

CITRUS COLLEGE

COSTA WINTER 2018 RICA





ARRIVE SAN JOSÉ: SUNDAY, JANUARY 14
DEPART SAN JOSÉ: SATURDAY, FEBRUARY 10

Costa Rica is one of the most unique destinations in Central America. This majestic country extends from the Pacific Ocean to the Caribbean Sea where visitors can experience overwhelming diversity. Ecological and geological communities such as rainforests, cloud forests, tropical dry forests, volcanoes, hot springs, incredible rivers and waterfalls, and beautiful beaches and islands all provide habitat for 5% of the world's flora and fauna species. With more than 25% of Costa Rica protected as national parks and reserves, places like Tortuguero and Arenal Volcano will make for breathtaking experiences!

INCLUDED IN THE PROGRAM:

LA SELVA BIOLOGICAL STATION:

- Round-trip transportation by private bus to La Selva Biological Station.
- 3-day, 2-night excursion to La Selva with accommodation in twin, triple or multi-bedded rooms, all meals, a lecture by on-site staff, two guided hikes, rafting on the Sarapiquí and the services of a professional English-speaking guide.

TORTUGUERO NATIONAL PARK:

- Round-trip transportation by private bus to Tortuguero National Park.
- 3-day, 2-night excursion to Tortuguero National Park with accommodation in a tourist class hotel in twin or triple rooms, all meals, activities such as a jungle walk and cruise and the services of a professional English-speaking guide.

SAN JOSÉ

- Transfer to San José by private bus.
- Accommodation in shared rooms (two Citrus College students per room) in a homestay in San José with breakfast and dinner daily and laundry service once a week.
- Activities when in San José such as a cooking class, a tropical fruit class, a museum visit, picnic and a community project.
- Guided day trip to La Paz Waterfalls and Doka Coffee Plantation including private transportation, breakfast, lunch and the services of an English-speaking guide.

ARENAL:

- Round-trip transportation to Arenal by private bus.
- A 2-day, 1-night excursion to Arenal with hotel accommodation in twin and triple-bedded rooms, breakfast, dinner, entrance to the hot springs, and activities such as a hike to the waterfall, ziplining and the services of a professional English-speaking guide.

PUNTA LEONA / PLAYA BLANCA:

- Round-trip transportation by private bus.
- A 2-day, 1-night excursion to Punta Leona or Playa Blanca with accommodation in twin or triple-bedded rooms, breakfast, a crocodile tour and the services of a professional English-speaking guide.

ALSO:

- Accommodation on the first night in a centrally located tourist class hotel in twin rooms with breakfast.
- Orientation program including an orientation meeting with AIFS staff, information packet and local area information.
- Access to the AIFS Study Center in San José with Wi-Fi, printing facilities and café lounge.
- Accommodation on the final night will be in a downtown or airport tourist class hotel in twin or triple rooms with breakfast.
- Services of an AIFS Program Coordinator for information, personal advising/counseling and 24-hour emergency contact service.
- Medical and program fee refund insurance policies.

FEES

Based on an enrollment of 20 participants, the fee per person is \$2,945.* This fee excludes airfare, a \$125 refundable damage deposit, \$29 Costa Rican departure tax, passport or visa fees, optional medical insurance upgrade (\$65) and optional personal effect coverage (\$90), meals and other than those listed, personal expenses, any Citrus College tuition or administrative fees, textbooks, additional field trips or excursions required by the Citrus College faculty and anything not specified. The fees are guaranteed not to change as a result of fluctuations in the \$ exchange rate.

*The program fee is based on an enrollment of 20 or more participants. If 15-19 students enroll, the program fee will increase to \$3,125.



OPTIONAL AIRFARE PACKAGE

An optional airfare package is available, consisting of round-trip flights between Los Angeles and San José, for an additional \$575. This fare excludes mandatory U.S. government and airline-imposed departure taxes, fees and fuel surcharges of \$116 (subject to change) for which students will be billed separately.

A minimum of 12 students must purchase the flight for it to be offered.

FACULTY:



SHAUNA BIGBY

Shauna Bigby is Registered Nurse who holds a Master's Degree as a Certified Family Nurse Practitioner and a minor in Education with additional certifications in Public Health. She also holds a doctorate in Nursing Practice, with an emphasis in College Health. Shauna has been a nurse and educator for 21 years, and faculty at Citrus College for 11 years. Shauna has taught a myriad of classes including Human Growth and Development, Public Health and Nutrition. She teaches student on a daily basis about connection between the mind and body and the roles of nature and nurture in the process of human development. She believes that experiences gained through travel enable students to have a more global perspective and looks forward to helping students make the most of this opportunity.



