



An extraordinary commitment to public health care in Costa Rica (98% of Ticos have access to health care), along with thriving indigenous traditions, create a rich environment in which to study Public Health.

Costa Rica has also developed an extraordinary conservation system of national parks, wildlife refuges, protected forests, and biological reserves. You'll discover lush rain and cloud forests, oceanic coastlines, and active volcanoes during your unique tour of Central America's eco-tourism paradise!

Where better to take courses in public health and biodiversity ... Costa Rica.

COST

PRINCIPLES OF PUBLIC HEALTH

Public Health 1 (4 units)

In addition to learning about relevant public health issues facing the Costa Rican population, this course introduces the major concepts and principles of public health and the determinants of health status in communities. Emphasizes the ecological model that focuses on the linkages and relationships among multiple natural and social determinants affecting health. Students will hear from local guest speakers and learn about the Costa Rican health care system.

Instructor: Dr. Zuzana Bic, Lecturer in Public Health, UCI

INTRODUCTION TO COMPLEMENTARY AND ALTERNATIVE MEDICINE

Public Health 121 (4 units)

Through first-hand encounters such as visits to Costa Rican medicinal plant markets and local guest speakers specializing in areas such as natural plants and pharmaceuticals, this course examines health and disease in contemporary American and Costa Rican culture and society with definitions, models, and practices of what has come to be known as "orthodox" or "conventional" medicine. Selected "alternative" or "complementary" modes of promoting health and well-being including homeopathy, herbology, and chiropractic.

Instructor: Dr. Zuzana Bic, Lecturer in Public Health, UCI

study

While living in a typical Costa Rican town, you will have the opportunity to explore historical sites, lush rainforests, active volcanoes, and sandy beaches.

Here are just a few of the included field trips:

- Visit Irazu volcano
- Visit a local medicinal plant market
- Tour the town of Heredia and learn about the local resources
- Visit the National Museum
- Learn about local Latin cuisine



Plus three amazing trips – all included in the program!

ARENAL VOLCANO REGION (3 DAYS, 2 NIGHTS)

- Includes transportation to and from UICR to Arenal region
- Includes 2 nights lodging and some meals
- See the famous continually active Arenal volcano!
- Hike through lush forests and enjoy a swim at the base of a rushing waterfall
- Relax at the Tabacon natural hot springs

MANUEL ANTONIO PACIFIC COAST TRIP (3 DAYS, 2 NIGHTS)

- Includes transportation to and from UICR to Central Pacific Coast region
- Includes 2 nights lodging and some meals
- Visit the world famous Butterfly Farm
- Visit Manuel Antonio National Park
- Enjoy the picturesque white sandy beaches



MONTEVERDE CLOUD FOREST PRESERVE (3 DAYS, 2 NIGHTS)

- Includes transportation to and from UICR to the Cloud Forest
- Includes 2 nights lodging and some meals
- Spend time touring the preserve and enjoy a horseback ride!
- Take a canopy tour
- Visit the famous Cloud Forest Museum



This program is also proud to partner with the National Biodiversity Institute (INBio), which boasts a catalog of over 3 million specimens, to provide opportunities for you to better understand and explore the rich biodiversity that Costa Rica has to offer. Especially relevant for Public Health students, this institute has conducted groundbreaking medical research by providing well-known companies such as Merck with chemical extracts from wild plants, insects, and microorganisms.

travel.

A RICA

Courses are taught on campus at the Universidad Interamericana in Heredia, which incorporates traditional brick and plaster architecture with casual courtyards, lounge areas and state-of-the-art computer labs. Classes are small and interactive, with many hands-on field trips and exploratory excursions, through which you will discover this Central American treasure.

ECOSYSTEM HEALTH AND PUBLIC HEALTH: THE CASE OF COSTA RICA

Public Health 179 (4 units)

Using the concept of "planet as a patient" in order to identify sustainability indicators in the areas of vigor, diversity and resilience of socio-ecological systems, and exploring the links of this notion to the notion of public health in human systems, you will address case studies of living conditions in urban and rural areas. In addition to this integrated analysis of human and ecological systems with special emphasis on environmental change, geographic information systems, and epidemiological studies, you will also explore policy implications –how does the traditional approach to health policy need to evolve to integrate with environmental policy?

Instructor: Professor Bernardo Aguilar-González, J.D., SPEL, M.Sc.



OFFERED IN PARTNERSHIP WITH
THE UNIVERSIDAD INTERAMERICANA DE COSTA RICA
(UICR)
(HEREDIA, COSTA RICA)
PUBLIC HEALTH & BIOLOGY
JUNE 21 - JULY 24, 2009

FEE INFORMATION*:

Total fee for UC undergrads: \$4650
(\$1392 course fees + \$3258 program fee)

Total fee for others: \$5210
(\$1952 course fees + \$3258 program fee)

Deposit:

\$500 (applied towards Total fee)

Due May 1: Remaining balance of Total fee

*Course Fees for Summer Session are pending the State budget and approval by the Regents of the University of California, and are subject to change. The figure above assumes an estimated 10% increase over Summer 2008 fees, but does not represent an official statement of fee levels. All fees subject to change. Total fee does not include air travel.

Your entire group will be housed in a nearby three-star hotel, located in the center of Heredia. Breakfast will be provided each morning and the university's private shuttle will transport you to campus. In addition to being centrally situated, with local resources and places to eat and gather, the hotel itself has common living rooms and an on-site restaurant for your group to enjoy.



FEE INCLUDES:

travel.

- At least three local field trips (entrance fees, transportation and expert guides)
- 3-day trip to Arenal Volcano
- 3-day trip to Antonio Park on the Pacific Coast
- 3-day trip to Monteverde Cloud Forest Preserve

study.

- All students will enroll in two 4.0 quarter unit courses offered (8.0 units total)
- All courses taught by local or UCI expert faculty
- Free access to on-campus library

live.

One minute you are inside the classroom, and the next you are in the rainforest. It was definitely an experience that I will remember forever.

- Neema P., 2008

BIODIVERSITY & CONSERVATION

Biological Sciences 65 (4 units)

(Fulfills UCI Breadth Requirement II or GE Requirement II)

This course is taught on-site at the National Biodiversity Institute (INBio), and provides students with a biological perspective on the current environmental crisis. Trace the origin, evolution, and value of biological diversity. Examine extinction and depletion processes caused by overexploitation, habitat loss, and pollution. Conservation through habitat preservation and restoration, captive breeding, and cryopreservation.

Instructor: Dr. Carlos Valerio, Professor of Biology, has served as an advisor at the National Biodiversity Institute (INBio) in Costa Rica since 1993.

live.

- Double room with private bathroom
- 3 star hotel near campus
- Daily breakfast at the hotel
- Lunch on campus

More Perks!

- Two special group dinners
- Safe and easy public transportation system
- University private shuttle available to transport students to excursions
- Modern shopping mall across the street from campus
- On-site staff and local assistants dedicated to our program

