



# Costa Rica: Folk Culture, Traditions, and Cuisine

*Jack Donnelly*

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Traveling and living abroad can be an enriching experience—opening your eyes to different cultures and worldviews. But it can be difficult to access the local culture of a foreign country, especially if you aren't fluent in its language.

Jack Donnelly's unique guide introduces English-speaking travelers and expats to Costa Rica's rich folk culture, traditions, and cuisine, which are often missed by nonlocals. Written as a series of articles so you can selectively read what most interests you, *Costa Rica* covers local legends, folk beliefs, and traditional festivals, wrapping up with a food reference and glossary.

Anyone can take a surfing vacation to Costa Rica; but with the cultural insight of Jack Donnelly, you can go on a true Costa Rican adventure. Discover a local festival happening during your trip, and read up on its history so you can join in. Learn Costa Rican Spanish vocabulary and surprise the locals with your understanding. Test your sour tolerance with a *cas* drink. “Come back to life” with the seafood cocktail *vuelve a la vida*, reputed to cure hangovers and illness.

Offering an inside view from an outsider's perspective, Jack Donnelly's guide gives you the key to enter the full “Tico” experience.



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