ROBERT GOODMAN

Robert Goodman instructs a diversity of classes in Natural History, Wildland Resources and Forestry, Environmental Science and Biology at Citrus College with over 20 years of teaching experience. He holds a Master's Degree from California State Polytechnic University, Pomona in Biological Sciences. His interest in natural resources with emphasis in plant and animal ecology has increased significantly with field experiences in many parts of the United States, Mexico, Costa Rica, Belize, Honduras, Ecuador, Galapagos Islands, Alaska and Hawaii. With over 15 publications and continuing wildlife research, Bobby is thrilled to share his knowledge with students to enhance their understanding of Costa Rican biodiversity and natural history while thinking critically about our role in the environment and promoting long-term sustainability.

COURSES:

PSY 205 DEVELOPMENTAL PSYCHOLOGY

(3 Units—Grade Only) Strongly Recommended: ENGL 099 if required by English placement exam or if required by English level. Developmental Psychology is the scientific study of progressive changes in behavior, cognition, and abilities. Attention is paid to issues related to the roles of nature and nurture in developmental processes. 54 lecture hours. CSU; UC.

BIOL 145 ENVIRONMENTAL SCIENCE

(3 Units—Grade Only) Strongly Recommended: BIOL 104 or BIOL 105 or BIOL 105H. Also, ENGL 099 if required by English placement exam or if required by English level. A lecture course exploring contemporary global environmental concerns. Basic concepts covered will include the Earth's life support systems, population dynamics, environmental pollution, food production, and natural resource utilization. Emphasis will be placed on recognizing global environmental problems and exploring various solutions for them. 54 lecture hours. CSU; UC.

MEDICAL INSURANCE

AIFS provides each student with a group insurance policy issued by Ace American Insurance Co. The policy provides two distinct types of coverage:

1. Before the program begins, AIFS will refund fees paid by students unable to participate on the program because of covered injury or illness or quarantine in a travel area. However, a fee is retained from the amount paid which includes a \$150 non-refundable processing fee and a \$125 insurance premium.
2. Once the program has begun, the plan covers the cost of medical treatment abroad, up to a maximum of \$100,000 per sickness or accident and with a daily hospital charge limit of \$300. There is a \$50 deductible per incident for medical claims against this policy.

These two categories of insurance are mutually exclusive. That is, the policy does not cover medical expenses before the program begins, nor does it refund any portion of the AIFS program fees once the program has begun.

The insurance also covers costs associated with changing the return flight if a student is unable to complete the program due to accident, illness or quarantine in a travel area. It offers 24-hour travel assistance in case of an emergency, legal assistance, medical transportation and emergency cash transfer in case of theft or loss. Full details of the coverage are available at www.aifscustomized.com/pdf/insurance_summer.pdf.

Optional medical insurance upgrade and personal effects insurance

A medical insurance upgrade provides a maximum \$250,000 per sickness or accident with a daily hospital charge of \$300 (\$50 deductible for each accident or illness). Optional personal effects insurance covers loss or theft up to \$1,000, subject to a maximum \$100 per item (\$500 for electronic devices) and a deductible of \$100 per incident. Students are advised to arrange additional insurance for special items. Expensive or irreplaceable items should be left at home.



AIFS REFUND POLICY

All notification of withdrawal must be made in writing via fax or certified mail to: Registrar, Customized, Faculty-Led Programs, AIFS Study Abroad, 1 High Ridge Park, Stamford, CT 06905. The fax number is 203.399.5597. Postmark date or date of fax transmission is considered date of withdrawal. All withdrawal statements must be signed by the applicant, or they will not be processed.

If a student's application is not accepted by AIFS, a refund of all payments is made, less the \$150 processing fee and any non-refundable deposits paid by the student or by AIFS on the student's behalf. If a student withdraws on or before Friday, October 13, 2017, a full refund will be made less \$150, plus any non-refundable deposits paid either by the student or by AIFS on the student's behalf.

If a student withdraws after Friday, October 13, 2017, but on or before Friday, November 17, 2017, for any reason except medical covered by the AIFS Fees Refund and Medical Insurance Policy, the \$450 deposit fee is forfeited, along with any non-refundable deposits paid either by the student or by AIFS on the student's behalf.

If a student is forced to withdraw from the program because of covered medical reasons after final fees have been paid but before departure, a refund will be made through the Fees Refund and Medical Insurance Policy, less a \$150 processing fee and the \$125 insurance premium. The policy requires written proof of medical reasons provided by your physician.

Students withdrawing voluntarily for any reason after Friday, November 17, 2017, including withdrawals because of medical reasons not covered under the medical refund policy, receive no refund of fees paid unless they are able to provide a qualified replacement. In this case, they receive a full refund of all payments made less the \$150 processing and cancellation fee and any non-refundable deposits. Replacement students must pay in full at the time of application. Flights cannot be arranged for replacement students applying after Friday, October 13, 2017. Once the program has started, students withdrawing receive no refund under any circumstances. This refund policy is necessary because the booking of facilities in Costa Rica requires substantial non-refundable payments and commitments by AIFS in advance.

