

Cal Poly Humboldt/Earth Education International  
Costa Rica: International Environmental Issues & Globalization

26 May – 6 June, 2026

\*\* DRAFT: Subject to change \*\*

May 25<sup>th</sup> Early arrivals: See Andy @ hotel, Covid tests, etc. (Samuel, Gunnar, Arabella, Kaitlyn)

**Day 1: Tuesday, 26 May (Arrival)** 📅 💰

**Same Day arrivals:** Shuttle to hotel/Covid tests, banking, etc.

(7:15am: Linayah, Tey, Bo, Carsten, Lily, Alyssa, Ro, Grant) / 8:45am: Zella, Ryan, Francisco, Liam, Jesua, Elijah)

- 11:00am - Bus arrival at Hotel Casa Tago (Alajuela city)
  - 11:15am - Depart Hotel Casa Tago
  - 11:45am - Lunch stop (Coffee Garden by don Eli, on your own)
  - 1:15pm - Depart lunch stop
  - 2:00pm - Arrive San Ramón & hotel settle-in
  - 2:15pm - Welcome meeting: Orientation, logistics & safety (Miguel)
  - 3:45pm - Break
  - 4:00pm - Presentation: Costa Rica: Practical Advice (Miguel)
  - 5:15pm - Costa Rica Q&A/next day planning
  - 6:00pm - Dinner (on your own)
- Designated Field Site: Town of San Ramón*

**\*NOTE:** Recommended to change about \$25 (~₡12,000 colones) at airport for first day. If using an ATM to get local currency, one is available in the baggage claim area.

**Day 2: Wednesday, 27 May (San Ramón Museum)** ☀️ ☂️ ♿

- 7:15am - Breakfast (provided)
  - 8:15am - Quiz: Pre-departure assignments (Andy)
  - 8:45am - Group activity: Costa Rica: ¿Listo?
  - 9:00am - Presentation: Sustainable Development: Costa Rica in Perspective (Miguel)<sup>1of3</sup>
  - 10:15am - Depart hotel (walking)
  - 10:30am - Field activity: Costa Rica trivia (Museum, Cultural Center, Central Park/Market, Church)
  - 11:30am - Field activity debrief (@ museum)
  - 12:00pm - Lunch (on your own)
  - 1:15pm - Presentation: Uneven Development: Costa Rica in Perspective (Miguel)<sup>2of3</sup>
  - 2:30pm - Pre-departure video discussions ("Where Does Your Fruit Come From" & "The Poorest Coast of CR") PRE-DEPARTURE ASSIGNMENTS
  - 3:15pm - Break
  - 3:35pm - Day 3 Pre-field site brief: ASOMAG (Miguel & Andy)
  - 4:00pm - Final conclusions & next day planning (**Pre-Field Site Report #1: ASOMAG**)
  - 4:45pm - Return to hotel (walking) & open time
  - 6:00pm - Dinner (on your own)
- Designated Field Site: Town of San Ramón*

**Assignment: Journal Entry #1**

**Day 3: Thursday, 28 May (Grecia/Sarchí)** ☀️ ☂️ 🗳️ #1 (turn in @ end of day)

- 7:15am - Breakfast (provided)
- 8:15am - Depart San Ramón
- 9:15am - Arrive San Luis de Grecia: ASOMAG farm
- 9:30am - Presentation: ASOMAG - A Women's Natural Health Care Cottage Industry (Fainer Vargas) 🗨️
- 10:00am - Field visit: Organic farm visit & volunteer work
- 11:00am - Field visit: Coffee plantation visit
- 11:30am - Depart ASOMAG
- 11:45pm - Arrive Café Delicia & place lunch orders
- 12:00pm - Visit & cultural activity: Grecia town (Miguel)
- 12:45pm - Late lunch in Grecia (Café Delicias #1, on your own)
- 1:45pm - Depart Grecia
- 2:15pm - Visit: Sarchi Park (Oxcarts)
- 2:40pm - Field visit: Hydro-mechanical artisan workshop (Sarchi)
- 4:15pm - Depart Sarchi
- 4:45pm - Arrive San Ramón, field site debrief & next day planning (**Pre-Field Site Report #2: UCR**)

