

COSTA RICA

Costa Rica: 2018

Study Abroad
SIUE Public Health Program

March 2-11, 2018



Table of Contents

| | |
|---------------------------------------------------------------------|-----------|
| GENERAL DESCRIPTION | 2 |
| <i>TENTATIVE SAMPLE ENVIRONMENTAL HEALTH/PUBLIC HEALTH SCHEDULE</i> | 3 |
| GENERAL TOUR ITINERARY | 3 |
| PROGRAM COSTS | 4 |
| STUDY ABROAD PROGRAM (MARCH 2ND-11TH) | 4 |
| STUDENTS ARE RESPONSIBLE FOR THE FOLLOWING ADDITIONAL COSTS: | 4 |
| PAYMENT DEADLINES: | 4 |
| PAYMENT PROCESS: | 4 |
| ENROLLING FOR ACADEMIC CREDIT | 5 |
| PARTICIPATING IN THE TRIP – NO ACADEMIC CREDIT | 5 |
| CONTACT INFORMATION: | 6 |
| SIUE PUBLIC HEALTH FACULTY LEADERS: | 6 |
| QUESTIONS REGARDING THE PROGRAM AND DETAILS | 6 |
| APPLICATION/REQUIREMENTS AND STUDY ABROAD FORMS /PROCESSES | 6 |
| PAYMENTS FOR THE PROGRAM AND QUESTIONS ABOUT FINANCIAL AID | 6 |
| TRAVEL INFORMATION | 6 |
| PASSPORTS | 6 |
| LUGGAGE | 7 |
| WHAT TO PACK | 7 |
| C.A.M.P. | 7 |
| CELL/INTERNET SERVICE | 8 |
| EMERGENCY CONTACT NUMBERS IN COSTA RICA | 8 |
| QUESTIONS & ANSWERS | 9 |
| SYLLABUS SPRING 2018 | 11 |

General Description

Thank you for your interest in helping individuals in Costa Rica in January 2018!

In the US students interact with environmental health issues everyday, often without recognition of the fact. Traditional environmental health courses help students recognize their impact on the environment and how the social, cultural and political environments shape environmental issues in the US. This travel study will provide you with the opportunity to experience environmental health and examine the social, cultural and political aspects of environmental health in an international setting. You will also have the opportunity to interact with locals to compare and contrast issues and solutions to problems.

Dr. Randy Pembroke, Chancellor of Southern Illinois University Edwardsville, has been taking college students to Costa Rica for more than a decade with an organization known as C.A.M.P (Central America Mission Projects). This organization has sponsored projects to help build education centers, gyms, churches, Habitat for Humanity houses, and children's camp facilities. In addition to these construction projects, programs also have provided an opportunity to distribute food and clothing to needy people in Costa Rica, see the beauty of the central valley, appreciate the unique ecology of the region, and interact with local Costa Rican citizens (a.k.a. Ticos). Costa Rica offers a wonderful climate year-round with temperatures ranging from 65 degrees at night to the mid-80s during the day.

In the past nursing students from other universities working with C.A.M.P. have worked to (a) deliver health care screenings, (b) tour selected healthcare facilities (c) participate in construction and food/clothing distribution projects and (d) develop Spanish language skills to promote health for those living in Costa Rica. In 2018, Public Health and other SIUE students will join C.A.M.P. for some of their program in Costa Rica.

Costa Rica is a rugged, rainforest country in Central American with coastlines on the Caribbean and Pacific. Though its capital, San Jose, is home to cultural institutions like the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Roughly a quarter of its area is made up of protected jungle, teeming with wildlife including spider monkeys and quetzal birds.

Capital: San José
Currency: Costa Rican colón
Population: 4.808 million (2015)

The program begins with a relaxed weekend and exploration of the surrounding ecology and culture. During the week, students will accomplish the work previously described as well as visit local sites, meet Costa Rican adults and children, attend indigenous events and sample Costa Rican cuisine. The group alternates between evening meals together and free evenings where individuals can choose their own restaurants. Breakfast is served each morning at the hotel

(combining all student groups from SIUE) and lunch is served at the work sites or we will eat together if touring facilities.

