

## Nursing Service Learning Experience in Costa Rica

### Draft Itinerary

January 8-16, 2018

#### EMERGENCY CONTACT INFORMATION

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

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#### COSTA RICA HUMANITARIAN FOUNDATION

**Gail Nystrom**

Director, Costa Rica Humanitarian Foundation  
[gnystrom@racsa.co.cr](mailto:gnystrom@racsa.co.cr)  
(506) 8390 4192

#### LODGING & MEALS

**Guacima Country Inn**

Guacima, Alajuela, Costa Rica  
(506) 4070 0317  
[www.guacimacountryinn.com](http://www.guacimacountryinn.com)  
(Located 6km from San Jose airport)

**Hotel Mono Azul**

Manuel Antonio, Quepos, Costa Rica  
(506) 2777 2572  
<http://www.hotelmonoazul.com>

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). 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.

#### 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

### January 8 Travel Day

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TBD	<b>Recommended Flight</b> <i>Students are responsible for booking their own flight. CIE will send you the flight information for the faculty flight so that you can travel with them if you choose. DO NOT BOOK YOUR FLIGHT UNTIL THE CIE HAS SENT YOU THIS INFORMATION.</i>
TBD	<b>Flight lands</b> <i>Students are recommended to exchange money at the airport ATMs before you go through customs.</i>
TBD	<b>Airport Transfer to Guacima Country Inn</b> <i>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.</i>
	<b>Guacima Country Inn</b> +506 4070 0317 <a href="http://www.guacimacountryinn.com">www.guacimacountryinn.com</a>
TBD	<b>Welcome Dinner at the hotel</b>
TBD	<b>Welcome &amp; Introduction to La Carpio</b> <i>Gail Nystrom, Director, Costa Rica Humanitarian Foundation</i>

### January 9 Introduction to La Carpio

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Breakfast	<i>Students eat the complimentary hotel breakfast on their own.</i>
8:30am	<b>Meet in hotel lobby to take the bus to La Carpio.</b>
Morning	<b>Walking Tour of La Carpio</b> <i>Gail Nystrom, Director, Costa Rica Humanitarian Foundation</i> <i>Students will gain familiarity of La Carpio.</i>
Lunch	<b>Group Lunch at Montessori Center</b>
Afternoon	<b>Introduction to “Madres sin Lagrimas” Program</b> <i>Adelphi will assist CRHF launch the “Madres sin Lagrimas” (Mothers without Tears) Program, which aims to support mothers who have lost children due to violence and drugs and educate them about drug prevention. In this session, students will gain an understanding of La Carpio by hearing the life stories of the Madres Program participants.</i>
TBD	<b>Visit to EBAIS Clinic</b> <i>EBAIS (Los Equipos Básicos de Atención Integral de Salud), 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 12<sup>th</sup> and</i>

discuss the differences of national vs. private healthcare in Costa Rica.

**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 Piedades will prepare dinner for the group to be served at Finca Hope (the retreat center for The Costa Rica Humanitarian Foundation).

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**January 10      Work Day at La Libertad**

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**Breakfast**

Students eat the complimentary hotel breakfast on their own.

**8:30am**

**Meet in hotel lobby to take bus to La Carpio**

**Morning**

**Health Education Program for Children**

Adelphi students will teach children (ages 6-13) about hygiene (washing hands and brushing teeth), distribute tooth brushes and toothpaste, and supervise hand washing and teeth brushing.

**Lunch**

**Group Lunch at Montessori Center**

**Afternoon**

**Group 1: Mural Creation**

Students will begin work on a community mural "No más Violencia, Drogas, Latas y Lagrimas" (No more violence, drugs, tin homes and tears) with Las Madres.

**Group 2: Primary Education Program: "No más violencia, drogas, latas y lagrimas."**

- What do these words mean?
- Students perform puppet show about fears
- Talk to children about their fears. What does it feel like?
- Group Project: Each group has a heart with one of the words above, and students write down what it means to them.

