



Study in Costa Rica

HEALTH AND HUMAN SERVICES



CUSTOMIZED FACULTY-LED STUDY ABROAD

"AIFS allayed my fears and then surpassed my expectations. At the hospital, we participated in the simulation lab used for training medical students. It was the highlight of my trip. Without AIFS we would not have been able to meet our course objectives effectively."

Gretchen Ezaki, MSN, RN

Fresno City College Nursing Instructor - faculty for Nursing Program in Costa Rica

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STUDYING HEALTH & HUMAN SERVICES IN COSTA RICA



Academic integrity

With reliable travel arrangements a given, helping you meet your academic objectives is where AIFS excels. We seek to understand your specific academic goals and desired student learning outcomes so that we can help you collaboratively develop a program that meets your needs. Whether you are seeking to include a specific type of healthcare agency, or focus on a particular issue in Costa Rica, we will work with you to create a program that helps students examine the relevant questions and issues.



Experiential learning

Costa Rica has proven to be an ideal site for exploring public health issues, healthcare delivery models and current policy and practice. Site visits at public and private agencies with relevance to health and human services are a key component of our program model and fundamental to the experiential nature of our programming. Programs may include visits to local hospitals and clinics to learn about professional practice, diagnosis and treatment; a visit to a specialist residence for people with HIV; a visit to a sustainable organic farm to learn about the health benefits of bio-farming.



Collaborative

Whether you are starting from scratch or you already have a lot of ideas (maybe you have even led a program here before), we welcome working with you from wherever your starting point may be. If you are seeking to include academic visits that are difficult to arrange on your own, we will utilize our rich in-country programming experience to match your group with sites which we know and trust. Our goal is to work collaboratively to help meet your academic objectives and logistical needs.



YOUR VISION, AIFS EXPERTISE

AIFS Customized Faculty-Led Programs are formal arrangements with educational institutions which enable you to teach your course while we provide academic and logistical support, cultural activities, student services, classroom and housing facilities at a location abroad, plus student medical and fee refund insurance and over \$50M of liability coverage for your institution. This allows you to conduct your academic program at minimal expense and without the financial risk involved in making your own arrangements and commitments.

Over the last 50 years, the American Institute for Foreign Study (AIFS) has provided cultural exchange and international opportunities for more than 1.5 million participants. We were among the very first organizations to support U.S. faculty with options to teach their students abroad; we take pride in our decades-long history and experience with faculty-led programming.

"The excursions and visits were very well organized and provided valuable learning experiences combined with fun. It was a good balance and well suited to the students' academic disciplines."

Adrienne Richart, Director, Faculty - Led Study Abroad, San Diego State University - faculty for Health Program in Costa Rica

Below you will find an itinerary for a Health and Human Services Program based on our recommendations and past groups' highest-rated academic visits, sites and activities. Similar programs in Public Health/Global Health have also been conducted in Costa Rica, including some of the academic visits and cultural activities listed here. This will give you an idea of the variety of program features that AIFS can arrange and provide. 'Customized' means that you can include the features you want while tapping our expertise to create an itinerary that exactly meets your academic needs while being cost-conscious in the process. Our program fees are guaranteed in U.S. dollars so you need not worry about currency fluctuation.

AIFS arranges study abroad programs in locations all over the world and has run similar Health and Human Services programs in London. We are always open to new suggestions for program destinations - and can utilize our on-site staff and resources - so if you have your own ideas that you would like to discuss with us please let us know!



Costa Rica Health and Human Services Sample Itinerary

Day 1

Arrive in San José; AIFS Orientation and welcome walking tour; group dinner

Day 2

Morning guided tour of the city of San José with entrance to the Gold Museum. Visit to Clínica Villa Paz Rehabilitation Center with talk on addiction treatment and care

Day 3

Afternoon visit to Finca Los Warumos organic and sustainable farm to learn about the health and well-being benefits of bio-dynamic farming

Day 4

Visit to Universidad Hispanoamericana for talk on the Costa Rican healthcare system. Visit and demonstration at the UH simulation hospital and Nutrition Center

Day 5-7

Weekend excursion to Tortuguero National Park. 2-night lodge accommodation with meals and activities including tour of the canals, trails, garden, beach walk and visit to Pueblo de Tortuguero

Day 8

Visit to the School of Nursing and Hospital de Heredia (tertiary level) to meet with local professionals and learn about the medical profession in Costa Rica. Afternoon visit to local clinic (secondary level)

Day 9

Visit to ICOMET - Costa Rican Institution of Metabolism and Nutrition - to learn about its work in the field of nutritional health

Day 10

Observational visit in psychiatric hospital. Meet with professionals and learn about diagnosis, treatment and care of patients with mental health conditions

Day 11

Visit to CRHF - Costa Rican Humanitarian Foundation - to learn about their volunteer work in the community with vulnerable and at-risk women and children focusing on primary and preventive health care

Day 12

Class review and reflection

Day 13

Day trip to a coffee plantation and animal sanctuary. Farewell dinner

Day 14

Program ends. Depart accommodation and transfer to airport

WHAT'S INCLUDED

→ Academic components

- Site visits to a selection of health and human services agencies and organizations; can include but is not limited to those featured in the sample itinerary
- Guest speakers in the field of health and human services, including public agencies, health care delivery and the promotion of nutrition and public health
- Visits to museums and historical sites with particular relevance to health and human service-related sites
- Day trips outside of San José providing a broader perspective to enhance class learning
- Classroom space for faculty-led classes and discussions
- Unique cross-cultural experiences to provide depth to academic aims



"The experience opens horizons for the professional future of students who take part in the AIFS program. They come back with a larger outlook on what medicine can do with aspirations to work throughout the world rather than just the U.S. Some are now contemplating working for the World Health Organization and Doctors Without Borders based on this experience."

Pauline Hamel, Associate Clinical Professor, Department of Health Sciences, Comparative Health Care Systems and Communications, Northeastern University - faculty for Health and Human Services Program in London

**Contact an AIFS representative today
or visit www.AIFScustomized.com
for more info**

→ Logistical components

- Faculty participation costs included in student fee or separated out if you prefer
- Dedicated team of AIFS Student Services staff onsite with 24-hour emergency support
- Access to the AIFS student center in San José
- Student accommodation. Options include homestays with meals or tourist class hotels
- Cultural and group activities; dinners, tourist attractions such as Arenal Volcano, Monteverde Cloud Forest and Tortuguero National Park
- Student medical and program fee refund insurance policies, as outlined in the AIFS insurance brochure. Coverage includes \$100,000 accidental death payment plus 24-hour emergency care assistance during the program and repatriation in cases of verified emergency beyond the students' control
- \$51,000,000 liability insurance naming your college or university as co-insured
- AIFS can also arrange an optional group flight with a minimum of 10 passengers

→ AIFS commitment

For over 50 years our aim has been *to bring the world together* by enabling students to experience different cultures and societies. With this in mind our aim is for each student on our programs to:

- Explore, connect and engage with the host culture in a meaningful way
- Develop skills including leadership, teamwork, critical thinking and intercultural communication
- Gain a deeper understanding and awareness of the challenges facing the host country and its diverse communities
- Build relationships across different cultures, ethnicities and religions both within their student cohort and within their host country

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