General Tour Itinerary (subject to change)

- Friday, March 2 - Board flight from Lambert International to San Jose, Costa Rica (specific flight to be determined in the fall). Check in--Wyndham Hotel in Alejuela, CR
- Saturday, March 3 – Local sightseeing, pool time, orientation meeting, kick-off dinner.
- Sunday, March 4 – Attend a local church service (optional), tour waterfall park, prepare for “work week”

Tentative Sample Environmental Health/Public Health Schedule (subject to change)

- Monday, March 5 – Visit sustainable coffee farm
- Tuesday, March 6 – Visit animal conservation site
- Wednesday, March 7– Visit Eco Tourism facility (*example field trip*)
- Thursday, March 8 –Visit Public Health facility or program

General Tour Itinerary

- Friday, March 9– Public health and other students will come together to distribute shoes to locals including many migrant worker children from Nicaragua and individuals from the Pavas area. Friday evening dinner includes reflections on this event and the week in general.
- Saturday, March 10 – sightseeing, pool time
- Sunday, March 11 – Depart San Jose for return flight home

Program Costs

Study Abroad Program (March 2nd-11th)

*Approximately \$3192**

*Includes airfare, ground transportation, exit visa, all meals except for those mentioned below, hotel, and insurance.

Students are responsible for the following additional costs:

- \$75 International Program application fee (will be added to your student account when you complete the online application)
- Passport: (\$135 for first time applicants; \$110 for renewals)
- Tuition: ***PBHE 410-TS Environmental Health & Bioterrorism Perspectives in Central America: Costa Rica OR PBHE 489-TS Independent Study Public Health Perspectives in Central America: Costa Rica***
- Checked luggage fee: \$25 for first bag with each travel day (\$50 total)
- Optional sightseeing activities (e.g., waterfall tour [est. at \$60], zip lining [est. at \$50])
- Meals on travel days, souvenirs, beverages, snacks

FYI, tuition and much of the cost of the trip can be part of financial aid for students enrolling for academic credit. Please contact Tracy Wall in the Financial Aid office for the form to be considered for financial aid.

Payment Deadlines:

- At the time of application, but prior to Sept. 15, 2017 – \$100 down payment.
- October 1 – 50% of balance (\$1546.00) due
- November 15 – remaining balance (\$1546)

Payment Process:

All payments for the Costa Rica trip program are to be made through the Study Abroad application website. The online payments are by credit card (2.75% fee). Checks must be accompanied by a payment form, which can be obtained from the Study Abroad office. The payments are not checked off in the student's application until confirmation of payment from the Bursar's office.

Enrolling for Academic Credit

Priority will be given to students who enroll in ***PBHE 410-TS Environmental Health & Bioterrorism Perspectives in Central America: Costa Rica*** and ***PBHE 489-TS Independent Study Public Health Perspectives in Central America: Costa Rica*** for course credit. The three credit hour Environmental Health course satisfies degree requirements for Public Health majors and minors. The three credit hour Independent Study course can be used as an elective to satisfy degree requirements for Public Health majors and minors. Both of these courses satisfy the Global Cultural Experience (GCE) requirement for SIUE General Education Requirements. To enroll for credit you must register for the course and apply for the program.

Participating in the Trip – No Academic Credit

If you wish to participate in the Travel Study as an International Public Health experience, you may do so without registering for academic credit. You will do this through the Study Abroad website. Participating in this trip for non-credit does not satisfy the Global Cultural Experience (GCE) requirement for SIUE General Education Requirements. For this option you do not register for a course, you just need to apply to the program through the Study Abroad website.

Regardless of whether you enroll for ACADEMIC credit or not, participation requires completion of pre- and post-program steps including full attendance and completion of work-week assignments, and a presentation (typically a poster session) upon returning and during the Spring 2018 semester.

So, *in summary*, there are THREE ways to participate in the program:

- A) Academic Credit in PBHE 410-TS
- B) Academic Credit as an Independent Study Elective PBHE 489-TS
- C) The Study Abroad trip itself (No Academic Credit)

The Study Abroad Office processes program applications and all payments through **Terra Dotta**. Please contact Kim Browning for more information and be prepared to complete the International Travel form.

Contact Information:

SIUE Public Health Faculty Leaders:

Michelle Cathorall (714) 290-6639 US Cell
mcathor@siue.edu

Huiabo Xin
hxin@siue.edu

Questions regarding the program and details

Michelle Cathorall Office: VC 2604 (618) 650-2876 Office
mcathor@siue.edu

Application/Requirements and Study Abroad Forms /Processes

Kim Browning (618) 650-3785

Payments for the program and questions about financial aid

Tracy Wall (618) 650-3890

Travel Information

Airline Ticket: To increase safety and decrease confusion, we will fly together on one flight to Costa Rica. Once you have paid your down payment and your first 50% balance payment, we will finalize travel plans around. Do NOT book your own flight! Our best guess is that we will leave Lambert International very early (probably between 6 and 7 a.m.) on March 2nd. As mentioned elsewhere in the packet, we anticipate the cost of the round-trip flight to be around \$700. You will be responsible for getting to and from the airport. We often fly from Lambert International to a major hub (Houston, Dallas, New Orleans, or Atlanta) and then directly from the hub to San Jose, Costa Rica. Once in Costa Rica we will go through customs at the airport. We will also go through customs upon arriving back at the major U.S. hub at the end of the trip.

