

Nursing Service Learning Experience in Costa Rica

Draft Itinerary

January 8-16, 2018

EMERGENCY CONTACT INFORMATION

U.S. Embassy San Jose Calle 98 via 104, Pavas 506-2519-2000 506-8863-4895 after hours	Adelphi Public Safety (available 24/hours) 516-877-3511
Emergency Assistance Number in CR Police: 911 Ambulance: 128 Fire: 118	Center for International Education (516) 877-3487 cie@adelphi.edu

FACULTY CONTACT INFORMATION

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COSTA RICA HUMANITARIAN FOUNDATION

Gail Nystrom

Director, Costa Rica Humanitarian Foundation
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LODGING & MEALS

Guacima Country Inn

Guacima, Alajuela, Costa Rica
(506) 4070 0317

www.guacimacountryinn.com

(Located 6km from San Jose airport)

Hotel Playa Westfalia (Cahuita Beach)

<http://hotelplayawestfalia.com/en.html>

Cahuita

Rio Perlas (hot springs in Orosi de Cartago)

<http://www.rio-perlas.com/en/>

Students will stay in shared rooms with private baths. Wi-fi is available free of charge at the hotels. Students will have access to the hotel pool and should bring their own towels for the beach. Each student will have their own bed (i.e. single bed). Most meals are included in the program, unless specifically indicated on the itinerary (e.g. students are responsible for meals on travel days and several meals at the beach & hot springs). Many of the menus will be set and include 2-3 choices and a drink. Any additional food will be at the students' own expense. Please note that access to ATM machines is limited. It is advised to take money out of the ATM at the airport before passing through customs. Students are encouraged to bring stickers, balloons and other small items to engage local children. Tips for bus drivers, interpreters and other guides are included in the program fee. Students should not tip on their own. Finally please note that this agenda may change depending on the weather or last minute opportunities that come our way.

Packing notes: It is very important to dress appropriately. **Only pack modest clothing.** Pack bathing suit, insect repellent, sunscreen, and first aid kit.

DAILY SCHEDULE

Monday, January 8

Travel Day

6:39am

Faculty Flight

Flight from JFK to Charlotte (American Airlines #1260, arriving Charlotte 8:44am); Connecting flight to San Jose (American Airlines #1707, departing Charlotte at 9:25am).

12:50 pm

Flight lands in San Jose

Students are recommended to exchange money at the airport ATMs before you go through customs.

TBD

Airport Transfer to Guacima Country Inn

Gail Nystrom, Director of the Costa Rica Humanitarian Foundation, will meet students upon arrival outside the exit door. Exit to the right to find the bus.

Guacima Country Inn

+506 4070 0317

www.guacimacountryinn.com

TBD

Welcome Dinner at the hotel

TBD

Welcome & Introduction to La Carpio

Gail Nystrom, Director, Costa Rica Humanitarian Foundation

Tuesday, January 9

Introduction to La Carpio

Breakfast

Students eat the complimentary hotel breakfast on their own.

8:30am

Meet in hotel lobby to take the bus to La Carpio.

Morning

Walking Tour of La Carpio

Gail Nystrom, Director, Costa Rica Humanitarian Foundation

Students will gain familiarity of La Carpio and visit the EBAIS Clinic, (Los Equipos Básicos de Atención Integral de Salud), which is the basic healthcare clinic funded by the government. This clinic is run by Clínica Bíblica, a private healthcare provider. Students will visit a private clinic run by the same provider on January 12th and discuss the differences of national vs. private healthcare in Costa Rica.

Lunch

Group Lunch at Montessori Center

Afternoon

Meet the People of La Carpio

- View a play by the "Las Abuelas" group, a support group for the elderly in La Carpio
- Women of La Carpio will display their crafts
- Adelphi students lead an activity pertaining to mental health

5:00pm

Group Debrief at Hotel

Please meet Professors Cal and Abram on the outdoor patio of the hotel to debrief on the day's activities.

7:00pm

Welcome Dinner Prepared by the Women of Piedades

Women of Peidades will prepare dinner for the group to be served at Finca Hope (the retreat center for The Costa Rica Humanitarian Foundation). Students will also engage in a discussion about the WHO Sustainable Development Goals, sustainability practise and agriculture. Discussion on the potential role of such a model can play to positively impact the people of La Carpio.

Wednesday, January 10**Work Day at La Libertad**

Breakfast

Students eat the complimentary hotel breakfast on their own.

8:30am**Meet in hotel lobby to take bus to La Carpio****Morning****Condom distribution**

Students will promote safe and sacred sex and distribute condoms to the community. Students will talk to local youth about reproductive health.

Morning**Exercise Program with Children**

Adelphi students talk with children about exercise and its impact on the health of self, family and society. Use play and activity such as dance, as a mechanism to spread the message of exercise and health. The morning will conclude with a dance party.

Lunch**Group Lunch at Montessori Center****Afternoon****Chocolate Tour**

Students will learn about the role cacao plantations have played in the history of Central America and their effort to adapt socially responsible business practices.

