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 5 – 16, 2016

EDUCATIONAL EXCHANGE AND SERVICE LEARNING VISIT OUTLINE

Arrival in Costa Rica: Arrive San Jose, Tuesday, Jan. 5, 2016 with Lodging at the Gran Casa

Meetings/Lectures at UCR & Ministry of Health; Site visits to hospitals, clinics, HIV program, home visiting program, etc. in San Jose (Wednesday - Friday, January 6 - 8, 2016)

Free Day/ Sightseeing in San Jose or Day Trip to Irazu Volcano (Saturday, January 9, 2016)
Tour museums, historic sites like the National Museum, local markets, etc. Or visit one of Costa Rica’s famous volcanoes and the The Basílica de Nuestra Señora de los Ángeles (Our Lady of the Angels Basilica) in Cartago.

Visit to Rainforest Adventure Park (Sunday, January 10, 2016)
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!

Field Visits and Service Learning Activities (Monday – Wednesday, Jan. 11 – 13, 2016)

Puntarenas: Meetings with local level Ministry of Health officials in Puntarenas and project reviews with University of Costa Rica Master of Public Health students working with the Ministry.

Los Santos: Field visit to Los Santos Health Promotion Program targeting migrant coffee plantation workers and service learning activities

Turrialba/Grano de Oro: Field visit to rural health promotion program targeting indigenous people living on Cerro Chirripó (Costa Rica’s largest mountain) and site visit/service learning activities

Return to San Jose for meetings with and presentations by University of Costa Rica School of Public Health students and additional site visits in San Jose (Thursday & Friday, January 14 & 15, 2016)

There is no Spanish language requirement to participate in this trip. The total estimated cost per participant is currently $1,900 - $2,200 (including an estimated $700 - $800 for air fare).

Please contact John Justino (jjustino@albany.edu) or Carol Whittaker (cwhittaker@albany.edu) to get more information about how to book your spot on the trip! An amazing learning and cultural experience awaits!