



Global Health in Costa Rica

with Costa Rica Global Learning Programs

 Costa Rica

View booking and trip details [here](#)

Trip Overview



Your host

Costa Rica Global Learning
Programs



May 1 - May 16, 2025



Group size: 1-25



Costa Rica

About this trip

Join our "Global Health in Costa Rica" study abroad program for a deep dive into the unique healthcare landscape of this vibrant country. In this short-term program, you'll explore both public and private healthcare systems, gaining firsthand insights into how Costa Rica has become a global leader in accessible, quality care. Compare and contrast these systems with the healthcare structure in your own country to better understand different approaches to public health.

Visit a variety of healthcare facilities, including hospitals, detox centers, and residential homes for the elderly, to see the diversity of care practices in action. Participate in a workshop with the Red Cross to learn about emergency response, community health initiatives, and disaster management strategies. Additionally, you will explore the significant role of natural medicine in Costa Rica, discovering how traditional remedies are integrated into modern healthcare. This program offers a comprehensive understanding of global health perspectives, enriching your knowledge and preparing you to make a meaningful impact in your field.

What to Expect

Embark on an enriching journey with the "Global Health in Costa Rica" program, starting in San José, where you'll be warmly welcomed by GLP staff at the airport and guided throughout your trip. Begin with a San José Walking Tour to immerse yourself in the city's culture and history. Visit a local university and experience Costa Rica's academic perspective on healthcare. Explore the dramatic landscape of the Irazú Volcano and uncover the history of an abandoned tuberculosis sanatorium.

Dive deep into the healthcare system with visits to both public and private hospitals, and engage in a meaningful volunteer activity supporting people without homes. Throughout your stay, attend class meetings for in-depth learning. Enjoy a Costa Rican cooking class and visit an elderly residential

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center in San Carlos. Relax on a free day in La Fortuna, exploring its natural wonders. Participate in a medicinal plant tour and a hands-on workshop with the Red Cross. Visit a governmental Children's Comprehensive Care Center and learn about sustainable practices on a coffee tour. Conclude with a few days of relaxation and exploration in beautiful Manuel Antonio. This program offers a balanced mix of structured activities and free time for a comprehensive and fulfilling experience.

What's included

✓ Accommodations	Accommodations in a well-selected private house and hotels (outside of San José). Lodging in San José includes housekeeping everyday, full kitchens and laundry rooms, and are fully equipped
✓ Activities	
✓ Airport Transfers	Pick up and drop off at the SJO airport in Alajuela, Costa Rica
✓ Pre-program onboarding	Before coming to Costa Rica, you will need to complete 15 hours of onboarding virtual courses to fulfill the credits
✓ Orientation	Arrival orientation includes participant health & safety
✓ Most meals	Daily breakfast, some lunches, some dinners
✓ Ground Transportation	Private shuttle bus for the group in Costa Rica
✗ Airfare to SJO Airport	
✗ SIM card	

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Packages & Options

Available packages

With Certification of Participation

C\$3950

This package includes shared accommodations with another group member, providing a comfortable and collaborative stay. In addition, participants will receive a Certification of Participation upon completion of the Global Health in Costa Rica program. You'll gain firsthand experience of Costa Rica's healthcare system, exploring its impact on society through site visits, workshops, and volunteer activities. The certification acknowledges your engagement and learning throughout the program.

Deposit: C\$500

Available until Feb 15, 2025

With 3 transferable credit hours

C\$4500

This package includes shared accommodations with another group member and offers 3 transferable credit hours for the Global Health in Costa Rica. You'll stay in comfortable, shared rooms while gaining academic credit for participating in this enriching program focused on global health and cultural understanding.

Deposit: C\$500

Available until Feb 15, 2025

Available options

Single room supplement

C\$600

In this package, you can opt for a private room if you prefer not to share accommodations with another group member.

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Itinerary

Day 1 Let the adventure begin!

Arrival at Juan Santamaría International Airport, where a member of the GLP team will be waiting for you, who will accompany you in the transfer to the accommodation **Casa Alma**



Day 2 Exploring Costa Rica's Healthcare System and Education

Breakfast and Safety & Health Orientation at Casa Alma

Introduction to the Costa Rican Healthcare System - Guest Lecture:

Learn about the structure, accessibility, and key components of healthcare in Costa Rica, including public and private sectors, and how it compares to other countries. Understand the emphasis on universal coverage and preventative care in the Costa Rican context.