5:00pm**Group Dinner at Fiesta Del Maiz**

Group takes vans to dinner

6:00pm**Group Debrief at Hotel**

Please meet Professors Cal and Abram on the outdoor patio of the hotel to debrief on the day's activities.

Thursday, January 11**Work Day in La Carpio**

Breakfast

Students eat the complimentary hotel breakfast on their own.

9:00-12:00pm**Nutrition and Health Eating Program for Children**

Adelphi students will teach children (ages 6-13) about nutrition and health eating. Students will have an opportunity to talk to the children about nutrition and healthy eating in difficult circumstances. Linking this activity to the hands on activity below by including and involving all nursing students.

Cooking meals for the people of La Carpio

All students will prepare a healthy meal for the children and families they worked with at La Virilla. Opportunity to enjoy an activity and a meal together.

Lunch	Eat meal with children and families
Afternoon	Visit to Hospital Mexico <i>633 bed hospital with trauma and emergency medical services operated by the Costa Rican Department of Social Security. Located several miles from the entrance to La Carpio.</i>
5:00pm	Group Debrief at Hotel
7:00pm	Group Dinner at Hotel
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Friday, January 12	Visit to San Jose
Breakfast	<i>Students eat the complimentary hotel breakfast on their own.</i>
8:30	Meet in lobby for departure
Morning	Site Visit to Clínica Bíblica <i>Originally founded as a Christian clinic for the indigenous community, the clinic is a private clinic for affluent Costa Ricans. Students will compare this facility to the care offered at the government-funded clinic.</i>
Lunch	Group Lunch
Afternoon	Explore San Jose <i>Students explore the city and explore the Artisans Market.</i>
Dinner	Group Dinner in San Jose at Delicias de Mi Tierra <i>Students will eat together in San Jose</i>
TBD	Students return to Hotel <i>Students will present and discuss the differences in healthcare institutions and delivery systems seen during the three opportunities (Clinic, Hospital Mexico, Clinica Biblica.</i>
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Saturday, January 13	Visit to Cabecar
Early	Check out of Hotel and have bags packed <i>Students should have all luggage packed and ready to go, as the group will not return to this hotel.</i>
6:00am	Meet bus to travel to Cabecar <i>The group will eat a traditional breakfast at a restaurant along the way. The ride will take approximately 4 hours, depending on traffic. During this ride, students will present and discuss their research concerning the Cabecar Indigenous Indians, human rights and challenges that affect their future in Costa Rica.</i>
10:00am	Arrive at Cabecar Indigenous Project <i>Students will have the opportunity and gain insight into the traditions and everyday life of an indigenous people who are protected by the Costa Rican Government. Students will eat a lunch prepared by the Cabecar and have an opportunity to purchase local crafts</i>

2:00pm	Travel to Cahuita Beach <i>The ride will take approximately 2 hours.</i>
3:30pm	Check-in at hotel <i>Students will spend the remainder of the afternoon relaxing at the hotel. The hotel is near the beach, but it is too rough to swim. There is a pool at the hotel.</i>
	Playa Westfalia http://hotelplayawestfalia.com/en.html
6:00pm	Group Dinner and Final Debrief at Hotel
Sunday, January 14	Beach Day
Breakfast	<i>Students eat the complimentary hotel breakfast on their own. <u>Note that you must inform the hotel in the morning if you would like them to prepare your dinner.</u></i>
9:00am	Meet in lobby to take bus to the beach <i>The ride will take 30 minutes or less.</i>
9:30-4:00pm	Free time at the Beach <i>Students are on their own for lunch</i>
4:00pm	Meet to take bus back to the hotel.
Dinner	<i>Students are on their own for dinner at their own expense. <u>If you would like to eat at the hotel for dinner, please notify them in the morning.</u></i>
Monday, January 15	Travel to Rio Perlas
Breakfast	<i>Students eat the complimentary hotel breakfast on their own.</i>
7:45am	Check out of Hotel and have bags packed
8:00am	Travel by Bus to Rio Perlas <i>The ride will take approximately 4 hours. Students will each lunch at their own expense at a small town along the road when the bus stops.</i>
TBD	Check into Rio Perlas http://www.rio-perlas.com/en/
Free Day	Free time at Rio Perlas to enjoy the hot springs <i>Students are on their own for lunch.</i>
7:00pm	Final Group Dinner Rio Perlas Hotel <i>The cost of this meal is included in the program cost.</i>
Tuesday, January 16	Depart for USA
Breakfast	<i>Students eat the complimentary hotel breakfast on their own. And check out of hotel.</i>

8:30am

Meet bus for travel to the Airport

Students should have checked out of their hotel and have their luggage packed and ready to load on the bus. The drive to San Jose airport will take 2 hours.

9:00am

Bus departs for airport

Lunch

Students will eat lunch in the airport at their own expense

1:45 pm

Faculty Flight

Flight from San Jose to Charlotte (American Airlines #1706, arrives Charlotte at 7:04pm); connecting flight to JFK (American Airlines #2658), departs Charlotte at 8:06pm, arrives JFK at 10:04pm.

10:04 pm

Faculty Flight Arrives to JFK

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