



12

things

you should

know about



**NEW SUMMIT
ACADEMY**
COSTA RICA

Costa Rica

is therapeutic

It is not a coincidence that so many healing retreats are located in Costa Rica. The relaxed pace of life, combined with the cultural values of immersing in nature, slowing down to connect with the people around you, and supporting your community, allows you to take it down a notch so you can be present, reflective and attuned with yourself.

Named “The Friendliest Country in the World” and consistently ranked one of the happiest countries on the planet, Costa Rica’s history as a peaceful nation has nurtured an environment centered on warmth and acceptance. This is embodied in the culture of *Pura Vida*: a carpe diem approach to life that prioritizes thriving over merely surviving.

If you come from a fast-paced and high-pressure lifestyle, immersing yourself in Costa Rican culture can be a refreshing change. The emphasis on enjoying life and prioritizing personal connections helps all students see that they are valued just as they are, fostering a strong sense of belonging at New Summit Academy.



Your Resume

will stand out

The impressive resume you build while studying abroad is unique, enriching and sets apart your college applications. Our graduates' resumes are like no others: Spanish language. Service projects. Cultural Immersion. Travel. Leadership. The ability to take multiple perspectives. Adaptability. Autonomy. Creative pursuits. Athletics. The list goes on.

In their time at New Summit Academy, students earn at least 75 hours of community service. They write, shoot, edit and premiere documentary films. Students record albums in our music studio and create murals on campus. They earn professional-level certifications in Wilderness First Aid and SCUBA diving. They play soccer and basketball. They hike and kayak. They lead student council, create clubs, and learn skills to make their community better and their own lives more fulfilling.

Each year, Costa Rica ranks as a leading study abroad destination. The safety and security combined with the country's rich cultural and biodiversity allows for adventure, service and experiential learning and nurtures healthy cross-cultural coming of age experiences.



NEW SUMMIT ACADEMY

Costa Rica

EXPERIENCE

SERVICE

- 75 hours of Community Service

CERTIFICATIONS

- SCUBA certified
- Wilderness First Aid Certified

LEADERSHIP

- Student Council Treasurer
- Surf Club Organizer
- Student Mentor

COMMUNITY ENGAGEMENT

- Debate Club Participant
- Culinary Arts Club
- Music Jam Band (Guitar)
- Athletics (Basketball, Soccer, Surfing, Biking)
- Cultural immersion

TRAVEL

- Kayak Expedition in Golfo Dulce, Costa Rica
- Panama Immersive Experience
- Climbed Mt. Chirripo
- Experienced International Traveller

OTHER SKILLS

- Chromebook, Microsoft Office & G Suite
- Spanish (Beginner - Advanced)
- Dorm Living & Roommate collaboration

EDUCATION

New Summit Academy

- Accredited by **cognia**

High School Diploma

- 24 total credits
- Core Classes: 4 English, 3-4 Math, 3-4 Science, 3.5 Humanities, 2 Spanish
- Honors Challenges in all subjects

Electives:

- Photography, Doc Film, Music Studio, Fitness Science, Creative Writing, Spanish Immersion, Maker Space.
- Personal Narrative, Experiential Science, Global Citizenship, Psychology, Cross-Cultural Studies, PE.

CONTACT US



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Atenas, Costa Rica

Our Students

co-create

At New Summit Academy, we emphasize student agency by integrating personal choice and self-discovery into every aspect of boarding life. We empower students to advocate for their needs and interests, influence school decisions, mentor new students, propose changes to guidelines, organize activities, manage budgets and lead community immersion projects throughout Costa Rica.

Each week, our peer-elected student council meets with school directors to discuss community affairs, advocate on behalf of their classmates and plan for weekend recreation. Our student-led clubs manage their own budgets and coordinate long weekends for surfing, scuba diving, cooking, film and more.

In the classroom, students learn to advocate for their needs while co-creating learning experiences with our skilled teachers. Our academic model provides each unique student with an opportunity to experience success in a way that best fits their individual learning journey. When students are able to use their strengths, interests, and skills to see real success, they internalize motivation and fully engage in their learning.



Our Campus

is multicultural

Our multicultural community is truly representative of life at an international boarding school, with faculty and staff coming from countries like the United States, Costa Rica, Nicaragua, Argentina, Trinidad and Tobago, and the Dominican Republic, to name a few.

