Center for Global Health Educational Exchange and Service Learning Program

COMPARATIVE HEALTH SYSTEMS EXCHANGE VISIT TO COSTA RICA

University of Costa Rica School of Public Health and the University at Albany School of Public Health

January 7 – 18, 2017

EDUCATIONAL EXCHANGE AND SERVICE LEARNING VISIT – INITIAL PLANNING / TRIP OUTLINE

Arrival in Costa Rica: Arrive San José (Saturday, January 7, 2017) - with lodging at the Gran Casa Universitaria and sightseeing in historic San José in the afternoon.

Visit to Rainforest Adventure Park (Sunday, January 8, 2017)
This is an optional day-trip and we will need to make reservations in advance with Rainforest Adventures Atlantic Park (zip lining, forest canopy tours, nature walks, lunch, etc.). Cost information and more detailed information will be provided in the coming weeks. This will be a day you won’t soon forget..... promise!

Meetings/Lectures at UCR & Ministry of Health; Site visits to hospitals, clinics, HIV program, home visiting program, etc. in San Jose (Monday - Wednesday, January 9 - 11, 2017)

Field Visits / Service Learning – Costa Rica Caribbean Coast (Thursday - Saturday, January 12 - 14, 2017)
- Limon/Puerto Viejo: Meetings with local level Ministry of Health officials (program overview and project presentations / site visits).
- Indigenous Territory: Field visit to rural health promotion program targeting the Bribri indigenous people living along the border with Panama and site visit/service learning activities.

Return to San José (Sunday, January 15, 2017) – return to Gran Casa Universitaria and time for rest and/or sightseeing in historic San Jose (tour National Museum, local markets, etc.)

Field Visit to CEN-CINAI Program and Cartago Regional Hospital (Monday, January 16, 2017)
Field visit to the Education and Nutrition Centers / Children's Comprehensive Care Program (Dirección Nacional de CEN-CINAI) and Cartago Regional Hospital (and, if time allows, The Basílica de Nuestra Señora de los Ángeles/Our Lady of the Angels Basilica in Cartago).

Student Meetings and Presentations (Tuesday, January 17, 2017)
Final meetings at the University of Costa Rica School of Public Health and sharing of experiences between UAlbany and UCR students.

Wrap Up and Departure/Return to Albany (Wednesday, January 18, 2017)

Note: The total estimated cost per participant is currently $2,100 - $2,300 (including an estimated $600 - $700 for air fare).