



**STUDY
ABROAD
ASSOCIATION**



**PARKLAND
COLLEGE**

COSTA RICA

Focus: Agriculture

Length: 11 Days

Dates: December 12-22, 2025



YOUR PROGRAM ITINERARY

DAY 1 - DEPARTURE - Friday, December 12

Depart Home for San Jose', Costa Rica
Early Flight Recommended - Arrive in San Jose, Costa Rica

Lunch Break *(Included)*

Transfer to Juanilama *(approx.3 hours)*

Meeting with Host Families & Dinner
(included)

DAY 2 - JUANILAMA - Saturday, December 13

Breakfast & Day Briefing

Farm Tour - Yamilleth's Farm - *Today we are going to learn the concept farm to table. We will visit Yamilleth's farm; she and her family were one of the original settlers that move to Juanilama. They have been sharing their knowledge about farming generation after generation. We are going to have some fresh made chocolate, coffee, and sugarcane juice.*

Lunch Break at the Host Family *(Included)*

Juanilama Reserve - *A 19 hectare protected section of forest where we will be able to observe some of the flora and the fauna of the rainforest. At the end of the trail you will see a waterfall.*

Monkeys, poison dart frogs, toucans, parrots are some of the species typically found in the area.

Cooking Class & Dinner *(included)* - *After a full day of activities we will meet with our host families to enjoy a cooking class experience. Our host Moms are going to teach us how to prepare traditional dishes such as empanadas, tortillas, picadillo and other traditional and delicious Costa Rican dishes.*

DAY 3 - JUANILAMA/LA FORTUNA - Sunday, December 14

Breakfast & Day Briefing

Transfer to La Fortuna & Orientation

Walking Tour Upon Arrival - *The group will become oriented with their neighborhood, the public transportation systems, nearby pharmacies, markets, ATMs, etc.*

Free Time to walk around La Fortuna

Lunch at Arenal Hanging Bridges

Restaurant *(included)*

Arenal Hanging Bridges - *Experience the Tropical Rainforest from a different perspective, you are going to explore the forest from ground level to the treetops, trying to spot as much wildlife as possible. Your guide will explain along the walk about the interactions that occur between the flora & fauna.*

Check in at the Hotel & Rest

Dinner *(included)*





YOUR PROGRAM ITINERARY

DAY 4 - LA FORTUNA - Monday, December 15

Breakfast & Day Briefing

Escuela Técnica Agropecuaria Integral (ETAI)

- *Technical agricultural school located in Santa Clara, Costa Rica. It focuses on providing students with practical training and education in agricultural and livestock management, equipping them with the skills necessary for careers in the agricultural industry. The school emphasizes hands-on learning and sustainable practices, aiming to contribute to the local community and Costa Rica's agricultural sector. Upon arrival, we are going to be welcome and taken to explore the school, first to the academic area and then to the farm where all the action happens. We are going to have the opportunity to see the dairy cows, vermicompost and others.*

Lunch at ETAI (Included)

North Fields Coffee/Chocolate Farm - *North Fields Coffee & Chocolate Tour in Fortuna offers an immersive experience into the process of making high-quality coffee and chocolate. Visitors explore lush plantations, learning about the cultivation, harvesting, and processing of coffee beans and cacao. The tour includes tastings, where guests savor fresh coffee and artisan chocolate, while gaining insight into the rich history and sustainable practices behind both products. It's a perfect way to appreciate the flavors of Costa Rica in a scenic, educational setting.*

Dinner (Included)

DAY 5 - LA FORTUNA - Tuesday, December 16

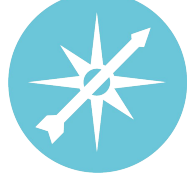
Breakfast & Day Briefing

Finca Luna Nueva & Sustainability Lecture and Development of La Fortuna and San Isidro Peñas Blancas - *Sustainable farm and eco-lodge located in the rainforest near La Fortuna, Costa Rica. Known for its commitment to organic farming, the farm grows a variety of tropical crops, including cacao, turmeric, and medicinal plants. Visitors can explore the lush surroundings through guided tours, learning about biodiversity, organic farming practices, and the farm's environmental efforts. Finca Luna Nueva offers a peaceful retreat, combining nature, wellness, and sustainability for an authentic Costa Rican experience. This sustainability talk provides an insightful look into Costa Rica's environmental efforts, focusing on the Country's Certification for Sustainable Tourism (CST) and the Blue Flag program, which promote eco-friendly practices. Participants will also learn about the development of the Peñas Blancas area and La Fortuna, exploring how local communities are working to balance growth with sustainability. The talk highlights efforts to preserve natural resources, promote eco-tourism, and support sustainable development for a better future for both the environment and the people.*

Lunch at Luna Nueva (Included)

Muelle Cattle Auction Visit TBC - *Prominent event in Costa Rica, specifically held in Muelle, a small town in the San Carlos region of the Alajuela province. It serves as a major cattle auction where farmers, ranchers, and traders gather to buy and sell livestock, particularly cattle. The event plays a significant role in the local agricultural economy, as the San Carlos region is known for its cattle farming.*

Hot Springs & Dinner (included)



YOUR PROGRAM ITINERARY

DAY 6 - LA FORTUNA - Wednesday, December 17

Breakfast & Day Briefing

Travel to Tenorio Volcano National Park -

(approx. 1h30) Located in the northern part of Costa Rica, is renowned for its stunning natural beauty and diverse ecosystems. The park is centered around the active Tenorio Volcano and features lush rainforests, hot springs, and the famous Río Celeste. The river's striking turquoise-blue color, caused by a natural chemical reaction, is a major attraction. Visitors can explore hiking trails, waterfalls, and enjoy birdwatching in this biodiverse area. The park offers a unique experience for nature lovers, with its vibrant landscapes and rich wildlife.

