

Personal sustainability

If learning about how to live more sustainably, while staying in an eco-village in the middle of the rainforest in Costa Rica sounds appealing to you, then this experience is just for you.



Upward Spirals is a social benefit organization that recently opened the world's first Solution Center in southern Costa Rica. They are now introducing a seven-day Sustainable Living Expedition at their eco-village in the rainforest, about a 4-hour drive from San José. Guests on this experiential learning adventure will visit and see projects with both innovative and "low tech" systems of organic food production, renewable energy generation, natural building, food forestry, education and regenerative community development.

The Diamante Valley Solution Centre is surrounded by some of the world's greatest biodiversity as well as many other organizations working to co-create community, food, education, and economic systems in harmony with nature.

Eric Baudry, the co-founder of Upward Spirals says, "personal sustainability is the first step towards building truly sustainable communities. The best way to increase personal sustainability is to learn directly from successes, and to work with

experienced planners to design personalized action plans. The Sustainable Living Expedition combines expert demonstrations and workshops to create customized plans, and resource sharing to ensure each guest leaves with the knowledge they need and are empowered to apply it."

The village is located near Tinamaste, between San Isidro del General and Dominical Beach – famous for its consistent surf and pristine beaches. The 55-acre property is surrounded by rainforest, natural swimming pools, the Baru River and waterfalls, and mountains – one of the most magical places in Costa Rica. Tours run from July to December 2016. The \$1325 USD price includes accommodation, all meals, touring, workshops, excursions, and the shuttle bus transfer from the San Jose airport. 🌱



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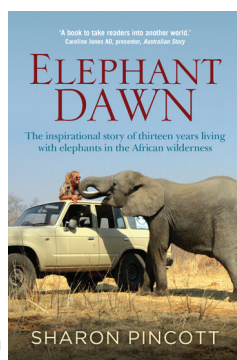
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ELEPHANT DAWN

AUTHOR: Sharon Pincott
PUBLISHER: Allen & Unwin
RRP \$32.99

After spending 13 years living with and fighting for the lives of elephants, author SHARON PINCOTT sure knows a thing or two about these majestic creatures. With the survival of elephants still threatened every day, this book is a powerful story about forming a life-long bond with the Presidential Elephants of Zimbabwe, a clan of wild free-roaming giants.



DO SMALL BIG THINGS

AUTHOR: Bruce Poon Tip
PUBLISHER: Running Press
RRP \$22.99

This book is a beautifully presented journal – packed with inspiring quotes, doodle pages, action lists, and fun-filled ideas. The perfect companion to a lazy day sitting in the sun or under a tree, where you have the time to dream. Record your small ideas and turn them into big actions. The author BRUCE POON TIP is the founder of G Adventures and the non-profit Planeterra Foundation, a leader in the global responsible travel industry.

