ENJOY & CONTRIBUTE

Your way of giving back.

There is no denying that what makes Costa Rica a special place lies in its roots, culture, smiles and well-being of our local communities.

It is therefore, that El Mangroove, since our very beginning, has been committed to upholding its very basic promise: Help our community, take care of the environment and enjoy our surroundings!

This is why our corporate program takes 4 basic pillars that carry a huge weight in our conscious effort to uphold what is important to us as a hospitality company.

These 4 pillars are:
• Sustainability • Conscious gastronomy • Mindful well-being • Local community

This program will be allowed you and your corporate group, to not only enjoy the beauty of the Gulf of Papagayo and the warmth of its people but also to give back to this unique place, in order to guarantee that it will thrive in many years to come and will be enjoyed by future generations.

We welcome you to embrace ENJOY & CONTRIBUTE and leave your corporate footprint in Costa Rica.
SUSTAINABILITY

We are nothing without our environment. Therefore, we must look out after it.
SUSTAINABILITY

- **Adopt a tree**: Share our commitment to preserving the environment by planting a tree and leave your own footprint.

- **Make your own souvenir**: Make your “pura vida souvenir” with recycled materials.

- **Beach Clean-up**: Help us clean local beaches and learn about Costa Rica local culture.
CONSCIOUS GASTRONOMY

LEARN & EXPERIENCE FIRSTHAND WHAT MAKES OUR LOCAL COMMUNITIES LIVE LONGER
CONSCIOUS GASTRONOMY

• 5 Senses Experience: Taste a tropical dish based on Nicoya’s Blue Zone ingredients.

• Community Fruit Market: Sample our local tropical fruits source by our own farmers.

• Cook & Learn Blue Zone Style: Learn how to prepare a traditional Costa Rican dish and all its benefits.
MINDFUL WELL-BEING

WE’LL DO WONDERS FOR YOUR MIND, BODY AND SOUL!
MINDFUL WELL-BEING

Pre-Meetings

- **Water Yoga:** Experience a special yoga class using our stand up paddle boards.

- **Daily Push Yourself Challenge:** 30 minutes of team building work out to start your day full of energy.
MINDFUL WELL-BEING
During Meetings

- **Essential Oils Massage**: 5 min. massages with essential oils that will help you recharge.

- **Tea Time**: Try a different tea every break and learn the benefits of each herb.

- **Meditation Class**: Enjoy a 10 min. meditation class between meetings to de-stress yourself.
LOCAL COMMUNITY
WHEN WE GIVE BACK WE GROW AS HUMANS.
LOCAL COMMUNITY

- **Community schools support:** Help our local school with a complete scholar kit for children with limited resources.

- **Enterprising women:** Support our local women that create opportunities to provide sustenance to their families.

- **Community Welfare:** You can help to improve the community remodeling of streets or community structures.
“We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest.”  -Orison Swett Marden