

---

**Day 1: Thursday, 6 July. Arrival, Orientation & Introduction**  

Day prior/upon arrival: Check in with Nancy, Covid testing & banking (if needed)

9:00am - Final Covid testing & banking time

11:00am - Bus pickup at Hotel Pacandé (Alajuela city)

11:45pm - Lunch stop (La Casona del Maíz, on your own)

1:15pm - Depart lunch stop

1:45pm - Arrive San Ramón, bank stop & hotel settle-in

2:15pm - Welcome meeting: Orientation, logistics & safety (Miguel)

3:30pm - Preparations: San Ramón town orientation

3:45pm - Break

4:00pm - Presentation: Navigating Costa Rica (Miguel) <sup>1of4</sup>

5:15pm - Navigating Costa Rica Q&A & next day planning

5:30pm - Open time

6:00pm - Dinner (on your own)

*Designated Field Site: Town of San Ramón*

**\*NOTE:** Recommended to change at least \$25 (€13,000 colones) at airport for first day. If using an ATM to get local currency, one is available in the baggage claim area.

---

**Day 2: Friday, 7 July. Costa Rica: Sustainability, Equity & Global Food Systems (San Ramón Museum)**    

7/7:30am - Breakfast (provided)

8:15am - Presentation: Sustainable Development: Costa Rica in Perspective (Miguel, at hotel) <sup>2of4</sup>

9:30am - Preparations: San Ramón town orientation

9:40am - Depart hotel (walking): San Ramón orientation (e.g., bus stations, market, central park)

10:00am - Arrive San Ramón museum

10:15am - Video: 'Where Does Your Fruit Come From' <sup>1(25min)</sup> & discussion

11:15am - Preparations: Lunch exploration

11:30pm - Lunch exploration (small groups, on your own)

12:45pm - Return to museum & lunch exploration debrief

1:00pm - Presentation: Uneven Development: Globalization & Social Equity (Miguel) <sup>3of4</sup>

2:15pm - Video: 'Living in One of the Poorest Areas of Costa Rica' <sup>1(7min)</sup> & discussion

2:45pm - Break

3:00pm - Scavenger hunt: Natural, Cultural & Political History of Costa Rica (3 sub-groups)

3:45pm - Scavenger hunt debrief, final conclusions & next day planning (Miguel) <sup>4of4</sup>

5:00pm - Return to hotel (walking) & open time

6:00pm - Dinner (on your own)

*Designated Field Site: Town of San Ramón*

---

**Day 3: Saturday, 8 July. Community Food Systems & Soil Health (San Ramón/La Fortuna)**     

7/7:30am - Breakfast (provided)

8:15am - Depart hotel (walking)

8:40am - Experiential reflection activity at the University of Costa Rica

9:15am - Visit & cultural activity: Farmer's market (Miguel)

10:15am - Return to hotel (walking) & activity debrief (Miguel)

11:00am - Depart San Ramón (checkout)

11:30am - Early lunch (Soda doña Emilce, on your own)

1:00pm - Depart lunch stop

3:15pm - Arrive ecolodge, settle-in & dinner orders

3:45pm - Presentation: Pro-Environment Sustainable Development Association (Juan Rojas)

4:45pm - Open time

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

6:30pm - Field activity: Wildlife refuge exploration/night activity (Miguel)

8:15pm - Next day planning

*Designated Field Site: Arenas Oasis Ecolodge*

---

**Day 4: Sunday, 9 July. Local Agriculture & Emotional Health (La Fortuna)** ☀️🌂👟👖🏞️🚶

7:00am - Breakfast (provided)  
8:15am - Agriculture service learning: Farm work/planting  
11:00am - Return to Ecolodge & lunch orders  
11:45pm - Lunch (Ecolodge, on your own)  
1:00pm - Activity: Personal Explorations (Miguel)  
1:30pm - Group activity: Introduction to Deep Ecology (Miguel)  
2:00pm - Group Field activity: Web of Life (Miguel)  
2:30pm - Individual Field activity: Deep Ecology (Miguel)  
3:15pm - Field activity debrief: The nature-human connection & emotional health (Miguel & Nancy)  
3:45pm - Dinner orders & preparations for departure  
4:00pm - Open time or geothermal river visit (OPTIONAL, BRING SWIM GEAR)  
5:00pm - Return to Ecolodge  
5:30pm - Dinner (Ecolodge, on your own)  
6:30pm - Group session: Emotional Intelligence visualization (Miguel)  
8:00pm - Next day planning  
*Designated Field Site: Arenas Oasis Ecolodge*

---

**Day 5: Monday, 10 July. Ecotourism & Local Sustainability (La Fortuna/San Ramón)** 📅☀️🌂💰

7:00am - Breakfast (provided)  
8:15am - Field presentation: Soil health (Eli)  
9:00am - Break  
9:15am - Discussion: Cleaning products at the ecolodge (Nancy)  
10:15am - Preparations for departure & final bill payments  
11:00am - Depart Ecolodge (checkout)  
11:30am - Early lunch in La Fortuna (Soda La Parada, on your own)  
1:00pm - Open time in town/shopping  
1:45pm - Depart La Fortuna  
4:00pm - Arrive San Ramón, field visit debrief & next day planning  
5:30pm - Open time  
6:00pm - Dinner (on your own)  
*Designated Field Site: Town of San Ramón*

