

**Join Us For A Winter Field Course To:
COSTA RICA (Central America)
December 27, 2003—January 4, 2004
Total Travel Costs: \$1768**

Dr. Kenneth Johnson and Dr. Tracy Allen, faculty members of the Geography Department of the State University of New York, College at Oneonta, are pleased to announce that they are planning a field course to Costa Rica, from December 27, 2003 to January 4, 2004. (In the past they have taken groups to Brazil, Italy, Greece, Germany, France and the United Kingdom.) This program is open to people of all backgrounds and ages. Participants may enroll on either a credit or non-credit basis. Also, participants who wish to stay longer for independent travel may do so for a nominal extra fee.



Map of Coast Rica and Surrounding Countries

COURSE DESCRIPTION:

International Studies 294 - Costa Rica: Cultures and Environments, 3 s.h. or also listed as Geography 294 - Costa Rica: Cultures and Environments, 3 s.h. This course is a field

study of the human and physical geography of the beautiful and biologically diverse country of Costa Rica in Central America. Topics to be covered include cultural geography, economic development, physical geography (vegetation, animals and topography) and environmental conservation (ecotourism and deforestation). No prior coursework needed. Permission of instructors required.



Multicolored Costa Rican Tree Frog

ITINERARY:

Day 1 (December 27th): Jet to **San Jose, Costa Rica**. Costa Rica is home to over 3,000 types of butterflies and 9,000 species of flowering plants, has been commended worldwide for its proactive conservation efforts. Arrive in San Jose, where you'll meet your bilingual guide and transfer to your hotel.



San Jose - Delightful mixture of modern and traditional cityscapes



Day 2 - 3: In the morning, learn about biological diversity at the INBioparque center. Later, transfer to the **Arenal region** via the **Poas Volcano**. You'll see one of the largest craters in the world, whose hot sulfurous lake changes color with volcanic activity. View geysers, active fumaroles and Botos Lake. On Day 3, enjoy striking views of Arenal's volcanic peak on a relaxing boat cruise across Lake Arenal.

Arenal Stratovolcano - Arenal reaches 5435 feet in height striking a colossal pose on the landscape. The volcano has been very active in recent years. An eruption in 1968 wiped out the town of Pueblo Nuevo. Arenal's last major eruption occurred in 1993, but minor lava flows, explosions, ash and gas clouds continue to remind Costa Ricans that the Earth is restless. While the volcano is calm and safe today, we will not venture too close.

Day 4—5: Continue on to the jungle of the **Monteverde Reserve** where you may opt to go horseback riding. On Day 5 explore Monteverde's misty cloud forest, where you'll even be able to plant your own tree! Keep your eyes open for bromeliads, orchids, tapirs and quetzals. Tonight, opt to join our canopy adventure tour which gives you a unique perspective of the park—from the tops of the trees!



Tapir at Rest in the Cloud Forest



***The Gawky Jacanna Bird** - A long-necked marsh bird, typically found in wetter regions of Costa Rican tropical rainforest. These lily trotters look as if they can walk on water as they run over floating vegetation and lily pads.*



***The Slow Moving Three-Toed Tree Sloth** - Arboreal mammals that live, feed, and reproduce high above the ground in the forest canopy. The sloth's slow movements are attributable to poor nutrient intake from virtually indigestible plants.*

Day 6: En route to the Puntarenas region, visit **Carara Reserve**, whose winding vines and epiphytes host a dazzling array of exotic birds and animals.

Day 7: Join an optional excursion along the shoreline to 716-acre **Manuel Antonio National Park**, known for its jungle vegetation, diverse wildlife, and sandy shoreline. Or, set your own pace with a relaxing day at one of the beaches in the Puntarenas region.

Day 8: Take a scenic drive over the Central Valley en route to **Sarchi**, known for the painted designs and colorful wheels that adorn local ox carts. The complex patterns continue to be passed down from one generation to the next. Overnight in **San Jose**.

Costa Rica Facts - Costa Rica is a Central American country approximately the size of West Virginia with a population of nearly 4 million people. It is a middle-income, developing country with a strong democratic tradition. Tourist facilities are extensive and in adequate condition. While Costa Rica is a Spanish speaking country, transactions with tourists are simplified as English is the widely spoken lingua franca.



Ornately Painted Oxcarts – The Pleasant town of Sarchí is the renowned Costa Rican center for crafts. The quaint town is famous for its brightly colored, oxcarts, handicrafts, and shops. Make sure you save some of your money for souvenirs.

Day 9—10: Depart on Day 9 (January 4th), or stay for an extra day (+\$165) and embark on a thrilling **whitewater rafting** adventure (and return home on January 5th).

Whitewater Rafting on Wild Costa Rican Rivers



TRAVEL PROGRAM EXPENSES AND DEADLINES:

Youth Rate: For participants who will be 25 years of age or younger at the date of departure, the total fixed price is \$1768. This includes round trip airfare, all airport fees, ground transportation, 8 nights at tourist class hotels with private bathrooms, three meals daily, full-time bi-lingual tour director, in-depth sightseeing and entrance fees to select attractions. Youth-fare participants will be grouped together at 3 or 4 persons per room. (Participants should budget at least \$200 for out-of-pocket expenses such as entertainment and souvenirs.)

Adult Rate: For participants who will be 26 years of age or older at the date of departure, there is an adult supplement of \$280 for a total adult rate of \$2048 per person. This rate includes everything listed above for the youth rate. However, it is based upon adults grouped 2 per room in either double or twin beds. Please note: All travel payments will be made directly to the tour operating company.

