

The background of the entire page is an aerial photograph of a tropical coastline. It shows a white sandy beach curving along a clear, turquoise ocean. The beach is bordered by a dense, lush green forest of tropical trees and palm trees. In the lower-left corner, there are white, stylized contour lines that overlap the dark blue banner.

COSTA RICA

SEMESTER OVERVIEW

WEEKLY ITINERARY

WEEK 1



CARIBBEAN COAST

Welcome to Costa Rica! Spend your first week exploring the Caribbean Coast with your new classmates! Have some fun in the sun!

Excursion: pineapple plantation, chocolate farm



WEEKS 2-4



CLOUD FOREST

Settle into campus — your home base for the semester! Begin your classes, meet your professors, and get to know Monteverde.

Excursion: Crandell Reserve, regenerative cattle farm



WEEK 5



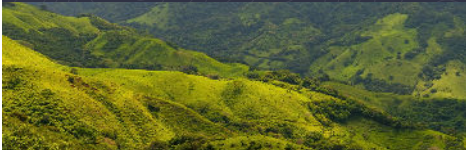
PACIFIC & HOT SPRINGS

Travel to the Gulf of Nicoya. Support mangrove restoration initiatives before heading to Miravalles Volcano for a soak in geothermal hot springs!

Excursion: mangrove restoration, geothermal hot springs



WEEK 6



FIELD STATION

Hike through the rainforest to San Gerardo Field Station. Attend discussions about amphibian recovery while overlooking the Arenal Volcano!

Excursion: San Gerardo Hike



WEEK 7



TRAVEL

Time for a week off for some independent travel. Explore Costa Rica and make the most of studying abroad!

Travel Ideas: La Fortuna & Arenal Volcano



WEEKS 8-10



HOMESTAY

Return to Monteverde and settle into your homestay — they'll be so excited to meet you! Spend the next three weeks living the 'Tico' life.

Excursion: Farm-to-table case study of Hotel Belmar



WEEKS 11-12



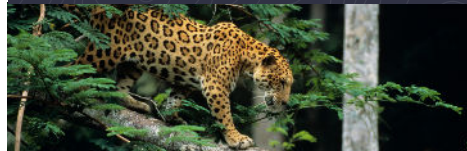
CLOUD FOREST

Learn about Monteverde's local economy through fieldwork with sustainable coffee farms and family-run businesses.

Excursion: pineapple plantation, chocolate farm



WEEK 13



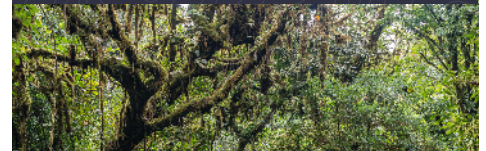
TRAVEL

Time for another week off! Explore more of Costa Rica like Osa Peninsula — one of Costa Rica's most wild and best protected regions!

Travel Ideas: Osa Peninsula



WEEKS 14-15



CLOUD FOREST

Finish up your adventure of a lifetime with Final Project presentations and celebrations with the local community. What a wild ride!

Excursion: celebration with the community



A WEEK IN THE LIFE

OVERVIEW

Don't just learn in the classroom — get in the field and learn by doing! Your days are typically spent with fieldwork in the mornings and class in the afternoons — subject to weather conditions!



MONDAY

Head into Crandell Reserve nestled within your 38-acre campus for some bird 'mist netting'. Gather biometric data on migratory species before learning about neotropical migratory patterns in afternoon classes. Relax in Santa Elena town before a fun night of trivia with your friends!

MORNING: FIELDWORK

AFTERNOON: CLASS

EVENING: TRIVIA NIGHT

TUESDAY

Learn about sustainable businesses by working with Monteverde's regenerative cattle farmers. Explore the connections between healthy ecosystems and economic development through debates during class. Relax by your cabins on a 45-acre family-run organic farm.

MORNING: FIELDWORK

AFTERNOON: CLASS

EVENING: FREE

WEDNESDAY

Set camera traps in the Cloud Forest Preserve to assist with wildlife monitoring and animal behavior research. Discuss ecosystem management within ecotourism initiatives in the afternoon. Track Monteverde's nocturnal species — like red-eyed tree frog — on a nightwalk.

MORNING: FIELDWORK

AFTERNOON: CLASS

EVENING: NIGHTWALK

THURSDAY

Visit organic coffee plantations to learn about our global economy in a local context. Conduct a supply chain analysis and spend the afternoon unpacking power structures within the modern world. Consider how you can apply ESG principles to your future career.

MORNING: FIELDWORK

AFTERNOON: CLASS

EVENING: FREE

FRIDAY

Take the day off to catch up on work, go on a local adventure, or take a long weekend to explore Costa Rica! There's so much adventure just around the corner. Go zip-lining, horseback riding, surfing and more — make the most of your study abroad experience!

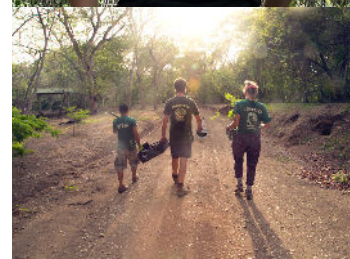
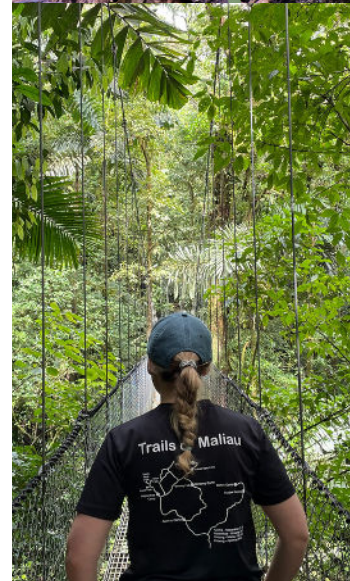
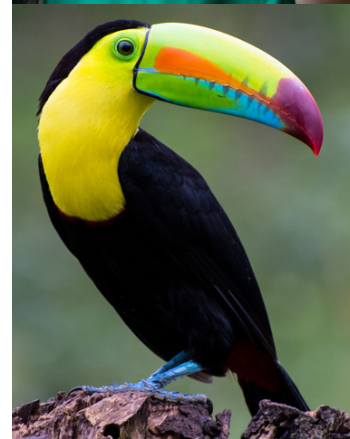
MORNING: FREE

AFTERNOON: FREE

EVENING: FREE

WEEKEND

Your weekends are free for you to explore, relax, and integrate with the local community. Stroll down to the local town, Santa Elena, for a Costa Rican coffee at one of its many cafes, play a game of soccer with local students, or walk the hanging bridges at Selvatura. Travel is part of your study abroad experience so we also encourage you to go further afield! There are 14 domestic airports dotting the country taking you wherever you want to go — from volcanoes to coastlines, it's your adventure!





PURA
VIDA!

REQUEST MORE INFO

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