San Diego State University
Itinerary Proposal for 9-day Integral Healthcare Trip
May 25th-June 2nd, 2018
Dr. Rebecca Zanolini
Universidad Hispanoamericana

Program Overview:
-Prior to arriving in Costa Rica, San Diego State University students will receive support from the Universidad Hispanoamericana, including, but not limited to: in-person meetings from Dr. Rebecca Zanolini, Skype meetings, opportunities for students and Instructors to meet UH counterparts via Skype meetings, opportunity to meet the owner of the hotel via Skype meetings, and all required documentation needed including a questionnaire to enable us to get to know San Diego State students and Instructors better prior to their arrival.
-Classroom space provided on the UH campus for faculty to lead courses as requested or needed
-Community Observation Opportunities
-Opportunities to explore the country
-Opportunities for fun and relaxation with local peers
-Debriefing opportunities in a classroom on campus

Request from the Institution:
A 9-day stay for students to experience healthcare in Costa Rica in an integral fashion, further cultural and Spanish linguistic knowledge related to the integral healthcare field, and have an opportunity to explore the natural beauty that the country has to offer.

Day 1: Friday, May 25th)
-Arrive and receive pick-up from the airport from our UH Study Abroad Team
-Take to hotel
-Receive an orientation from the UH Study Abroad Team
-Welcome dinner

Day 2: Saturday, May 26th)
-Interactive activities in the Simulation Hospital with fidelis mannequins and live actors.
-Students meet their peer mentors
-Peer mentors and San Diego State students and faculty provided with a pizza dinner on campus
-Evening seminar on topic of interest from UH Professor
-Evening: Opportunity for debriefing

Day 3: Sunday, May 27th)
-Students visit a volcano or beach
-Evening: Opportunity for debriefing
Day 4: Monday, May 28th)
- Long-term care facilities: Activities include physical exams, interviews, observations, community education, etc.  
- Simulation Hospital experience (if not previously experienced) or in addition to (per the request of the institution)
- Evening seminar on topic of interest from UH Professor
- Opportunity for debriefing

Day 5: Tuesday, May 29th)
- Clinical rotations (hospitals and clinics): Activities include physical exams, interviews, observations, etc.
- Evening tour of San José
- Opportunity for debriefing

Day 6: Wednesday, May 30th)
- Community health fair or community assessment: Activities include physical exams, interviews, observations, community education, etc.  
Community health care involves setting up stations and inviting the community to us; community assessment involves breaking up into small groups to go into a marginalized community and do the assessments house to house. Either one of these options is available upon the request of the institution.
- Evening seminar on topic of interest from UH Professor
- Opportunity for debriefing

Day 7: Thursday, May 31st)
- Travel: La Paz Waterfall or Students visit a volcano or beach
- Evening: Opportunity for debriefing

Day 8: Friday, June 1st)
- Travel: Zip-lining activity
- Good-bye dinner
- Evening: Opportunity for debriefing

Day 9: Saturday, June 2nd)
- Return to the airport by our UH Study Abroad Team

**Total Cost:** $1,250 per person (not including airfare or zip-lining activity)
10:1 (For every 10 students, costs for 1 Instructor are covered)

**Includes:**
- Lodging
- Transportation to and from airport and all activities during stay
- Meals (breakfast, lunch, and dinner) each day
- Tourism (except for the fee for the entrance for zip-lining)
- Administrative fees

**Hotel Information:**

Name: Kaps Place  
Address: #1142, Street 19, Between Avenues 11 & 13  
Barrio Aranjuez, San José  
Costa Rica  
Phone Number: Tel +506 2221-1169  
Website: [http://kapsplace.com](http://kapsplace.com)

**UH Contact Information**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number/E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeffry Jones</td>
<td>Provost</td>
<td>(506) 8385-0079 <a href="mailto:jjones@uh.ac.cr">jjones@uh.ac.cr</a></td>
</tr>
</tbody>
</table>
| Dr. Rebecca Zanolini        | Executive Director of Study Abroad                | (506) 7245-8918 whatsapp: (615) 440-8196  
                                          rebecca.zanolini@uh.ac.cr |
| MSc. Marcela Castro Méndez  | Coordinator of Nursing Research                   | (506) 8360-2454 mcastro@uh.ac.cr                  |
| Licda. Marisel Picado Monge:| Coordinator of Nursing Student Affairs            | (506) 7012-5206 mpicado@uh.ac.cr                  |