



Costa Rica Field Course

Final pre-departure meeting

May 19, 2026

Agenda

- Remaining logistics
- Canvas assignments (this week)
- Costa Rica arrival review
 - Flight arrivals & meeting hotel
 - Ground transportation
- Packing
- Policies & health protocol review
- Next steps
- Costa Rican culture quiz

Remaining Logistics

➤ **FLIGHTS, CELL NUMBERS:** Listo! 

➤ **PRE-ARRIVAL HOTEL RESERVATIONS:** Listo! (Andy +4) 

➤ **PRE-ASSESSMENT:** Listo! 

➤ **COURSE REGISTRATION:**

- Everyone now registered (see May 12 email from Kerry)
- Check payment due date in portal (~May 15th)
- Billing questions -> Student Financial Services

Travel Insurance Card

- Carry a copy with you **at all times** (paper & electronic recommended)
- **Credit card** needed for payment (reimbursement afterward)
- Covers **ONLY May 24 to June 7, 2026**

	
For travel and medical assistance services, please call:	Policyholder: California State University
Chubb Travel Assistance	Policy Number: GLMN04950872R
Inside US: +1-855-327-1414	AXA Assistance provides emergency medical and travel assistance services and pre-trip information services. Call when you require:
Outside US: +1-630-694-9764	<ul style="list-style-type: none">• Hospital or doctor referral• Emergency medical assistance; hospitalization• Medically necessary evacuation or repatriation• Guarantee of payment for medical expenses• Translation or interpreter assistance• Security/political event emergency support
Email at: MedAssist-USA@AXA-Assistance.us	<p>This is not a medical insurance card.</p>
Travel Assistance Portal	
Visit website: travelassistance.chubb.com	



Whatsapp Group

- Install the app: <https://www.whatsapp.com/download>
- Click the group link:
<https://chat.whatsapp.com/DHNujWKp5qm18NuMQ0N5WL>
- **SIX MISSING:** Gunnar, Jesua, Linayah, Kaitlyn, Francisco, Liam
- If you haven't already, **PLEASE WRITE YOUR NAME IN CHAT**
- NOTE: Group is for travel logistics, course planning & academics only. Please DO NOT use for socializing or personal communications. ¡Gracias!

Pre-Departure Canvas Assignments

Make sure to submit all assignments this week (May 18-22)

These assignments are worth 20% of your overall grade.
(10% penalty for each day late)



Costa Rica Flight Arrivals

- Mon, May 25 ARRIVALS: Shuttle/taxi & stay at Hotel Casa Tago
Samuel, Gunnar, Arabella, Kaitlyn
- Tue, May 26 ARRIVALS: To Hotel Casa Tago (Covid test, banking)
7:15am: Linayah, Tey, Bo, Carsten, Lily, Alyssa, Ro, Grant
8:45am: Zella, Ryan, Francisco, Liam, Jesua, Elijah
- Check in with Andy upon arrival at hotel
- Perform Covid test & show results to Andy
- Bus pick up from Hotel: 11am on Tue, 26 May



Arrival Hotel Near Airport (May 25 & May 26 am)

EVERYONE ARRIVING EARLY on 25 May, AND THOSE ARRIVING ON MAY 26th, need to arrange ground transport to the designated hotel ~2 Km from airport in Alajuela

