

CUSTOMIZED PROGRAMS

OFFERED BY INTERNATIONAL CENTER FOR DEVELOPMENT STUDIES (ICDS)



WHO WE ARE

With over twenty years of work in international education, the International Center for Development Studies (ICDS) offers custom programs tailor-made to fit the goals and needs of colleges, universities, or other academic organizations abroad. The programs include undergraduate and graduate levels, as well as gap year experiences, and programs for special interest groups.

ICDS' customized programs are intended for participating students and faculty to learn about diverse aspects of the country's development process in a way that aligns with their college requirements and field of study, all while experiencing Costa Rica's language, culture, and hospitality.

The academic component of the programs is complemented by site visits to relevant organizations in accordance with the topics being explored throughout each program. Students are provided the opportunity to immerse themselves into their local community through service-learning.

AREAS OF EXPERTISE

Health

Sustainability

Environment

Spanish

Human Rights

International

Relations

*Course offerings in
English or Spanish*





WHY EDUCATION ABROAD

Take advantage of ICDS' experience, its extensive network of local affiliate organizations, and the expertise of its dedicated staff and faculty, working with them to shape the curriculum, and experiential learning opportunities such as community service, field experiences, and eco-adventure(s) into everything that you want your students' experience to be.

Customized and faculty-led programs are flexible and designed around the specific requirements laid out by each individual school, organization, or faculty member. ICDS custom programs can be designed to fit any length of time and budget.

“

The ICDS team helped me create a program that exactly fit my vision and the needs of my students, while ensuring that we had experiences that will last a lifetime...

Their warmth, expertise, flexibility, creativity, and professionalism made the entire process of providing my students with a meaningful and life-changing experience possible."

DR. ELIZABETH ROBINSON
SUFFOLK UNIVERSITY 2020



WHAT WE DO FOR YOU

ICDS customized programs give students the opportunity to explore diverse topics based on the needs and requirements of their home universities, while experiencing Costa Rica's natural richness and culture through eco-adventures, cultural activities such as Latin dance, and discovering downtown San José's cultural spots, parks, and food markets.



PROGRAM SERVICES

- Pre-departure assistance
- Airport pick-up and drop-off
- Planning and coordination of relevant site visits
- Transportation to all sites visited during the program
- Homestay placement or lodging coordination
- On-site cultural and safety orientation
- Ongoing cultural orientation services
- Access to modern classroom facilities and campus student services

ECO-ADVENTURES

- Coffee production by smallholder women farmers & renewable energy in Costa Rica: Los Santos
- Agro-ecological small farm, forest protection, community engagement, and lifestyle in harmony with nature
- Hike at Tapanti National Park
- Water sources, hydroelectrical dams, sustainable tourism, sustainable fishing
- The Water Route: travel from the Central Valley to the Central Pacific following the Tarcoles river watershed
- Explore Arenal Volcano 1968 Lava Trails hike, Hanging Bridges Park, hot springs



By traveling to distinct regions of the country, our programs facilitate a deeper appreciation for Costa Rica's natural richness and culture.



BUILD YOUR OWN

Customized program with ICDS



Options Menu

YOU CHOOSE:

PROGRAM FORMAT & DURATION

- Faculty-led program
- Experiential Program as part of an ongoing course (at home university)
- Custom Program with lectures or courses taught by ICDS' faculty

EXPERIENTIAL LEARNING ACTIVITIES

- Scheduling of optional guest lecturers, seminars, workshops
- Field study trips and excursions
- Site visits complementary to courses or lectures, including industry-specific locations
- Community engagement in urban and rural locations
- Cultural immersion activities

ACADEMIC FOCUSES

- **Public Health & Health Care**
- **Sustainability:** Agroecological sustainability practices and food security
- **Environment**
 - Biodiversity and conservation
 - Climate change
 - Water and wetlands
- **Social Justice**
 - Human rights
 - Democracy and development
 - Women and inclusive development
- **Business and Sustainable Development**
 - Corporate Social Responsibility
 - Public-private partnerships for development
 - Ecotourism and local development
- **Spanish Language & Culture**
 - Costa Rican culture and gastronomy
 - Spanish and community engagement
- **TESOL Practicum**

HEALTH CARE IN COSTA RICA

12-DAY PRACTICAL FIELD EXPERIENCE IN COSTA RICA



DAY 1 & 2

- Arrival day and move into homestay or alternate accommodations. Day 2: In the morning, students receive an overview of the Healthcare System of Costa Rica and tour of the Hospital Clínica Bíblica. In the afternoon, students will visit shadowing locations at different health centers.



DAY 3

- Students participate in a morning lecture, and in the afternoon engage in a shadowing experience at health care center (*primary health care, physical therapy, mental health, or general medicine).