Often, our students' most memorable cultural immersion experiences happen right here on campus, where they learn and practice Spanish with our bilingual faculty, participate in annual traditions like *Día de las Culturas* and *Día Nacional de las Mascaradas*, and share special moments laughing and learning alongside teachers, therapists and mentors.

One of the best ways to grow as a person is to delve into the lifestyle of other people, to put ourselves in others' shoes. In a diverse learning community like New Summit Academy, students can expand their ways of seeing and being in the world and, at the same time, realize that there is a lot we all have in common.

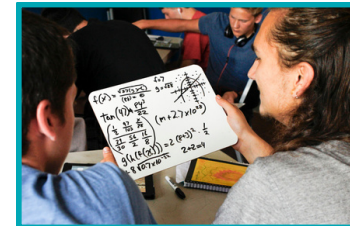


Learning

is supportive

Our academic program goes beyond traditional college preparation. With small class sizes and individualized supportive advising teams, we believe in nurturing well-rounded individuals equipped with the competence and confidence to thrive in an ever-evolving world. Our balanced schedule and 21st century curriculum is designed to engage students in rigorous studies while also cultivating a diverse set of perspectives and experiences that set graduates apart from their peers. Academic skill development is incorporated into each class, with larger projects broken down into smaller steps, hard skills integrated into lessons, and social skills gently guided by teacher and peer feedback.

Executive functioning skill development is facilitated by an advising team that works closely with each of our students to set quarterly goals and outline concrete, measurable actions to reach those goals. Students build and solidify techniques to initiate and monitor their work, to stay organized, to manage time and prioritize, to be resilient in the face of challenge, and to advocate for themselves when support or differentiation is needed.





Creativity

thrives here

New Summit Academy students are artists, photographers, filmmakers, linguists, philosophers, athletes and musicians. Our creative students engage in Arts and Elective classes and clubs and, in doing so, make use of our acoustically-designed music studio, recording and mixing room, our documentary film editing suite, culinary arts facilities, athletics and fitness offerings, and other interest-oriented activities.

Want to write and record an EP and make it available on streaming platforms? Ever thought about producing a full-length documentary film about international travel? Would you like to be the sound engineer for professional musicians? Interested in making digital music? Motivated to train for an outdoor adventure triathlon? Ready to paint your creations on our graffiti wall? At New Summit Academy, our students have done this and more.

Almost half our student body takes weekly guitar lessons with a local musician, and it is not uncommon that our student musicians and filmmakers perform and present at campus events, festivals and fundraisers, while our athletes join local teams and tournaments.





Adventure

& travel around

Our location in Costa Rica is no accident. Costa Rica is an experiential learner's paradise. Because of the country's strong environmental and educational values as well as its unparalleled natural resources, opportunities for experiential learning are limitless.

From lowland jungles to cool mountain cloud forest, Costa Rica's diverse landscapes and rich biodiversity create the perfect backdrop for experiential education. Our *Aventura* program sends students to national parks, wildlife reserves, indigenous communities and many other fascinating places that encourage personal growth and learning. Students also become Wilderness First Aid certified and SCUBA certified so they can safely continue these pursuits after New Summit Academy.

Each year, students immerse in the rich culture of an international destination. The international *Aventura* trips of the past have included Panama, Peru, Belize, Guatemala, Ecuador, Cuba and South Africa. These expeditions offer a fun and safe opportunity for students to engage in healthy risk taking, which helps build new skills and confidence.





Cultural

immersion is key

Why be in Costa Rica if we cannot enjoy and learn from the local Tico culture? Cultural immersion is a powerful way to learn and grow. Faced with differences in values, customs, and beliefs, New Summit Academy students naturally reflect on their own families, home communities, and national cultural norms.

Even more important, cultural immersion allows students to begin to sort out their own beliefs, values, and customs in order to clarify their own identities, who they want to be, and what they can take from their experiences into their futures.

At New Summit Academy, we are constantly in touch with the local community, working together on service projects, playing sports, participating in cultural celebrations, eating at our favorite restaurants, spending time with our homestay families each Sunday, and sharing many special moments together laughing and learning to communicate across language lines.



Wellness

is prioritized

At New Summit Academy, students are supported to work on developing a well-rounded self. Good nutrition, sleep habits, and a healthy exercise routine are central components of a balanced and healthy lifestyle at our supportive boarding school.

