Costa Rica Medical Spanish Immersion: December 12 - 20, 2026

*Some day to day details may adjust - *Any changes made to this itinerary before the program begins will be made in consultation with Faculty Leaders and the UNCW Office of Education Abroad. Minor changes while on program will be made in consultation with the faculty leading the trip.*

Itinerary Key:

- LV is Lapa Verde = Our Spanish school: 125 metros sur del McDonalds, Santo Domingo de Heredia
- Mochila = backpack and what you should have packed in it each day
- Vestimenta = attire: our recommendation for what you should wear each day (adventure, school,etc.)
- $ = necesitan dinero para comidas

Things that you always need in your backpack:

- Water bottle, CGI handbook, sun block, repellant, $ for meals and snacks, notebook, pen, rain jacket, snacks…

Enlaces Importantes:

- Flight arrival document
- Participant Handbook
- Restaurantes en Sto. Domingo
- Google Map of Santo Domingo

DATE	PLAN	NOTES
TO DO before departing!	**1 week before departure:** 1. Pack your bags 2. Inform your bank of dates you will be using your credit/ debit card in Costa Rica 3. Join the WhatsApp Group 4. Print out important information you need for travel day: a. iNext Insurance policy b. Copy of passport c. Copy of flight itinerary 5. Update flight document if there are any changes **48 hours before departure:** Know your travel day plan! Who you will meet up with and where!	Make sure you have What's App loaded onto your phone so that you can text if you have any problems on arrival day: https://www.whatsapp.com/ Rory +1 (303) 638-9471
Week 1		
Saturday, December 12	The program starts in Santo Domingo de Heredia, CR Airport Pick-ups according **to this list**	**Trip leader WhatsApp Numbers:** - Rory: +1 303 638 9471

	Host family OR coordinator picks you up from airport **<u>Airport meet-up Protocols:</u>** • Go through customs and immigration. Address to give to immigration: ○ Lapa Verde, 100 metros sur del McDonalds, lado este, Santo Domingo de Heredia, Heredia, Costa Rica • Get your bags • In baggage claim there is an ATM to get colones out and a Cell Service desk where you can buy a local sim card for your cell phone while you are here. You need to make sure your phone is unlocked. • Once you have your bags, exit baggage claim. There will be many people asking you for a taxi/ride. Your job is to ignore them and look for your host family holding a sign with your name on it. • If there are any problems, contact Rory via Whatsapp. First night with host families	**Arrivals:**
Sunday, December 13 **¡Feliz cumpleaños, Lily!** 🎂🎉	**8:30 am:** Meet up at Lapa Verde **9:00 am - 10:30 am:** Santo Domingo Tour **10:30 am:** Leave the park for Café Britt Coffee Tour (included) **1:00 pm:** UNCW Group Lunch at Doña Tina Afternoon / evening with host family	**Attire**: Casual **Backpack**: $20 for lunch, extra $ if you want to purchase anything from Café Britt. In Costa Rica, your host family provides breakfast and dinner. You are responsible for your lunches.
Monday, December 14	ALL adults and families: **9:00 am:** At Lapa Verde **9:30 am:** Lapa Verde's orientation (by Lapa's representative) • Registrations for dance and cooking classes **10:15 am:** Preview of the week: 1. What is CEDCAS? 2. What is a canasta básica? 3. Go shopping for canastas básicas **11:30 am:** Lunch at Calle Cinco **1:00 pm - 5:00 pm:** Spanish classes	**Attire**: Casual **Backpack**: Class materials--notebook, pen, folder, booklet ***Homework:*** *All adult participants:* *Host Family Éxito page in librito* *Unprofessionalism Can be a Problem, Traits of Successful International Students and Volunteers* **Lunches**

	5:00 pm - 5:15 pm: End-of-day meeting Homework: - Review las lecturas asignadas: Unprofessionalism. Pages 6-8	
Tuesday, December 15	**9:00 am:** Meet up at Lapa Verde • **9:10 am - 9:30 am:** Review de las lecturas asignadas: Unprofessionalism. Pages 6-8 **10:00 am:** Take the canastas básicas to CEDCAS and Tour of the private clinic **12:00 pm:** Lunch: Santo Domingo Restaurants **1:00 pm - 5:00 pm:** Spanish classes **5:00 pm - 5:15 pm:** End-of-day meeting **5:30 pm - 6:30 pm:** Cooking class	**Attire**: Casual **Backpack**: Class materials for Spanish class, water bottle and rain jacket. **Lunches**
Wednesday, December 16	Optional excursion: Volcán Poás (included) • **6:15 am:** Meet at Parque de Sto Domingo **11:30 am:** UNCW Group Lunch at Freddo Fresas **1:00 pm - 5:00 pm:** Spanish classes **5:00 pm - 5:15 pm:** End-of-day meeting **5:30 pm:** Talk about the health system in Costa Rica	**Attire**: casual **Backpack (for everyone)**: Spanish class materials, water bottle and rain jacket **For Poás excursión** - a few layers of clothing (it's cold in the mountains), rain jacket, walking shoes, water bottle, materials for Spanish class, motion-sickness medicine **Lunches**
Thursday, December 17	Hospital México Tour - **8:00 am:** Meet up at Santo Domingo park **12:00 pm:** Lunch **1:00 pm - 5:00 pm:** Spanish classes **5:00 pm - 5:15 pm:** End-of-day meeting **5:30 pm - 6:30 pm:** Dance classes	**Attire**: Professional **Backpack**: Spanish class materials, water bottle, rain jacket, walking shoes

Friday, December 18	**9:45 am:** Meet up at Santo Domingo Park. Sibu Chocolate Tour (included) **11:30 am:** UNCW Group Lunch at Sibu **1:00 pm - 5:00 pm:** Spanish classes (graduation at 4:45 pm) **5:00 pm - 5:15 pm:** End-of-day meeting	**Attire**: Casual **Backpack:** Spanish class materials
Saturday, December 19	**9a - 11a: Christmas Volunteer Project at CEDCAS:** • Rory • **Optional:** Isla Tortuga day trip! (not included - optional) - **4:50 am:** Bus pick up at Santo Domingo central park - **9:00 pm:** We return to Sto Domingo	**Backpack for Isla Tortuga:** Light clothes, bathing suit, sunglasses, swimsuit, sunscreen, beach towel, water bottle, cap, snacks
Sunday, December 20	**End of program** ***Arrive at airport 2.5-3 hours before flight***	**Departures:**