

COSTA RICA

Costa Rica: 2019

Study Abroad
SIUE Public Health Program

March 8-17, 2019



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General Description

Thank you for your interest in helping individuals in Costa Rica in March 2019!

In the US students interact with environmental health issues everyday, often without recognition of the fact. Traditional environmental health courses help students recognize their impact on the environment and how the social, cultural and political environments shape environmental issues in the US. This travel study will provide you with the opportunity to experience environmental health and examine the social, cultural and political aspects of environmental health in an international setting. You will also have the opportunity to interact with locals to compare and contrast issues and solutions to problems.

Dr. Randy Pembroke, Chancellor of Southern Illinois University Edwardsville, has been taking college students to Costa Rica for more than a decade with an organization known as C.A.M.P (Central America Mission Projects). This organization has sponsored projects to help build education centers, gyms, churches, Habitat for Humanity houses, and children's camp facilities. In addition to these construction projects, programs also have provided an opportunity to distribute food and clothing to needy people in Costa Rica, see the beauty of the central valley, appreciate the unique ecology of the region, and interact with local Costa Rican citizens (a.k.a. Ticos). Costa Rica offers a wonderful climate year-round with temperatures ranging from 65 degrees at night to the mid-80s during the day.

Costa Rica is a rugged, rainforest country in Central American with coastlines on the Caribbean and Pacific. Though its capital, San Jose, is home to cultural institutions like the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Roughly a quarter of its area is made up of protected jungle, teeming with wildlife including spider monkeys and quetzal birds.

Capital: San José
Currency: Costa Rican colón
Population: 4.808 million (2015)

The program begins with a relaxed weekend and exploration of the surrounding ecology and culture. During the week, students will accomplish the work previously described as well as visit local sites, meet Costa Rican adults and children, attend indigenous events and sample Costa Rican cuisine. The group alternates between evening meals together and free evenings where individuals can choose their own restaurants. Breakfast is served each morning at the hotel (combining all student groups from SIUE) and lunch is served at the work sites or we will eat together if touring facilities.

General Tour Itinerary (subject to change)

- Friday, March 8 - Board flight from Lambert International to San Jose, Costa Rica (specific flight to be determined in the fall). Check in—Hotel Ave Del Paraiso, San Jose CR
- Saturday, March 9 – Exchange money, travel to Playa Negra
- Sunday, March 10 – Sightseeing, snorkeling, horseback riding
- Monday, March 11 – Travel to Parismina, beach patrol
- Tuesday, March 12 – Clean beach, mark hatchery, cooking demonstration
- Wednesday, March 13– Forest walk & fresh water lagoon tour, beach patrol
- Thursday, March 14 – local artists craft fair,
- Friday, March 15– Travel back to San Jose, dinner
- Saturday, March 16 – La Paz Waterfalls and animal sanctuary
- Sunday, March 17 – Depart San Jose for return flight home

Program Costs

Study Abroad Program (March 8th-17th)

*Approximately \$3520**

*Includes airfare, ground transportation, exit visa, all meals except for those mentioned below, hotel, sightseeing activities, and insurance.

Students are responsible for the following additional costs:

- \$75 International Program application fee (will be added to your student account when you complete the online application)
- Passport: (\$135 for first time applicants; \$110 for renewals)
- Tuition: ***PBHE 410-TS Environmental Health & Bioterrorism Perspectives in Central America: Costa Rica OR PBHE 489-TS Independent Study Public Health Perspectives in Central America: Costa Rica***
- Checked luggage fee: \$25 for first bag with each travel day (\$50 total)
- Meals on travel days and days we do not eat together (last year it was 1 breakfast), souvenirs, beverages, snacks

FYI, tuition and much of the cost of the trip can be part of financial aid for students enrolling for academic credit. Please contact Tracy Wall in the Financial Aid office for the form to be considered for financial aid.

Payment Deadlines:

- At the time of application, but prior to Sept. 15, 2018 – \$500 down payment.
- October 1 – \$1100
- November 15 – \$1100
- January 10, 2019 - remaining balance \$820

Payment Process:

All payments for the Costa Rica trip program are to be made through the Study Abroad application website. The online payments are by credit card (2.75% fee). Checks must be accompanied by a payment form, which can be obtained from the Study Abroad office. The payments are not checked off in the student's application until confirmation of payment from the Bursar's office.

