

*Peace Communications in Costa Rica for Chapman University
January 2020*

Day	Morning	Afternoon	
<i>Wednesday, Jan 8</i>	Arrival day and check into hotel		Ciudad Colón
<i>Thursday, Jan 9</i> <i>8:30am pickup</i>	<p>UN-mandated University for Peace (Council Room)</p> <ul style="list-style-type: none"> • Welcome to UPEACE and overview of week • Guidelines for Engagement • Background on UPEACE • Teambuilding and Leadership activities <p><i>Campus tour and hike to peace monument</i></p> <p><i>LUNCH: at UPEACE</i></p>	<p>Introduction to Costa Rica 1:30 – 3pm (Council Room)</p> <p>In this session, we'll go over the basic history, policies and current socio-economic landscape of Costa Rica. This will lay the groundwork and give background for the remainder of the trip. This lecture will include a history of the de-militarization of the country, with mention of recent border disputes with Nicaragua and their resolution in light of the lack of army.</p> <p>DINNER: Meme Pajarito</p>	Ciudad Colón
<i>Friday, Jan 10</i> <i>Pickup 8:30am</i>	<p>The Truth about Plastic</p> <p>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.</p>	<p>Lloverá Foundation – foundation that works in providing food, rehabilitation and life skills to reintegrate homeless people into society. We will visit one of this NGO's shelters where we will get an overview of the work that they do. We will get to hear testimonies from people who underwent the rehabilitation process and have successfully reintegrated into the job market. This makes for a powerful connection with their stories while understanding how the organization works. https://fundacionllovera.org/</p> <p>Herpetological Refuge</p> <p>The Herpetological Refuge takes in animals that are being illegally trafficked or kept in Costa Rica, or that are orphaned or hurt in the wild. While some of their animals can be rehabilitated and released into the wild, those that cannot are on display for visitors. http://refugioanimalcr.com/</p> <p>DINNER: Free</p>	Ciudad Colón

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<p><i>Saturday, Jan 11</i></p> <p><i>8:30am pickup</i></p>	<p>Transforma - http://www.transformacr.org/ 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.</p>	<p>Chepe Cletas San Jose walking tour 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. This tour is run by Chepe Cletas (http://www.chepecletas.com/en/home/), a for-profit social business that is working to change perceptions about the capital city by showing new sides of the city, it's history and it's culture to both national and international visitors.</p> <p>DINNER: Free</p>	<p>San José</p>
<p><i>Sunday, Jan 12</i></p> <p><i>8:15am pickup</i></p>	<p>Nacientes Palmichal Rural community tourism model for sustainable development. Nacientes protects an important watershed area through sustainable development. 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. We'll visit other community projects as well, potentially talking to small farmers or learning to make tortillas, all involving revenue generation options for the local community. https://www.nacientespalmichal.com/en/</p> <p>LUNCH: at Nacientes; DINNER: Free</p>	<p>Ciudad Colón</p>	
<p><i>Monday, Jan 13</i></p> <p><i>8:00am pickup</i></p>	<p>Restorative Justice with Miguel Tello The workshop will explore the idea of restorative justice as a conflict-resolution technique that can be applied in social work, schools or other institutions. We will learn about the history and fundamentals of the restorative justice concept as compared to criminal justice, and will learn practical approaches for use.</p> <p>LUNCH at UPEACE</p>	<p>Using Leadership Circles with Miguel Tello After a short teamwork dynamic, we'll look at the concepts of shame and empathy to understand the spectrum of restorative justice options. We will then learn about circles as a conflict resolution strategy – in what circumstances one can use circles, how to apply them, and the creation of targeted questions for circles. Finally, we'll speak specifically about how circles can be used for leadership.</p> <p>DINNER: Free</p>	<p>Ciudad Colón</p>

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<p><i>Tuesday, Jan 14</i></p> <p><i>7:30am pickup</i></p>	<p>Tárcoles Sustainable Fishing Village On the way to Manuel Antonio, we will spend the day at Tarcoles, a community renowned for its sustainable fishing practices. They have worked with Conservation International to improve practices, and will talk to us about their journey as leaders in the fight for sustainable fishing regulations. Includes hands-on experience on a fishing boat.</p> <p>LUNCH: at Tárcoles</p>	<p>Drive to San Vito</p> <p><i>Drive to Coto Brus, approximately 3 hours. UPEACE offers info on indigenous populations in Costa Rica on the way.</i></p> <p><i>Get settled at the Organization for Tropical Studies field house.</i></p> <p>DINNER: At OTS</p>	<p>Tárcoles & San Vito</p>
<p><i>Wednesday, Jan 15</i></p>	<p>Organization for Tropical Studies (OTS) Health and development are key factors in the development of peaceful societies and addressing the underlying, structural causes of conflict. Located near the Panamanian border, the town of San Vito sees large seasonal migration of the Ngöbe-Bugle indigenous peoples, who come to Costa Rica from Panama to pick coffee.</p> <p>OTS provides a window for cultural immersion and community interactions that are real, responsible, ethical, and based on the needs of vulnerable populations in the region.</p> <p><i>Day 1: Visit to the Panama/Costa Rica border; visit to 'Casa de Alegria' childcare center for migrant workers on coffee farms; classroom time – workshop on development (creating solutions to development challenges)</i></p> <p>LUNCH & DINNER: at OTS</p>		<p>San Vito</p>
<p><i>Thursday, Jan 16</i></p>	<p>Organization for Tropical Studies <i>Day 2: Visit to the La Casona indigenous territory, including a talk with local healers & midwives; Visit to the La Casona EBAIS, the only culturally adapted government clinic in Costa Rica; classroom time – development project planning: putting together the concepts</i></p> <p>LUNCH & DINNER: OTS</p>		<p>San Vito</p>

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<p><i>Friday, Jan 17</i></p> <p><i>9:30am pickup</i></p>	<p>Morning at OTS – Possible tour of the Wilson Botanical Gardens</p> <p>Drive to Quepos (approximately 3 hours)</p> <p>LUNCH: on the road</p>	<p>Rainforest Spices 2pm tour start Rainforest Spices (Villa Vanilla) is a sustainable farm started by an ex Peace Corps member from the US. The farm, located in Quepos, 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!</p> <p>DINNER: Free</p>	<p>Quepos & Manuel Antonio</p>
<p><i>Saturday, Jan 18</i></p> <p><i>7:45am pickup</i></p>	<p>Guided tour of Manuel Antonio National Park & free afternoon Manuel Antonio National Park, on Costa Rica's central Pacific coast, encompasses rugged rainforest, white-sand beaches and coral reefs. It's renowned for its vast diversity of tropical plants and wildlife, from three-toed sloths and endangered white-faced capuchin monkeys to hundreds of bird species.</p> <p>LUNCH & DINNER: Free</p>		<p>Manuel Antonio</p>
<p><i>Sunday, Jan 19</i></p>	<p>Free morning</p> <p>LUNCH: Free</p>	<p>Crocodile Tour on the Tarcoles River Together we'll take a fun boat ride on the Tarcoles River, seeing all sorts of wildlife and getting up close and personal with the famous Tarcoles crocodiles!</p> <p><i>Drive back to San José. Final dinner in San José.</i></p> <p>DINNER: La Planta, Ciudad Colón</p>	<p>Tárcoles & Ciudad Colón</p>
<p><i>Monday, Jan 20</i></p>	<p>Depart to return home</p>		