

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

**** DRAFT: SUBJECT TO CHANGE ****

May 25th Early arrivals: See Andy @ hotel, Covid tests, banking

Day 1: Tuesday, 26 May (Arrival) 📅 💰

8:40am - Early arrivals: Shuttle/taxi to Hotel Casa Tago & Covid tests
10:40am - Late arrivals: Picked up at SJO by Miguel & Covid tests at hotel
11:00am - Bus arrival at Hotel Pacandé (Alajuela city)
11:15am - Depart Hotel Pacandé
11:45am - Lunch stop (Coffee Garden, on your own)
1:00pm - Depart lunch stop
1:40pm - Arrive San Ramón & hotel settle-in
2:00pm - Welcome meeting: Orientation, logistics & safety (Miguel)
3:30pm - Break
3:45pm - Presentation: Costa Rica: Practical Advice (Miguel)
5:00pm - 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) ☀️ 🌧️ ♿

7:30am - Breakfast (provided)
8:15am - Group activity: Costa Rica: ¿Listo?
8:45am - Presentation: Sustainable Development: Costa Rica in Perspective (Miguel)^{1of3}
10:00am - Depart hotel (walking)
10:15am - Arrive Central Park & San Ramón orientation
10:30am - Field activity: Costa Rica trivia (Museum, Cultural Center, Central Park/Market, Church)
11:30am - Costa Rica trivia debrief
12:00pm - Lunch & San Ramón explorations (on your own)
1:15pm - Video: 'Where Does Your Fruit Come From'^(25min) & discussion (meet at San Ramón Museum)
2:15pm - Presentation: Uneven Development: Costa Rica in Perspective (Miguel)^{2of3}
3:30pm - Break
3:45pm - Video: 'Living in One of the Poorest Areas of Costa Rica'^(7min) & discussion
4:15pm - Day 3 Pre-field site brief: ASOMAG (Miguel & Andy)
4:30pm - Final conclusions & next day planning
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)

7:30am - 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
11:45am - Depart ASOMAG
12:00pm - Visit & cultural activity: Grecia town (Miguel)
12:30pm - 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

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) ☀️ 🌂 🍷 🍷 🧳 🧳

7:30am - Breakfast (provided)

8:15am - Depart hotel (walking)

8:35am - Field visit: Cerro El Tremedal

8:45am - Group activity: Sustainability brainstorming

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

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)

7:30am - 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

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) 🧳 ☀️ 🌂 🍷 🌙 🍷 🧳 🧳

7:30am - 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) ☀️ 🌧️ 💰 🥾 🗨️

- 7:30am - 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)
- 6:30pm - Field activity: Wildlife refuge exploration/night activity (Miguel/Juan)
- 8:00pm - Field activity debrief & next day planning

Designated Field Site: Arenas Oasis Ecolodge

Assignment: Journal Entry #5

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

- 7:30am - Breakfast (provided)
- 8:15am - Depart ecolodge
- 9:00am - Field visit/hike: Mistico Park Hanging Bridges Reserve (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 - Field presentation & discussion: Hydroelectric Energy: Costa Rica in Perspective (Miguel) ^{3of3}
- 3:15pm - Departure preparations
- 3:30pm - Field visit: Geothermal hot springs/river (optional, BRING SWIM GEAR)
- 5:00pm - Return to ecolodge
- 6:00pm - Dinner (Resturante 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)

- 7:30am - 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/Conelectr🗨️)
- 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) ☀️ 🌧️ 🥾 🏊

- 7:30am - 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
 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) 🧳

early am - Pre-departures
 6:45am - Early breakfast (provided)
 7:30am - Regular San Ramón departure
 8:30am - Arrive SJO airport
10:30am - Regular flight departures begin

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.