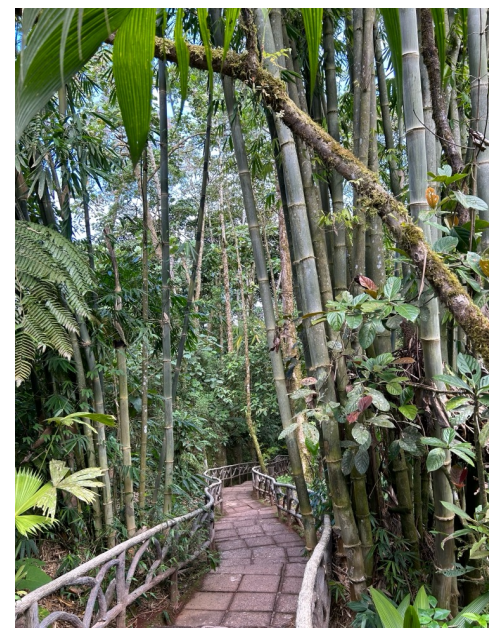




CALIFORNIA STATE UNIVERSITY
FULLERTON[™]

CSU Fullerton
with ARCOS Learning Abroad
Costa Rica Winter break
January 3-15, 2025
CAS 394/474/494



(travel takes place W25 after the FA24 Practicum Course)

**Child and Adolescent Studies (CAS) Short-term Study Abroad
Info Session**

Who Is Teaching & Traveling?

- Prof Diana Robles, Program Coordinator & Course Instructor (CAS has been doing this for years!) 1st IRA grant in 2014 drobles@fullerton.edu
- CAS Faculty for 23 years
- Love to travel (at least 4 times/yr)
- Enjoy documentaries on Netflix
- **Traveling faculty:** Dr. Sapna Chopra (HUSR) and Prof. JudelMay Mariano (CAS) and myself
- SAGE: Study Abroad and Global Engagement Office email: sabroad@fullerton.edu



Professor JudelMay Mariano

- First name pronunciation: Judel (Ju as in Jupiter, del as in Del Taco) May (like the month)
- Please call me Professor Mariano. Used to be Professor Enriquez but got married recently. 😊
- CAS Dept: 7th year teaching; 1st year as academic advisor
- Hobbies: camping, the great outdoors, plants, recently into reading cozy fantasy books, cooking and baking, spending time with family and friends, good food, playing video games, and watching anime





Professor Sapna Chopra

- Name pronunciation:
Sapna (Supp-nah, like in supper) Chopra
- Please call me Professor Chopra
- Human Services Dept: 5th year teaching; prior to that, I was a lecturer in Counseling for 18 years
- Hobbies: spending time with family and friends, playing cards and board games, reading a good book, and going to the beach

CSUF Practicum Class

- Pre-requisite: 101 & 201 & either CAS Major/Minor
- In Fall 2024 a permit will be given for either 394, 474, 494 (need CAS 464?) or 499
 - Fridays 10:00-11:50AM (Class meetings & post-trip meeting via zoom) in EC25
 - Course assignments & participation
 - Preparation activities aligned with the international experience will be both in class and abroad (all 60 hrs)
- If you have completed both practicum courses, you may be able to enroll in 499 for 1 unit (special projects)
 - Attend all required meetings
 - Complete a special project to fulfill class requirements + travel

What is a hybrid course?

- HYBRID means you are expected to participate weekly on-line (asynchronously), on specific dates via zoom (synchronously) and on-campus in EC25 (in-person)
- Check your calendar and availability to attend these dates Fridays, **10-11:50AM:**
- **8/30, 9/20, 10/25, 11/22 & 12/13** on campus
- **10/11, 11/8, 12/6** via zoom
- **1/17/25** Post-travel zoom (2 days after CR)

CSUF Practicum hours

- You are required to complete 60 hrs of practicum which will be completed with both the class and the travel
 - 15 hours preparation in class for Costa Rica
 - 45 hours while in Costa Rica

CICE/CAS Info Session required for all CAS 394 practicum students:

<https://hhd.fullerton.edu/cas/current-student/practicum/index.html>

CAS Short-term Study abroad website:

<https://hhd.fullerton.edu/cas/current-student/study-abroad/upcoming.html>

ARCOS Learning Abroad



<https://www.arcosabroad.com/>

Prof Robles has been traveling with this group of experts for over 5 years!

