

Day	Morning	Afternoon	Location of Sleeping
<i>Monday</i>	Arrival day and check into hotel <i>Arrival dinner</i>		Ciudad Colon
<i>Tuesday</i>	<p>UN-mandated University for Peace</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</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.</p> <p>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>	Ciudad Colon
<i>Wednesday</i>	<p>UNESCO Costa Rica</p> <p>We will hear from a specialist from UNESCO in Costa Rica to learn about their mission to promote education as a fundamental human right through a variety of programs.</p> <p><i>LUNCH at UPEACE</i></p>	<p>The Truth about Plastic</p> <p>Alonso Muñoz, Coordinator of UPEACE's program on Responsible Management, started and ran what has proved to be an amazingly successful campaign to reduce the use of plastics in Costa Rica. He'll both share with us his important findings, and walk us through the process of starting a national campaign aimed at changing behavior.</p> <p>Los Maes de la Esquina</p> <p>La Esquina is a social enterprise that was set up to provide employment and coaching to high-risk youth from the La Carpio neighborhood that we'll visit in week 2. Young men are taught to print tee-shirts, and in exchange must commit to regular drug-testing and leaving local gangs.</p>	Ciudad Colon

<p><i>Thursday</i></p>	<p>Tarcoles 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><i>LUNCH at Tarcoles</i></p>	<p>Drive to Manuel Antonio</p> <p><i>Check into hotel in Manuel Antonio.</i></p>	<p>Manuel Antonio</p>
<p><i>Friday</i></p>	<p>Guided tour of Manuel Antonio National Park 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>Free afternoon to lounge on the beach, arrange tours, or relax in any other way you like.</p>	<p>Manuel Antonio</p>
<p><i>Saturday</i></p>	<p>Villa Vanilla Spice Farm The Villa Vanilla Spice Plantation is set 10 miles east of Quepos and includes 27 acres of agricultural production and 125 acres of primary and secondary rainforest. The plantation grows vanilla, true Ceylon cinnamon, cocoa, black pepper, allspice, turmeric, and a variety of exotic fruits and medicinal plants. While there, we'll see how the spices are dried, we'll do an easy walk and we'll enjoy a 'flavors of the world' of gourmet spice treats made on the farm. Bring cash if you would like to take home goodies!</p> <p><i>LUNCH at Rainforest Spices</i></p>	<p>Drive to CoopeSilencio. – 45 min We'll take the afternoon to settle into the accommodations at Coopesilencio and get introduced to the volunteer coordinator, Juan Carlos. Students can spend time by the pool or explore the community if they wish. This will be a relatively relaxing afternoon, in preparation for a busy next day!</p> <p>We will receive a welcome dinner that will feature a typical dance performance by the local community.</p> <p><i>DINNER at Coopesilencio</i></p>	<p>CoopeSilencio</p>
<p><i>Sunday</i></p>	<p>CoopeSilencio We'll visit a rural tourism cooperative called CoopeSilencio. We'll receive a tour of the community, and also learn about reforestation and farming efforts at the cooperative. http://coopesilencio.blogspot.com/p/about-el-silencio.html</p> <p><i>LUNCH and DINNER at CoopeSilencio</i></p>		<p>CoopeSilencio</p>

<p><i>Monday</i></p>	<p><i>Return to San Jose – approximately 3.5 hours</i></p> <p><i>LUNCH at Boy With a Ball</i></p>	<p>Field Visit: Boy with a Ball www.boywithaball.com</p> <p>We will meet with the Director of this organization to get an overview of the organization and its global scope. We will then do a ‘walk-about’ in the community, and learn about their educational programs. Finally, we’ll visit a small enterprise fighting to take root in this low-income neighborhood.</p>	<p>Ciudad Colon</p>
<p><i>Tuesday</i></p>	<p>Land of the Strays Territorio de los Zaguates (Land of the Strays) takes in unwanted, stray dogs from around Costa Rica and allows them to roam free, offering food and medical help. The organization runs fully on donations. We’ll take a walk with approximately 500 dogs and hear from the director. Come ready to get dirty!</p> <p><i>LUNCH at UPEACE</i></p>	<p>UPEACE Lecture 2:30pm – 4:30pm</p> <p>Class with Professor Olivia Sylvester on indigenous rights in Costa Rica, with an emphasis on gender. Olivia is a professor in the Department of Environment and Development at the University for Peace, and did her doctoral research on indigenous populations in the country.</p>	<p>Ciudad Colon</p>
<p><i>Wednesday</i></p>	<p>The Costa Rican Humanitarian Foundation (CRHF) is a non-profit organization committed to developing creative and economical solutions to a wide range of social problems in Costa Rica. The CRHF provides opportunities to exchange friendship, goods, services, and financial resources for critical needs among different cultures, socio-economic classes, and language groups. The organization is based in a low-income, principally immigrant neighborhood, and we’ll learn about Nicaraguan immigration to Costa Rica. The day spent at the CRHF will include a service learning component.</p> <p>http://www.crhf.org/index.html</p> <p><i>LUNCH at CRHF</i></p>		<p>Ciudad Colon</p>
<p><i>Thursday</i></p>	<p>Restorative Justice with Miguel Tello (at UPEACE old SL) 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><i>LUNCH at UPEACE</i></p>	<p>Using Leadership Circles with Miguel Tello (at UPEACE old SL) 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 educational leadership.</p>	<p>Ciudad Colon</p>

<i>Friday</i>	<p>Espiritu Santo Coffee Estates Espiritu Santo produces high quality coffees under different social and environmental certification systems. We will have tour of the coffee plantation and learn about coffee production.</p> <p><i>LUNCH at Espiritu Santo</i></p>	<p>Visit 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'll walk through the city and give students some free time explore.</p> <p><i>Final group dinner</i></p>	Ciudad Colon
<i>Saturday</i>	Depart to return home		