San José Walking Tour - Windshield Survey & Visit to the Central Market:

Participate in a guided walking tour of San José, including a windshield survey. Observe and discuss the local community's health infrastructure, social determinants of health, and cultural practices. Visit the **Central Market** to experience local foods, herbal remedies, and traditional medicine practices.

Lunch included

University Visit: Visit a local university with a health-related program.

Meet with students and faculty to learn about the curriculum, research, and educational practices. Tour the facilities, such as

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simulation labs and classrooms, to understand how healthcare professionals are trained in Costa Rica.

Debrief

Dinner included at Casa Alma

Day 3 From Peaks to Past: A Journey Through Nature and History

Breakfast at Casa Alma

Visit to Irazú Volcano National Park: Travel to Irazú Volcano National Park, home to Costa Rica's highest active volcano. Enjoy a guided tour of the volcanic craters and learn about the geological history, flora, and fauna unique to this high-altitude ecosystem. Marvel at the panoramic views, including the possibility of seeing both the Atlantic and Pacific Oceans on a clear day.



Lunch included

Tour of Sanatorium Durán: Visit the historic Durán Sanatorium, once a tuberculosis hospital and now a site of cultural interest. Learn about its history, architecture, and stories of the patients who once lived there. Understand its significance as part of Costa Rica's medical history, making it a unique cultural landmark.

Debrief

Free evening. **Dinner not included (at your own expense)**

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Day 4 Healing Hands and Artful Hearts: Bridging Health and Humanity

Breakfast at Casa Alma

Public Hospital Tour: Visit a public hospital in San José to gain insight into Costa Rica's public healthcare system. Tour the facilities, interact with healthcare professionals, and learn about the services provided, the challenges faced, and the strategies implemented to provide equitable care to all segments of society.



Lunch included

Visit an Art School and Clinic for People Experiencing Homelessness:

Tour a unique art school and clinic that exclusively enrolls people in a state of homelessness. Learn about their holistic approach that integrates art therapy, education, and healthcare to support social reintegration, mental well-being, and health services for a vulnerable population

Sanitation/Food Drive for People Without Homes (Optional):

Participate in an optional sanitation and food drive organized by local charities, providing basic hygiene supplies and meals to those in need. Engage directly with community outreach efforts, fostering empathy and understanding of the challenges faced by people experiencing homelessness.

Free evening. **Dinner not included (at your own expense)**

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Day 5 A Journey to Recovery: Understanding Care and Culture

Breakfast at Casa Alma

Drug and Alcohol Detox Center Tour and Presentation: Visit a drug and alcohol detox center. The tour will include a comprehensive overview of the center's operations and facilities. Nurses will provide a detailed presentation covering the center's history, the intake and detox processes, patient care protocols, and discharge procedures. Participants will have the opportunity to ask questions and learn about the challenges and successes in addiction treatment.



Lunch included

Class Time: Spend time in class, engaging in educational discussions and activities related to your program's focus.

Traditional Costa Rican Cooking Class: Participate in a cooking class focused on traditional Costa Rican cuisine. Learn to prepare and cook authentic dishes using local ingredients. This hands-on experience will offer a deeper appreciation of Costa Rican food culture and cooking techniques. **Dinner included**

Day 6 Caring Across Generations: A Journey to La Fortuna

Breakfast at Casa Alma

Transfer to San Carlos

Visit and Tour of Elderly Residential Center in San Carlos: Tour a



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local elderly residential center, providing a unique opportunity to learn about elder care in Costa Rica. Meet with residents and staff to understand the daily operations, community activities, and the challenges and opportunities in providing care for older adults in Costa Rica. Gain insights into the cultural values surrounding elder care, support systems, and the integration of traditional practices in a modern setting.

Lunch included

Transfer to La Fortuna

Check into **La Pradera del Arenal**

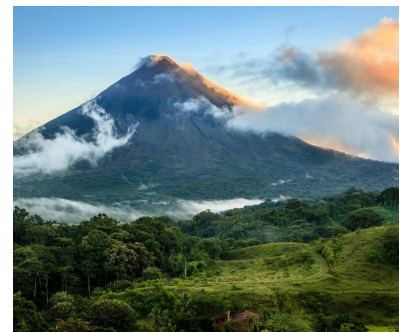
Free evening. **Dinner not included (at your own expense)**

Day 7 Adventure Awaits: Discovering La Fortuna

Breakfast at La Pradera del Arenal

Free Day to Explore La Fortuna: Enjoy a full day of freedom to discover the many attractions and **activities** La Fortuna has to offer.