Passports

If you do NOT have a passport, you will need to apply for one immediately! Start by getting the application online or at your nearest post office. You will also need a passport photo. This can be taken at many places such as Walgreens or Walmart for around \$13. The cost of the application is \$135 for new passports or \$110 for renewals and takes approximately two months to be processed. **START NOW!!** Without a passport you cannot travel internationally. Your hometown post office will help you finalize your application. The phone contact for the Topeka office is 785 295-9160 to make an appointment - or consult www.travel.state.gov

GLEN CARBON >

105 N MAIN ST
GLEN CARBON, IL 62034-9998

Passport Photo Hours

Mon-Fri 10:00am - 3:00pm
Sat-Sun Closed

Passport Walk-In Hours

Mon-Fri 10:00am - 3:00pm
Sat-Sun Closed

Lot Parking Available

*For more information, contact the
Department of State at travel.state.gov.*

If you DO have a passport, check the expiration date. If the expiration date is BEFORE March 12, 2018 you will need to get your passport renewed to go on this trip (see details above). If the expiration date on your present passport is after March 12, 2018, you should be set for this trip.

Luggage

Travelers can take one personal item and one carry-on item aboard the plane. If you have such items, be sure to avoid packing large volumes of liquids (e.g., shampoo, tanning lotion). See airline recommendations at (www.tsa.gov/traveler-information/3-1-1-liquids-rule). We suggest that you consider foregoing the carry-on luggage item (you CAN take a personal item such as a purse or backpack) and check one large piece of luggage, but that is up to you. If you wish to be responsible for multiple pieces of luggage and can manage them yourself, it is allowable. Most airlines will charge \$25 for your first large piece of checked luggage each way. All checked luggage **needs to be under 50 pounds** to avoid an additional charge.

What to Pack

Laundry services will be provided by the hotel in CR so you do not need a separate outfit for every day. You will need casual (but professional – clean, no holes, no workout clothes) outfits for attending lectures and meeting with people, 1 “semi-nice” outfit for the church service (dress modestly-- undergarments should be completely covered and skirts and shorts should be nearly knee length), a sweater or light jacket as evenings are a bit cool in CR, sturdy shoes (i.e., “workout shoes or hiking boots”), casual comfortable walking shoes, a hat, and a swim suit. Be sure to consider bringing things such as generic and prescription medications (in their original containers), glasses/sunglasses, sunscreen, and bug spray. Your U.S. electrical appliances (hair dryer, phone charger) will work directly in Costa Rican outlets. You do not need adaptors as in Europe. One tip to make room in your luggage for souvenirs on the return flight and to help less fortunate individuals in Costa – consider donating clothes at the end of your trip. T-shirts, jeans, socks, etc. are much appreciated by social services groups in the areas where we will be working.

C.A.M.P.

One of the elements of the trip that previous students have found extremely enjoyable is the partnership and interaction with a Midwest, faith-based organization called Central American Mission Projects (C.A.M.P.). Leaders of CAMP do a great job in coordinating many of our CR efforts. Members of CAMP have been going to Costa Rica for over 30 years. Some of the “charter” members still travel there each year. So, the experience is an intergenerational

opportunity. You will meet dedicated, compassionate individuals with a love for God and humanity.

Cell/Internet Service

It is possible to extend your phone plan to include international service. If you are interested in this, please check before departing. International calls on cell phones are expensive if you do not have such a plan. The Wyndham Hotel where we will be staying provides reliable Internet and FREE phone service to the U.S.

Emergency Contact Numbers in Costa Rica

(Please make a copy of this for significant others in the States and leave it with them when you depart):

Wyndham Hotel: 011 506 2209 9800

Michelle Cathorall (714) 290-6639 (U.S. Cell)

mcathor@siue.edu

Huaibo Xin (336) (U.S. Cell)

hxin@siue.edu

C.A.M.P leadership phone 011 506 8539 0072

Study Abroad Office (SAO) at SIUE (618) 650-3785

Questions & Answers

Q: Do I need to get Costa Rican money (known as colones) before travelling?

A: No, we will get a good exchange rate at the Wyndham Hotel upon arriving.

Q: Is it safe in Costa Rica? Can I travel by myself?

A: We have never had any problems, but we require students to travel in groups (preferably with a faculty member the first few days while you are learning the area) for safety.

Q: Do I need a copy of my passport

A: Yes, make 3 copies of the photo page. One copy you will keep on you for identification while in Costa Rica. Two copies you will give to me. I will secure one copy and one copy will be given to another SIUE Public Health Faculty member who will be in the US.

