad.org 2276*9400 ext. 2077 | 2016

Brochure created for December 10th meeting, as well as brochure for workshop offered in 2017 presented by talks.

¡Para el EJE AMBIENTAL tu opinión es muy importante!
 Acompañanos a nuestra consulta ciudadana: queremos conocerte y que te informes sobre los talleres que ofrecemos.

10 DICIEMBRE

HORA: 09:00 a.m.
LUGAR: CEGEA, Parque La Libertad.

*Ofreceremos un pequeño refrigerio

Información e inscripción 2276*9400 ext. 2016 | 2017

www.parquelalibertad.org
 Seguinos en:

Letter for Community Partnerships, inviting them over to be meeting where we will discuss classes and workshops for 2017



FPL-420 -16

29 de Noviembre del 2016

Señores
Asociación de Desarrollo
Gravilias

Estimado señores:

Tengo el agrado de dirigirme a usted, con el fin de extender atenta invitación a la actividad "Consulta Ciudadana", organizado por el Eje Ambiental del Parque La Libertad.

Dicha actividad tiene como objetivo dar a conocer las actividades que se desarrollan en materia ambiental en el Parque La Libertad, así como identificar los intereses de la comunidad en este campo, con el fin de ofrecer programas y actividades que respondan a dichos intereses y a las condiciones de la comunidad para recibirlos.

Es para nosotros de particular interés que puedan participar los miembros de la Asociación de Desarrollo, como representantes de la comunidad, así mismo agradeceremos extender la invitación a toda la comunidad, tanto adultos como niños y jóvenes, para beneficiarse de este intercambio de conocimiento que además involucra el trabajo intercomunitario en pro del bienestar social y ambiental del cantón.

Durante la actividad se ofrecerá un refrigerio por lo que agradeceríamos confirmar participación con nuestra educadora ambiental comunitaria, Sara Ramírez, al correo electrónico sramirez@parquelalibertad.org; o a los teléfonos 2276-9400 ext. 2017 o al 8706-5871.

Adjunto invitación del evento.

Aprovecho para enviar a usted mis saludos cordiales.

Sara Ramírez J

Sara Ramírez Jiménez
Educatora Ambiental Comunitaria
Fundación Parque La Libertad



Pictures of the meeting on December 10th. Participants were answering survey questions for the park. Bottom left picture is the recycled ribbon activity lead by me.



862 Apdo. Postal 183-2300 Curridabat, San José, Costa Rica

Co-Workers and I:

Jenny- School Environmental Educator

Lidia- Environmental Manager

Me- Volunteer

Dayana- Administrative Assistant & Educator

Sara- Community Environmental Educator

