

INTERNATIONAL EXPERIENTIAL LEARNING

Global Learning Costa Rica



**Experiential Learning
& Career Development**

St. Thomas University

GENERAL INFORMATION

- STU's International Experiential Learning Program has received funding from Global Skills Opportunity via Universities Canada
- This will provide Canadian students with funding for the opportunity to gain experience abroad through activities like volunteering and internships
 - The opportunity only provides funding for Canadian students. However, if you are an international student and you like to join, we would love to have you come with us!

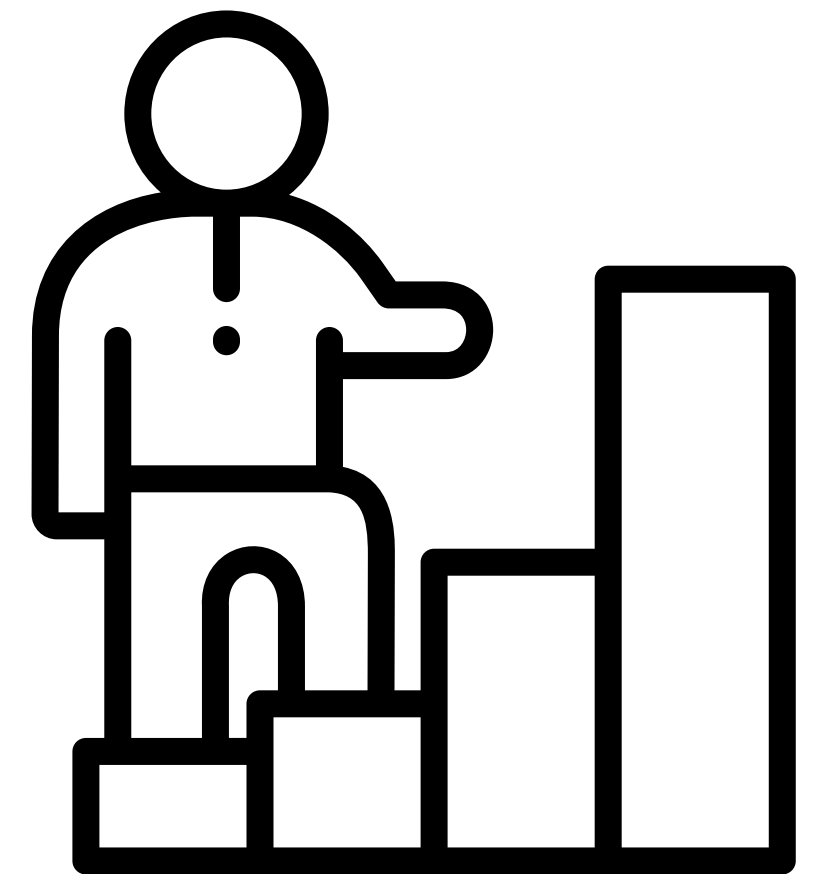
Benefits of gaining experience abroad



According to **LinkedIn**, these are some of the amazing benefits of gaining international experience:

1. Personal growth:

- Get to know your weaknesses and strengths.
- Harness your skills in versatility and readiness.
- Each day that you spend out of your comfort zone, you are making decisions, solving problems and adapting to unfamiliar people, places and cultures. You're more likely to return home more mature and independent.