5:15pm - Turn in laundry: Option #1of2 (\$10/grocery bag, ready tomorrow afternoon) 🗑️

6:00pm - Dinner (on your own)

Designated Field Site: Town of San Ramón

Assignment: Journal Entry #2

**Day 4: Friday, 29 May (University of Costa Rica)** ☀️ 🌂 🍌 🍷 🧳 🚶

7:15am - Breakfast (provided)

8:15am - Depart hotel (walking)

8:35am - Field visit: Cerro El Tremedal

8:45am - Group activity: Sustainability brainstorming (with UCR students)

9:30am - Depart for UCR (walking)

9:45am - Field visit: University of Costa Rica Demonstration Forest

11:30am - Early lunch at UCR (provided, #1of3)

12:15pm - Reflection activity: TBA

1:00pm - Visit: University of Costa Rica Biology Lab, UCR

1:20pm - Presentation: Water Quality & Blue Coffee (time-permitting, Andy)

1:50pm - Pre-field activity demonstration: Stream sampling procedures & equipment

2:10pm - Presentation: Introduction to Sustainable Energy (Miguel)

2:40pm - Day 5 Pre-field site brief: Las Musas ecotourism (Miguel & Andy)

3:15pm - Visit & cultural activity: San Ramón Farmer's market (Miguel)

4:15pm - Return to hotel (walking), activity debrief & next day planning (Pre-Field Site Report #3: Las Musas)

5:00pm - Open time & pickup laundry

5:45pm - **Journal entries #1 & #2 due to Andy (to be returned the next morning)**

6:00pm - Dinner (on your own)

Designated Field Site: Town of San Ramón

Assignment: Research topic proposal (due to Andy the next morning at 8 am)

**Day 5: Saturday, 30 May (Las Musas Ecotourism Reserve)** ☀️ 🌂 🏊 🌙 🍌 🍷 🧳 (if hiking)

7:15am - Breakfast (provided)

8:00am - **Research paper topic proposals due to Andy**

8:15am - Depart hotel

8:45am - Arrive at Las Musas (& lunch orders)

9:10am - Field visits: Las Musas solar & short walk (Miguel)

10:00am - Field activity: Water quality testing #2 (Andy)

11:45am - Lunch at Las Musas (provided, #2of3)

1:30pm - Open time at Las Musas (waterfall/river, hikes, pool - BRING SWIM GEAR)

3:30pm - Depart Las Musas

4:00pm - Arrive hotel, field site debrief & next day planning (Pre-Field Site Reports #4: Children's Rainforest & #5: A. Oasis)

4:30pm - Open time

6:00pm - Dinner (on your own)

Designated Field Site: Town of San Ramón

Assignment: Journal Entry #3

**Day 6: Sunday, 31 May (Children's Eternal Rainforest Reserve)** 🧳 ☀️ 🌂 🍌 🍷 🧳 🚶

7:15am - Breakfast (provided)

8:15am - Depart hotel (check-out)

9:30am - Arrive at Children's Eternal Rainforest Environmental Education Center

9:45am - Field presentation: Children's Eternal Rainforest Reserve (Raquel Rodriguez/BEN) 🗨️

10:15am - Hike: Children's Eternal Rainforest Reserve (Esteban/BEN)

12:00pm - Return to Environmental Education Center & picnic lunch (provided, #3of3)

1:30pm - Depart Children's Eternal Rainforest Environmental Education Center

2:30pm - Arrive Ecolodge & settle in

3:15pm - Presentation: Pro-Environment Sustainable Development Association (Juan Rojas)

3:45pm - Dinner orders, open time

5:30pm - Early dinner (Ecolodge, on your own)

6:30pm - Group meeting: Mid-course check-in session (Miguel)

