

COSTA RICA

Costa Rica: 2018

Travel Study
SIUE Public Health Program

March 2-11, 2018



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General Description

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

In the US students interact with public health and environmental health issues everyday, often without recognition of the fact. Traditional public health and 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 students with the opportunity to experience public health and environmental health and examine the social, cultural and political aspects of each in an international setting. Students will also have the opportunity to interact with Ticos (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 may 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 at the beach and exploration of the surrounding ecology and culture. During the week, students will volunteer with Asociación Salvemos las Tortugas de Parismina - ASTOP as well as visit local sites, meet Costa Rican adults and children, attend indigenous events and sample Costa Rican cuisine. The group alternates between meals

together and free time where individuals can choose their own restaurants, the cost of these meals is at your own expense. Most meals are eaten together and included in the cost of the trip.

General Tour Itinerary

- Friday, March 2 - Board flight from Lambert International to San Jose, Costa Rica (specific flight to be determined in the fall). Check into Hotel in San Jose
- Saturday, March 3 – Travel to Cahuita/Playa Negra Stay 2 nights. Relaxing.
- Monday, March 5 – Travel to Parismina. Spend 5 nights. Volunteering.
- Friday, March 9 – Travel to San Jose. Stay 2 nights.
- Saturday, March 10 – local sight seeing, visit waterfall
- Sunday, March 11 – fly from San Jose to STL

See detailed itinerary at the end of this packet for specific information.

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

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-SunClosed
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 January 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 January 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

A packing list will be provided. 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 or nice dinner (dress modestly-- undergarments should be completely covered), 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 community members in Parismina where we will be working.

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.

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):

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

mcathor@siue.edu

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 require that you check/update your tetanus shot status and that you have a current Typhoid vaccination. We recommend making sure that all your vaccinations are current, get booster shots if needed and that you have a flu shot before departure. 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 can be found in San Jose.

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 in San Jose. You can only use cash in Parismina.

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

A: Yes! We will interact directly with community members in Parismina. Casual conversations with individuals at the hotels, restaurants, and parks will also provide opportunities to use language skills and learn about Costa Rica. Our drivers and hosts are all very knowledgeable about Costa Rica and are happy to talk with you.

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)
Pages 1 & 2

Instructor Information

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

Time and Place for Class Meetings

TBA

Required Text Book and Other Readings

Required:

- Friis, R. H. (2012). *Essentials of Environmental Health* (2nd ed). Burlington, MA: Jones and Bartlett Learning
- Kronik, j. & Verner, D. (2010). *Indigenous Peoples and Climate Change in Latin America and the Caribbean*. Washington, D.C.: The World Bank for Reconstruction and Development.
- Caudill, S. A., DeClerck, F. J. A., & Husband, T. P. (2014). Connecting sustainable agriculture and wildlife conservation: Does shade coffee provide habitat for mammals? *Agriculture, Ecosystems and Environment*. 199; 85-93.

Additional readings will be posted in Blackboard or Dropbox.

Course Description

This course will provide the student with an introduction to the identification, assessment, and prevention of environmental health risks. The course will examine human's impact on the environment and how that in turn impacts human health. The course will be focused on reducing environmental health impact, focusing on sustainability and conservation.

The travel study component of 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.

STUDENT LEARNING OBJECTIVES

1. Understand the present population-resources-pollution crisis.
2. Define basic ecological and demographic concepts, patterns and principles.
3. Identify major environmental and occupational diseases.
4. Describe different types of pollution and appraise their impact on human health.
5. Examine and appraise proposed remedies to environmental health problems.
6. Demonstrate soft skills, such as teamwork, effective communication skills, and professionalism.

TRAVEL STUDY OBJECTIVES

7. Analyze the similarities and differences in the environmental health needs of vulnerable populations in Costa Rica and the United States.
8. 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 conservation and sustainability in 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. The service learning component of this course will be completed during the trip at the [Asociacion Salvemos Las Tortugas de Parismina](#). There will be opportunity to observe the Costa Rican public health system and to interact with selected populations during visits to environmentally friendly facilities. Preparatory work, readings, reflective writing, journaling activities and an end of the semester poster presentation are required components of this course.

Tentative Itinerary

Date	
Fri, 3/2	Fly STL – San Jose, Costa Rica
	1 night stay in San Jose
Sat, 3/3	Transportation San Jose – Cahuita/Playa Negra
	2 nights in Cahuita/Playa Negra
	Visit Eco-Resort at Selva Bananito, beach, or snorkeling, or horseback riding, or relaxing activities
Sun, 3/4	Beach, snorkeling, walk through jungle, horseback riding, or relaxing
Mon, 3/5	Transportation Cahuita – Parismina (near Parque Nacional Tortuguero)
	5 nights @ Asociacion Salvemos Las Tortugas de Parismina
	10:00am Arrival at Caño Blanco, boat to Lodge
	10:30am Room distribution, orientation and safety briefing
	12:00md Lunch
	2:00pm Turtle Training Part 1: Intro to ASTOP/Biological
	4:30pm Patrol guidelines
	6:30pm Dinner
Tues, 3/6	10:00pm Turtle Patrol
	8:00am Breakfast
	10:00am Jungle hike
	1:00pm Lunch
	3:00pm Mark posts/beach cleaning
	4:00pm Swimming in lagoon
	6:30pm Dinner
Wed, 3/7	10:00pm Turtle Patrol
	7:00am Breakfast
	8:00am Boat tour, finish in village of Parismina
	10:30am Village tour, Visit hatchery
	12:00pm Lunch in town
	1:00pm Turtle training Part 2: Threats and Conservation
	2:00pm Artisan fair
	3:00pm Sports/free time
	5:00pm Back to lodge by pickup truck
Thurs, 3/8 (Tentative)	6:30pm Dinner
	8:00pm Patrol
	8:00am Breakfast
	10:00am Jungle hike
	1:00pm Lunch
	3:00pm Mark posts/beach cleaning
	4:00pm Swimming in lagoon
Fri, 3/9	6:30pm Dinner
	10:00pm Turtle Patrol
	8:00am Breakfast
	10:30am Boat to Caño Blanco
	11:00am Caño Blanco pick up
	Transportation Caño Blanco – San Jose
	2 night in San Jose Maybe visit shade coffee farm on way to San Jose

Sat, 3/10	Sightseeing around San Jose maybe La Paz Waterfall
Sun, 3/11	Fly San Jose – STL

Map of places we will/may visit

