



University for Peace



Tentative Itinerary:

Below, please find a tentative itinerary for a June 2023 program. All elements of the itinerary are subject to availability and can also be adjusted in conversation with faculty.

Day	Morning	Afternoon
Wednesday June 21st	Arrival and check into hotel.	
Thursday June 22nd	University for Peace <ul style="list-style-type: none"> Welcome and overview of the week Introduction to Costa Rica and UPEACE Goals for the program Ice-breakers and introductory content on Costa Rica Unpacking Happiness-Positive Psychology overview <p><i>Lunch included at UPEACE</i></p>	The Truth about Plastics Alonso Muñoz, founder of the 'Truth about Plastic' movement brought his interest in pollution and the role of plastic in the degradation of the oceans to launch a nation-wide campaign to change consumer behavior. This eye-opening workshop will prepare us for our visit to MareBlu later in the week. <i>Welcome dinner</i>
Friday June 23rd	Transforma Transforma is a non-profit organization created in 2012. They are passionate about holistic, sustainable, transformational development for women and children affected by poverty and social vulnerability. Working with immigrants, single mothers and children at high risk, elderly women and those that have suffered physical or emotional abuse in 18 communities, Transforma offers skill development programs and entrepreneurial training. In addition to teaching life skills such as sewing, massage or soap making, Transforma also tackles transformational training on values & self-esteem. http://www.transformacr.org/ <i>Lunch included in San Jose</i>	Chepe Cletas Walking Tour - Downtown San Jose Most of your time in Costa Rica will be spent outside of urban areas. The capital city of San Jose is the economic, cultural and political heart of the country. We will take a walking tour of the town and spend the afternoon in San Jose and visit local markets. Chepe Cletas works hard to revitalize the downtown area of the capital by changing people's perceptions and telling historical tales of the city. <i>Free dinner</i>
Saturday June 24th	Nacientes Palmichal Nacientes uses the rural community tourism model for sustainable development. The organization protects an important watershed area that supplies drinking water to a large portion of San Jose. We'll hike up to a dairy farm where we can learn how cheese is made, milk cows, and learn about biodigestors and organic fertilizers.	





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	<i>Group lunch at Nacientes Palmichal; free dinner</i>	
Sunday June 25th	MareBlu - https://www.mareblucr.org/ MareBlu is an NGO working on the Pacific Coast to clean and restore the marine environment. Their primary activities include an artificial reef program designed to restore marine life, a turtle hatchery and an upcycling center. After a talk from the organization about how they began and how they work as leaders in the Costa Rican environmental movement, we'll participate in a beach clean-up and then head on to spend the night in Manuel Antonio. <i>Lunch included at MareBlu, Dinner</i>	
Monday June 26th	Free Day in Manuel Antonio! Manuel Antonio is a major tourist destination in Costa Rica. Do a little research to see how you'd like to spend your day, but you can lounge on the public beach (with banana boating and parasailing!), go to the national park, go horseback riding, join a catamaran tour with snorkeling, or any number of other activities! <i>Meals not included</i>	
Tuesday June 27th	Free Day in Manuel Antonio! Manuel Antonio is a major tourist destination in Costa Rica. Do a little research to see how you'd like to spend your day, but you can lounge on the public beach (with banana boating and parasailing!), go horseback riding, join a catamaran tour with snorkeling, or any number of other activities! <i>Meals not included</i>	
Wednesday June 28th	Rainforest Spices Rainforest Spices (Villa Vanilla) is a sustainable farm started by an ex Peace Corps member from the US. The farm produces cacao, vanilla and other spices, focusing on local use and sustainable methodologies. We'll learn about sustainable agriculture, and even have a chance to sample some tasty goodies produced right there on the farm! <i>Group lunch leaving Manuel Antonio</i>	Return to San Jose (about 3 hours) <i>Closing group dinner!</i>
Thursday June 29th	Depart from San Jose International Airport	

Budget and Proposal Details

This section lays out the agreed conditions for an 8-night program for Santa Monica College, as detailed above.