Hotel Casa Tago

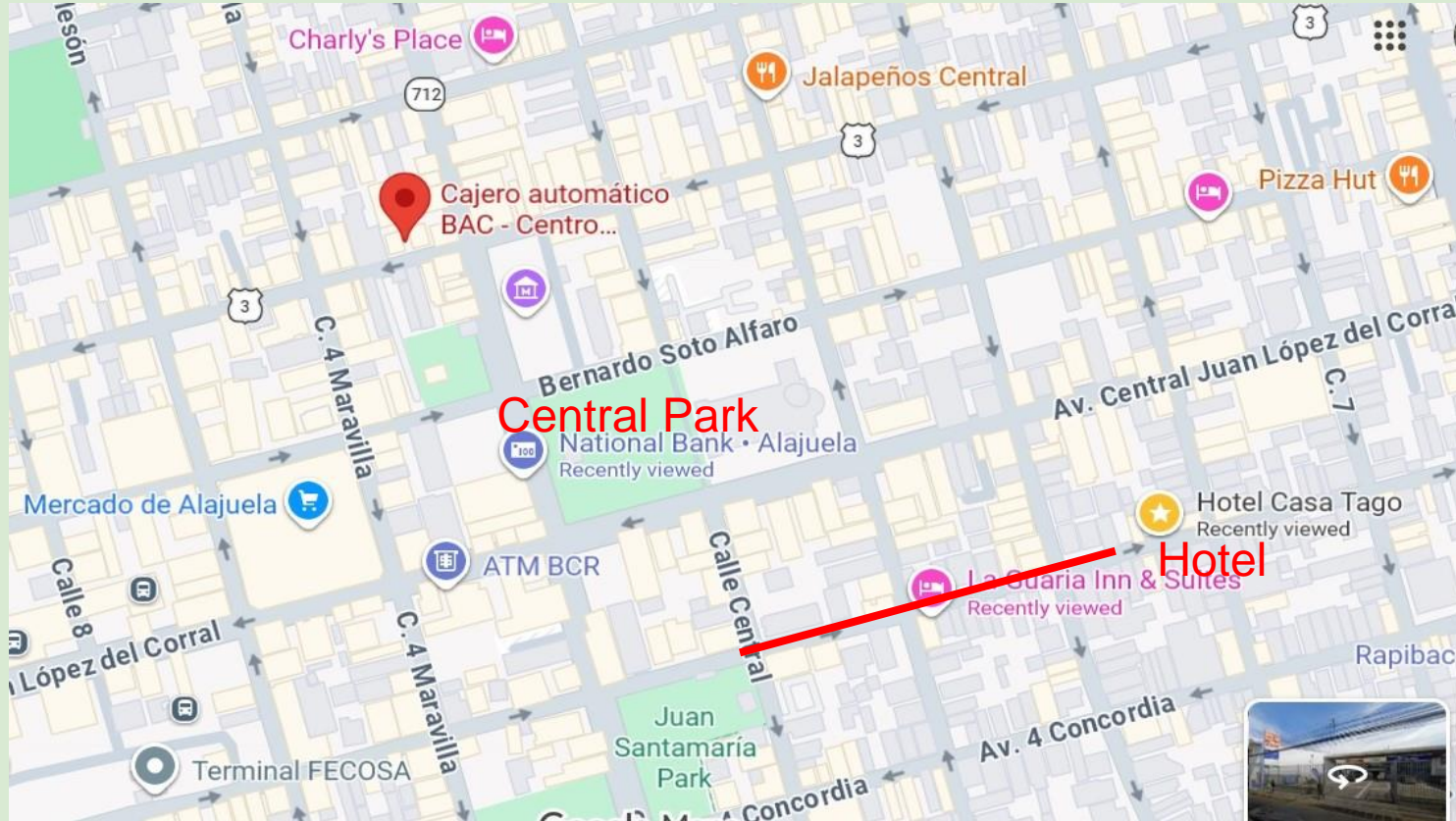
275 meters (2+ blocks) East of Juan Santa Maria Park
(275 metros este del Parque Juan Santa Maria)

Phones: +506-2431-3121 (land line)
+506-8898-4325 (Whatsapp)

<https://www.hotelcasatago.com/index.php/en/>



Arrival Hotel Near Airport: **ALAJUELA**, May 25 & May 26am



Getting from SJO to Hotel Casa Tago: SHUTTLE

SHUTTLE (24 hours/day **BUT YOU MUST RESERVE IN ADVANCE!**)

