

Justice, Sustainability and Peace in Costa Rica – Santa Monica College

Day and Them	Morning	Afternoon
Saturday, April 11	<p>Arrival and check into hotel.</p> <p><i>Group lunch at UPEACE</i></p>	<p>University for Peace</p> <ul style="list-style-type: none"> • Welcome and overview of the week • Introduction to Costa Rica and UPEACE • Goals for the program • Ice-breakers and introductory content on Costa Rica • Educating in a Fast-Changing World <p><i>Group dinner</i></p>
Sunday, April 12	<p>Nacientes Palmichal Nacientes uses the rural community tourism model for sustainable development. The organization protects an important watershed area that supplies drinking water to a large portion of San Jose. We'll hike up to a dairy farm where we can learn how cheese is made, milk cows, and learn about biodigestors and organic fertilizers.</p> <p><i>Group lunch at Nacientes Palmichal</i></p>	<p>Quittirissi Indigenous Reserve Quittirissi is located just outside of San Jose. We will learn about the traditions orally passed down through the generations, and then the family will share with us the age-old tradition of basket-weaving. After learning how materials are procured and prepared, each student will weave their own small coaster to take home. This visit will bring up questions of displacement, cultural shifts and loss of languages & traditions.</p> <p><i>Group dinner -- hotel or Meme Pajarito or Che Pizza</i></p>
Monday, April 13	<p>Inter-American Court of Human Rights Together with the Inter-American Commission on Human Rights, the Inter-American Court of Human Rights makes up the human rights protection system of the Organization of American States (OAS), which serves to uphold and promote basic rights and freedoms in the Americas. We will visit the court and learn about a case study in children's rights, global health, or other areas.</p> <p><i>Group lunch in San Jose</i></p>	<p>Chepe Cletas Walking Tour - Downtown San Jose Most of your time in Costa Rica will be spent outside of urban areas. The capital city of San Jose is the economic, cultural and political heart of the country. We will take a walking tour of the town and spend the afternoon in San Jose and visit local markets. Chepe Cletas works hard to revitalize the downtown area of the capital by changing people's perceptions and telling historical tales of the city.</p> <p><i>Group dinner – hotel or Meme Pajarito or Che Pizza</i></p>
Tuesday, April 14	<p>Drive to Manuel Antonio (about 3 hours total)</p> <p><i>Group lunch</i></p>	Crocodile Tour

Wednesday, April 15	Manuel Antonio National Park Manuel Antonio National Park is one of the most visited sites in Costa Rica, home to many species of birds, insects and mammals. We'll walk through the park, with luck seeing monkeys, sloths, raccoons and iguanas, and end up on a pristine beach where we can enjoy the sun and ocean. <i>Group lunch</i>	<i>Free afternoon</i> Students can choose to stay and lounge on the beach in Manuel Antonio National Park, or plan their own activities.
Thursday, April 16	Free Day in Manuel Antonio! Manuel Antonio is a major tourist destination in Costa Rica. Do a little research to see how you'd like to spend your day, but you can lounge on the public beach (with banana boating and parasailing!), go horseback riding, join a catamaran tour with snorkeling, or any number of other activities!	
Friday, April 17	Rainforest Spices Rainforest Spices (Villa Vanilla) is a sustainable farm started by an ex Peace Corps member from the US. The farm produces cacao, vanilla and other spices, focusing on local use and sustainable methodologies. We'll learn about sustainable agriculture, and even have a chance to sample some tasty goodies produced right there on the farm! <i>Group lunch leaving Manuel Antonio</i>	Return to San Jose (about 3 hours) <i>Closing group dinner!</i>
Saturday, April 18	Depart from San Jose International Airport	