SAMPLE ITINERARY FOR  
San Diego State University, HHS-Costa Rica  
January 5-January 13

The following itinerary is just a suggestion as to the order of events and cannot be confirmed at this stage. After discussion with the group leaders this can be rearranged. Note that if the group is over 25 people we may have to split them into two sections for the visits.

Fri, Jan 5
AM: Arrive in San José, meet AIFS Representative at the airport and transfer to your homestay. Meet your homestay families.
PM: Homestay families will escort you to the AIFS Study Center for orientation.
AIFS Program Orientation
Dinner with your host family

Sat, Jan 6
AM: Sightseeing tour of San José with a professional guide
Welcome lunch in a traditional restaurant
PM: Visit to the National Museum

Sun, Jan 7
AM: Meet at the AIFS Study Center for a lecture on the Costa Rican Health System (1)
PM: Visit to Hogar de la Esperanza (Residence for LGBT HIV + patients) (2)

Mon, Jan 8
AM: Discussion and lectures at the Costa Rican Humanitarian Foundation (CRHF) (3)
PM: Continue with CRHF and visit La Carpio community and meet residents (4)

Tues, Jan 9
AM: Visit to Universidad Hispanoamericano (UH) with access to the simulation hospital (5)
PM: Visit to the UH Nutrition Center and discussion (6)

Wed, Jan 10
AM: Visit to Hospital Nacional Psiquiatrico (National Psychiatric Hospital) (7)
PM: Meeting at the Study Center to review visits followed by a Costa Rican cooking class

Thurs, Jan 11
AM: Visit to a home for seniors in San José (8)
PM: Optional excursion to go ziplining

Fri, Jan 12
Day excursion to Manuel Antonio National Park and Beach including entrance to the National Park with a guide followed by free time for lunch and relaxing on the beach. There will be a farewell dinner in Manuel Antonio before returning to San José.

Sat, Jan 13
Program ends. Transfer to the airport for return flights to the U.S.