DAY 4

- In the morning, students go on a guided visit of a local EBAIS (which is health care facility that is part of the Costa Rica's public-private mixed health system), and in the afternoon, take part in shadowing at health care center.*



DAY 5

- A morning to explore San José, to see the cultural spots and parks, boulevards, coffee shops, and its Central Markets to get a taste of what Costa Ricans eat, do and love, followed by an afternoon shadowing experience at health care center.*



DAY 6

- After a guided visit to health referral system in urban and rural settings, students will travel to a small mountain town with breathtaking views of a near-by volcano. Relax at a local hotel while enjoying the scenery.



HEALTH CARE IN COSTA RICA

12-DAY PRACTICAL FIELD EXPERIENCE IN COSTA RICA



DAY 7

- Take the morning to enjoy time at thermal springs, and hiking around the volcano. In the afternoon, travel back to San José and have dinner at homestay.



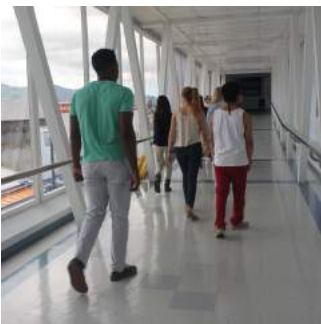
DAY 8

- Students participate in a morning lecture, and in the afternoon students engage in a shadowing experience at health care center (*primary health care, physical therapy, mental health, or general medicine).



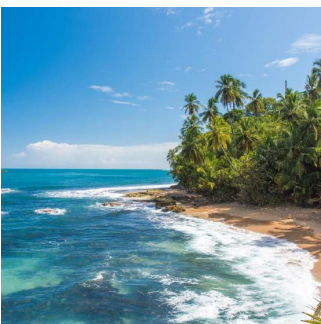
DAY 9

- In the morning, students receive a guided visit to the second level and third level of care clinics, and in the afternoon students engage in a shadowing experience at health care center.*



DAY 10

- Students participate in a morning lecture, and in the afternoon students engage in a shadowing experience at health care center (*primary health care, physical therapy, mental health, or general medicine).



DAY 11 & 12

- In the morning, participate in a guided visit to the Ministry of Health and Children's Hospital and in the afternoon there will be a program wrap up and farewell dinner. Transport to Airport for return to the US.



PRACTICAL APPROACHES TO SUSTAINABILITY

12-DAY PRACTICAL FIELD EXPERIENCE IN COSTA RICA



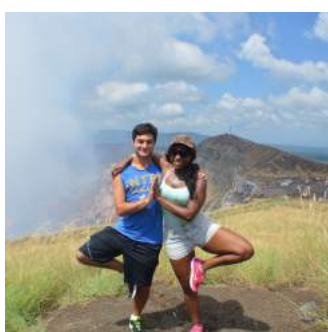
DAY 1 & 2

- Arrival to Costa Rica and transport to agro-ecological farm, Introduction and tour of the farm, practical work on vegetable garden, History and evolution of agriculture. Concept of food security - individual project selection. Enjoy yoga, meditation, cultural activities in the evening.



DAY 3

- Explore farming systems - work on soil preparation, organic fertilizer, seed selection, seedlings, permaculture, agroecology, agroforestry, and agricultural systems. Later, students may focus on individual projects and enjoy yoga, meditation, cultural activities in the evening.



DAY 4

- Explore and hike rivers and trails at some of Costa Rica's National Parks that are a bit further off the beaten path, nestled in the mountains of the central valley. Enjoy yoga, meditation, cultural activities in the evening.



DAY 5

- Morning practical work on animal husbandry (goats, chickens), In the afternoon, explore the role of biodiversity in agriculture and food security - group exercise and work on individual project. Enjoy yoga, meditation, cultural activities in the evening.



DAY 6

- Day 6 focuses on nutrition and health: students will organize and prepare dinner for farm residents based on current and seasonal farm products. In the afternoon, students will engage in critical debate about food and health.



PRACTICAL APPROACHES TO SUSTAINABILITY

12-DAY PRACTICAL FIELD EXPERIENCE IN COSTA RICA



DAY 7

- Discover Costa Rica's volcanoes and breathtaking views at a national park on the outskirts of the central valley.



DAY 8

- Morning work in medicinal plant garden, and in the afternoon agriculture for non-edible purposes (construction, clothing, medicine). Enjoy yoga, meditation, cultural activities in the evening.



DAY 9

- Visit a near-by forest in the morning, and get your hands dirty with practical work while exploring the concept of forest rehabilitation. In the afternoon, debate on Green revolution, agrochemicals, and GMOs.



DAY 10

- Students' project presentation during the morning, and in the afternoon deep-dive into the Costa Rican experience (the shift towards sustainable development), finishing with course evaluation.