Traveling with an expert in student travel. Also, you are with faculty and student group. Safety is our priority!

Costa Rica



- Central America
- “Happiest Country on Earth”
- Military abolished in 1948
- Biodiversity
- Spanish Language
- Religion (Officially Catholic)
- January in CR (weather)

Heredia Province, Costa Rica

- North Central part of San Jose and the greater metropolitan area. We will be in Heredia, CR.
- Known as the City of the flowers due to flora and fauna in the city.
- Tropical climate
 - (63-82 degrees F)





Review Program INFO

- **Practicum Lecture**
 - **Fall 2024 (hybrid-Fridays 10-11:50AM) sessions**
 - **HYBRID: on-campus in EC25, zoom and remote**
- **Trip to Costa Rica (I have gone to 5 CR's)**
 - **Travel Winter Break, January 3-15, 2025 (13 days)**
 - **Max 25 students will be selected**
 - **No tuition for Winter**

Draft

Tentative Itinerary Overview

Date	ACTIVITY	DATES: January 3-15, 2025
1/3/25	Depart from US to San Jose, Costa Rica & meet your homestay families	
1/4/25	Pacific Beach Day at Isla Tortuga-beach time excursion	
1/5/25	ARCOS Orientation & visit the Ark Herb Farm	
1/6/25	Begin practicum at student day camp & Cooking class/Heredia City Tour	
1/7/25	Continue at student day camp & Fruit Tasting Tour	
1/8/25	Continue at student day camp & Toucan Rescue Ranch Tour	
1/9/25	Continue at student day camp & Coffee Britt Tour	
1/10/25	Continue at student day camp & CR Traditional Dance Class	
1/11/25	Arenal Volcano & La Fortuna Waterfall-overnight excursion	
1/12/25	Con't Arenal Volcano & La Fortuna Waterfall	
1/13/25	Visit Social Services Program for families/talk to parents	
1/14/25	San Jose City Tour and Artisan Market & farewell with host family	
1/15/25	Leave San Jose, Costa Rica and return to the US	



Student Activities

- Creativity
- Team-work
- Smiles-kiddos
- Home Stays
- Immersed in Costa Rica
- Enjoying new foods/drinks





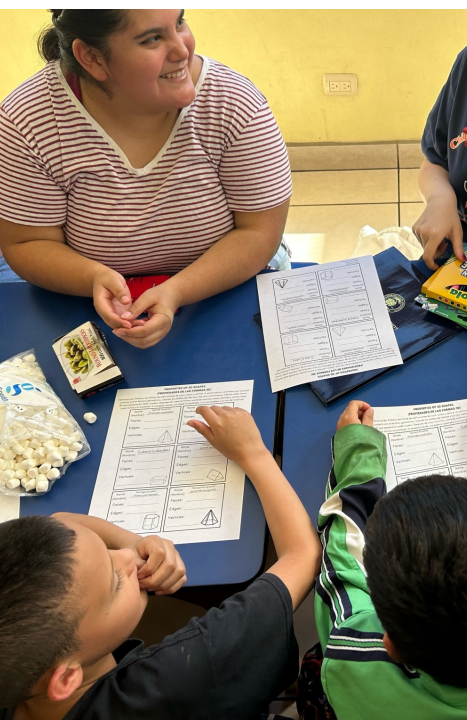
Cultural Activities

- Waterfall Gardens
- Animal sanctuary
- Cooking classes
- Dance classes
- New foods
- Coffee farm
- Arenal Volcano (inactive)

Fun Excursions

- Arenal Volcano
Overnight stay at:
La Fortuna Waterfalls
- Coffee Brit Tour
- Tortuga Island
Tour and visit private
Beach-Isla Tortuga
- Cooking class
- Toucan Rescue Ranch





Memories from Costa Rica 2024

FRIENDSHIPS

FOOD

ADVENTURE

BEAUTIFUL LAND

CULTURE

GLOBAL EXPOSURE

LEARNING

CONNECTIONS

AND MUCH MORE!!!

Memories from Costa Rica January 2024



Program Cost

- Program fees were ~~\$2600~~ and now estimated at \$100 (25 students w/three faculty) awarded IRA (Instructionally Related Activities) grant. THANK YOU!
- Include:
 - Lodging with homestay families
 - Almost all meals
 - Selected tours
 - Education/Community-based experiences
- Program fees do not include:
 - **Airfare (ARCOS can help, but you may get one cheaper)**
 - CSUF tuition for Fall 2024 (travel in January 2025-no W tuition)
 - Passport fees, immunizations, health insurance, meals other than those indicated in the itinerary
 - Other personal costs (e.g., entertainment, shopping)

If interested in joining...

