

## Costa Rica Expedition: Quest for Sustainability with Levermore Global Scholars

DRAFT Itinerary  
January 3 – 14, 2019

### ADELPHI CONTACT INFORMATION

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Shannon Harrison, Director  
Center for International Education  
(516) 877-3486  
sharrison@adelphi.edu, cie@adelphi.edu

### On-Site Faculty Leader's Contact Information

**Peter DeBartolo**

Administrative Director of the Levermore Global Scholars Program

[PDeBartolo@adelphi.edu](mailto:PDeBartolo@adelphi.edu)

Cell: +1 (518) 526-6852 (accessible in Costa Rica)

### LODGING

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*In accordance with the theme of this program, students stay at eco-friendly accommodations. Access to Wi-Fi and internet varies, depending on location. Students have very limited access in the rainforest.*

**Costa Verde Inn**

Escazu, Costa Rica

Tel. +(506) 2228-4080

Email: [inn@costaverde.com](mailto:inn@costaverde.com)

<https://www.costaverdeinn.com/>

Complimentary Wi-Fi

**Nacientes Palmichal** (Rainforest)

Palmichal, Acosta

San José, Costa Rica

Tel: +(506) 2418-4328, +(506) 8353-4055

Email: [info@nacientemichal.com](mailto:info@nacientemichal.com)

<http://nacientespalmichal.com/en/>

**Hotel Mono Azul**

Manuel Antonio, Costa Rica

Tel: (506) 2777-2572

<https://www.hotelmonoazul.com/>

### MEALS

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*All breakfasts (11) will be provided, along with 9 lunches and 5 dinners. On several days, students will have the opportunity to explore on their own and will be responsible for meal costs. Please refer to the itinerary.*

## DAILY SCHEDULE

Thursday, January 3: Travel to Costa Rica

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**TBD**

### **Flight TBD**

Students are required to book their own airfare. DO NOT BOOK TICKETS UNTIL NOTIFIED BY CIE. CIE will send you Professor DeBartolo's flight information in case you would like to travel with the group. If you choose not to travel with the group and do not arrive within one hour of Professor DeBartolo's flight, you are responsible for making your own airport transport arrangements.

**TBD**

### **Arrive San Jose**

**TBD**

### **Meet bus for transportation to hotel**

#### **Costa Verde Inn**

Escazu, Costa Rica

Tel. (+506) 2228-4080

Email: [inn@costaverde.com](mailto:inn@costaverde.com)

[www.costaverdeinn.com](http://www.costaverdeinn.com)

**TBD**

### **Lecture: Introduction to Costa Rica**

Overview of key facts, figures and inside info about Costa Rica

**Julia Delafield**, Director, UPEACE Centre for Executive Education, U.N.-mandated University for Peace

**Dinner**

### **Group Dinner - La Hamburguesía, Avenida Escazú**

*This meal is included in the program cost.*

Friday, January 4: Visit UN-mandated University for Peace

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**Breakfast**

Students eat breakfast provided by the hotel on their own.

**8:15am**

### **Meet in hotel lobby for bus to UPeace**

**9:00 – 11:15am**

### **Lecture: Welcome to UPEACE & Overview of the Week**

*Presentations will include guidelines for engagement, background on UPEACE, and teambuilding and leadership activities.*

- **Julia Delafield**, Director, UPEACE Centre for Executive Education, U.N.-mandated University for Peace
- **Esmeralda Bolaños**, Program Coordinator, UPEACE Centre for Executive Education

**11:15 – 12:30pm**

### **Campus Tour and Hike to Peace Monument**

**12:30 – 1:30pm**

### **Group Lunch at UPeace**

*The cost of this meal is included in the program cost.*

**1:30 – 4:15pm**

### **Lecture: Educating in a Globalizing World**

*Reflection on the changes we're experiencing in the 21st century and their implications on the globalizing world that we will be living in. Explore what knowledge, skills and values will become increasingly important.*

**Julia Delafield**, Director, UPEACE Centre for Exec. Ed.

**Dinner** Students eat dinner on their own.

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Saturday, January 5: Quitirrisí Indigenous Reserve

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**Breakfast** Students eat breakfast provided by the hotel on their own.

**8:45am** **Meet in hotel lobby and take a bus to Nacientes Palmichal**

**9:30 – 11:30am** **Site Visit: Huetar Community & Guest Lecture**

*Field visit to small Huetar community located at the top of the Indigenous Reserve of Quitirrisí. Students will visit a family that continues the traditional art of basket weaving. After a cultural introduction, we'll participate in a workshop to learn about the harvesting and dyeing of plants for weaving. Students will make their own coasters to take home.*

**Rafaela Hernández**, local guest speaker

**12:00pm** **Check in and Group Lunch at Nacientes Palmichal**

*The cost of this meal is included in the program cost.*

**Nacientes Palmichal**

Palmichal, Acosta

San José, Costa Rica

Tel: +(506) 2418-4328, +(506) 8353-4055

Email: [info@nacimientoichal.com](mailto:info@nacimientoichal.com)

<http://nacimientopalmichal.com/en/>

**1:00 – 5:30pm** **Site Visit: Nacientes Palmichal & Guest Lecture**

*We will see how this community preserves and protects 42 hectares of primary and secondary cloud forest and all the species of flora and fauna. We will visit a local farmer and learn about sustainable farming, as well as how to make tortillas in the traditional Costa Rican way.*

**Hernan Ramirez Alfaro**, Executive Director, ADESSARU (Nacientes Palmichal)

**6:00pm** **Group Dinner at Nacientes Palmichal**

*The cost of this meal is included in the program cost.*

**8:00pm** **Group Salsa Lesson**

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Sunday, January 6: Nacientes Palmichal

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**Breakfast** Students eat breakfast provided by the hotel on their own.