DAY 11 & 12

- Day in San José to see the capital's cultural spots and parks, boulevards, coffee shops, and its Central Markets to get a taste of what Costa Ricans eat, do and love. Lunch at the Central Market. Transport to Airport for return to the US.



FOOD AND CULTURE IN COSTA RICA

8-DAY PRACTICAL FIELD EXPERIENCE



DAY 1 & 2

- Arrival to San José. Discover Costa Rica's volcanoes and breathtaking views at a national park. Tour a local farm to learn about organic agriculture, production and sustainable practices, farmers' markets, intuitive eating, and traditional and modern cuisine.



DAY 3

- Day in San José to see the capital's cultural spots and parks, boulevards, coffee shops, and its Central Markets to get a taste of what Costa Ricans eat, do and love. Lunch at the Central Market and a visit one of the museums downtown.



DAY 4

- Experience a wonderful edible garden with unique flavors, fragrances, and colors. Pick exotic seasonal fruit and evergreens that you will never forget. Plant a tree for future generations and take a hike down the waterfall path.



DAY 5

- Visit international coffee farm and global research and development hub. Coffee experience with a non-profit social enterprise working in Costa Rica's Los Santos region, dedicated health, and general support for smallholder women coffee farmers.



DAY 6

- On a two-day gastronomic tour, experience port cities on the Pacific, and the local gastronomic traditions, culture, products and recipes. Enjoy a relaxing overnight at the beach. Visit a fishing cooperative focused on sustainable fishing methods, conservation of the local ecosystem and economy.



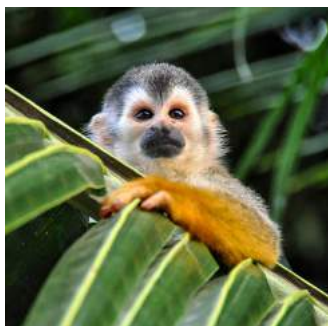
DAY 7 & 8

- Farewell Dinner at a restaurant specializing in indigenous gastronomy and culture, with 85% of their products provided by indigenous communities. Depart to the US.



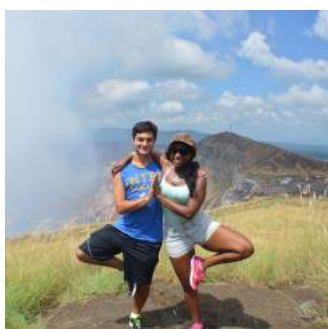
SOCIAL ENTREPRENEURSHIP AND SUSTAINABILITY

10-DAY PRACTICAL FIELD EXPERIENCE



DAY 1

- Arrival in San José, airport pick up and transfer to hotel. Welcome dinner & overnight stay at hotel in San José



DAY 2

- Travel to the Central Caribbean to a Rainforest nature reserve and eco-adventure park. Learn about the socioeconomic and environmental background of the location, local business plans and challenges overcome. At night, explore the bat conservation project.



DAY 3

- Visit mountain community for a rural educational experience learning about sustainable growing methods, local dairy farm production, prepare Costa Rican snacks with fresh ingredients picked by your group, and interact with locals + research team.



DAY 4

- Travel to San Marcos de Tarrazú to begin exploring the coffee sector of Costa Rica. Coffee tasting, hands-on experience at the farm, learn about processing methods, discuss challenges in production, particularly for small businesses owned by women.



DAY 5

- A specific case study/challenge will be presented by the local team in charge, and the design thinking approach (empathy, ideation, prototype, presentation) will be used for students to work on in groups throughout the day.

SOCIAL ENTREPRENEURSHIP AND SUSTAINABILITY

10-DAY PRACTICAL FIELD EXPERIENCE



DAY 6

- Travel back to San José and take the afternoon to relax. Introduction to Fundación ALIARSE: context info on managerial system of public-private partnerships and current projects.



DAY 7

- Visit some of the stakeholders involved in the process of decarbonization of the Costa Rican economy. Site visits will include presentation of case related to current issue/project and will give students time for brainstorming for ideas or solutions.



DAY 8

- Site visits to sector-specific locations working in the areas of recycling, health, and others. Some examples of possible visits are: Costa Rica Social Security System (CCSS), Coca Cola Co.: Recycling & water.



DAY 9

- Adventure a volcano at a national park and visit local strawberry farm and restaurant. Afternoon time to explore San José on your own, getting an idea of the country's capital city; streets, food, culture and shops. Farewell dinner!



DAY 10

- Pick up at hotel & transfer to airport. Depart Costa Rica.



WANT MORE INFO?

WE LOOK FORWARD TO
CONNECTING WITH YOU SOON TO
START BUILDING YOUR
CUSTOMIZED PROGRAM

info@icdscostarica.com



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