Lunch and dinner not included (at your own expense)



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Day 8 Heritage and Healing: A Tico Experience

Breakfast at La Pradera del Arenal

Tico Tour: Embark on a guided tour focused on medicinal plants and Costa Rican traditions. This immersive experience will cover. Learn about various plants used in traditional Costa Rican medicine. Discover their uses, benefits, and the cultural significance they hold in local healing practices. Engage in hands-on activities where you might prepare traditional remedies or participate in local customs.



Lunch included

Return to Casa Alma

Debrief

Free evening. **Dinner not included (at your own expense)**

Day 9 Emergency Preparedness and Practical Skills Day

Breakfast at Casa Alma

Workshop with the Red Cross: Participate in a comprehensive workshop covering essential emergency preparedness skills. Engage in simulated emergency scenarios to practice quick decision-making and response strategies in real-life situations. Review and practice Basic Life Support techniques, including CPR and rescue breathing, crucial for emergency medical response. Learn practical first aid skills using minimal equipment. This session emphasizes



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improvisation and resourcefulness in emergency situations.

Free time for **lunch (not included – at your own expense)**

Class Time: Spend time in class, engaging in educational discussions and activities related to your program's focus.

Free evening. **Dinner not included (at your own expense)**

Day 10 Children's Wellness and Learning Integration Day

Breakfast at Casa Alma

Visit to a CEN CINAI: Tour a CEN CINAI (Children's Comprehensive Care Center), a government facility dedicated to child health and development. Spend 2 hours learning about the center's initiatives in preventative nutrition, child development, and protection. Observe and engage with staff to understand their approach to holistic child care.



Lunch included

Class Time: Spend time in class, engaging in educational discussions and activities related to your program's focus.

Debrief

Free evening. **Dinner not included (at your own expense)**

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Day 11 Coffee to Coast Adventure Day

Breakfast at Casa Alma

El Toledo Coffee Tour: Participate in a guided tour at El Toledo Coffee Farm, where you'll learn about coffee cultivation, processing, and the rich history behind Costa Rican coffee. See the coffee-making process from bean to cup and sample freshly brewed coffee.



Lunch included at Casa del Alto

Transfer to Quepos

Check in at **Villas Jacqueline**

Free evening at Marina Pez Vela. **Dinner not included (at your own expense)**

Day 12 Exploration and Leisure Day

Breakfast at Villas Jacqueline

Manuel Antonio National Park Guided Tour: Embark on a guided tour of Manuel Antonio National Park. Discover its rich biodiversity, including exotic wildlife and lush rainforests, while learning about the park's ecological significance from your guide.



Free afternoon and evening.

Lunch and dinner not included (at your own expense)

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Day 13 Manuel Antonio Freedom Day

Breakfast at Villas Jacquelinea

Free Day for Self-Organized Activities: This day is designed to give you the freedom to tailor your experiences based on your interests, whether that's nature walks, wildlife spotting, or simply unwinding by the ocean.

Lunch and dinner not included (at your own expense)



Day 14 Free Morning in Quepos and Return to San José

Breakfast at Villas Jacquelinea

Free Morning: Enjoy a leisurely morning in Manuel Antonio. You might take one last stroll on the beach, grab a coffee at a local café, or simply relax before the journey back.

11AM: Check out of hotel

Lunch not included (at your own expense)

2PM Return to San José

Dinner included at Casa Alma



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Day 15 Final Reflections and Farewell Feast

Breakfast at Casa Alma

Final Class Meeting (Final Presentations): Present your final projects or presentations. This session is an opportunity to showcase your learnings and experiences from the program, followed by feedback and discussions.

Free afternoon. **Lunch not included (at your own expense)**

Final Debrief and Departure Dinner: Participate in a final debriefing session to review the entire experience. Conclude with a special departure dinner at Casa Alma where you can celebrate the journey, share reflections, and say goodbye to your fellow travelers and hosts.

Day 16 Everything comes to an end

Transfer Out to Airport: Participants will depart from Casa Alma for their onward journeys. Transportation arrangements will be made to ensure timely arrival at the airport for departure.



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Your organizer



Costa Rica Global Learning Programs

★★★★★ 12 reviews

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