Deadline to apply is Friday, October 13, 2017.

Students applying after the application deadline date of Friday, October 13, 2017 can only be accepted on a space-available basis.

For more information, contact:

John Morris
Study Abroad Specialist
626-914-8560
studyabroad@citruscollege.edu



1 High Ridge Park | Stamford CT, 06905

Southern California Foothills Consortium Costa Rica, January, 2018



***This is a draft document and subject to change**

Sunday, January 14

- PM Group flight arrives at San José airport. AIFS staff will be there to meet the group and transfer them to the homestays.
- Evening Free time to settle in and have dinner with your homestay family

Monday, January 15

- AM Homestay families will escort you to the Study Center for orientation. There will be a meeting with AIFS local staff to go over the program, life in Costa Rica, safety and security and advice for living in a homestay.
- PM A welcome lunch in central San José followed by a sightseeing tour of the downtown area.
- Evening Dinner with your homestay family

Tuesday, January 16

- AM Depart San José by bus for Tortuguero. Lunch en route.
- PM Arrive and check into lodge accommodation. Once settled there will be a boat trip through the canals into the National Park with a local guide
- Evening Dinner at the lodge.

Wednesday, January 17

- All Day Activities in Tortuguero

Thursday, January 18

- AM Depart Tortuguero and travel to La Selva.
- PM Lunch and orientation, followed by a lecture by one of the on-site staff
- Evening Dinner and night hike.

Friday, January 19

- AM Breakfast followed by hike with AIFS staff
- PM Lunch and then rafting at Sarpiqui

Saturday, January 20

- AM Depart La Selva for San José. Lunch en route
- PM Arrive in San José and go to homestay families
- Evening Dinner with homestay family

Sunday, January 21

- Local area tour with AIFS staff.
- Evening Dinner with homestay family

Monday, January 22

9am to Noon Classes at CRLA
1pm to 3pm Classes at CRLA
Evening Dinner with family

Tuesday, January 23

9am to Noon Classes at CRLA
Noon Cooking class
1pm to 3pm Classes at CRLA
Evening Dinner with family

Wednesday, January 24

9am to Noon Classes at CRLA
Noon Tropical fruits class
1pm to 3pm Classes at CRLA
PM Local activity
Evening Dinner with family

Thursday, January 25

9am to Noon Classes at CRLA
1pm to 3pm Classes at CRLA
Evening Dinner with family

Friday, January 26

Full-day excursion to Doka Coffee plantation and La Paz Waterfall gardens
Evening Dinner with family

Saturday, January 27

Full-day adventure day excursion to including canopy tour, horseback riding and lunch
Evening Dinner with family

Sunday, January 28

Day in San José. Visit to La Sabana park to relax and people watch. Everyone will bring something for a pot luck picnic. In the afternoon AIFS staff will take any students who are interested to visit the National Theater.

Monday, January 29

9am to Noon Classes at CRLA
1pm to 3pm Classes at CRLA
PM Community project
Evening Dinner with family

Tuesday, January 30

9am to Noon Classes at CRLA
1pm to 3pm Classes at CRLA
PM Visit to the Jade Museum in San José

Evening Dinner with family

Wednesday, January 31

9am to Noon Classes at CRLA

1pm to 3pm Classes at CRLA

Evening Dinner with family

Thursday, February 1

9am to Noon Classes at CRLA

1pm to 3pm Classes at CRLA

Evening Dinner with family

Friday, February 2

AM Depart for Arenal. Check in to hotel.

PM Visit Baldi Hot Springs

Saturday, February 3

AM Early morning hike to Arenal followed by a visit La Fortuna waterfall.

PM Ziplining

Sunday, February 4

AM Free time followed by departure for San José

PM Arrive in San José

Evening Dinner with family

Monday, February 5

9am to Noon Classes at CRLA

1pm to 3pm Classes at CRLA

Evening Dinner with family

Tuesday, February 6

9am to Noon Classes at CRLA

1pm to 3pm Classes at CRLA

PM Local activity

Evening Dinner with family

Wednesday, February 7

AM Say goodbye to homestay families and travel by bus to Tarcoles for a crocodile safari.

PM Arrive in Manuel Antonio and check into hotel.

Evening Free time to explore

Thursday, February 8

AM Visit to the National Park

PM Free time on the beach

Evening Free time in Manuel Antonio

Friday, February 9

AM Free morning

PM Check out of the hotel and travel by private bus to San José.

Evening Check into airport hotel followed by final evening dinner

Saturday, February 10

AM Check out of hotel and group transfer to the airport for flight to LA.

The above itinerary is still a draft. A final version will be sent to all participants prior to departure.