



SUSTAINABILITY IN COSTA RICA

St. Lawrence College - Program dates: April 22-May 6, 2023

ITINERARY				
Day	Morning	Afternoon	Evening	Overnight
Sat, April 22		Arrive at SJO international airport. Greeted by the GLP team and transported to lodging	Arrival at 8:40 pm Safety & health orientation.	San José - group homestay
<i>Meals</i>			<i>Dinner</i>	
Sun, April 23	Public river clean-up with local youth-led conservation group; discussion about sustainable cities and urban mobility in Costa Rica and the world	Guided tour at urban municipal-run park, dedicated to environmental education, recovering natural ecosystems, and the conservation of water resources. Bandera Azul and AyA recognitions	Cooking class Typical Costa Rican Food	San José - group homestay
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Mon, April 24	Tour and exploration of the farmer's market, testing of local fruits and vegetables - discussion of sustainable shopping trends in Costa Rica (reduced waste, no-packaging, bulk-buying, etc.)	Bug Museum at Universidad de Costa Rica	Debrief time and dinner in the homestay	San José - group homestay
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	

Tue, April 25	Transfer to Atenas (1.5 hrs)	Sustainable and Organic Coffee Tour at El Toledo in Atenas Transfer to Santa Clara (1 hr 45 mins)	Ice-breakers with TEC students	TEC San Carlos Campus
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Wed, April 26	Campus tour, introduction to TEC and TEC Santa Clara	Activity Station 1: EDNA Crocodile Conservation Virtual Reality applications (Students are split into 3 groups and choose one activity)	Free evening Cultural activity with TEC students	TEC Campus or nearby homestay
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Thu, April 27	Activity Station 2: Recycling Reforestation Butterfly Garden	TEC field trip Hydro-electric generator tour and talk.	Debriefing time, free evening Cultural Activity with TEC students	TEC Campus or nearby homestay
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>		
Fri, April 28	Introduction to Community Extension Projects - overview, TEC Santa Clara projects, San Ramon project (Coop)	Debrief: knowledge exchange at TEC classroom Assessment 4.2	Free evening Cultural Activity with TEC students	TEC Campus or nearby homestay
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>		
Sat, April 29	Chocolate tour - learn about cacao, try local fruits, and make your own chocolate.	Free time in La Fortuna downtown	Return to TEC Santa Clara	TEC Campus or nearby homestay (or hotel/hostel in La Fortuna)
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>		
Sun, April 30	Free day in La Fortuna for students to independently organize activities, such as hiking, hot springs, tours, etc.		Transfer to San Ramón de la Virgen de Sarapiquí (1.5 hr)	San Ramón de La Virgen

<i>Meals</i>			<i>Dinner</i>	
Mon, May 1	Activity Station 3: 3.1 Vanilla and pepper tour 3.2 Stevia 3.3 Integrated Farm	Conversation with the local women-led Cooperative to learn about their work as a community to build up their sustainable efforts - environmentally, socially, economically, and culturally	Local-style cooking class Optional night tour to see local species of frogs, snakes, and other nocturnal animals	San Ramón de La Virgen
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Tue, May 2	Morning hike (Los Chavitas) and time at the waterfalls	Depart for Monteverde (4.5 hours)	Debrief, time to work on presentations or explore trails on site.	Monteverde - group lodging on conservation area
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Wed, May 3	Guided tour of private conservation park - learn about private conservation efforts	Free time in Santa Elena	Optional night tour to see local species of frogs, snakes, and other nocturnal animals	Monteverde - group lodging
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Thu, May 4	Reforestation project - Tree-planting Intro, check up, counting, clean up	Lunch break Tree climbing (optional)	Time for students to work on presentations at meeting room in lodge	Monteverde - group lodging
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Fri, May 5	Student presentations at meeting room in lodge	Free afternoon in Santa Elena for shopping, lunch	Transfer to Alajuela (3 hours)	Alajuela (near airport)
	<i>Breakfast</i>		<i>Dinner</i>	
Sat, May 6	Transfer to airport for departure			
	<i>Breakfast</i>			