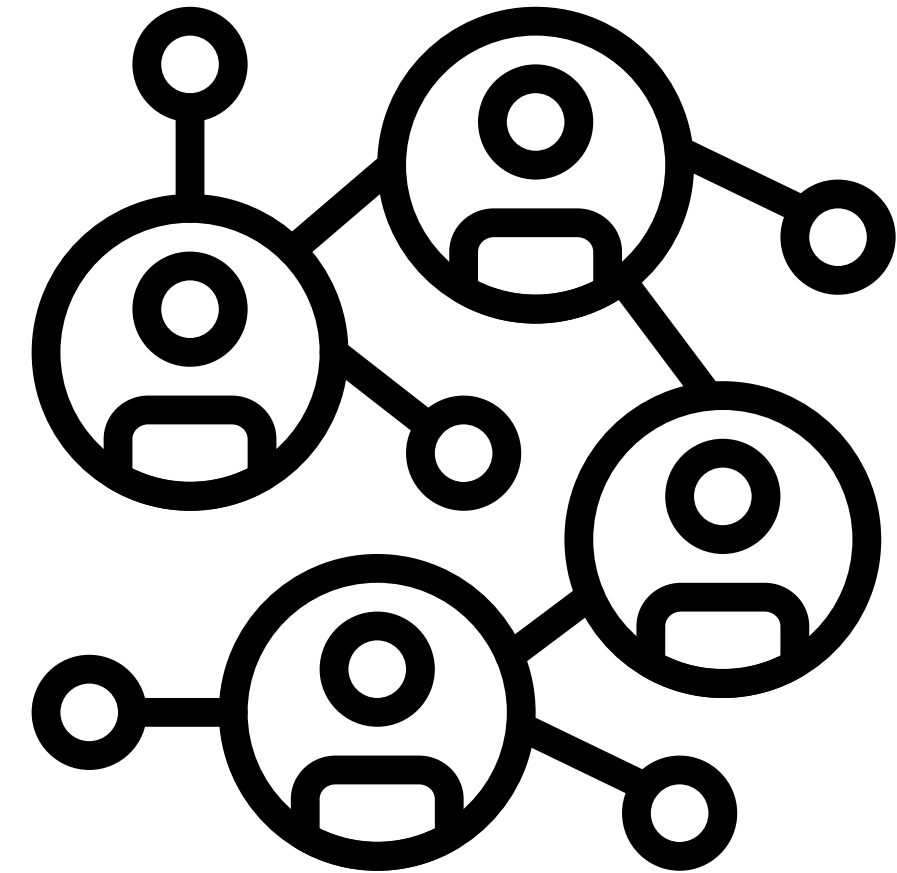


Benefits of gaining experience abroad

According to **LinkedIn**, these are some of the amazing benefits of gaining international experience:

2. Professional growth:

- Hone skills like problem-solving
- Learn about your leadership style
- Obtain impeccable adaptability skills
- Learn how to be a great team player with people from all different backgrounds



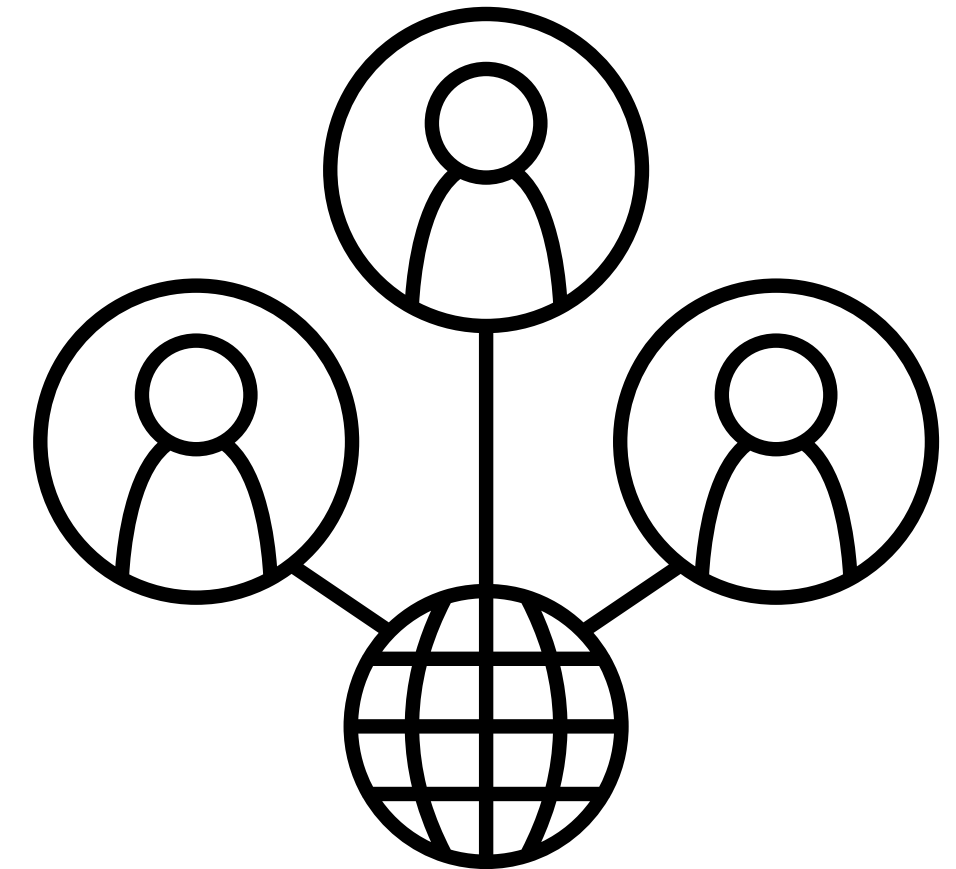
Benefits of gaining experience abroad



According to **LinkedIn**, these are some of the amazing benefits of gaining international experience:

3. Global Networking:

- Build an international network of friends and colleagues.
- These contacts can be valuable when you're looking for new job opportunities.
- You can also stay in communication with them to learn about global developments and trends in your industry.



WHAT IS COSTA RICA GLOBAL LEARNING PROGRAMS?