Lunch at Maleku Indigenous Village *(included)*

The Maleku are an indigenous group located in the northern part of Costa Rica, mainly in the Alajuela province near the Tenorio and Arenal volcanoes. They are one of the smallest indigenous communities in the country. They speak the Maleku language, which belongs to the Chibchan language family, although the language is critically endangered, and many speak Spanish. Their worldview is deeply connected to nature, performing rituals to honor the spirits of the land. Traditionally, they were farmers, growing maize, beans, and plantains, but today many are involved in ecotourism, highlighting their cultural heritage. They are known for their handicrafts, especially wood carvings and textiles. Our visit it is going to be hosted by a community member who is going to explain us more about their wonderful culture. An art class is going to be part of the visit.

Dinner *(included)*

DAY 7 - PUERTO VIEJO TALAMANCA - Thursday, December 18

Breakfast & Day Briefing

Transfer *(approx 1 hour)*

Best Pineapple Tour / Montelirio - Pineapple cultivation is a significant agricultural industry in Costa Rica, where the climate and fertile soil provide ideal conditions for growing this tropical fruit. The country is one of the world's largest exporters of pineapples, particularly to the United States and Europe. Costa Rican pineapples are known for their high quality, and the main varieties grown include the "Golden" and "Red Spanish" types. The crop thrives in the regions of Guanacaste, Alajuela, and the Caribbean lowlands, where it is produced year-round. Pineapple farming plays a crucial role in the economy, providing jobs and contributing to the nation's agricultural exports. Upon arrival to Montelirio, we are going to be welcomed by a local farmer that in a very dynamic and interactive way is going to explain to us how to grow pineapple organically. And for sure we are going to eat a lot of them during the tour.

Lunch at Palmitour *(included)*

Palmitour - A very authentic experience with a local family that has been working on their Heart of Palm farm for over 20 years. First we will enjoy a delicious lunch prepared with the most important ingredient, heart of palm, and then we are going to be taken by Doña Maria to the field where we are going to learn all the process necessary to plant and harvest Palmito, the heart of the palm tree.

Transfer to the Beautiful Caribbean Side of the Country *(approx. 3 hours)*

Check in at the Hotel, Relax and Dinner
(included)



YOUR PROGRAM ITINERARY

DAY 8 - PUERTO VIEJO/TALAMANCA - Friday, December 19

Breakfast & Day Briefing

Cahuita National Park - *Located on the Caribbean coast of Costa Rica, known for its lush rainforest, diverse wildlife, and stunning beaches. The park is famous for its vibrant coral reefs, making it a popular spot for snorkeling and diving. Visitors can explore scenic trails through tropical forests, where they might encounter monkeys, sloths, and various bird species. The park also offers beautiful white-sand beaches and crystal-clear waters, perfect for relaxation and aquatic activities.*

Lunch in Cahuita, Traditional Caribbean Food *(included)*

Bribri Waterfall & Free Time - *The rest of the afternoon is going to be for exploring a local waterfall located near the Bribri Indigenous Community. Perfect place to refresh during hot days.*

Dinner *(included)*

DAY 9 - PUERTO VIEJO/TALAMANCA - Saturday, December 20

Breakfast & Day Briefing

Free Morning - *Today we will have a free day, to relax from our long days exploring the country. Or perhaps you would like to enjoy any of the optional activities that Puerto Viejo offers.*

Lunch Break *(Not included)*

Free Afternoon

Dinner *(included)*

DAY 10 - SAN JOSE - Sunday, December 21

Breakfast & Day Briefing

Travel to San Jose - *During the morning we will travel back to San Jose, through Turrialba, this in order to do quick stop by the most important Basilica of Costa Rica. Located at Cartago the Basilica Nuestra Señora de los Angeles is a very important site for Costa Ricans.*