Enrolling for Academic Credit

Priority will be given to students who enroll in ***PBHE 410-TS Environmental Health & Bioterrorism Perspectives in Central America: Costa Rica*** and ***PBHE 489-TS Independent Study Public Health Perspectives in Central America: Costa Rica*** for course credit. The three credit hour Environmental Health course satisfies degree requirements for Public Health majors and minors. The three credit hour Independent Study course can be used as an elective to satisfy degree requirements for Public Health majors and minors. Both of these courses satisfy the Global Cultural Experience (GCE) requirement for SIUE General Education Requirements. To enroll for credit you must register for the course and apply for the program.

Participating in the Trip – No Academic Credit

If you wish to participate in the Travel Study as an International Public Health experience, you may do so without registering for academic credit. You will do this through the Study Abroad website. Participating in this trip for non-credit does not satisfy the Global Cultural Experience (GCE) requirement for SIUE General Education Requirements. For this option you do not register for a course, you just need to apply to the program through the Study Abroad website.

Regardless of whether you enroll for ACADEMIC credit or not, participation requires completion of pre- and post-program steps including full attendance and completion of work-week assignments, and a presentation (typically a poster session) upon returning and during the Spring 2018 semester.

So, *in summary*, there are THREE ways to participate in the program:

- A) Academic Credit in PBHE 410-TS
- B) Academic Credit as an Independent Study Elective PBHE 489-TS
- C) The Study Abroad trip itself (No Academic Credit)

The Study Abroad Office processes program applications and all payments through **Terra Dotta**. Please contact Kim Browning for more information and be prepared to complete the International Travel form.

Contact Information

SIUE Public Health Faculty Leaders:

Michelle Cathorall (714) 290-6639 US Cell
mcathor@siue.edu

Questions regarding the program and details

Michelle Cathorall Office: VC 2604 (618) 650-2876 Office
mcathor@siue.edu (714) 290-6639 US Cell

Application/Requirements and Study Abroad Forms /Processes

Kim Browning (618) 650-3785

Payments for the program and questions about financial aid

Tracy Wall (618) 650-3890

Travel Information

Airline Ticket: To increase safety and decrease confusion, we will fly together on one flight to Costa Rica. Once you have paid your down payment and your first payment, we will finalize travel plans around. Do NOT book your own flight!

Our best guess is that we will leave Lambert International very early (probably between 6 and 7 a.m.) on March 8th. As mentioned elsewhere in the packet, we anticipate the cost of the round-trip flight to be around \$700. You will be responsible for getting to and from the airport. We often fly from Lambert International to a major hub (Houston, Dallas, New Orleans, or Atlanta) and then directly from the hub to San Jose, Costa Rica. Once in Costa Rica we will go through customs at the airport. We will also go through customs upon arriving back at the major U.S. hub at the end of the trip.

Passports

If you do NOT have a passport, you will need to apply for one immediately! Start by getting the application online or at your nearest post office. You will also need a passport photo. This can be taken at many places such as Walgreens or Walmart for around \$13. The cost of the application is \$135 for new passports or \$110 for renewals and takes approximately two months to be processed. **START NOW!!** Without a passport you cannot travel internationally. Your hometown post office will help you finalize your application. The phone contact for the Topeka office is 785 295-9160 to make an appointment - or consult www.travel.state.gov

105 N MAIN ST
GLEN CARBON, IL 62034-9998

Mon-Fri 10:00am - 3:00pm
Sat-Sun Closed
Passport Walk-In Hours
Mon-Fri 10:00am - 3:00pm
Sat-Sun Closed
Lot Parking Available
*For more information, contact the
Department of State at travel.state.gov.*

If you DO have a passport, check the expiration date. If the expiration date is BEFORE March 12, 2018 you will need to get your passport renewed to go on this trip (see details above). If the expiration date on your present passport is after September 17, 2018, you should be set for this trip.