1. Organization that is focuses on creating custom, realiable, and authentic academic programs in Costa Rica that leave a postive and transformative impact on program participatns and local communities



General Information about Costa Rica

Cool fun facts:

1. Costa Rica is the most prosperous country of the Central American Common Market's
2. It's one of the happiest countries in the world!
3. They use a different greeting style compared to Canada: It is very common to say hello and goodbye with a cheek-to-cheek "kiss"



Fun activities to do in Costa Rica

1. San Jose's Farmer's Market
2. Beach Clean-up
3. Free Walking Tour
4. Ziplining tour
5. El Toledo Coffee Tour
6. Waterfall hike
7. Volcano Tour



POSSIBLE ITINERARY

Day	Morning	Afternoon	Evening	Overnight
Sat, Nov 5		Arrive at SJO international airport. Greeted by the GLP team and transported to lodging	Welcome meeting with Costa Rican meal based on Costa Rica's traditional ingredients. Safety & health orientation.	San José
Meals		-	Dinner	
Sun, Nov 6	Farmer's market San José history & culture walking tour	Cultural activity (guided museum tour, visit to Indigenous craft museum, or a local cultural event)*	Costa Rican "bocas" cooking class/ice breaker activity (can be done Nov 5 depending on arrival time)	San José
Meals	Breakfast	Lunch	Dinner	
Mon, Nov 7	7 am to 10 am: Transfer to Santa Clara (TEC Campus)	10 am to 2 pm: Tour of TEC campus, learn about the campus goals, the region, and their programs (lunch on the campus)	3 pm to 5 pm: Introduction to the TEC community extension program in San Ramón - history, goals, progress, challenges, etc.	Santa Clara - TEC dorms or private home for the group
Meals	Breakfast	Lunch	-	
Tue, Nov 8	Day trip to La Fortuna: visit and tour a conservation project with sustainable tourism students (TEC), chocolate tour		Transfer to San Ramón de la Virgen to Sarapiquí (1.5 hr)	San Ramón de Sarapiquí

POSSIBLE ITINERARY

			Welcome dinner - introduction to the community and the cooperative	(private home for the group)
<i>Meals</i>	<i>Breakfast</i>	-	<i>Dinner</i>	
Wed, Nov 9	Interpretative guided hike through the forest Time to swim in the river	Lunch Spices tour (pepper and vanilla or stevia)	Free time / soccer game with locals / night walk	San Ramón de Sarapiquí
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Thu, Nov 10	Service project - reforestation, trail rehabilitation, or sign making	Service project continued (alternative project for the afternoon is to help with the English conversation classes)	Guided night tour to see frogs, snakes, and other night creatures	San Ramón de Sarapiquí
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Fri, Nov 11	Service project wrap-up	Lunch and free time to swim in the waterfall or pool	Transfer to San José (*COVID test)	San José (near airport)
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
Sat, Nov 12	Transfer to airport for departing flight			
<i>Meals</i>	<i>Breakfast</i>			

ESTIMATED TIMELINE

July 7th: Submit the initial training form

August 15th: Students submit final budget estimates

September 19th: buy plane tickets

October 20th: Final get-together to discuss upcoming trip

July 22nd: Inform selected students

August 31st: submit travel confirmation form (form provided by Global Learning CR)

September 30th: preparing for departure info session

COSTS

Budget - Costa Rica Experiential Learning Trip - November 2022									
Flight tickets	Passport	Program Fee	Food (Approx)	Insurance - guard.me Global A (including trip cancellation)	JUST IN CASE: covid test	Souvenirs	Miscellaneous	Total Cost per Student in CAD	Canadian Financial Aid
1,500	184	1,900.00	150	45.75	80	60	120	\$ 4,039.75	5000
not including bag		program support companion for entire trip, Private transportation in a 16+ passenger van for entire trip(larger van for groups of 12+ students), All mentioned activities and entrance fees, All mentioned meals, Shared lodging for students, Private rooms for faculty, Pre-program onboarding & orientation meetings	This includes: breakfast at the Farmer's Market, 3 lunches, 1 dinner	For 10 days. Not including taxes					

COST BREAKDOWN



PROGRAM FEES (USD)	
Number of participants (students + chaperones)	Fee per participant (USD)
6 to 9	\$1250 (\$1590 CAD)
10 to 14	\$1150 (\$1465 CAD)

PROGRAM INCLUSIONS
<ul style="list-style-type: none">• Lodging - private room with private bathroom for faculty/chaperone and shared bedrooms and bathrooms for students• Dedicated program support in country with a bilingual program leader who will accompany all group activities/outings listed in the itinerary• Airport transfers• Transfers to all activities listed in the itinerary in a private, fully insured shuttle bus with air conditioning• Pre-program orientation and departure meetings• In-country safety and health orientation• Most meals (as indicated in itinerary)• All academic activities and tourism activities outlined in the itinerary, including entrance fees

NOT INCLUDED
<ul style="list-style-type: none">• International flights or transportation to airports outside of Costa Rica• International medical/health insurance (required)• Services or tours outside of the specified program (leisure travel pre- or post-program, for example)• COVID testing (if required for re-entry – currently not required to come into Costa Rica - booking and transportation to test is included) - approx. \$40-60 USD for rapid test• Travel insurance (not required)

Guest Speaker: Megan Gibson

- ◆ BA'22 Double major in International Relations and Political Science
- ◆ Social Awareness Intern at Instituto sobre Alcoholismo y Farmacodependencia (IAFA)



LINK AND QR CODE FOR INITIAL TRAINING

- Link:
<https://forms.office.com/r/fcufDTzcfj>
- During initial training, students will learn about bias, stereotypes, and intercultural communication.



NEXT STEPS

- Finish training by July 7th
- You will be informed if you are a selected candidate by July 22nd
- Get your passport ready!
- Book your meetings with Clara



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