

Projects 2025

Day camps



For children from Guararí, outdoor activities play a crucial role in fostering social development and resilience. These children often face significant social and economic challenges. In nature, they are able to find not just a playground but a sanctuary that offers vital lessons in teamwork, responsibility, self-esteem and a relationship with God. When they engage in outdoor activities, they experience a break from their daily struggles and a chance to build connections with peers in a positive and constructive environment. These activities not only provide them with physical exercise but also instill a sense of accomplishment and belonging. A day at camp Roblealto provides experiences that many of the children have never had, like swimming in a pool, it also allows them to be kids again and enjoy just playing. **Cost \$1750 (includes bus, food and camp) per day for 60 kids. We would like to do 3 different days.**

School uniforms



Buying school uniforms can be a significant factor in helping children from socially at risk backgrounds stay in school. In Costa Rica our public education is free but all students must attend with a uniform, this includes a school shirt with the school logo, pants or skirt, socks, shoes, sweater and the P.E uniform. This all sums up to \$120. For many families in Guararí this is a big burden as some families have 5 children. This can reduce absenteeism caused by the lack of appropriate clothing and ensure that children attend school more regularly. Furthermore, a uniform can instill a sense of discipline and belonging, reinforcing the idea that school is a place of importance and respect. For children facing social and economic hardships, these psychological and logistical supports are crucial in maintaining their commitment to education and ultimately improving their chances for a brighter future. **Total cost for uniform is \$120/kids. We have 110 kids.**

Computers



Providing computers to socially at-risk children can be a game-changer in their educational journey, offering transformative benefits that extend well beyond the classroom. First and foremost, computers facilitate access to a wealth of educational resources and tools that can significantly enhance learning opportunities. Through the internet, children can access digital textbooks, educational videos, and interactive learning platforms that can supplement and enrich their formal education.

Moreover, computers help bridge the digital divide, ensuring that these children are not left behind in an increasingly tech-driven world. Familiarity with computers and digital tools equips them with essential skills for future academic and career pursuits. In essence, providing computers to the children of Guararí, not only supports their current educational endeavors but also empowers them with the tools and skills necessary for future success. This investment can be a powerful step towards leveling the playing field and helping these children achieve their full potential. **Each computer is \$750 bought in CR for the guarantees. 4 kids need one.**

Computer courses



As mentioned before, many of the teenagers from Kid's Club do not have computers, therefore many don't have the knowledge or skills. Providing computer courses on basic programs such as Word, Excel, Powerpoint and Canva can help them develop skills that are in very high demand for job opportunities. Many well-paying jobs require basic to advanced computer skills, and having these skills can give these teenagers a competitive edge in the job market. Computer courses often introduce students to online resources and learning tools. This access can empower them to continue learning and developing skills independently, even

outside of formal education settings. Computer courses can foster creativity through projects such as digital art or multimedia presentations. Engaging in creative projects can boost self-esteem and provide a constructive outlet for self-expression. Knowledge in computer skills can also increase their confidence, this is especially important for teenagers who may struggle with self-esteem issues due to their social circumstances. **Each course can cost \$30 each.**

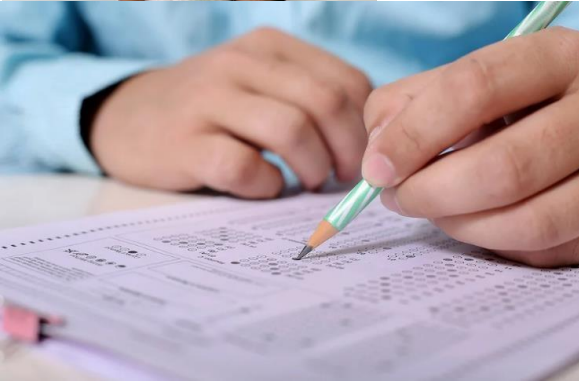
Food bags for kids and their families

Proper nutrition is crucial for all children and teenagers, but it holds even more significance for those facing social risks. These risks can include poverty, unstable home environments, exposure to violence, and other challenging circumstances that might affect their overall well-being. Adequate nutrition is essential for physical growth and development. Malnutrition can lead to stunted growth, delayed puberty, and other developmental issues. Socially at-risk children might already be facing obstacles to healthy growth, making proper nutrition even more critical. Good nutrition supports a robust immune system, reducing the risk of infections and illnesses. Socially at-risk children might have less access to healthcare and are therefore more vulnerable to health issues. Nutrients like omega-3 fatty acids, iron, and vitamins are vital for brain development and function. Malnutrition can impair cognitive abilities, affecting learning, memory, and concentration. Poor nutrition can lead to difficulties in school. Children who are hungry or poorly nourished are more likely to struggle with attention, memory, and classroom behavior, which can negatively impact their academic performance and future opportunities. Nutrition affects long-term outcomes such as educational attainment, employment opportunities, and overall quality of life. Ensuring that socially at risk children receive proper nutrition helps provide a more equitable start in life, supporting their chances for future success. Proper nutrition is a foundational element that supports physical health, cognitive development, emotional well-being, and long-term success. For children and teenagers facing social risks, ensuring they have access to nutritious food can



make a significant difference in helping them overcome challenges and build a healthier, more promising future. **Each food bag with extra milk averages \$30 for a family of 5 for 1 week.**

Vocational tests



Vocational testing is an important tool for helping socially at-risk teenagers improve their future prospects. Vocational tests help teenagers discover their strengths, interests, and aptitudes. Understanding these can guide them toward careers that align with their natural abilities and passions, which can lead to greater job satisfaction and success. At Kid's Club, we have seen the necessity to help and guide the teens. Many of their parents do not have a formal education and their input is somewhat limited. The psychologist at the clinic has been able to apply several tests to our teens and

this has been pivotal for them. The cost of the a vocational test is \$80 for each teen, this includes the application of the test and sharing the results. Our psychologist is aware of the environment in which these teens live and her suggestions provide a different perspective and advice. By identifying specific skills and preferences, vocational tests provide tailored advice that can help at-risk teens choose career paths that fit their unique profiles, rather than pursuing careers that might not be suited to their talents. It also allows them to set realistic and achievable goals. Having identified clear career goals based on vocational assessments can increase motivation and focus, helping teens stay on track with their education and training despite the challenges they might face. **Vocational test \$80 per student with shared results.**

Medical and Dental care



We continue to provide medical and dental care for the children and teenagers of Guararí. Ensuring access to these services supports their physical and mental wellbeing, educational attainment, and long term health outcomes. Addressing these needs helps foster a healthier, more resilient generation and contributes to the overall prosperity of the community.

Good health supports cognitive function,

attention, and learning abilities. Ensuring that children receive appropriate medical and dental care helps maintain their ability to concentrate and succeed in their studies.

All of the children and teenagers from Kid's Club receive free care in the clinic, whether it is eyeglasses, dental fillings, ultrasounds amongst others. Their family members have discounts for our services which allows many parents that don't have health insurance to receive medical or dental care. Routine visits to the clinic offer opportunities for education about healthy behaviors, including nutrition, exercise, and oral hygiene. This education helps children and teenagers make informed choices about their health and well-being. By addressing health issues early, we are able to guide families in making lifestyle changes that prevent future health problems and promote long-term wellness. **Approximate \$50 to subsidize each visit per child.**