Lunch Break *(included)* on our way to Cartago

Check in at the Hotel & Free Time

Farewell Dinner *(included)* & Program Closing

DAY 11 - DEPARTURE - Monday, December 22

Breakfast & Day Briefing

Airport Transfer

Depart San Jose, Costa Rica for Home



PROGRAM HIGHLIGHTS

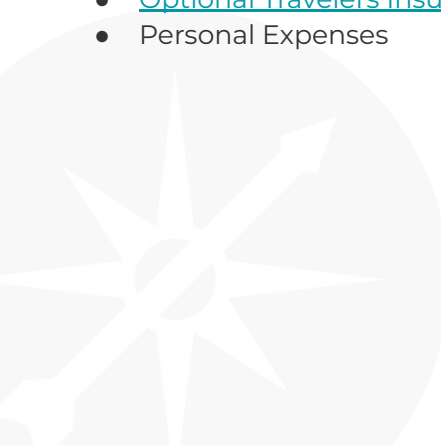
- Juanilama Reserve
- Palmitour Visit
- Pineapple Farm
- Cooking Class
- Yamilleth's Farm Visit
- North Fields Plantation/Chocolate
- Finca Luna Nueva
- Escuela Técnica Agropecuaria Integral
- Mistico Hanging Bridges
- Hot springs
- Tenorio Volcano
- Maleku Indigenous Village
- Cahuita National Park & Bribri Waterfall

PROGRAM INCLUDES

- 10 Nights of Accommodation
 - 2-6 people per room for participants, each with their own bed and ensuite bathroom
 - Single for faculty/program leader with ensuite bathroom
 - Free wifi and daily continental breakfast
- ROUNDTRIP AIRFARE FROM CHICAGO
- All Ground Transportation
- All Meals except Lunch on Day 9
- Historical & Cultural Walking Tours
- Full Time On Site Program Director Available 24/7 in case of Emergencies
- 24/7 On-Ground Emergency Support
- SAA's Mandatory [Health Insurance](#)* (see next page)
- SAA's \$5m Liability Insurance (COI available upon request)

NOT INCLUDED

- Meals Not Specified
- Passport and Visa Fees (if applicable)
- Single Room Upgrade Costs for Participants
- Classroom/Meeting Space
- Optional Activities and Suggestions
- [Optional Travelers Insurance and/or CFAR/IFAR](#)
- Personal Expenses





STUDY ABROAD ASSOCIATION

HOUSING and FLIGHT INFORMATION

ACCOMMODATION INFORMATION:

Accommodation selection will be based on group size, gender breakdown and availability. As a standard, SAA will book participants in shared rooms of 2-6 people per room, unless otherwise requested, with ensuite bathroom. Each participant will have their own bed. Program leaders will have their own private room with en-suite bathroom. Specific accommodations and locations will be confirmed once final enrollment numbers are submitted to SAA, usually 3-4 months prior to arrival. **Any single occupancy upgrades must be requested at least 100 days prior to departure to be accommodated.**

Accommodation are always centrally located and top rated (minimum rating of 8 out of 10). Daily continental breakfast and Free Wi-Fi included.

GROUP FLIGHT INFORMATION:

December 12: American Airlines #1838 leaving Chicago (ORD) 5:00 AM arrives in Dallas 7:38AM

American Airlines #1053 leaving Dallas 9:59 AM arrives in San Jose(SJO)2:09PM

December 22: American Airlines #348 leaving San Jose (SJO)11:55 AM arriving in Miami 3:55 PM

American Airlines #1918 leaving Miami 7:00 PM arriving in Chicago (ORD) 9:31PM

Total Cost of Program: \$4060.00

For application or more information.

Contact Jody Littleton jlittleton@parkland.edu or

Charlie Mitsdarfer cmitsdarfer@parkland.edu



IMPORTANT DEADLINES AND PAYMENT DETAILS



These are the current deadlines. If you have missed a deadline please contact Jody Littleton jlittleton@parkland.edu or Charles Mitsdarfer cmitsdarfer@parkland.edu to see if there is still availability.

<p>Deadline for Applications:</p> <p>JUNE 15, 2025</p>	<p>If the program does not meet the minimum number of participants by this date, then all deposits will be</p> <ul style="list-style-type: none"> • refunded.
<p>Drop/Add Deadline and Deadline for any special housing requests:</p> <p>SEPTEMBER 3, 2025</p>	<p>100 days prior to departure is the last date to add/drop participants, including, students, faculty, or guest</p> <p>100 days prior to departure is also the deadline when any special housing requests must be made, such as a single-room upgrade</p>
<p>Passport Information and Details Due OCTOBER 13, 2025</p>	<p>60 days before departure SAA needs to receive passport details for all participants in order to confirm reservations on-site</p>
<p>Withdrawal Deadlines:</p>	<p>Withdrawal or cancellation > 100 days before departure (SEPTEMBER 3) SAA shall refund the deposit paid per person</p> <p>Withdrawal or cancellation 99-80 days before departure (SEPTEMBER 4-23), SAA shall retain the deposit per person and will return any other recoverable costs available</p> <p>Withdrawal or cancellation 79 days before departure (SEPTEMBER 24) to the arrival day, no refund shall be provided</p>
<p>Program Payment Deadlines:</p>	<p>\$500 per person is due and payable by JUNE 15, 2025</p> <p>90 days prior to departure, the second payment in the amount of 50% of the remaining amount is due and payable by SEPTEMBER 13, 2025</p> <p>60 days prior to departure, the third and final payment in the amount of the remaining amount is due and payable by OCTOBER 13, 2025</p>