**8:00am** **Meet in hotel lobby**

**8:00 - 12:30pm** **Site Visit: Nacientes Palmichal & Guest Lecture**

*The group will hike to a local dairy farm to learn about dairy farming and cheese making. The views of the landscapes are beautiful! (Please be prepared with appropriate footwear.)*

**12:30pm** **Group Lunch**

*The cost of this meal is included in the program cost.*

**2:30pm**

**Return to San Jose**

**TBD**

**Hotel Check-In**

**Costa Verde Inn**

Escazu, Costa Rica

Tel. (+506) 2228-4080

Email: [inn@costaverde.com](mailto:inn@costaverde.com)

[www.costaverdeinn.com](http://www.costaverdeinn.com)

**Dinner**

Students eat dinner on their own.

Monday, January 7: Boy with a Ball & Downtown San Jose Visit

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**Breakfast**

Students eat breakfast provided by the hotel on their own.

**8:00am**

**Meet in hotel lobby**

**9:00 – 12:30pm**

**Site Visit: Boy with a Ball & Guest Lecture**

*"Boy with a Ball" is an NGO with learning and support programs that empower community members in one of Costa Rica's most vulnerable immigrant shantytowns. Their programs teach English, mentor, provide tutoring, and run 'learning camp' programs for low income children. [www.elninoylabolacr.org](http://www.elninoylabolacr.org); [www.boywithaball.com](http://www.boywithaball.com)*

**Kim Hackbarth**, President, BWAB Board

**12:30 – 1:30pm**

**Group Lunch & Debrief at Boy with a Ball**

*The cost of this meal is included in the program cost.*

**2:30 – 5:00pm**

**Site Visit: Downtown San Jose, Museums, and Guided Tour**

*The capital of San Jose is the economic, cultural, and political heart of the country. Students will have a guided walking tour of the City center with ChepeCletas, visit the National Theatre and the pre-Columbian gold museum in downtown San Jose.*

[www.chepecletas.com](http://www.chepecletas.com)

**Dinner**

**Group Dinner – Hacienda en Escazu**

*The cost of this meal is included in the program cost.*

Tuesday, January 8: Tour Coffee Farm El Toldeo

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**Breakfast**

Students eat breakfast provided by the hotel on their own.

**8:00am**

**Meet in hotel lobby**

**9:00 – 12:00pm**

**Site Visit: El Toledo Coffee Farm & Guest Lecture**

*El Toledo is a small coffee farm, led by a family that has been growing organic coffee for the last two decades. Students will take a guided tour of the coffee estate and learn about sustainable coffee production and processing. Students will gain insight into Costa Rican culture, small business, and the largest source of exports for the country for the majority of the 20th century.*

<b>12:00pm</b>	<b>Group Lunch at El Toledo Coffee Farm</b> <i>The cost of this meal is included in the program cost.</i>
<b>1:30pm – 4:00pm</b>	<b>Site Visit: Inter-American Court &amp; Guest Lecture</b> <i>The Inter-American Court of Human Rights was established in 1979. Its objective is the application and interpretation of the American Convention on Human Rights and other treaties concerning this same matter.</i>
<b>Dinner</b>	Students eat dinner on their own and at their own expense.

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Wednesday, January 9: The Costa Rican Humanitarian Foundation (CRHF)

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<b>Breakfast</b>	Students eat breakfast provided by the hotel on their own.
<b>8:15am</b>	<b>Meet in hotel lobby</b>
<b>9:00 – 12:00 pm</b>	<b>Site Visit: The Costa Rican Humanitarian Foundation (CRHF), Community Projects &amp; Guest Lectures/Presentations</b> <i>The CRHF is a non-profit organization located in an underprivileged community that is committed to developing creative and economical solutions to a wide range of social problems in Costa Rica. The CRHF provides opportunities to exchange friendship, goods, services, and financial resources for critical needs among different cultures, socio-economic classes, and language groups. Along with a short lecture on Nicaraguan immigration to Costa Rica, students will participate in service learning.</i>
<b>12:00 – 1:00pm</b>	<b>Group Lunch at Costa Rican Humanitarian Foundation</b> <i>The cost of this meal is included in the program cost.</i>
<b>1:00 – 3:30pm</b>	<b>The Costa Rican Humanitarian Foundation</b> (continued) <i>In the afternoon we'll watch a play put on by the grandmothers of this organization and have a chance to debrief with the organization's founder, Gail Nystrom.</i> <b>Gail Nystrom</b> , Founder, CRHF
<b>Dinner</b>	Students eat dinner on their own and at their own expense.

