



# HEALTH CARE IN COSTA RICA

## TWELVE-DAY FIELD EXPERIENCE IN COSTA RICA

Costa Rica's health system is ranked as one of the best in Latin America. Its long-term commitment to universal health care since the 1960s, strong primary care, efficiently integrated public-private provision, and use of technology to modernize the system are just some of the health system's unique features.

During your stay in Costa Rica, you will gain an understanding of the intricacies of Costa Rica's health system through site visits, lectures on relevant topics related to the work at health care facilities to be visited, and shadowing opportunities in primary health care, physical therapy, mental health, or general medicine, while experiencing Costa Rica's language and culture.

### **Program Highlights**

- Twenty-four hours of shadowing at local health care centers
- Visits to Costa Rican national health care system clinics and institutions
- Weekend volcano excursions
- Cultural engagement through homestays with local families and activities





# ITINERARY

## Health Care in Costa Rica

### WEEK 1

#### Monday, June 14th:

Arrival and move in into homestay.

#### Tuesday, June 15th:

Overview of Healthcare System of Costa Rica and Introduction to Hospital Clínica Bíblica, Visit shadowing locations at different health centers.

#### Wednesday, June 16th:

Morning lecture, Afternoon shadowing experience at health care center (\*primary health care, physical therapy, mental health, or general medicine).

#### Thursday, June 17th:

Guided Visit EBAIS\*: public-private health care facility, Afternoon shadowing at health care center.\*

#### Friday, June 18th:

Cultural Activity: City tour, Afternoon shadowing experience at health care center.\*

#### Saturday, June 19th:

Guided visit to health referral system in urban and rural settings (Alajuela and Grecia) Travel to La Fortuna and Arenal Volcano. Stay at local hotel and meals.





# ITINERARY

## Health Care in Costa Rica

### WEEK 2

#### Sunday, June 20th:

Enjoy evening at thermal springs, Hike at Arenal 1968 Volcano View and Lava Trails, Travel back to San José - Dinner at homestay.

#### Monday, June 21st:

Morning lecture, Afternoon shadowing experience at health care center.\*

#### Tuesday, June 22nd:

Guided visit to Second Level and Third Level of Care Clinics, Afternoon shadowing experience at health care center.\*

#### Wednesday, June 23rd:

Morning lecture, Afternoon shadowing experience at health care center.\*

#### Thursday, June 24th:

Guided Visit to Ministry of Health and Children's Hospital, Wrap up and farewell dinner.

#### Friday, June 25th:

Transport to Airport for return to the US.

