



PROGRAM ITINERARY

► **Wednesday, May 18, 2011**

Departure on an international flight to Costa Rica. Arrival in San Jose where you are met by a Cultural Studies Abroad representative. Transfer by private coach to Universidad Nacional Autonoma in **Heredia**.

► **Thursday, May 19 – Friday, June 20, 2011**

Orientation at Universidad Nacional Autonoma (UNA)

► **Saturday, May 21, 2011**

Departure from Heredia for a half day tour of the Costa Rican capital- San Jose. Highlights include the **Gold Museum**, and the **National Theater**. A typical Costa Rican lunch is included!

► **Sunday, May 22, 2011**

Free day with host family

► **Monday, May 23 – Friday, May 27, 2011**

Spanish language classes at UNA and activities in Heredia arranged by UNA/ LC faculty

► **Saturday, May 28, 2011**

Early morning departure from the Universidad Nacional (approx. 6:15 am) to the famous **Pacuare River**, listed in "Outdoor Magazine" as one of the top ten rivers in the world on which to white water raft. What has earned the Pacuare River this acclaim is its eighteen miles of class III and class IV rapids and some of the most breathtaking scenery in all of Costa Rica.



PROGRAM OVERVIEW

This program will provide students the opportunity to **Improve their Spanish language skills and complete their foreign language requirement** while experiencing the vibrant culture of Costa Rica. Students will take classes taught by Dr. Georg Schwarzmann at the Universidad Nacional Autónoma de Costa Rica (UNA) in Heredia. Students will live with host families to maximize language practice and the cultural experience. Excursions will include visits to points of interest in San Jose, a weekend on the Caribbean coast, and a visit to the Costa Rican cloud forests.

The World is Your Classroom

You will enjoy the thrill of the rapids, as well as the natural beauty that surrounds the river such as cascading waterfalls and a variety of tropical flora and fauna. We provide experienced, specialized rafting guides, top of the line equipment, and a day full of safe and exciting adventures on the Rio Pacuare.

Before entering the river, our guides give an important safety talk, familiarizing rafters with the necessary commands and safety instructions that you will need on the river. After practicing all of the commands and drills you will start rafting the river. Halfway through the tour we stop at our camp that is located on a hillside in a bend of the river so you have a tremendous view of the Pacuare and the surrounding mountains along with lunch. After, you continue your adventure down the river, braving more rapids and taking in the awesome surroundings. The tour stops when you reach a bridge in the town of **Siquirres**.

What to bring: T-shirt, swimsuit, shorts, sneakers, or sandals with ankle straps (no flip-flops), and sun block. Extra clothes and towel will be needed at the end of the tour. No previous experience is necessary. Return to Heredia.

► **Sunday, May 29, 2011**

Free day with host family

► **Monday, May 30 – Thursday, June 2, 2011**

Spanish language classes at UNA and activities in Heredia arranged by UNA/ LC faculty

PROGRAM ITINERARY CONTINUED

► **Friday, June 3, 2011**

Morning departure from Heredia for the fascinating Caribbean coast and the area of Cahuita. Boasting an interesting Afro-Caribbean culture, and beautiful scenery and beaches, Cahuita is a wonderfully laid-back coastal town. Free afternoon and night. Dinner at the hotel.

Hotel: Ciudad Perdida Hotel located in Cahuita

Or: Suerre Caribe Hotel located in Punta Uva (nearby to Gandoca Manzanillo Refuge)

► **Saturday, June 4, 2011**

After breakfast discover the incredible beauty of Cahuita National Park. In a glass fiber boat, with licensed Captain and guide, you will be able to appreciate this unique environment. Snorkeling in Costa Rica's most important coral reef allows you to discover this underwater wonderland which boasts 35 different coral species, 123 species of fish 44 species of crustaceans, and 140 species of shellfish. Other species include sea urchins, sea cucumber, lobsters, sponges, hawksbill turtle and green turtle. After snorkeling, the boat's Captain will take you to Cahuita Point, where you can swim in the peaceful and warm water of the Caribbean Sea.

