SAMPLE ITINERARY FOR
SAN DIEGO STATE UNIVERSITY, HSS 350 – COSTA RICA

March 30 – April 7, 2019

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.

Sat, March 30
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.
(Orientation may take place on Sunday if flights arrive later in the day.)
EVE: Dinner with your host family (dinner is provided every evening)

Sun, March 31
AM: Sightseeing tour of San José with a professional guide
Welcome lunch in a traditional restaurant
PM: Visit to the National Museum

Mon, April 1
AM: Optional zip-lining excursion including round-trip transportation and lunch. Students who do not go on the excursion can explore San José. AIFS staff will be able to give then advice on what to see and where to go.

Tues, April 2
AM: Meet at the AIFS Study Center for a lecture on the Costa Rican Health System (1)
PM: Visit to the UH Nutrition Center and simulation hospital (2 & 3)

Wed, April 3
AM: Discussion and lectures at the Costa Rican Humanitarian Foundation (CRHF) (4)
PM: Continue with CRHF and visit La Carpio community and meet residents (5)

Thurs, April 4
AM: Visit to Hospital Nacional Psiquiatrico (National Psychiatric Hospital) (6)
PM: Visit to Hogar de la Esperanza (Residence for LGBT HIV + patients) (7)

Fri, April 5
AM: Visit to a home for seniors in San José (8)
PM: Costa Rican cooking class at the study center

Sat, April 6
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.

Sun, April 7
Program ends. Transfer to the airport for return flights to the U.S.