University of Kentucky NRES in Costa Rica

The ISA Custom Programs team is made up of thirteen full-time staff members, one of whom will manage the University of Kentucky program in Heredia. The ISA Custom Program Manager for your program is Lindsey Capps. Lindsey will serve as the primary contact for University of Kentucky faculty and staff throughout all phases of the program, especially during the pre-departure and post-program phases. While abroad, Lindsey will work closely with the overseas staff on site to troubleshoot any potential problems and manage the day-to-day program operation.

Minimum enrollment: 12 participants
Number of University of Kentucky faculty/staff leaders: 2

Arrival date at San José International Airport (SJO): July 23, 2018
Departure date from Daniel Oduber Quirós International Airport (LIR): August 6, 2018

Proposed Program Itinerary

The following itinerary is tentative and for planning purposes only. ISA will begin confirming the final program itinerary approximately four to six weeks prior to departure in close collaboration with University of Kentucky faculty and staff. Should unforeseen circumstances compromise the agreed upon program itinerary, the ISA overseas staff and ISA Austin will work closely with the University of Kentucky faculty and staff to identify appropriate alternatives.

Monday, July 23
Depart U.S. for San José International Airport (SJO)
Travel to Heredia
Check into Heredia Hotel Cibeles
Health & Safety Orientation
Night at Heredia Hotel Cibeles

Tuesday, July 24
7:30 am: Visit Irazu Volcano
OR Visit Mirador Los Quetzalez High-Elevation Paramo Forest
2:00 pm: Welcome Lunch
3:30 pm: Guest lecture: Sustainable Energy
*Breakfast and lunch included
Night at Heredia Hotel Cibeles

Wednesday, July 25
5:45 am: Check out of Heredia Hotel Cibeles
6:00 am: Travel to Tortuguero
Check into Laguna Tortuguero Lodge
Afternoon: Activities with course instructors
*All meals included
Night at Laguna Tortuguero Lodge

Thursday, July 26
8:30 am: Tortuguero National Park Tour on canals
Jaguar Trail guided by course instructors
Visit to Tortuguero Village
Visit botanical gardens at the hotel
Night: Sea Turtle Nesting Tour
*All meals included
Night at Laguna Tortuguero Lodge

Friday, July 27
8:30 am: Check out of Laguna Tortuguero Lodge
9:00 am: Travel to La Selva
Check into La Selva Biological Station
Afternoon: Activities with course instructors
*All meals included
Night at La Selva Biological Station

Saturday, July 28
9:00 am: Visit banana plantation
Guest Lecture at La Selva Biological Station
Afternoon: Activities with course instructors
*All meals included
Night at La Selva Biological Station

Sunday, July 29
8:00 am: Guided hike with La Selva naturalists
Afternoon: Activities with course instructors
*All meals included
Night at La Selva Biological Station

Monday, July 30
7:30 am: Check out of La Selva Biological Station
Morning: Travel to Arenal Volcano National Park
Hike led by course instructors
*Breakfast and dinner included
Night at Arenal Los Lagos Hotel

Tuesday, July 31
Boat Tour of Arenal Lake
OR Visit to Arenal Hydroelectric Power Plant
Travel to Monteverde
Check into Monteverde Biological Research Station
Afternoon: Activities with course instructors
*All meals included
Night at Monteverde Biological Research Station

Wednesday, August 1
Morning: Guided rainforest hike with Monteverde naturalists
Afternoon: Activities with course instructors
*All meals included
Night at Monteverde Biological Research Station

Thursday, August 2
8:20 am: Leave for coffee farm
9:00 am: Visit coffee farm (with lunch)
Afternoon: Presentation Tropical Science Center
Night hike with a naturalist guide
*All meals included
Night at Monteverde Biological Research Station

Friday, August 3
8:00 am: Check out of Monteverde Biological Research Station
11:00 am: Visit Bebedero Mangrove (Unguided boat tour with lunch included)
Travel to Cañas
Check into Hotel La Pacifica
Afternoon: Activities with course instructors
*Dinner (not included)
Night at Hotel La Pacifica

Saturday, August 4
8:00 am: Leave for Palo Verde National Park
9:00 am: Guest lecture by OTS staff at Palo Verde
*Breakfast included
Night at Hotel La Pacifica

Sunday, August 5
8:00 am: Leave for Lomas Barbudal Biological Reserve
Afternoon: Activities with course instructors
Farewell Dinner at Hotel La Pacifica
*Breakfast and dinner included
Night at Hotel La Pacifica

Monday, August 6
*Breakfast included
Check out of Hotel La Pacifica
Airport drop off at Daniel Oduber Quirós International Airport (LIR)
Return to U.S. or pursue independent travel

University of Kentucky in Heredia Custom Program Components Overview

PRE-DEPARTURE SUPPORT SERVICES

- A custom-designed promotional flyer and 25 color copies to market your program;
- ISA University Relations Regional Director to promote your program on campus and regionally;
- Customized admissions process including registration and online submission of required participant forms;
- Pre-departure orientation materials including an interactive, site-specific online orientation;
- Final pre-departure packet.

HEALTH & SAFETY SUPPORT

- Orientation meeting upon arrival to address cultural adjustment, health and safety, housing, academics, excursions and the program itinerary;
- International insurance for participants and faculty;
- Liability coverage for University of Kentucky for the duration of the program;
- Emergency support from U.S. and Heredia staff who will be on-call for the duration of the program.