



# REFERENCE SHEET

## Parents & Family

We value the **comfort** and **assurance** of our **GLASS parents** just as much as our **GLASS students**

**Safety** is our **top priority**

WE ARE  
**TRANSPARENT**  
&  
**COMMUNICATIVE**  
TO KEEP PARENTS  
WELL-INFORMED

International travel  
**for your daughter**  
is a  
**transformative experience**  
for every member  
**of the family**

### Is Costa Rica safe?

Yes; Costa Rica is a tourist-friendly country. Beyond Sports has 12 years of experience hosting students in Costa Rica. Many of our staff members have or are currently living in Costa Rica year-round. Upon arrival, students will participate in a safety orientation that covers general safety precautions. All students will also remain under the supervision of our staff for the duration of GLASS.

### Can I stay in touch with my daughter?

Yes; our campus is equipped with WiFi, which makes WhatsApp a great option for free international calls. We will also keep family updated with daily activities via private Facebook groups for each session.

### How many staff members will be present?

We maintain, at least, a 6:1 student-to-staff ratio throughout the program. Staff members accompany GLASS students during all off-campus excursions. There are no opportunities for students to explore the area without staff supervision.

### What happens if my daughter becomes sick?

All students are covered by GeoBlue International Health Insurance. Our campus is located 10 minutes away from a private clinic. Costa Rica's private clinics and hospitals are staffed by world-class physicians, many of whom attended medical school in the United States.

### What if my daughter has dietary restrictions?

Students and their families complete our pre-departure questionnaire where they will submit information about food allergies and restrictions. While most allergies can be easily accommodated, in some cases we may request a phone call to discuss allergies or dietary restrictions in greater detail.

### How does the international travel work?

All students fly into Liberia International Airport (LIR). We share a step-by-step process for booking flights for GLASS—including arrival and departure windows. We also send a detailed pre-departure guide about six weeks before your daughter travels. The guide goes into extensive detail on what to expect during travel. On the day of your daughter's flight, she will wear her GLASS t-shirt, and our staff will meet her at the airport. Our staff will also be available all day via phone and email to help answer questions and troubleshoot.

### How has the pandemic impacted the program?

Please refer to our website for the most up-to-date details: [www.beyondsportsglass.com/health-safety](http://www.beyondsportsglass.com/health-safety)

Beyond Sports 24/7 Emergency Number: 1-347-746-3814

"This experience brought out the best in our daughter. As she completed her junior year of high school, she found a part-time job because she wanted to help pay for this once-in-a-lifetime experience herself. She then travelled to Costa Rica for this program and joined other student participants and staff. Her appetite improved. She felt better about herself and her peers. She volunteered to serve the local community and came away wanting to volunteer more in the future." -**Parent of Marissa L.**  
*Bordentown, New Jersey*



"GLASS did an amazing job in answering any concerns and created a private FB group per session to keep families informed on their day-to-day activities. My daughter made what looks like, life long friendships and can't stop smiling and talking about Costa Rica. Totally worth every penny and leap of faith taken in letting her travel alone! I can't wait for my youngest daughter to experience GLASS" -**Parent of Carissa G.**  
*Pasadena, California*



"The GLASS program was transformative for Erin. The GLASS mentors were amazing role models. Erin made lasting friendships and she came home energized and confident. She absolutely loved the experience. It was worth every penny!"

-**Parent of Erin D.**  
*Penfield, New York*



"I would absolutely recommend GLASS without hesitation because it is a phenomenal program! I think that it should be required for every young woman in high school; it helps to build self esteem, leadership capabilities and gives young women an opportunity to learn about themselves in another culture while making friends from outside their comfort zone" -**Parent of Molly S.**  
*Rochester, NY*



I felt my daughter might be too young to travel internationally alone. While outgoing and very intelligent, Virginia has always been a "homebody". GLASS is so well organized, detailed and the staff is nurturing making it for an easy transition and the adventure was 100% success! -**Parent of Virginia M.**  
*Key West, Florida*