ITINERARY FOR
San Diego State University, HHS-Costa Rica
January 5-January 13, 2018
Time may change. Listen to all announcements by AIFS staff

Fri, Jan 5 - Arrivals
Arrive in San José, meet AIFS Representative at the airport and transfer to your homestay. Meet your homestay families.
12:30 pm Homestay families will escort you to the AIFS Study Center for orientation.
1:30 pm Meet at the AIFS Study Center for orientation.
AIFS Program Orientation
4:30 pm Return to homestays. Dinner with your host family

Sat, Jan 6 – San José City Tour
9:00 am Meet at the AIFS Study Center for San José City Tour. Transfer to San José downtown
9:30 am Sightseeing tour of San José with CarpeChepe
12:00 pm Welcome lunch in traditional restaurant “La Tortillería”
2:00 pm Visit to the National Museum
4:30 pm Return to home stays. Dinner with your host family

Sun, Jan 7 – Optional excursion
6:30 am Meet at the AIFS Study Center. Transfer to Parque Aventura San Luis
8:00 am Arrive in Parque Aventura San Luis
8:15 am Hanging bridges
9:30 am Zip-lining
12:00 pm Lunch (included)
1:00 pm Return to San José
3:00 pm Arrive in AIFS Study Center
(Students not attending have free time to explore San Jose. AIFS staff can give you suggestions on what to do)
Evening Dinner with your host family

Mon, Jan 8 – Universidad Hispanoamericana
9:00 am Meet at the AIFS Study Center. Transfer to Universidad Hispanoamericana (UH)
9:30 am UH: Lecture on the Costa Rican Health System – all students
12:00 pm Lunch (not included but there is a nearby food court)
1:15 pm Group 1: Visit to UH simulation hospital (with Martha Enciso)
Group 2: Visit to the UH Nutrition Center and discussion (with Sharon Penny)
2:30 pm Group 1: Visit to the UH Nutrition Center and discussion (with Sharon Penny)
Group 2: Visit to UH simulation hospital (with Martha Enciso)
4:00 pm End of activities. Return to AIFS Study Center/homestays.
Evening Dinner with your host family
**Tues, Jan 9 - Costa Rican Humanitarian Foundation (CRHF)**

7:15 am  Meet at the AIFS Study Center. Transfer to La Carpio community.
8:15 am  Presentation of Costa Rican Humanitarian Foundation (CRHF)
9:30 am  Work with the children from La Libertad. It will be learning activities in circle, including chants, reading, didactic materials, recess and snacks.
11:45 am Transfer to lunch (not included)
12:45 pm Return to CRHF
1:00 pm  Continue with CRHF and visit La Carpio community and meet residents and women of the community.
4:00 pm  Theatre performance by the ladies of the community
4:30 pm  End of the visit. Return to AIFS Study Center.

*Donations to CRFH are much appreciated: teaching materials such as puzzles or games for early stimulation, art paints, paper, brushes, etc. Please speak to AIFS staff about this.*

**Wed, Jan 10 – National Psychiatric Hospital and Hogar Esperanza**

7:00 am  Meet at the AIFS Study Center. Transfer to Hospital Psiquiátrico
8:00 am  Visit to Hospital Nacional Psiquiátrico (National Psychiatric Hospital)
  Group 1 – 8:00 to 9:30 am (with Martha Enciso)
  Group 2 – 9:30 to 11:00 am (with Sharon Penny)
11:00 am Transfer to lunch (not included)
12:30 pm Transfer to Hogar Esperanza
1:00 pm  Visit to Hogar de la Esperanza (Residence for LGBT HIV + patients)
4:00 pm  Return to AIFS Study Center for review of the day. Students in the past have found these visits rewarding but also emotional so we feel it is beneficial to meet afterwards to discuss what has been learned.
5 pm  Return to home stays.
Evening Dinner with your host family

**Thurs, Jan 11 – Hogar Carlos María Ulloa and Cooking class**

8:00 am  Meet at the AIFS Study Center. Transfer to home for seniors in San José
8:30 am  Visit to Hogar Carlos María Ulloa
11:30 am Transfer to Study Center. Lunch time (not included)
1:00 pm  Costa Rican cooking class at the Study Center
2:00 pm  Meeting at the Study Center to review visits
Evening Dinner with your host family

**Fri, Jan 12 – Manuel Antonio National Park**

7:00 am  Meet at the AIFS Study Center. Transfer to Manuel Antonio Beach
8:30 am  Stop by the bridge of Rio Tarcoles to see the crocodiles, use the restrooms and grab a snack.
10:00 am  Arrive in Manuel Antonio National Park.
  Guided tour in the park, spend the rest of the day exploring the area.
5:00 pm  Farewell dinner at Rest. El Avion
7:00 pm  Return to San José
10:00 pm  Arrive in San José

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.

**Sat, Jan 13 – Departures**

Program ends. Transfer to the airport for return flights to the U.S.