Each week students choose from multiple daily options like surfing, mountain biking, running, soccer, yoga, basketball, CrossFit or personal training. Working alongside their advising team to evaluate which activities and times of day work best for them - whether in the morning, after school, or in the evening - students tailor and practice their healthy lifestyle routine to reach the best version of themselves.

With an abundance of green space, an outdoor basketball half-court, disc golf course, weight and cardio gym, our campus is designed to facilitate healthy lifestyles. In addition, thanks to a variety of nearby options, students can also join specialized fitness classes or form sports teams like basketball and soccer to compete in tournaments and games in the community of Atenas and at nearby schools.





Growth

is inevitable

New Summit Academy approaches the therapeutic component of our program from a humanistic, strengths-based paradigm. We do not create "treatment plans" but rather *goal plans*. Since 2005, we've been using the term *personal growth* rather than "therapy" to highlight the fact that every human being is in a life-long process of integrative growth, no matter what age we are or where we are in our lives.

Experienced advisors help students set goals and identify routines, skills and experiences to uncover purpose and agency, build resilience and problem-solving skills, practice executive functioning skills, and nurture fulfilling and collaborative relationships. The breadth and depth of experiences in which our advisors participate allows them to truly "know" and "see" a unique being in each of our students.

Thanks to these relationships, advisors use their knowledge, skills, and expertise to create a truly individualized and integrative approach to growth for each student. A range of individual counseling, group counseling and family work is available at New Summit Academy.



Over the past ten years, New Summit Academy students have been admitted to more than 100 colleges and universities



Our Story

is unique

New Summit Academy was established in 2005, through a partnership between the founders and eleven families seeking better options for their sons' education. With support from these founding families, the students arrived at a modest campus on a local mango farm, where they helped paint cabins, build desks, and co-create the first handbook.

Although we've come a long way since then, the spirit of co-creation lives on. We remain a tight-knit and caring school, and after 21 years, New Summit Academy continues to be an owner-operated organization with all five founders working full-time on our beautiful campus.

In 2016, we coined the term "Supportive Immersion" to name and train the processes that make our school special. Supportive Immersion has the goal of Integrative Learning - or lifelong learning - through the development of PROPS skills: Proactive Purpose, Resilience, Open Collaboration, Problem-Solving Creativity, and Self-Governance.

Supportive Immersion promotes empathic connection, collaborative empowerment, and process-based scaffolding to support students to engage in experiential learning just enough outside their comfort zones to find the novelty and challenge enticing rather than overwhelming.

New Summit Academy students have gone on to attend top independent boarding and day schools in the United States

Besant Hill School	Kents Hill School	Steamboat Mountain School
Buxton School	Kimball Union Academy	Suffield Academy
Cheshire Academy	Mercersburg Academy	The Frederick Gunn School
Chicago Waldorf School	Middlebridge School	The Leelanau School
Cushing Academy	New Hampton School	The Peddie School
Dublin School	Pomfret School	The Winchendon School
Forman School	Rock Point School	Trinity-Pawling School
Hebron Academy	Rowland Hall	Vermont Academy
Hyde School	Solebury School	Wasatch Academy
Kent School	St. Andrew's-Sewanee School	Westminster School



Dr. Heather Tracy
Co-Founder
Executive Director



Mario Duran
Co-Founder
Clinical Director



Andy Myers
Co-Founder
EE Director



Dr. Danny Recio
Co-Founder
The Bridge Director



James Woody
Co-Founder
Operations Director



Logistics

are easy

Direct flights from major US airports like New York, Atlanta, Miami, Houston, Los Angeles, San Francisco and Denver deliver students and families to Costa Rica in 3 to 5 hours. From Europe, you'll find direct flights to Costa Rica from London, Madrid, Paris, Frankfurt and Zurich.

Once in Costa Rica, our campus is just 25 minutes from the San Jose airport (SJO) in the town of Atenas. Popularly named "The Best Climate in the World," Atenas is a beautiful mountain town of 30,000 people, located about one hour from the Pacific beach.

Our skilled and friendly staff take care of all logistics for visiting families and enrolling students. From ground transportation and hotel arrangements to passport and paperwork requirements, we make it easy to reach Costa Rica and New Summit Academy.



Learn More



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