Q: Do I need any other documents?

A: Yes, make 3 copies of your birth certificate. One copy you will keep on you for identification while in Costa Rica. Two copies you will give to me. I will secure one copy and one copy will be given to another SIUE Public Health Faculty member who will be in the US.

Q: May I or my family make financial donations for building supplies, medicine, shoes, etc.?

A: Yes! Contributions for these items are tax deductible and can be made directly to C.A.M.P. (make the check payable to C.A.M.P. and send it to Jack Moser, P.O. Box 382, Tremont, IL 61568 and note "Donation to CAMP 2017 project"). You will receive a receipt from CAMP for tax purposes.

Q: Do I need special shots for the trip?

A: We recommend that you check/update your tetanus shot status. We also refer you to the CDC website for specific health issues in Costa Rica (www.CDC.gov). Any travel creates challenges relating to your overall health so we recommend taking OTC medications for normal common ailments. If different medications are required, a local pharmacy is located next to the hotel.

Q: How much cash should I bring?

A: \$300-\$400 seems like a reasonable figure. Having said that, most places take Visa/Master Card and ATM machines are available.

Q: Do I need to speak Spanish to go?

A: No, it is not required. But, many report the trip is more meaningful if you develop some Spanish skills before travel begins.

Q: Can I take gifts for people in Costa Rica?

A: Absolutely. While candy is exciting for children there, we have found that items such as toothpaste, pencils/pens, rulers, balloons, crayons, backpacks, and peanut butter produce more long-lasting results!

Q: If I am uncomfortable in church settings or faith-based discussion groups, do I have to attend?

A: The Protestant church service on the first Sunday and CAMP group discussions are optional for Washburn students. Having said that, many students are interested in observing the Sunday service as part of understanding Costa Rican culture. There are Catholic churches in the area (Catholicism is the official religion of Costa Rica) for those that would like to attend. We will try to be back on Sunday night for Mass after the waterfall trip for those interested.

Q: Will we have chances to interact with native Costa Ricans?

A: Yes! The construction team will work at an orphanage surrounded by children and the nuns that run the facility. We will eat lunch with them. Nurses will have several days where they interact with individuals in various health settings. All of us will interact directly with children when we distribute shoes on the last Friday. Casual conversations with individuals at the hotels, restaurants, and parks will also provide opportunities to use language skills and learn about Costa Rica.

Syllabus Spring 2018
PBHE 410-TS Environmental Health Perspectives in Central America: Costa Rica
Department of Applied Health (AH)
Southern Illinois University at Edwardsville (SIUE)
Page 1

Faculty Information

| | |
|----------------------------------------------------------------|---------------------------|
| Name: Michelle L. Cathorall, DrPH, MPH, MCHES | Huaibo Xin, DrPH, MD, MPH |
| Office: 2604 Vadalabene Center | 2604 Vadalabene Center |
| Office Hours: by appointment | by appointment |
| E-mail: mcathor@siue.edu | hxin@siue.edu |
| Office phone: 618-650-2876 | 618-650-2876 |

Time and Place for Class Meetings

Time & Location TBA
Spring Break travel to Costa Rica

Required Text Book and Other Readings

Required: Friis, R. H. (2012). *Essentials of Environmental Health* (2nd ed). Burlington, MA: Jones and Bartlett Learning
Additional readings will be posted in Blackboard or Dropbox.

COURSE DESCRIPTION:

This course will examine human's impact on the environment and how that in turn impacts human health in the US and South America, with a focus on sustainability in Costa Rica. This course will provide an introduction to the identification, assessment, and control of environmental health risks and prevention of their negative impact on health. Comparisons of environmental standards, prevention and human health impacts will be made between the United States and South America. Opportunities will be provided to develop and use foundational Spanish language skills.

COURSE OUTCOMES:

Upon completion of this course, the learner will be able to:

- Identify the role of the nurse in providing health promotion, disease intervention and health protection to improve global health.
- Analyze the similarities and differences in the environmental health needs of vulnerable populations in Costa Rica and the United States.
- Explain how cultural, social, political and economic issues impact environmental health & sustainability in Costa Rica.

METHODOLOGY:

Students will attend the regularly scheduled PBHE 410 Environmental Health class at SIUE during the Spring semester. The focus of their assignments will be on Central America and Costa Rica. Additional preparatory work for the trip will be required outside of class time. Students will travel to a Costa Rica during Spring break to experience cultural differences/similarities in the approach to and prevention of environmental health issues. There

will be opportunity to observe the Costa Rican public health system and to interact with selected populations during visits to environmentally friendly facilities.