Later you have the option to enjoy the diversity of the forest on a hike in the National Park. The park is home to an impressive diversity of flora and fauna including monkeys, sloths, iguanas, colorful butterflies, birds, snakes, and more. Your guide will conduct a hike through the park, pointing out animals, medicinal plants, and telling you the interesting history of Cahuita Town. At the end of the tour enjoy a Caribbean Lunch at a local restaurant.

What to bring: hat or cap, sun block, insect repellent, sneakers or sandals, bathing suit, towel, and sun glasses.

► **Sunday, June 5, 2011**

Breakfast. Free morning, optional half day activities available (not included, extra charges will apply). Options include optional half day activities available (not included, extra charge). Options include a visit to an Indigenous Reserve, horseback riding, and zip-line sailing. Return to Heredia.

► **Monday, June 6 – Friday, June 10, 2011**

Spanish language classes at UNA and activities in Heredia arranged by UNA/LC faculty

► **Saturday, June 11 – Sunday 12, 2011**

Free time with host family

► **Monday, June 13 – Thursday, June 16, 2011**

Spanish language classes at UNA and activities in Heredia arranged by UNA/LC faculty

► **Friday, June 17, 2011 Departure to Monteverde Cloud Forest area.**

After checking in to your hotel you have lunch included, then experience a visit to the **Don Juan Coffee Plantation**. You have the opportunity to learn about how coffee is grown, processed and produced. Don Juan has a series of both modern and traditional tools and machines which are used to remove the many layers of the coffee fruit (yes the coffee bean comes within a fruit!). Throughout your tour you'll have a chance to learn fun facts about coffee including history and distribution as well as seeing the germination bed, drying yards, solar dryers and finally the roaster. Afterwards, you will have a chance to visit the Rainforest Café where a coffee tasting will be offered. Return to your hotel, with a stop in the interesting

town of **Santa Elena** en-route. Dinner in the hotel. Free night **Overnight: Poco a Poco Hotel, or similar.**

► **Saturday, June 18, 2011**

After breakfast you have an early morning departure to **Selvatura Park** where you discover the incredible environment of the cloud forest via a series of hanging walkways suspended above the forest. From this elevation one can easily observe a wide variety of plants, birds, and even insects that are only found in the upper elevations of the forest. The trail is nearly two miles long, and consists of eight suspended bridges with elevations ranging from 150 to 510 feet.

Later experience the cloud forest canopy from an entirely different perspective- the Zip-lines. The zip lines allow you to soar over the canopy through a series of 15 cables and 18 platforms. This is an exhilarating (and safe!) experience.

Return to Heredia after lunch (not included).

► **Sunday, June 19, 2011**

Free time with host family

► **Monday, June 20 – Friday June 24, 2011**

Spanish classes at UNA and activities in Heredia arranged by UNA/LC faculty

► **Saturday, June 25, 2011**

Free time with host family

► **Sunday, June 26, 2011**

Transfer to the airport for your return flight. Please note: there is currently an exit tax of \$26.00 per person which must be paid in cash at the airport. This is not included in the program fees.



PROGRAM COSTS

PROGRAM FEE:

Price based on 15 participants: \$2, 800

Lynchburg College tuition: \$1,200 – 6 credit hours with
Experiential Learning Grant

Lynchburg College International Programs Scholarship:
\$500 – applied to tuition fees

All costs are tentative pending final approval.

Program includes:

- All programming as listed above
- Services of a full-time Cultural Studies Abroad On-site Coordinator during excursions and airport transfers
- Accommodation in twin rooms during excursions; students will live with host families in single placements while in Heredia.
- Meals as listed above in addition to three meals provided per day by the students' host families
- All transportation as listed above
- Accident and sickness insurance
- Liability insurance

Program does not include:

- Passport and visa fees when applicable
- Drinks with lunches and dinners not included in the program
- Personal expenses including laundry, mini-bar charges and telephone calls
- Any other item not listed above
- Airport departure tax (currently \$26 must be paid at the airport in cash)

Please note that visits are subject to availability and the order may be changed.

Non-refundable \$250 deposit due by February 1, 2011

Final balance due by March 1, 2011

Make all checks payable to Lynchburg College

Faculty Leader



Dr. Georg Schwarzmann

Dr. George Schwarzmann teaches Spanish and German at Lynchburg College. He took students to Sevilla in 2006 on a study abroad program with Dr. Lunsford. Dr. Schwarzmann has travelled extensively in Latin America and has visited Costa Rica twice. His academic research focuses on 19th century Latin American literature, in particular on the Cuban poet José Martí.