Luggage

Travelers can take one personal item and one carry-on item aboard the plane. If you have such items, be sure to avoid packing large volumes of liquids (e.g., shampoo, tanning lotion). See airline recommendations at (www.tsa.gov/traveler-information/3-1-1-liquids-rule). I suggest that you consider foregoing the carry-on luggage item (you CAN take a personal item such as a purse or backpack) and check one large piece of luggage, but that is up to you. If you wish to be responsible for multiple pieces of luggage and can manage them yourself, it is allowable. Most airlines will charge \$25 for your first large piece of checked luggage each way. All checked luggage **needs to be under 50 pounds** to avoid an additional charge.

What to Pack

A suggested packing list will be provided.

You do not need a separate outfit for every day.

- Comfortable walking shoes!! They must be sturdy shoes (i.e., “workout shoes or hiking boots”) that don’t give you blisters
- You will need casual (but professional – clean, no holes, no workout clothes) outfits for meeting with people & going out to dinner a couple times,
- a sweater or light jacket as evenings are a bit cool in CR, especially near the beach, where we will be,
- Casual comfortable walking shoes, a hat, and a swim suit.
- Be sure to bring things such as generic and prescription medications (in their original containers), glasses/sunglasses, sunscreen, and bug spray.
- Your U.S. electrical appliances (hair dryer, phone charger) will work directly in Costa Rican outlets. You do not need adaptors.
- One tip is to pack a duffle bag in your suitcase so you have room for souvenirs going home

Cell/Internet Service

It is possible to extend your phone plan to include international service. If you are interested in this, please check before departing. International calls on cell phones are expensive if you do not have such a plan. Verizon's travel pass and AT&T's international plan has good coverage in Costa Rica.

Emergency Contact Numbers in Costa Rica

(Please make a copy of this for significant others in the States and leave it with them when you depart):

Hotel Ave Del Pairaso:

Playa Negra Guest House

Michelle Cathorall (714) 290-6639 (U.S. Cell)

mcathor@siue.edu

Study Abroad Office (SAO) at SIUE (618) 650-3785

Questions & Answers

Q: Do I need to get Costa Rican money (known as colones) before travelling?

A: No, we will get a good exchange rate at the bank upon arriving.

Q: Is it safe in Costa Rica? Can I travel by myself?

A: We have never had any problems, but we require students to travel in groups (preferably with a faculty member the first few days while you are learning the area) for safety.

Q: Do I need a copy of my passport

A: Yes, make 3 copies of the photo page. One copy you will keep on you for identification while in Costa Rica. Two copies you will give to me. I will secure one copy and one copy will be given to another SIUE Public Health Faculty member who will be in the US.

Q: Do I need any other documents?

A: Yes, make 3 copies of your birth certificate. One copy you will keep on you for identification while in Costa Rica. Two copies you will give to me. I will secure one copy and one copy will be given to another SIUE Public Health Faculty member who will be in the US.

Q: May I or my family make financial donations for building supplies, medicine, shoes, etc.?

A: Yes! Contributions for these items are tax deductible and can be made directly to ASTOP.

Q: Do I need special shots for the trip?

A: YES! You must have typhoid, Hep A, & the flu shot. Also, your tetanus shot must be up to date. We also refer you to the CDC website for specific health issues in Costa Rica (www.CDC.gov). Any travel creates challenges relating to your overall health so we recommend taking OTC medications for normal common ailments. If different medications are required, a local pharmacy is located next to the hotel.

Q: How much cash should I bring?

A: \$300-\$400 seems like a reasonable figure. Having said that, most places take Visa/Master Card and ATM machines are available.

Q: Do I need to speak Spanish to go?

A: No, it is not required. But, many report the trip is more meaningful if you develop some Spanish skills before travel begins.

Q: Can I take gifts for people in Costa Rica?

A: Absolutely. While candy is exciting for children there, we have found that items such as toothpaste, pencils/pens, rulers, balloons, crayons, backpacks, and peanut butter produce more long-lasting results!

Q: Will we have chances to interact with native Costa Ricans?

A: YES! We will work with the ASTOP team while we are in Parismina. Also, you have an opportunity to interact with the people who live in Parismina. Casual conversations with individuals at the hotels, shops, restaurants, and parks will also provide opportunities to use language skills and learn about Costa Rica.

