



Costa Rica Travel Study Fall 2021: Health and Aging

Overview

This course will explore various aspects of health and aging, using Costa Rica as a case study. Costa Rica is home to one of the world's five "Blue Zones"- regions of the world where people live much longer than average. Students in this travel study will have the opportunity to visit this Blue Zone (Nicoya Peninsula) and interact with elders and health leaders in the community. They will also have the unique opportunity to study a healthcare system that is considered one of the strongest in Latin America and consists of two complementary systems: the government-run universal healthcare system, known as the "Caja," and the private system. Students will study both systems and will engage in site visits to both. We will also learn about traditional medicine, visiting an Indigenous community and an herb farm to learn from different types of traditional healers. This course is also an international community-based learning course and students will engage with elders in a variety of activities, both in the Blue Zone, as well as in a nursing home in Atenas, Costa Rica.



Funding Your Program

After you apply to the program, apply for the **WI Grant and Scholarship** if eligible: <http://www.uww.edu/international/globalexperiences/programs/financial-information>

WI Grant/Scholarship Deadline: April 1

Set up appointment with Financial Aid

Location

San Jose , Nicoya Peninsula,
Atenas

Term

Fall 2021

Duration

January 4—Jan 14, 2022

3—credit Course Selection

SPANISH 491
PUBHLTH 491
SOCWORK 491

Language of Instruction

Spanish and some English

Eligibility

Spanish 321 and 322 or

Spanish 320

*Others to be considered based
on the consent of the instructors.*

Application Deadline

May 29th, 2021

Partner Website

www.uww.edu/international



Coordinator Contact

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Office of Global Experiences

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Faculty Contacts

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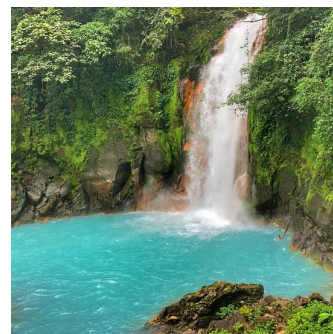
Tentative International Academic Itinerary

- 1/4: Depart Chicago for San Jose Costa Rica
Orientation meeting and city walking tour
- 1/5: Atenas Micro Bus Tour: see local community-based sites and
ATESA Language Site for lecture. Costa Rican dance class
- 1/6: Travel to Ark Herb Farm and learn about medicinal plants
Visit: Toucan Ranch Animal Rescue Center for activities
- 1/7: Visit: Atenas Farmers Market followed by walking tour and
A visit to community based learning sites. Lecture on "Integrative Healthcare". Visit: Coffee Farm for activities.
- 1/8: Blue Zone of the Nicoya Peninsula: Onsite orientation .
Santa Cruz city tour. Interview elders at a community center.
Share traditional food.
- 1/9: Costa Rica cooking class. Lecture: Local Healthcare Providers
Travel to Playa Negra for group reflection and dinner
- 1/10: Beach day! Travel to Sarchi to visit a traditional artisan
- 1/11: Community-based learning activity with elders. Private
medical clinic for observation and learning
Lecture at ATESA
- 1/12: Day Trip to Quitirrisí Indigenous Community meet healers
- 1/13: Community-based learning with elders. Lecture at ATESA.
Farewell Dinner
- 1/14: Travel back to Chicago from Costa Rica

Passport and Visa Requirements*

-A United States passport valid for at least three months past the date of entry (no visa required)

*See global experiences coordinator if not a US passport holder (visa may be required)



Estimated Program Fee: TBD

Billed by UW-Whitewater	
Administrative Fee	225
Contingency Fee	50
Program Fee	TBD
Subtotal	TBD
Additional Estimated Expenses	
Transport to O' Hare	60
Non Group Meals	TBD
Recommended Immunizations: Influenza, Hepatitis A/B, Tetanus	150
Passport USA	150
Subtotal	660
Total*	TBD

**The estimated program fee is based on 14 paying participants. The actual program fee will be established mid-term when all participants have obtained legal travel documents. Estimated fee does not include recommended vaccinations.*