San Diego State University Health & Human Services in Costa Rica

Proposed Program Itinerary

The following itinerary is tentative and for planning purposes only. ISA will begin confirming the final program itinerary approximately four to six weeks prior to departure in close collaboration with San Diego State University faculty and staff. Should unforeseen circumstances compromise the agreed upon program itinerary, the ISA overseas staff and ISA Austin will work closely with the San Diego State University faculty and staff to identify appropriate alternatives.

Friday, March 24
- Depart the U.S.

Saturday, March 25
- Arrive in San José, Costa Rica
- Airport pick-up at Juan Santamaría International Airport (SJO) (two airport pick-ups included)
- ISA Orientation
- Transfer to Homestays
- Dinner with host families
  *Night with homestays; dinner included*

Sunday, March 26
- 10:00am San José City Tour with guide
- Visit National Museum
- Visit National Crafts Market
- Welcome lunch or dinner

Monday, March 27
- 9:00am – 11:00am Guest lecture - Costa Rican Health System
- 1:00pm Zipline (optional) en La Carpintera

Tuesday, March 28
- 9am – 11am Group 1: Guest lecture – Costa Rican History and Culture
- Group 2: Visit Fundasida
- 2pm – 4:00pm Group 1: Visit Fundasida
- Group 2: Guest lecture – Costa Rican History and Culture

Wednesday, March 29
- 9am – 11am Group 1: Guest lecture – Tropical Diseases
- Group 2: Visit Hogar Carlos María Ulloa
- 2pm – 4pm Group 1: Visit Hogar Carlos María Ulloa
- Group 2: Guest lecture – Tropical Diseases

Thursday, March 30
- 8am Pick up at Universidad Veritas to visit Doka Coffee Plantation and visit La Paz Waterfalls (bring comfortable clothing)

Friday, March 31
- 9am Group 1: Visit Private Hospital Clinica Biblica
- Group 2: Visit Hospicio de Huerfanos Casa de Pan (45 minutes from San José)
- 1pm – 4pm Group 1: Visit Hospicio de Huerfanos Casa de Pan (45 minutes from San José)
- Group 2: Visit Private Hospital Clinica Biblica

Saturday, April 1
- 6:30am Travel to Manuel Antonio
- 10:00am Visit Manuel Antonio National Park with guide
- Independent Lunch
- 6:00pm Farewell Dinner in Manuel Antonio
- Return to San José by 9:30pm

Sunday, April 2
- Airport drop-off at Juan Santamaría International Airport (SJO)
- Depart Costa Rica and arrive to the U.S.