8:00pm - Next day planning

Designated Field Site: Arenas Oasis Ecolodge

Assignment: Journal Entry #4

**Day 7: Monday, 1 June (La Fortuna #1: Ecotourism & Deep Ecology)** ☀️ ☂️ 💰 🥾 🗨️:

7:15am - Breakfast (provided)  
8:15am - Activity: Introduction to Deep Ecology (Miguel) (#1)  
8:35am - Group activity: Web of Life (#3)  
9:20am - Individual field activity: Deep Ecology (Miguel) (#4)  
9:45am - Field activity debrief (Miguel)  
10:30am - Lunch orders & individual meetings: Research paper topics (Andy)  
11:45am - Early lunch (ecolodge, on your own)  
1:00pm - Volunteer service learning: Butterfly garden & organic farm work (Juan Rojas)  
4:00pm - Return to ecolodge & dinner orders  
5:30pm - Early dinner (Ecolodge, on your own)  
6:15pm - Next day planning (**Pre-Field Site Reports #6: Mirador El Silencio**)  
6:30pm - Field activity: Wildlife refuge exploration/night activity (Miguel/Juan)  
8:00pm - Field activity debrief

*Designated Field Site: Arenas Oasis Ecolodge*

**Assignment: Journal Entry #5**

**Day 8: Tuesday, 2 June (La Fortuna #2: Service Learning & Private Reserve Visit)** ☀️ ☂️ 🥾 🏊 🗨️:

7:15am - Breakfast (provided)  
8:15am - Depart ecolodge  
9:00am - Field visit/hike: Mirador El Silencio (Juan Rojas)  
11:00am - Depart Mistico Park  
11:30am - Early lunch in town (Restaurante Green Spoon, on your own)  
1:00pm - Open time in town  
1:45pm - Return to ecolodge  
2:00pm - Next day planning (**Pre-Field Site Reports #7: San Lorenzo Hydro**)  
2:15pm - Field presentation & discussion: Hydroelectric Energy: Costa Rica in Perspective (Miguel) 3of3  
3:00pm - Departure preparations  
3:15pm - Field visit: Geothermal hot springs/river (optional, BRING SWIM GEAR)  
5:00pm - Return to ecolodge  
6:00pm - Dinner (Restaurante Coloso Arenal, on your own)

*Designated Field Site: Arenas Oasis Ecolodge*

**Assignment: Revised research topic proposal (due to Andy the next morning at 8 am)**

**Assignment: Journal Entry #6**

**Day 9: Wednesday, 3 June (Hydroelectric Plant)** 🗨️ ☀️ ☂️ 🗨️ + 🥾 (REQUIRED AT HYDRO +SLEEVED SHIRTS, NO JEWELRY) 📱 #2 (turn in @ end of day)

7:15am - Breakfast (provided)  
8:15am - Volunteer service learning (cont.): Butterfly garden & organic farm work (Juan Rojas)  
10:00am - Return to ecolodge & preparations for departure  
10:30am - Depart ecolodge (checkout)  
11:30am - Early lunch (Restaurante HL Santa Clara, on your own)  
1:00pm - Depart lunch stop  
1:15pm - Field visit: San Lorenzo Hydroelectric Plant (Fidel Villalobos/Conelectrica) 🗨️  
3:45pm - Depart hydroelectric plant  
4:45pm - Arrive San Ramón & settle-in  
5:00pm - Next day planning & open time **\*\*sign Palmares sheet\*\***  
5:30pm - **Journal entries #4-6 due to Andy (to be returned the next morning)**  
5:30pm - Turn in laundry: Option #2of2 (\$10/bag, 1 bag/person, ready tomorrow afternoon) 📱  
6:00pm - Dinner (on your own)

*Designated Field Site: Town of San Ramón*

**Assignment: Work on revised research paper topic**

**Day 10: Thursday, 4 June (Puntarenas)** ☀️ ☂️ 🥾 🏊

7:15am - Breakfast (provided) **\*\*sign Palmares sheet2\*\***  
8:15am - Depart San Ramón  
9:10am - Field stop: Barranca River overlook (Andy)  
9:30am - Depart Barranca River  
9:50am - Field visit: Mangrove ecology at Mata de Limón (Andy) **\*\*tentative, time permitting\*\***  
10:15am - Depart Mata de Limón  
10:45am - Arrive Puntarenas & Gulf of Nicoya orientation (lighthouse)

