SUSTAINABILITY IN COSTA RICA

Proposal from Costa Rica Global Learning Programs

Western University - Program dates: August 2023

ITINERARY				
Day	**Morning**	**Afternoon**	**Evening**	**Overnight**
1 - Fri		Arrive at SJO international airport. Greeted by the GLP team and transported to lodging	Arrival at 8:40 pm Safety & health orientation.	San José
Meals			*Dinner*	
2 - Sat	Public river clean-up with local youth-led conservation group; discussion about sustainable cities and urban mobility in Costa Rica and the world	Visit to a farmer's market - try local fruits and vegetables, learn about sustainable purchasing habits, and buy local produce and crafts	Zero-waste cooking class	San José
Meals	*Breakfast*	*Lunch*	*Dinner*	
3 - Sun	Guided tour at urban municipal-run park, dedicated to environmental education, recovering natural ecosystems, and the conservation of water resources. Bandera Azul and AyA recognitions. Environmental service activity, such as tree planting or trail rehabilitation.		Debrief time and dinner in the lodging	San José
Meals	*Breakfast*	*Lunch*	*Dinner*	
4 - Mon	Sustainable and organic coffee tour at El Toledo in Atenas	UCR insect museum tour - learn about the various ways insects are being used in sustainability efforts	Debrief time and dinner in the lodging	San José
Meals	*Breakfast*	*Lunch*	*Dinner*	

5 - Tue	Transfer to San Ramón de la Virgen Organic pineapple tour	Arrival to San Ramón - lunch and conversation with the local women-led Cooperative to learn about their work as a community to build up their sustainable efforts - environmentally, socially, economically, and culturally	Guided night tour	San Ramón de La Virgen
Meals	*Breakfast*	*Lunch*	*Dinner*	
6 - Wed	Sustainable farm tours - Stevia, vanilla/pepper, and/or integrated farm	Tortilla-making class	Cultural activity with the community	San Ramón de La Virgen
Meals	*Breakfast*	*Lunch*	*Dinner*	
7 - Thu	Transfer to the beach - full day free at the beach to sunbathe, swim, explore, or shop. Lunch not included		Return to San José, group departure dinner	San José
Meals	*Breakfast*		*Dinner*	
8 - Fri	Transfer to airport for departure			
Meals	*Breakfast*			

PROGRAM FEES (USD)	
Number of students	Fee (USD)
12-16 students	$1350
1-2 chaperones	One chaperone included at no cost for every 8 students. For less than 8 students, chaperones will be charged a prorated fee

PROGRAM INCLUSIONS

- Lodgings
- Dedicated program support in country with a bilingual program leader who will accompany all group activities/outings listed in the itinerary
- Airport transfers
- Transfers to all activities listed in the itinerary in a private, fully insured shuttle bus
- Program development
- Pre-program orientation and departure meetings
- In-country safety and health orientation
- Most meals (as indicated in itinerary)
- All academic activities and tourism activities outlined in the itinerary, including entrance fees

NOT INCLUDED

- International flights or transportation to airports outside of Costa Rica
- Local flights (not required)
- International medical/health insurance (required)
- Services or tours outside of the specified program (leisure travel pre- or post-program, for example)
- COVID testing (if required for re-entry – currently not required to come into Costa Rica - booking and transportation to test is included)
- Travel insurance