Syllabus Spring 2019
PBHE 410-TS Environmental Health Perspectives in Central America: Costa Rica
Department of Applied Health (AH)/Southern Illinois University at Edwardsville (SIUE)

Faculty Information

Name: Michelle L. Cathorall, DrPH, MPH, MCHES
Office: 2604 Vadalabene Center
Office Hours: by appointment
E-mail: mcathor@siue.edu
Office phone: 618-650-2876

Time and Place for Class Meetings

Time & Location TBA
Spring Break travel to Costa Rica

Required Text Book and Other Readings

Required: Friis, R. H. (2012). *Essentials of Environmental Health* (2nd ed). Burlington, MA: Jones and Bartlett Learning
Additional readings will be posted in Blackboard or Dropbox.

COURSE DESCRIPTION:

This course will examine human's impact on the environment and how that in turn impacts human health in the US and South America, with a focus on sustainability in Costa Rica. This course will provide an introduction to the identification, assessment, and control of environmental health risks and prevention of their negative impact on health. Comparisons of environmental standards, prevention and human health impacts will be made between the United States and South America. Opportunities will be provided to develop and use foundational Spanish language skills.

COURSE OUTCOMES:

Upon completion of this course, the learner will be able to:

- Explain the role of climate change on the environmental changes in Costa Rica.
- Analyze the similarities and differences in the environmental health needs of vulnerable populations in Costa Rica and the United States.
- Explain how cultural, social, political and economic issues impact environmental health & sustainability in Costa Rica.

METHODOLOGY:

Students will attend the regularly scheduled PBHE 410 Environmental Health class at SIUE during the Spring semester. The focus of their assignments will be on conservation and sustainability in Central America and Costa Rica. Additional preparatory work for the trip will be required outside of class time. Students will travel to a Costa Rica during Spring break to experience cultural differences/similarities in the approach to and prevention of environmental health issues. The service learning component of this course will be completed during the trip at the [Asociacion Salvemos Las Tortugas de Parismina](#). There will be opportunity to observe and interact with selected populations.

Itinerary

Date	
Fri, 3/8	Fly STL – San Jose, Costa Rica
	1 night stay in San Jose
Sat, 3/9	Transportation San Jose – Cahuita/Playa Negra
	2 nights in Cahuita/Playa Negra
Sun, 3/10	Beach, or snorkeling, or horseback riding jungle tour , or relaxing
Mon, 3/11	Transportation Cahuita – Parismina (near Parcque National Tortuguero)
	5 nights @ Asociacion Salvemos Las Tortugas de Parismina
	10:00am Arrival at Caño Blanco, boat to Lodge
	10:30am Room distribution, orientation and safety briefing
	12:00md Lunch
	2:00pm Turtle Training Part 1: Intro to ASTOP/Biological
	4:30pm Patrol guidelines
	6:30pm Dinner
Tues, 3/12	10:00pm Turtle Patrol
	8:00am Breakfast
	10:00am Jungle hike
	1:00pm Lunch
	3:00pm Mark posts/beach cleaning
	4:00pm Swimming in lagoon
	6:30pm Dinner
Wed, 3/13	10:00pm Turtle Patrol
	7:00am Breakfast
	8:00am Boat tour, finish in village of Parismina
	10:30am Village tour, Visit hatchery
	12:00pm Lunch in town
	1:00pm Turtle training Part 2: Threats and Conservation
	2:00pm Artisan fair
	3:00pm Sports/free time
	5:00pm Back to lodge by pickup truck
Thurs, 3/14	6:30pm Dinner
	8:00pm Patrol
	8:00am Breakfast
	10:00am Jungle hike
	1:00pm Lunch
	3:00pm Mark posts/beach cleaning
	4:00pm Swimming in lagoon
Fri, 3/15	6:30pm Dinner
	10:00pm Turtle Patrol
	8:00am Breakfast
	10:30am Boat to Caño Blanco
Fri, 3/15	11:00am Caño Blanco pick up
	Transportation Caño Blanco – San Jose
Sat, 3/16	2 nights in San Jose
Sat, 3/16	Sightseeing around San Jose maybe La Paz Waterfall
Sun, 3/17	Fly San Jose – STL

Map of places we will/may visit