Academic Fees: The academic fees for this program consist of the following: Participants enrolled for 3 academic credits will pay a total tuition fee of \$137 per credit (or the current tuition rate) for New York State residents or \$346 per credit (or the current tuition rate) for non-residents. Participants who choose to take the program on a non-credit basis will be charged a participation fee of \$425 in lieu of tuition. Participants who take this program for academic credit will be required to maintain a daily journal on information that they learned during the trip and will submit a term paper on a topic

relevant to the course after the trip is over. (Of course, participants who enroll on a non-credit basis do not have to do any of the academic assignments.)

So, Is It Safe For Me To Travel In Costa Rica?

Costa Rica is a very safe place for Americans to travel. It has the longest history of peace and democracy of any country in Latin America. Costa Rica has very close ties of friendship with the United States. In fact, several towns in Costa Rica are English-speaking because they were founded by American Quakers seeking to settle in a region of long-standing peace.

Theft is a worldwide phenomenon and does occur in Costa Rica. Generally these crimes are non-violent. Use common sense and the same caution that you would exercise in any location where you are a tourist. Do not wear expensive jewelry, do not flash lots of money, watch your belongings, and do not openly proclaim how great it is to live in the more developed “civilized” United States - generally avoid being an obnoxious tourist. Button or Velcro your pockets with valuables in crowded locations in order to stop pick-pocketing. Keep your money in two or three locations on your person and preferably under your clothing. Always be alert of your surroundings.

Application Deadline: To reserve a place in this program, you should submit an application and a \$95 deposit to the tour corporation as soon as possible. Total payment to the travel corporation should be received by September 17, 2003. After that date, applications will still be accepted on a space-available basis but there might be an additional fee. Individuals who plan to stay longer in Central America for independent travel are welcome but should make these special arrangements as early as possible. Application forms and further information may be obtained from: Dr. Kenneth Johnson, Department of Geography, State University of New York, College at Oneonta, Oneonta, NY 13820-4015. Telephone: (607) 436-3379 or FAX: (607) 436-2656 or via the web from Dr. Tracy Allen at: allenth@oneonta.edu.

WEATHER AND CLIMATE:



The weather in Costa Rica should be very favorable during our stay. Climatically speaking, the ideal time to visit Costa Rica is during the “Templada” or moderate season.

This Field Course falls exactly within this period. Average yearly rainfall for San Jose Costa Rica is an incredible 73 inches; however for December and January (the dry season) average monthly rainfall is merely .7 inch. Temperature in late December and early January average in the range of 70 to 80 degrees F during the day and 60 to 68 degrees F at night. During the January dry season temperatures may rise to a maximum of 90 degrees F. The nights are cool so be prepared with a light jacket.



Endangered Green Iguana - The green iguana is found over a large geographic range, from Mexico to southern Brazil. Unfortunately, over-hunting and habitat depletion is causing its population to become endangered in locations like Costa Rica. Iguanas live in tropical rainforests near freshwater sources, such as rivers or streams. They spend much of their time grazing in the forest canopy high overhead. Count yourself lucky if you spy this modern day descendent of the dinosaurs.


EF TOURS:

We will use the largest provider of educational tours in the U.S. as the travel/tour company for this course. Each year they take more than 70,000 travelers on various tours throughout the world. The travel company offers various types of optional insurance which are explained in the application materials. **Our EF tour number is 157002.**

Travel Fact: The total distance between Oneonta, New York and San Jose, Costa Rica is 2204 miles. Miami Florida is nearly exactly half way to Costa Rica, 1108 miles.

Please note that this program is subject to cancellation or modification as a result of under enrollment or any other unforeseen circumstances.

Commonly Asked Questions about the Course and the Answers

Questions	Answers
<p>1. What is the trip Tour Number?</p> <p>2. Can I take the course for credit? Or, can I take the class for non-credit?</p> <p>3. What is the name of the organization for which I am to write my \$95 application check and where do I mail the \$95 application fee and application?</p> <div style="text-align: center;">  <p><i>Red Macaw</i></p> </div> <p>4. Do I need a Visa? Do I need a passport? Where can I get a passport?</p> <p>5. Do I need to be a student to take this course? Do I need to be a Student enrolled at SUNY Oneonta?</p> <p>6. What is the maximum number of students allowed to take the class?</p>	<p>1. You will need the trip tour number-in order to complete the application form. The trip tour number is 157002</p> <p>2. The course is worth 3 credit hours. You may register as Geography 294 or International Studies 294. The choice is up to you. If you wish to pursue the non-credit option consult with Dr. Allen or Dr. Johnson.</p> <p>3. The \$95 application fee check should be written to EF Tours. DO NOT write the check to Dr. Allen or Dr Johnson. Send the check and application directly to Dr. Allen at SUNY Oneonta. We need to be in control of who and how many students sign up for the class. After we accept your application, we will send the packet to EF. Mail your application to:</p> <p style="padding-left: 20px;">Dr. Tracy H Allen/Dr. Ken Johnson Attention Costa Rica Course SUNY Oneonta Geography Department Milne Library Oneonta, New York, 13820</p> <p>4. No, you do not need a visa to get into Costa Rica. Yes, you will need a valid passport. You can obtain a passport through your local post office. It takes some time to get a passport so start the process early.</p> <p>5. You do not need to be a student to enroll in this class. Opt for the non-credit option. Non-credit participants of all ages are welcome in this program. If you are a student but, attend a college other than SUNY Oneonta, you may still signup for the course. Work with your registrar and advisor if you wish to transfer credit to your school. Normally, to transfer credit your campus will require prior-approval.</p> <p>6. After approximately 25 to 30 students we will stop enrollment – first-come-first-serve basis. This is a hands-on class and requires intensive student/professor interaction.</p>