1. Install [Whatsapp](#) on your phone
2. Add the Costa Rica phone number to your contacts (**+506-6478-9577**)
3. Text **Samuel** (or Fernando) for free, providing your name & flight information



COST: \$15 for up to four people (extra charge if he has to wait 40 min+)

WHERE TO FIND THE SHUTTLE UPON ARRIVAL:

Exit terminal, cross street, door #3 (shuttle # 275151)

***Message Samuel or Fernando (same Whatsapp line) when you land or in case of any delays so they can wait for you.*



Finding the Shuttle at SJO



Pre-Arranged
Shuttle
Door #3

Getting from SJO to Hotel Casa Tago: **AIRPORT TAXI**

ALTERNATE TAXI OPTION:

*You can also get a **REGULAR AIRPORT TAXI** at the airport
(orange color ones only, more \$\$)*

Cost: ~\$20-\$25 (US)

**SEE THIS INFO ONLINE
ON THE [FLIGHTS DOC](#):**



Changing Money

- If you exchange money at the airport only get ~\$30 (**better rate in town**)
ATM & money exchange service in baggage claim area
- You can exchange money at bank in Alajuela before going to San Ramón
- Credit cards good at most places but good to have some cash on-hand
- Colones preferred, but many places also accept USD
(lower exchange rate)

Packing

<http://www.earthedintl.org/Preparation.htm#Packing>

Links on Canvas & EEI website

Pack light but bring: **Required field study items, health protocol items,** light jacket, **& bath towel** (can wash clothes in San Ramón x2)



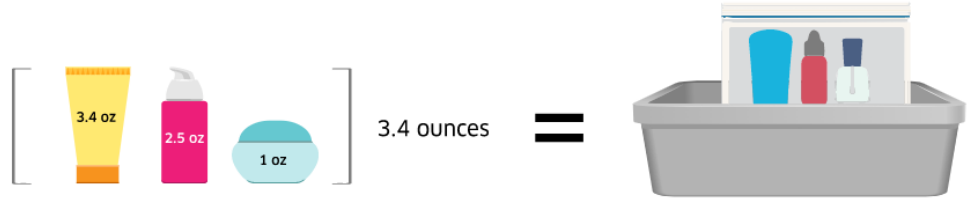
NOTE: Please advise Miguel and Andy of any travel plans changes ASAP!

(Whatsapp, email, text)

Rules about bringing liquids and gels in your carry-on luggage:

Carry-On Bag

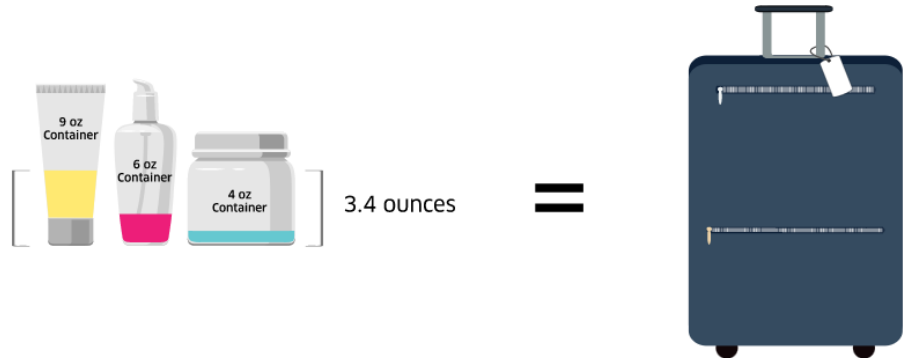
3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.



Try to avoid checking luggage

Checked Bag

Containers that are **larger than 3.4 ounces (100ml)** regardless of amount inside must be in checked baggage.



Health Protocol (STARTS NOW!)



