



# Sustainability & Culture in Costa Rica

*with Costa Rica Global Learning Programs*

 Costa Rica

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# Trip Overview



Your host

Costa Rica Global Learning  
Programs



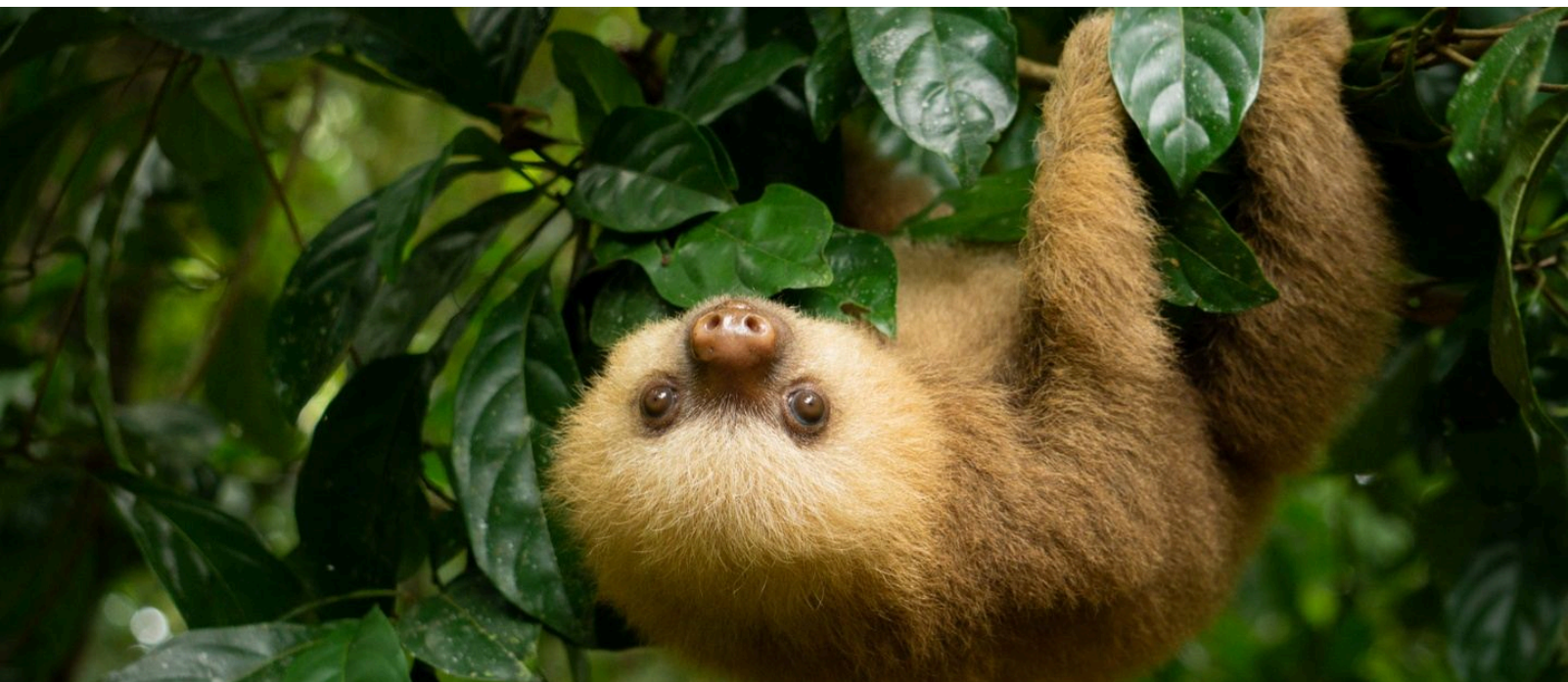
Feb 22 - Mar 2, 2025



Group size: 10-12



Costa Rica



## About this trip

Costa Rica is a global leader in sustainability, renowned for its innovative environmental policies and commitment to conservation. The country generates over 99% of its electricity from renewable sources and has ambitious plans to become carbon-neutral by 2050. Costa Rica is also home to more than 5% of the world's biodiversity, with nearly 30% of its land protected as national parks and reserves. This program provides a unique opportunity to learn about Costa Rica's pioneering efforts in sustainable agriculture, eco-tourism, and community-driven conservation projects. You'll engage with local experts, community leaders, and organizations dedicated to preserving the natural beauty and cultural heritage of this extraordinary country.

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## What to Expect

Prepare for an unforgettable adventure filled with hands-on experiences and cultural discoveries. You'll begin your journey in San José, where the GLP team will welcome you at the airport and guide you through your first few days in the city. Expect to dive into the rich tapestry of Costa Rican life with a walking tour of San José and a workshop with an indigenous artist. You will delve into sustainable practices with activities such as an organic coffee tour, zero-waste cooking class, and a visit to sustainable farms and businesses. The program also includes a rejuvenating experience at the hot springs of La Fortuna and a full-day excursion to the beautiful beaches of Jacó. Throughout the week, you'll engage in classroom discussions, reflect on your experiences, and connect with local communities to gain a deeper understanding of Costa Rica's commitment to sustainability and cultural preservation. With a blend of structured activities and free time, this program offers a perfect balance for learning and exploration.