---

**Day 6: Tuesday, 11 July. Arrival & Settle-in at Rancho Mastatal** 📅

7-7:30am - Breakfast (provided)  
8:15am - Preparations for departure  
8:30am - Depart San Ramón (checkout)  
12:00pm - Lunch (La Posada del Sapo, on your own)  
2:00pm - Arrive Rancho Mastatal & settle-in  
2:15pm - Welcome snack (provided)  
2:30pm - Welcome meeting: Orientation, logistics & safety (Tim O'Hara)  
5:30pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 7: Wednesday, 12 July. Community Sufficiency for Health (Rancho Mastatal)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Presentation: Food shed Introduction & campus tour (Tim O'Hara)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Activity: Harvesting & Fermenting Local Crops (Sam Hansen/Ambra Pirker)  
2:00pm - Snack (provided)  
2:30pm - Exercise time  
4:00pm - Reflection time  
5:30pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 8: Thursday, 13 July. Connecting with Nature for Health (Rancho Mastatal)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Workshop: Natural Medicines (Kealy Rudersdorf/Solin Garcia)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Presentation & Workshop: Making Soap (Ali Ostergaard)  
2:00pm - Snack (provided)  
2:30pm - Exercise time  
4:00pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 9: Friday, 14 July. Case Study for Health Sustainability (La Iguana Chocolate Farm)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Field visit: Cacao Farm Products (Jorge Salazar)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Field visit: Cacao Farm  
2:00pm - Snack (provided)  
2:30pm - Exercise time  
4:00pm - Indigenous Skills- basketweaving  
5:30pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 10: Saturday, 15 July. Soil Health & Public Health (Rancho Mastatal)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Hike: Tropical Ecology Soils (waterfall visit, BRING SWIM GEAR) (Marco Garcia/Jenny Mora)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Presentation: Soil Fertility Strategies: Theory & Practices for Management (Sam Hansen/Ambra Pirker)  
2:00pm - Snack (provided)  
2:30pm - Exercise time  
4:00pm - Presentation: Soil & Human Microbiomes  
5:30pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 11: Sunday, 16 July. Systems Design for Health & Sustainability (Rancho Mastatal)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Presentation & Activity: Intro to Permaculture Design & Harvesting (Sam Hansen/Ambra Pirker)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Activity: Food Processing  
2:00pm - Snack (provided)  
2:30pm - Exercise time  
4:00pm - Discussion: Food Shed Compare & Contrast  
5:30pm - Open time  
6:00pm - Dinner (provided)  
*Designated Field Site: Rancho Mastatal*

---

**Day 12: Monday, 17 July. Food Systems for Health & Sustainability (Rancho Mastatal)**

7-7:30am - Mini-Breakfast (provided)  
7:30am - Presentation: Intro to Tropical Agroforestry (Sam Hansen/Ambra Pirker)  
10:00am - Brunch (provided)  
11:00am - Break  
11:30am - Field visit: Agroforestry Operations  
2:00pm - Snack (provided)

2:30pm - Exercise time  
 4:00pm - Reflection time  
 5:30pm - Open time  
 6:00pm - Dinner (provided)

*Designated Field Site: Rancho Mastatal*

**Day 13: Tuesday, 18 July. Conclusions & Debrief (Rancho Mastatal)** 📅

7-7:30am - Mini-Breakfast (provided)  
 7:30am - Group activity: Course highlights & academic linkages (Miguel) (45min)  
 8:15am - Group meeting: Debrief session (Miguel) (45min)  
 9:00am - Closing discussion: A Call to Action/Change Theory (UW Faculty) (60min)  
 10:00am - Brunch (provided)  
 11:00am - Break  
 11:30am - Post-course assessment (Miguel) (45min)  
 12:15pm - Group meeting: Evaluations, conclusions (60min)  
 1:15pm - Break  
 2:00pm - Snack (provided)  
 2:30pm - Exercise time  
 4:00pm - Final logistics & next day planning  
 5:00pm - Open time & departure preparations  
 6:00pm - Dinner Party (provided)

*Designated Field Site: Rancho Mastatal*

**Day 14: Wednesday, 19 July. Departure** 📅

7-7:30am - Mini-Breakfast (provided)  
 8:30am - Preparations for departure  
 10:30am - Depart Rancho Mastatal (checkout) (exact time TBD)  
 1:30pm - Arrive SJO airport  
**3:30pm - Flight departures from San José airport (SJO). Later departure OK but wait at airport necessary.**

**ICON KEY: DAILY PREPARATIONS**

Rain/wet: ☔	Closed shoes/long pants: 👞👖	Money change/ATM: 💰	Spanish translation: 🗨️
Sun/heat: ☀️	Bring food/snacks: 🍱	Change of lodging: 🏠	
Walking day: 🚶	Flashlight required (night): 🔦	Swimming possible: 🏊	

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.