



Practical Approaches to Sustainability

TWELVE-DAY FIELD EXPERIENCE IN COSTA RICA

Costa Rica is today a reference in the fields of conservation and sustainability, with a system of protected areas that covers a third of the land, decades of experience in ecotourism, and an energy system mostly based on renewable resources. Over the last 50 years, has become one of the first in the world to reverse the deforestation.

As an optional component of ICDS' online courses on sustainability, we have also designed a fascinating field experience at Finca La Flor in Costa Rica, where students will be able to learn and share the life of a sustainable agro-ecological community. This experiential program will provide students with valuable knowledge and tools for action to help them face the challenge of sustainable living.

Program

Highlights

- Rural vegetarian food prepared with farm produce
- Daily work on ongoing farm projects alongside local farm staff
- Living on agroecological farm Finca La Flor
- Cultural engagement through homestays with local families and activities





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WEEK 1

Monday, June 14th:

Arrival and transport to Finca La Flor, Cartago.

Tuesday, June 15th:

Introduction and tour of La Finca Flor, practical work on vegetable garden, History and evolution of agriculture. Concept of food security - individual project selection.

Wednesday, June 16th:

La Flor farming systems - work on soil preparation, organic fertilizer, seed selection, seedlings, permaculture, agroecology, agroforestry, and agricultural systems - definitions and applied exercises. Individual projects,

Thursday, June 17th:

Visit and hike at Tapantí National Park with lunch at La Casona del Cafetal.

Friday, June 18th:

Morning practical work on animal husbandry (goats, chickens), Afternoon The role of biodiversity in agriculture and food security - group exercise and work on individual project.

Saturday, June 19th:

Nutrition and health: students will organize and prepare dinner for La Flor residents based on farm products. Afternoon debate about food and health.





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WEEK 2

Sunday, June 20th:

Visit to Irazú Volcano National Park with lunch at restaurant in Capellades.

Monday, June 21st:

Morning Work on medicinal plants garden, Afternoon agriculture for non-edible purposes (construction, clothing, medicine). Work on project presentation.

Tuesday, June 22nd:

Visit forest, practical work and concept of forest rehabilitation, Afternoon Class debate on Green revolution, agrochemicals, and GMOs.

Wednesday, June 23rd:

Morning Students projects presentation, Afternoon The Costa Rican experience (the shift towards sustainable development) and course evaluation.

Thursday, June 24th:

Transport to San Jose, guided city tour, and free time to explore downtown, farewell dinner and lodging.

Friday, June 25th:

Transport to Airport for return to the US.