11:15am - Field discussion: Puntarenas climate change & sea level mapping (Andy)  
 12:00pm - Lunch (Isla Coco's, on your own)  
 1:30pm - Optional open time: Puntarenas Beach (BRING SWIM GEAR)  
 3:00pm - Depart Puntarenas  
 4:30pm - Arrive San Ramón & next day planning (**Pre-Field Site Reports #8: Palmares Water Collection Facility/ASADA**)  
 5:00pm - Open time & pickup laundry  
 6:00pm - Dinner (on your own)  
*Designated Field Site: Town of San Ramón*

**Assignment: Work on revised research paper topic**

**Day 11: Friday, 5 June (Palmares)** ☀️ ☔ 🧥 🧰 (recommended)

7:00am - Early breakfast (provided)  
 7:45am - Depart San Ramón  
 8:15am - Arrive at community water purification facility (ASADA)  
 8:30am - Welcome, introduction & recognition (ASADA staff & Miguel)  
 8:45am - Reforestation & course closing ceremony preparations  
 9:00am - Site visit: Water collection facility (ASADA)  
 9:20am - Depart ASADA for field site  
 9:45am - Field activity: Reforestation & course closing ceremony  
 11:00pm - Depart field site  
 11:30pm - Early lunch (Restaurante La Terraza, on your own)  
 1:00pm - Return to hotel & open time  
 1:45pm - Group meeting: Post-course assessment (Miguel)  
 2:15pm - Group activity: Academic linkages game (Miguel)  
 3:00pm - Break  
 3:15pm - Group meeting: Debrief session (Miguel)  
 4:30pm - Group meeting: Evaluations, conclusions, next day planning  
 5:30pm - Open time  
 6:00pm - Dinner (on your own)  
*Designated Field Site: Town of San Ramón*

**Day 12: Saturday, 6 June (Departure)** 🧳

5:45am - Pre-departures (8:45am Alyssa ...)  
 6:30am - Early breakfast (provided)  
 7:45am - Load bus  
 8:00am - Regular San Ramón departure  
 9:00am - Arrive SJO airport  
 11:13am - Regular flight departures begin (Linayah ...)

**ICON KEY**

Daily Preparation		Services	Other
Rain/wet: ☔	Closed shoes/long pants: 🧥 🧰	Money change/ATM: 💵	Change of lodging: 🧳
Sun/heat: ☀️	Lunch provided: 🍔	Laundry service days: 🧺	Swimming possible: 🏊
Walking day: 🚶	Bring food/snacks: 🍌	Flashlight required (night): 🔦	Spanish translation: 🗨️

ALWAYS REQUIRED: Health protocol items (face mask, hand sanitizer, etc.). RECOMMENDED: Sunscreen/hat, notebook, Spanish dictionary, rain gear, drinking water & repellent when in the field.

**EMERGENCY CONTACT NUMBERS** (all Costa Rica numbers preceded by 011+506 from the U.S.A.)

**Andy Stubblefield**: +1 (707) 382-5768 (USA/Whatsapp)  
**Miguel Karian**: +1 (805) 229-1604 (USA/Whatsapp), 8812-7766 (local Costa Rica Cell)

**Hotel La Sabana, San Ramón**: 8478-2100 (Dustin Cell/Whatsapp)  
**Arenal Oasis Ecolodge, La Fortuna**: 8668-2034 (Reception Cell/Whatsapp), 8370-6354 (Juan Cell/Whatsapp)

**NOTE**: In case of getting separated from the group:

- 1) Contact the professors directly (if possible) or if need be leave a message with the hotel we will stay at that evening
- 2) If a day we are travelling to a different hotel, the location where you disembarked the bus will be our default meeting spot