- Extra precautions 1 week prior to departure & during international travel
- Negative Covid test prior to start of course (see Andy at Hotel Pacandé)
- Bring 2 rapid test kits to Costa Rica (in case of exposure/symptoms)
& 2 face masks to have on hand just in case
- Illness symptoms must be reported to the faculty when they appear
- Positive test or covid symptoms will result in self-isolation for 7 days

We must be vigilant: One positive test can jeopardize the entire course!



Earth Education International Program Policies Summary <http://www.earthedintl.org/Policies.htm> <http://www.EarthEdIntl.org/Policies.htm>

Because study abroad involves unique risks and conditions, there is a need to clearly communicate expectations. There are a number of important policies that must be followed. Certain guidelines are required for safety, whereas others are for program efficiency:

1. **ACADEMIC RESPONSIBILITY**. Please remember that when we are in the field, we are fulfilling 'classroom' time. For this reason, all participants must behave as they would under similar circumstances in the classroom. This means following instructions, attending and paying attention, and not being disruptive during such activities.
2. **REQUIRED EQUIPMENT AND SUPPLIES**. In order to be properly prepared for field study, each participant is required to bring each of the following items:
 - a) A good *flashlight* with extra batteries
 - b) *Basic medical supplies* (anti-diarrhea, Band-Aids, antiseptics sting/itch reliever, motion sickness, etc.)
 - c) *Enclosed shoes* (tennis shoes OK)
 - d) *Travel bag(s)/backpack*
 - e) *Water bottle* (at least 1 liter size)
 - f) *Rain gear* (umbrella, waterproof jacket/poncho)
 - g) *Sun gear* (hat, sunscreen, long-sleeve shirt and/or sunburn medication)
 - h) Required *personal medications*. Additionally, students must bring **at least two** *self-test rapid Covid test kits* with them to Costa Rica (item not available locally) and have face masks and hand sanitizer with them **AT ALL TIMES** (see Health Protocol below).

3. **DEPARTURE FROM THE FIELD SITE.** For safety reasons, no participant may leave the established 'field site' without authorization from the faculty member in charge. The 'field site' is normally defined as the lodging facilities area, or field station, but may also be defined as the town we are in (e.g., San Ramón).

4. **ALCOHOL USE.** Legal consumption of alcoholic beverages is generally acceptable *in moderation*, provided that participants conduct themselves in a mature manner and abide by all other program policies. However, violation of those policies may result in this privilege being revoked. Please note that **no alcohol consumption is permitted until after completion of the last course activity** on any given day, and it may not be permitted at all at certain field sites.

5. **SMOKING.** Smoking is permitted in any **open-air setting**, provided it is done with respect for those in the vicinity. However, no smoking is allowed during any class session (indoors or outdoors), or any other enclosed facility.

6. **ILLEGAL DRUGS.** Possession, use and/or distribution of any **illegal drug as defined by Costa Rican law** will result in immediate dismissal from the course or program and may result in referral to civil authorities.

7. **DAMAGE/DESTRUCTION OF PROPERTY/THEFT.** Damage, destruction, or defacing facilities, or theft from any of those facilities, is against Costa Rican law. Any participant involved in such activities will be subject to disciplinary action and/or referred to the authorities in addition to being responsible for the full cost of the damages or theft.

8. **RESPECT FOR OTHERS.** Please make every attempt to be respectful of the host culture, other participants, faculty, and staff at all times. Nevertheless, harassment of any kind, including (but not limited to) gender, race, sexual preference, or disabilities will not be tolerated.

Next Steps and Reminders

- **Notify your bank** dates that you'll be out of the country (or credit card may not work!)
- Figure out your cell phone/data situation for using it in CR
- Print out 2 copies of your **passport** and pack them into different bags.
- Canvas assignments due this week: May 18-22 (20% of grade)
- Register your trip at <https://step.state.gov/> (optional)

*****Check email & Whatsapp group regularly for announcements*****

Questions?



Are You Ready?



Costa Rican
Culture Quiz