



ICDS Short-term Summer Program Spanish and Sustainability Practices in Costa Rica: An Urban and Rural Experience

Join The International Center for Development Studies (ICDS) for our Spanish and Sustainability Practices in Costa Rica program! This program includes Spanish lessons in the capital city of San José and hands-on experiential learning on a rural Finca in Costa Rica.

Participants begin the program with three weeks in San José, where they have orientation and Spanish classes, as well as community service in urban locations. During this time, students live with a local Spanish-speaking family, thus having an opportunity to immerse themselves into the language and the culture before traveling to their Sustainable Practice site in rural Costa Rica.

The Sustainability Practices course is held on Finca La Flor in Cartago. The course includes recycling, forestry, medicinal plant gardening, permaculture, organic agriculture, forestry, clean energy and water management. Participants immerse themselves in the culture of rural Costa Rica by living on site at the local Finca. They also work alongside community members as part of La Flor's involvement in the community's development. During this time, participants use the Spanish they learned and continue to improve their language skills through Spanish Conversation sessions.

After completing the work on the farm, students travel to the central Pacific coast for a visit to a national park and a two-day relaxing stay on the beach to celebrate all their hard work. They return to San José to prepare for their departure for the US the next day.

Program Description

This special program, titled “Spanish and Sustainability Practices in Costa Rica: An Urban and Rural Experience,” consists in two courses, a thematic course, “*Sustainability Practices and Food Security in Rural Costa Rica*” –which combines theory with field work at the farm and consists in thirty (30) contact hours of applied theory, and sixty (60) hours of guided field work– and a sixty-hour *Spanish language* course. The two courses will grant a recommended total of six (6) credits for the program.

Concurrently with Spanish instruction, the language and cultural immersion is enhanced by the student's engagement in community work in urban (San José) and rural settings (Finca La Flor). The content of the experiential component during the time in San José is integrated into the language course in the form of reflective essays, journals, blogs, class discussions, debates, and presentations, all in Spanish.

To participate in this program, students are required to have completed at least **a year of college Spanish or its equivalent.**



SUMMER I 2019 PROGRAM DATES

PROGRAM ACTIVITY	DATE
Arrival in San José:	Sun., May 19, 2019
ICDS Orientation & placement:	Mon., May 20, 2019
Spanish course & urban community work experience in San José: <ul style="list-style-type: none"> • Spanish instruction (48 hrs.) • Community work (12 hrs.) 	Monday, May 20 - Friday, June 7, 2019
Transfer to Finca La Flor	Sun., June 9, 2019
Sustainability Practices Course & Experience at Finca La Flor: <ul style="list-style-type: none"> • Course and farm work (90 hours) • Spanish conversation (12 hrs.) • Yoga, cooking lessons, and Latin dance lessons • Field trips 	Sun., June 9 - Tues., June 25, 2019
Transfer to Central Pacific	Wed., June 26, 2019
Overnight stay at Punta Leona, Hotel & Beach Resort	June 26-27, 2019
Farewell Activity in San José	Fri., June 28, 2019
Departure for US:	Sat., June 29, 2019



SPANISH LANGUAGE CONTENT

Nivel Intermedio I allows students to acquire, in a short time, communicative skills to perform effectively, orally or in writing, in a Spanish speaking community.

Nivel Intermedio II is designed to improve communicative competencies in more complex situations by delving into more intricate grammatical structures and focusing on speaking, listening, writing, and reading abilities.

Nivel Avanzado I is aimed for students wishing to acquire a higher and more precise level of fluency in oral and written communication in Spanish. The course focuses on topics proposed by the students.

Nivel Avanzado II, Conversación avanzada, is intended for students with an advanced or higher level of proficiency and command of grammatical structures of the Spanish language. This course prepares students for discussing relevant topics of Hispano-American culture and provides them with the tools to perfect their reading and oral comprehension abilities.

ORGANIZATION OPTIONS FOR COMMUNITY WORK

❖ SAN JOSÉ

For a list of ICDS partner organizations where students may carry out their community work in an urban setting as part of this program, please see <http://www.icds.ac.cr/wp-content/uploads/2012/07/Revista-Experiencial-Learning-normal.pdf> :

❖ FINCA AGROECOLÓGICA LA FLOR

Finca La Flor is an agroecological farm located in the highlands of Costa Rica's Central Valley in the town of La Flor, approximately 1 1/2 hours to the East of San José, above the Orosi Valley near Paraíso in Cartago, Costa Rica. Its grounds include ten hectares of regenerated forest, botanical and medicinal gardens, domestic animals (goats, chickens, horses) and organic agriculture.

The farm is part of a larger effort involving neighbors of the local community and professionals working together to secure the sustainability of social and environmental projects in the area. Their efforts seek to fill the protection gap that exists between Costa Rica's extensive protected areas and communities experiencing "harsh environmental impacts from the contamination of rivers and ravines, gas emissions, inadequate management of solid and liquid wastes, deforestation, monoculture, extensive cattle ranching and an excessive use of agrochemicals in the fields of agriculture and cattle farming," including the community where the farm is located.

ADDITIONAL PROGRAM INCLUSIONS

- ❖ Homestay with two meals and laundry service
- ❖ Arrival/departure assistance and transfers from and to airport
- ❖ On-site orientation
- ❖ Excursions and day trips, transportation included
- ❖ Cultural activities
- ❖ Access to health services
- ❖ Transcripts



ICDS PROGRAM SERVICES

Arrival and Departure Assistance: Airport pick up & transfer to and from host family's home

Once students arrival information is received, ICDS coordinates and provides airport pick up and transportation from the airport to the host family's home upon arrival. Likewise, ICDS also arranges transfers to the airport for the students' departure at the end of the program.

Homestay Placement

Based on the information on ICDS' housing application form in regards to students' preferences or restrictions concerning lodging in homestays, ICDS' Homestay Coordinator selects appropriate host families to place participants with during the time spent in San José. ICDS informs students about the host family that they have been placed in approximately two weeks before the program's start with the arrival of the students. Students are expected to follow regulations set by both ICDS and the local family, in keeping with ICDS's guidelines and policies.

The modality of lodging on the farm is in rustic cabins with varied occupancy capacity, and it is arranged by the farm's administrative staff in consultation with ICDS.

Health Services

International students at ICDS are required to have their own health insurance with international coverage when coming to Costa Rica. While in San José and at the students' request, ICDS will help students obtain doctor's appointments at Hospital Clínica Bíblica, Costa Rica's largest private hospital, and will give assistance in terms of accompanying students to the doctor's or any other kind of support needed. Medical emergency services are provided through the local Costa Rican health care facilities and with the assistance of ICDS's staff members while on the farm. In all cases, the student is responsible to cover her/his medical expenses, directly through its medical insurance company, or by paying out of pocket with own credit/debit card and saving the bills to get reimbursements through her/his home country insurance upon her/his return.

Cultural Orientation & Follow up, Counseling Services, Student Welfare

ICDS's students benefit from the assistance of ICDS' Counselor and Student Welfare Coordinator, a professional psychologist who collaborates with ICDS providing support during their adaptation to the new culture, the family, and the community through various activities, including a beginning orientation session, and periodic follow-up sessions, as well as private counseling, when requested by individual students.

Transcripts

Within a month after the end of the program, ICDS and Universidad Latina de Costa Rica –ICDS' institutional partner in Costa Rica– will issue an official grade certification for each student, stating the courses taken, the grades obtained, and the credits recommended for each class. The document will be sent by postal and electronic mail to a specific person or office at the student's home university.