- Complete online SAGE application
- Carefully follow APPLY instructions:

<https://fullerton-sa.terradotta.com/index.cfm?FuseAction=Programs.ViewProgramAngular&id=10192>

*Deadline for Early Applications is **June 28, 2024 @5PM** and selections made approximately 2 weeks later. Check your Fullerton email on a regular basis.*

Look at how to Apply on the CSUF Study Abroad Website

- <https://extension.fullerton.edu/studyabroad/default.aspx>

If you click on the link listed above:
Enter “CAS” for program then pick
CSUF: CAS International Internship,
Option in Heredia, Costa Rica
(FA24/W25)

Direct Application link:
(answer all question
thoroughly)

<https://fullerton-sa.terradotta.com/index.cfm?FuseAction=Programs.ViewProgramAngular&id=10192>



The screenshot displays the CSUF Study Abroad website interface. At the top, there is a banner with the text "STUDY ABROAD" and "International Programs & Global Engagement" along with the CSUF logo. Below the banner is a navigation menu with links for HOME, PROGRAMS, STAFF, DEADLINES, NON-CSUF LOGIN/REGISTER, and LOGIN/REGISTER. The main content area is titled "Programs > Search (advanced)". On the left side, there is a sidebar with links for Scholarships, Financial Aid, and Gilman Scholarship, followed by an "ANNOUNCEMENTS" section featuring a link for "CSUF Study Abroad Alumna Honored!". The search interface includes a "Programs : Search (advanced)" header with a "Hide Tips" button. A help tip explains that users can select multiple values within list boxes by holding the Ctrl/Cmd key. Below the tip are buttons for "List All", "Simple Search", "Advanced Search", "Featured Programs", "Course Search", and "Map Search". At the bottom of the search area are buttons for "< Cancel -", "- Reset -", and "- Search >". The search form itself has a "Program Name" field containing "cas" and a "Show:" dropdown menu set to "Outgoing".

Accepted? Do you read your Fullerton emails?

- Program Participants will be selected after the application due date (June 28, 2024)
- Once selected you will be notified via email within 2 weeks by July 12, 2024
 - You will receive the registration permit for the CAS Intl Practicum or 499 course via email-need CWID.
 - You cannot find the course in the university catalog.
 - Today you should be enrolled in a practicum course as though you are not going to Costa Rica, once accepted you will receive a permit.
 - If you do not respond to the acceptance email or pay your initial deposit the next student (on waitlist) is contacted.

Please Note once accepted

You must complete or have the following:

- An Insurance Enrollment Questionnaire which asks about the information of where you can be reached while abroad and the contact information of the program coordinator there, just write in TBA.
- Any ARCOS correspondence must be read and completed ASAP.
- Do you have a passport? Can you get one in time?
 - <https://travel.state.gov/content/travel/en/passports.html>
- Travel vaccines:
 - <https://wwwnc.cdc.gov/travel/page/travel-vaccines>

Flights

- Book a flight as soon as possible
 - Price will vary depending on when/where you book your flight
 - ARCOS can also help you find a flight
 - Let faculty know if you plan to stay longer or arrive earlier
 - You must arrive in **San Jose, Costa Rica on January 3, 2025**

Rolling pick up from the Airport is included if you arrive on January 3, 2025 (arrive as early as possible).



Payments

- 1st submit deposit (non-refundable)
 - Due by July 26, 2024 @5PM
 - **\$100**
 - The total is based on how many students sign up (if less than 25 students it could be higher)
 - 2nd flight ticket
 - Departure flight due by 10/30/2024
 - Flight to San Jose, Costa Rica arrive 1/3/2025
- *Instructions on how to make the payment will be provided via email once accepted to the program.**

Contacts

- For Program Questions:

Diana Robles, CAS Short-term Study Abroad Program Coordinator (enter Costa Rica 25) in the subject line:

drobles@fullerton.edu

CAS Study Abroad website:

<https://hhd.fullerton.edu/cas/current-student/study-abroad/upcoming.html>

- For Application Questions: Abigail Segura, CAS Alumni & Programs Lead at SAGE

- sabroad@fullerton.edu

Questions?