For More Information:

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TERMS AND CONDITIONS

Accident & Sickness Insurance

Cultural Studies Abroad (CSA) includes full medical and accident insurance for every program participant. This coverage includes:

- \$50,000 Accident & Sickness Medical Expense (\$100.00 deductible)
- \$50,000 Emergency Medical Evacuation
- \$25,000 Accidental Death & Dismemberment
- \$10,000 Repatriation of Remains
- Bedside visitation by friend or relative – economy class airfare
- An international assistance center which is available to help 24•hours a day

Cultural Studies Abroad (CSA) is the agent for, certain carefully selected carriers, wholesalers and service companies, all of which are disclosed principals and independent contractors. CSA is not responsible for any negligent act or omission by any of these organizations, such as ship or flight delay, cancellations or prevention of the performance of any obligation its part to be performed including, but not limited to, any product sold by CSA resulting from seizures under local process, sanctions, quarantine restrictions, acts of governmental authority, strikes, work stoppages or labor disputes (whether resulting from disputes between carriers and employees, or between other parties), war or hazards incident to a state of war, fire, acts of god or nature including, without limitation, floods, earthquakes or weather conditions, mechanical difficulties, riots or civil commotions, or any other acts, matters of things, whether or not of a similar nature, beyond the control of CSA or its representative carriers, wholesalers and service companies.

Cultural Studies Abroad reserves the right to refuse service and /or terminate the participation of any program participant whose health or mental condition or physical infirmity impedes the operation of the program, or whose conduct is discourteous to others or incompatible with the best interests of the group. In case of removal, participant shall have no claim for refund of any kind for any portion of the program, used or unused.

Accommodations: Often, quoted hotels are not confirmed until the entire group has made the initial deposit. CSA reserves the right to change hotels, if necessary, within the same category. Changes in hotels do not warrant cancellation by participant without penalty. All rates are based on double occupancy unless otherwise specified. A limited number of single rooms will be available at a supplemental charge due at the time of final payment

Alterations to Published Itinerary: CSA reserves the right to alter, modify, or withdraw the itinerary of any program if air schedules and/or events beyond its control deem it necessary. Itinerary changes made by contractors abroad are beyond the control of CSA and should changes be made, the participant and CSA are bound accordingly.

Itinerary Deviations: Extensions after the program must be requested in writing to Cultural Studies Abroad as soon as possible but no later than 90 days prior to departure. A \$50.00 per person deviation fee will apply plus any supplemental airfare. Cultural Studies Abroad assumes no liability or responsibility for any participants deviating from the group program. Participants arriving and departing independently are responsible for their own transfers.

Not included in the cost of the program: Visa fees not specifically mentioned; passport and photos; items of a personal nature, such as laundry, telephone calls, beverages or items not covered in included meals; meals not included, optional excursions, excess baggage charges, luggage handling in U.S. at beginning and end of the program; expenses due to flight delays or other irregularities.

Program Price: Program prices are based on rates of exchange, land, and air tariffs as of the date of initial deposit and are subject to adjustment due to circumstances beyond the control of CSA, including lack of participation. Any adjustment to the price for these reasons is not grounds for withdrawal with full refund.

Air Transportation: Departures from the U.S. are on recognized scheduled air carriers utilizing special group fares. The specific airline, fare used, and itinerary is at the discretion of CSA and is not confirmed until the minimum group size has been met. Airline and schedules are subject to change at all times.

Cancellation: Cancellations will only be accepted in writing via email, or mail addressed to Lynchburg College and Cultural Studies Abroad, 1401 Jones Street, Suite 205, San Francisco, CA, 94109. The date the cancellation is received by CSA shall determine the cancellation date.

Standard Cancellation Fees: the standard cancellation fees apply as follows:

- Up to 90 days prior to departure, \$100.00 per person
- Between 90 and 61 days prior to departure, \$250.00 per person
- Between 60 and 31 days, 50% of the program price
- Between 30 days and day of departure, 100% of program price