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Thursday, January 10: Florex & Recycling Plant Tour in Ciudad Colon

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<b>Breakfast</b>	Students eat breakfast provided by the hotel on their own.
<b>8:00 am</b>	<b>Student meet in the hotel lobby</b>
<b>9:00 – 11:30am</b>	<b>Site Visit: Florex &amp; Guest Lecture</b> <i>Florex is an eco-friendly company that produces and distributes environmentally-friendly cleaning products in Costa Rica. They were the first cleaning product industry to be certified carbon-neutral in the country, and they work hard not only to minimize the effect their products have on the environment, but also to improve all areas of production and distribution so as to reduce their footprint. Florex representatives will give lecture on sustainability and water pollution and a guided tour of their production plant.</i>

<b>12:30pm</b>	<b>Group Lunch at UPEACE</b> <i>The cost of this meal is included in the program cost.</i>
<b>1:30 – 5:00pm</b>	<b>Lecture &amp; Site Visit: Recycling Plant in Ciudad Colon</b> <i>The group will visit a local recycling plant and learn about the challenges and opportunities inherent to recycling in Costa Rica</i> <b>Alonso Muñoz</b> , UPEACE professor of Responsible Management and founder of the 'The Truth about Plastic' movement in Costa Rica.
<b>TBD</b>	<b>Group Dinner – Che Pizza in Ciudad Colon</b> <i>The cost of this meal is included in the program cost.</i>

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Friday, January 11: Tarcoles Sustainable Fishing Village & Manuel Antonio

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<b>Breakfast</b>	Students eat breakfast provided by the hotel on their own.
<b>7:15am</b>	<b>Meet in the lobby, check out of hotel and bus transfer to Manuel Antonio</b>
<b>8:30 – 2:00pm</b>	<b>Site Visit: Tarcoles Sustainable Fishing Village &amp; Guest Lecture</b> <i>On the way to Manuel Antonio, students will spend the day at Tarcoles, a community renowned for its sustainable fishing practices. They have worked with Conservation International to improve practices, and will share how they convinced local legislation to create a category for 'responsible artisanal fishing.'</i> <i>We'll tour the cooperative and see the fishing boats and materials, and then as a group we'll go out on small fishing boats and get to experience first-hand the craft of this small town.</i> <b>Jeannette Naranjo</b> , President, Fundación por la Mar (Presentation in Spanish (translation provided))
<b>Lunch</b>	<b>Group Lunch – at Tarcoles (included)</b>
<b>TBD</b>	<b>Check into Hotel Mono Azul</b> Road to Manuel Antonio Provincia de Puntarenas, Quepos, Manuel Antonio (506) 2777-2572 <a href="http://www.hotelmonoazul.com">www.hotelmonoazul.com</a>
<b>TBD</b>	<b>Group Dinner – TBD (included)</b>

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Saturday, January 12: Rainforest Spices & Manuel Antonio National Park

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<b>Breakfast</b>	Students eat breakfast provided by the hotel on their own.
<b>9:00 – 12:30pm</b>	<b>Lecture &amp; Site Visit: Rainforest Spices Lecture &amp; Guided Tour</b> <i>Rainforest Spices practices biodynamic farming and strives to bring sustainability into their business model. Students will hear a lecture by an American-born business owner about starting a business in Costa Rica, and tour the spice farm to learn about processing of vanilla, cacao and other products.</i> <b>Henry Karczynski</b> , Owner/Founder, Rainforest Spices <a href="http://www.rainforestspices.com">www.rainforestspices.com</a>
<b>12:30 – 1:30pm</b>	<b>Group Lunch – at Rainforest Spices (included)</b>

**2:30 – 5:00pm**

**Site Visit: Manuel Antonio National Park**

*Guided tour of Manuel Antonio National Park ending at the beach. Night in Manuel Antonio.*

**Dinner**

Students eat dinner on their own and at their own expense.

Sunday, January 13: Free Day in Manuel Antonio

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**Breakfast**

Students eat breakfast provided by the hotel on their own.

**TBD**

**Free day in Manuel Antonio**

*Students can choose from a number of options on their own, including zip-lining, kayaking tours, or just have free beach time. (Please note that all adventure activities and tours are not covered in the program fees/tuition for the course). Students eat lunch and dinner on their own and at their own expense.*

Monday, January 14: Departure Day

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**Breakfast**

Students eat breakfast provided by the hotel on their own.

**TBD**

**Board Bus to San Jose Airport**

*Check out of hotel and meet in lobby with luggage.*

**TBD**

**Depart San Jose**

*Students are required to book their own airfare. DO NOT BOOK TICKETS UNTIL NOTIFIED BY CIE. CIE will send you Professor DeBartolo's flight information in case you would like to travel with the group.*

**TBD**

**Arrive USA**

Students are responsible for their own transportation to and from the U.S. airport.