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# Trip Overview

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## 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

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## Available packages

### With Certification of Participation

**\$2500**

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 Sustainability & Culture Program in Costa Rica. This program focuses on eco-friendly practices and cultural enrichment, offering hands-on experiences and learning opportunities about local sustainability efforts and cultural traditions. The certification acknowledges your engagement and learning throughout the program.

Deposit: \$250

Available until Nov 15, 2024

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### With 3 transferable credit hours

**\$2950**

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

Deposit: \$250

Available until Nov 15, 2024

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## Available options

### Single room supplement

**\$400**

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

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## 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 **GLP's Private House**



## Day 2 Cultural Immersion and Hands-On Learning

**Breakfast and Safety & Health Orientation** at GLP's Private House

**Class meeting** (1 hr)

**San José Walking Tour:** Explore the vibrant city of San José on a guided walking tour. Discover historical landmarks, cultural sites, and local hidden gem.

**Lunch included**

**Indigenous Crafts Workshop:** Participate in an interactive workshop where you will learn about and create traditional indigenous crafts. Gain insights into the cultural significance and techniques used in these art forms.

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

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# Itinerary

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## Day 3 Learning, Tasting, and Sustainable Cooking

**Breakfast** at GLP's Private House

**Class meeting** (2.5hrs)

**Lunch included** at Casa del Alto

**El Toledo Coffee Tour:** Experience the renowned El Toledo Coffee Tour. Learn about sustainable coffee farming, the coffee-making process, and taste some freshly brewed coffee.

**Zero Waste Cooking Class:** Participate in a zero waste cooking class. Discover techniques and recipes that minimize food waste while creating delicious, sustainable meals. **Dinner included**

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## Day 4 Nature Exploration and Learning

**Breakfast** at GLP's Private House

**Visit to Poás Volcano National Park:** Explore the stunning Poás Volcano National Park. Witness the majestic volcano, its crater, and the surrounding lush landscapes.

**Lunch included**

**Visit to Florex:** Visit Florex, an environmentally-friendly company known for its sustainable practices. Learn about their operations and commitment to sustainability

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# Itinerary

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**Class meeting** (1.5hrs)

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

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## Day 5 Immersive Community and Nature Experience

**To-Go Breakfast** at GLP's Private House

Transfer to San Ramón de la Virgen de Sarapiquí

**Introduction to the Community and Women's Cooperative:** Upon arrival, receive a warm welcome and an introduction to the local community and women's cooperative. Learn about their initiatives, achievements, and community impact.



**Lunch included** at Rancho La Loma

**Farm Tour:** Embark on a farm tour to understand local agricultural practices, sustainable farming techniques, and the significance of agriculture in the community.

Settle in at **Oso Perezoso Lodge**

**Dinner included** at Rancho La Loma

**Night Tour:** Conclude the day with a night tour, exploring the nocturnal wonders of the region. Discover the unique wildlife and natural beauty that come alive after dark.

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# Itinerary

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## Day 6 Farm Exploration and Relaxation

**Breakfast** at Rancho La Loma

**Farm Tour:** Continue the immersive experience with a detailed farm tour. Learn about sustainable agriculture, local crops, and the daily operations of the farm.

**Lunch included** at Rancho La Loma

Transfer to La Fortuna

Check-in at **Arenal Country Inn**

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

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## Day 7 Adventure and Reflection

**Breakfast** at Arenal Country Inn

**Free Morning in La Fortuna:** Enjoy a free morning to explore La Fortuna and engage in [activities](#) of your choice. Options include zip-lining, visiting the Arenal Volcano, hiking, or simply relaxing in the beautiful surroundings. **Lunch is not included**, so you can try local eateries.

Transfer back to GLP's Private House

**Final presentations (2hrs)**

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# Itinerary

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**Dinner included** at GLP's Private House

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## Day 8 Beach Day in Jacó

**To-Go Breakfast** at GLP's Private House

Transfer to Jacó

**Free Time at the Beach:** Spend your day enjoying the beach. You can enjoy different [activities](#) in the area. **Lunch is not included**, so you have the freedom to try out local food options.



Transfer back to GLP's Private House

**Departure Dinner:** Conclude the day and the program with a departure dinner. Enjoy a final meal together, sharing highlights and farewells with fellow participants.

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## Day 9 Everything comes to an end

**Transfer Out to Airport:** Participants will depart from GLP's Private House for their onward journeys. Transportation arrangements will be made to ensure timely arrival at the airport for departure.

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# Your organizer

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## Costa Rica Global Learning Programs

★★★★★ 12 reviews

Costa Rica Global Learning Programs delivers authentic, experiential learning opportunities through immersive and memorable customized programs that are co-designed with faculty to ensure their learning objectives are met. We strive to be the organization that develops study abroad programs with the highest positive impact in the region.

Costa Rica 

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