

## Important Note:

The following schedule of visits, activities, and excursions is subject to change and substitution. In order for you to get the most out of the lectures, you should be at least a **mid-beginner** level Spanish speaker (approximately 4 semesters of Spanish in college, or 3 years of high school Spanish). If you are currently at a level below mid-beginner, you may still apply, but we strongly recommend that you also register for at least an additional 2 weeks of classes prior to the start of the SALUD program. You must be a **mid-intermediate level** to take the optional 5<sup>th</sup> week observation.

Although clinical observation experiences tend to be mostly shadowing, they may vary from strictly observational/shadowing to more hands on. The amount of hands on work you do during your clinical observation component will depend on your current language and medical skills as well as the organization's needs and your ability to integrate. **It is important to remember that you are not licensed in the host country.**

## Week #1

### Saturday

Arrival to SJO, Arrival to Juan Santamaría International Airport, Costa Rica. A member of the host family will be at the airport with a sign with the student's name on it, if arrival is before 10:00 p.m. If arrival is past 10:00 p.m. the participant will go to a hotel in the Alajuela area and the pick-up will be the following day

### Monday

07:00 Family member accompanies you to school  
 08:00 Orientation  
 10:00 Break  
 10:30 Placement test (oral and written)  
 12:00 Cultural Excursion: Walking Tour – Grecia  
 15:00 A member of the Host Family will pick up the participant in Grecia Central Park, to show him/her the way back home.

### Tuesday

08:00 Spanish classes  
 12:15 Cultural Excursion: Alajuela City Tour.  
 Includes typical Costa Rican lunch and visit to Sr. y Sra. Wood Factory.  
 16:00 Last stop: place to be confirmed

### Wednesday

08:00 Spanish classes  
 12:30 Cultural Activity: Latin Dance Class

### Thursday

08:00 Spanish classes  
 12:30 Lecture and guided site visit: Hospital Nacional de Niños.  
 Extra cost: public transportation to San José capital city not included.

### Friday

08:00 Spanish classes (10:30 AM: Exam 5%). Free weekend begins at 12:00.

### Saturday – Sunday

Free weekend. You can make travel arrangements via the tourism office at the school.

## Week #2

### Monday

08:00 Spanish classes  
 12:30 Lecture: Grammar FAQ

### Tuesday

08:00 Spanish classes  
 12:30 Movie at ICLC campus: Mar Adentro (Spain)

## Wednesday

- 08:00 Spanish classes  
12:30 Lecture: Costa Rican Health System

## Thursday

- 08:00 Spanish classes (10:30 AM: Exam 5%)  
13:00 Guided Site Visit: Alajuela Hospital (Public service: Social System)  
Extra cost: public transportation to down town Alajuela not included.

## Friday

- 08:00 Spanish classes. Free weekend begins at 12:00.

## Saturday – Sunday

Free weekend. You can make travel arrangements via the tourism office at the school.

### Week #3

## Monday

- 08:00 Spanish classes  
12:30 Lecture: Grammar FAQ

## Tuesday

- 08:00 Spanish classes  
12:30 Movie at ICLC campus: Diario de un Motociclista

## Wednesday

- 08:00 Spanish classes  
12:30 Lecture: Use of Medicinal Plants in Costa Rica

## Thursday

- 08:00 Spanish classes (10:30 AM: Exam 5%)  
1:00 Site visit to EBAIS: Equipos Básicos de Atención Integral a la Salud / small clinic that takes care of the basic medical needs of the community. The doctor or the nurse will explain about the most common diseases and the attention that they provide to the area assigned.

## Friday

- 08:00 Spanish classes. Free weekend begins at 12:00.

## Saturday – Sunday

Free weekend. You can make travel arrangements via the tourism office at the school.

### Week #4

## Monday

- 08:00 Spanish classes  
12:30 Lecture: Grammar FAQ

## Tuesday

- 08:00 Spanish classes  
12:30 Movie at ICLC campus: Amores Perros

## Wednesday

- 08:00 Spanish classes  
12:30 Round Table Activity / local families will be invited.  
Topics: perception of the *Tico* population about the Costa Rican health system. Their personal experiences with CCSS (Caja Costarricense del Seguro Social).



# SALUD Alajuela, Costa Rica

## Thursday

- 08:00 Spanish classes (10:30 AM: Exam 20%)
- 12:30 Orientation for Clinical Observation placements
- 01:30 Visit to the assigned clinical observation placement.  
Purpose of the visit: find out exact location.

## Friday

- 08:00 Spanish Classes
- 12:00 Teacher will review the final grade with each participant and a Certificate of Completion will be given.

## Saturday – Sunday

Free weekend. You can make travel arrangements via the tourism office at the school. Students who don't meet at least the MID-INTERMEDIATE level will not be able to continue for the fifth week.

## Week #5

### Monday – Friday

Usually 07:00-15:00 Clinical observation placements in a rural clinic or nursing home.

### Saturday

Depart program.

### Getting There:

Participants are responsible for their own transportation to San Jose. We recommend Exito Travel ([http://www.amerispan.com/study\\_abroad\\_airfare.asp](http://www.amerispan.com/study_abroad_airfare.asp)). Upon arriving to San Jose, you'll be picked up and taken to your host family if arrival is before 10:00 p.m. If arrival is past 10:00 p.m. the participant will go to a hotel in the Alajuela area and the pick-up will be the following day. Students should plan to arrive on Saturday and depart on Saturday. If participants need to arrive a few days earlier or stay a few days later, this is possible at an additional cost.

### Re-Cap of What's Included:

- 4 wks 4 hrs/day classes (20 hrs/wk)
- Private room with host family
- 2 meals daily
- Site visit
- Discussions/Lectures on Costa Rican health issues
- Afternoon Cultural Activities
- Clinical Observation placement (these vary from observational to more hands-on)
- Airport pick-up from Juan Santamaría International Airport
- Orientation tour & materials
- Travel Assistance Program
- Emergency message service

### Suggested Donations (optional):

- Gloves
- Hair Nets
- Booties
- Sterile Gauze Pads
- Band-Aids
- Stethoscopes
- Suture Kits
- Gowns
- LP Kits
- Used Eyeglasses
- Vitamins (like Centrum multi-vitamins)
- Aspirin, Ranitidine or other non-prescription drugs (small amounts)

### Required Wardrobe:

- White lab coat
- Stethoscope