**TBD**

**The 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 Debrief at Hotel**

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

6:00pm

**Group Dinner at Pollo del Monte**

*Group takes vans to dinner*

**January 11**

**Work Day at La Libertad**

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**Breakfast**

*Students eat the complimentary hotel breakfast on their own.*

**8:30am**

**Meet in hotel lobby for morning departure**

**Morning**

**Condom distribution**

*Students will promote safe and sacred sex and distribute condoms to the community.*

**Lunch**

**Group lunch**

**Afternoon**

**Group 2: Mural Creation**

*Students will continue work on the community mural "No más violencia, drogas, latas y lagrimas" with Las Madres*

**Group 1: Primary Education Program Continued: "No más violencia, drogas, latas y lagrimas."**

- *Present the Group Projects*
- *Talk to children about their strengths (fortalezas) self-esteem and copying skills.*
- *Children create a booklet/mask depicting their fears and strengths "mis miedos y mis fortalezas"*

**Home Visits to Children's Homes in Rio Torres**

*Students will break into groups of five and visit children's homes to assess their health needs, observe living situation and assess the living environment to decrease spread of infection, home safety, hygiene.*

**5:00pm**

**Group Debrief at Hotel**

**7:00pm**

**Group Dinner at Hotel**

**January 12**

**Work Day at Montessori Day Care**

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**Breakfast**

*Students eat the complimentary hotel breakfast on their own.*

**8:30**

**Meet in lobby for departure**

**Morning**

**Final Meeting with Las Madres Sin Lagrimas**

- *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*

**Lunch**

**Group Lunch**

**Afternoon**

**Site Visit to Clínica Bíblica**

*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.*

**Dinner**

**Group Dinner in San Jose at Delicias de Mi Tierra**

*Students will eat together in San Jose and have the option to explore the city and explore the Artisans Market.*

**January 13 Work Day/Travel Day**

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**Breakfast**

*Students eat the complimentary hotel breakfast on their own.*

**8:00am**

**Check out of Hotel and have bags packed**

**9:00-12:00pm**

**Cooking meals for the people of La Carpio**

*Students will prepare a healthy meal for the children they worked with at La Virilla and then travel into San Jose and deliver food to people living on the streets. Students will have an opportunity to talk to the children about nutrition and healthy eating in difficult circumstances.*

**Lunch**

**Eat meal with children**

**2:00pm**

**Travel to Manuel Antonio beach**

*Students should have checked out of their hotel and have their luggage packed and ready to load on the bus. The bus will stop at Río Tarcoles to see the crocodiles!*

**TBD**

**Check-in at hotel**

Hotel Mono Azul  
<http://www.hotelmonoazul.com/>  
(506) 2777 2572

**7:00pm**

**Group Dinner and Final Debrief at Hotel**

**January 14 Beach Day**

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**Breakfast**

*Students eat the complimentary hotel breakfast on their own.*

**Free Day**

**Free time at the National Park Manuel Antonio Beach.**

*Students are advised to leave the beach by 5pm. Entrance is \$16. Bring your food to the beach.*

**Lunch**

*Students are on their own for lunch*

**Dinner**

*Students are on their own for dinner  
Suggestion: The restaurant in an old airplane at sunset El Avion Restaurant*

**January 15 Beach Day**

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<b>Breakfast</b>	<i>Students eat the complimentary hotel breakfast on their own.</i>
<b>Free Day</b>	<b>Free time at Manuel Antonio Public Beach</b> <i>The National Park is closed on Mondays. Students are advised to leave the beach by 5pm. Heed all warnings and swimming restrictions.</i>
Optional Activities	River Rafting Trip or Zip lining <i>Rafting trip is \$75. Need to sign up in La Carpio with Gail. 7am-3pm Hotel will set up zip lining. Takes half a day. Around \$70-90.</i>
<b>Lunch</b>	<i>Students are on their own for lunch.</i>
<b>Dinner</b>	<b>Final Group Dinner at Hotel Restaurant</b>

**January 16 Depart for USA**

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<b>Breakfast</b>	<i>Students eat the complimentary hotel breakfast on their own. And check out of hotel.</i>
<b>8:00am</b>	<b>Meet bus for travel to the Airport</b> <i>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 2-2.5 hours. Group will leave 5 hours before flight departs.</i>
<b>Lunch</b>	<i>Students will eat lunch in the airport at their own expense</i>
<b>TBD</b>	<b>Faculty Flight</b> <i>Students are responsible for booking their own flight. CIE will send you the flight information for the faculty flight so that you can travel with them if you choose. DO NOT BOOK YOUR FLIGHT UNTIL THE CIE HAS SENT YOU THIS INFORMATION.</i>
<b>TBD</b>	<b>Recommended Flight Arrives to JFK</b>