

An aerial photograph of a colorful canopy walkway (Las Nubes) stretching over a dense, green forest. The walkway has sections in pink, light green, and dark green. A dirt path runs alongside it. In the foreground, a thatched-roof hut is visible through the trees.

# Las Nubes Semester Abroad

Mandatory Orientation Session

April 3, 2019 | HNES 142

# Agenda

- Bev Rutherford (Course Fee)
- York International (Michelle Le)
- Before the trip
  - Course(s) enrollment
  - Things to pack
- Arrival day
- Itinerary in Costa Rica
- Course Prep

Before the trip

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# ENROLLING IN CLASSES

- Everyone here should be “approved” to enroll: that means, on the REM system you should have access to the courses you have chosen
- Undergrads – that is all you have to do
- NON-FES graduate students – check with your program
- FES graduate students: you **MUST** enroll on REM and in the DOSSIER, including a Letter of Permission – Graduate Student to Enroll in Undergrad Course, one for EACH COURSE
  - <http://gradstudies.yorku.ca/files/2014/08/course-grad-undergrad.pdf>

# Orientation Sessions

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>APRIL</b>		1	2	3	4 <b>ENVS 4120</b> Natural History: Environmental Education in Costa Rica 11:30 am-1 pm HNES 141	5	6
	7	8	9	10	11	12	13
	14	15 <b>Spanish Workshop</b> 10 am-12 pm, HNES 109	16 <b>Spanish Workshop</b> 10 am-12 pm, HNES 109	17 <b>Spanish Workshop</b> 10 am-12 pm, HNES 109	18 <b>Spanish Workshop</b> 10 am-12 pm, HNES 109	19 <b>Spanish Workshop</b> 10 am-12 pm, HNES 109	20
	21	22	23 <b>COMS 4608</b> Narratives in/of Costa Rica. Individuals, Communities and their Voices 11 am-4 pm Room TBA	24 <b>EDUC 3700</b> Education for a Sustainable Future 10:30 am-12:30 pm Winters 283B	25 <b>ENVS 4810B</b> Environmental Arts and Food Sovereignty 10 am-4 pm Black Creek Community Farm (4929 Jane St., Toronto, ON)	26 <b>ENVS 4446</b> Protected Area Management 1-4 pm HNES 142	27

# PACKING LIST

## GENERAL GUIDELINES

1. Travel Light: One large backpack or duffle bag per person plus one day pack. (Do not pack more than you can carry by yourself!)
2. Pack items that are easy to wash and dry quickly (e.g. No heavy jeans; bring synthetics).
3. Pool items with friends whenever possible.

1. ITEMS TO TAKE FOR COURSE
2. CLOTHING and PERSONAL ITEMS
3. OTHER ITEMS
4. IMPORTANT!

# 1. ITEMS TO TAKE FOR COURSE(s):

- One gift for homestay families (\$5-10 each)
- Notebook or journal
- Any materials for your presentation (papers/research)
- Pens, pencils, art supplies you love
- Spanish-English dictionary (can be shared)
- Manual for Costa Rica (in-prep, posted on website before the end of April)

## 2. CLOTHING and PERSONAL ITEMS:

- Light cotton trousers, shirts, blouses, t-shirts (both long and short sleeve)
- Walking shorts *–(not too short)*
- Hiking shoes/boots
- Sneakers
- Water shoes
- Sandals
- Rain jacket (with hood)
- Hooded sweatshirt
- Hat (for sun)
- Sunglasses
- Bathing suit
- Towel (quick dry towel)
- Water bottle
- Wristwatch
- Toiletries (some items can be pooled)
  - Soap bar
  - Shampoo/Conditioner
  - Washcloth
  - Toothbrush/tooth paste
  - Tissues/Wet wipes
  - Sunscreen (30 spf)
  - Aloe Vera or Solarcain
  - Laundry detergent (although soap bar works too)





## 3. OTHER ITEMS

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- Umbrella (but cannot be on carry-on luggage)
- **Cell phones, tablets and laptops???**
- **Camera** and film card
- Flashlight and/or headlamp
- Spare batteries (for camera, flashlight, headlamp), these can usually be shared and most batteries are readily available except camera batteries
- Binoculars
- Bug repellent (w/o DDT)
- Travel alarm clock
- Ziplock bags
- Snacks for plane
- Waterless soap and hand sanitizer

# 4. IMPORTANT!

## Any important medications that you need!

- Imodium (or whatever is recommended by for family doctor)
- Gravol and Tylenol
- Polysporin
- Plasters (Band Aids)
- Compede for blisters

## Passport!

- Photocopy/scan of passport
- US dollars (aprox. US\$100 in 5s, 10s, and 20s; more if do not plan to use ATM)
- Remember! *You **MAY** need **US\$29** to pay departure tax in Costa Rica*

## Bank card and/or Credit card!

- Photocopy/scan of your flight information, health insurance, emergency contact information and bank cards and credit cards



Arrival day



Oscar (ACUFON)  
Exit of international  
flights





Mark Milnes

**Narratives  
in/of Costa  
Rica.  
Individuals,  
Communities  
and their  
Voices  
(GL/SP/COMS  
4806)**

**Instructor:  
Alejandro Zamora  
April 29 - May 8,  
2019**

**Itinerary**

April 23, 2019 Introduction and course plan at Glendon College

April 28, 2019 Arrival (by 2 pm at SJO)

April 29, 2019 Las Nubes

April 30, 2019 (AM) Dominical – Nauyaca Waterfalls  
(PM) Las Nubes

May 1, 2019 (AM) Coffee Farm ASBC  
(PM) Las Nubes

May 2, 2019 Buenos Aires

May 3, 2019 (AM) San Isidro Fair  
(PM) Las Nubes

May 4, 2019 (AM) Coffee Farm ASBC  
(PM) Las Nubes

May 5, 2019 Las Nubes

May 6, 2019 (AM) Dominical – Playa Ventanas

May 7, 2019 (AM) San Jose  
(PM) Downtown SJO

May 8, 2019 (AM) UCR - San Jose  
(PM) Course Wrap up

May 9, 2019 Departure (Leave from SJO to YYZ after 2 pm)

# Environmental Arts and Food Sovereignty (ENVS 4810B)

Instructor:  
Deborah Barndt  
May 10-19, 2019

## Itinerary

May 9, 2019      Arrival (by 2 pm at SJO)

May 10, 2019      Las Nubes

May 11, 2019      (AM) San Isidro Fair  
(PM) San Isidro

May 12, 2019      (AM) Coffee farm ASBC  
(PM) Las Nubes

May 13-15, 2019      Longo Mai

May 16, 2019      San Isidro Fair

May 17, 2019      Las Nubes

May 18-19, 2019      Alexander Skutch Festival

May 20, 2019      Departure (Leave from SJO to YYZ after 2 pm)

# Natural History: Environmental Education in Costa Rica (ENVS 4120)

Instructor: Leesa  
Fawcett

May 21-30, 2019

## Itinerary

May 20, 2019	Arrival (by 2 pm at SJO)
May 21, 2019	Las Nubes
May 22, 2019	(AM) Farm ASBC (PM) Las Nubes
May 23, 2019	(AM) Coffee farm ASBC (PM) Las Nubes
May 24, 2019	(AM) Dominical – Ballena National Marine Park (PM) Uvita - La Cusinga
May 25, 2019	(AM) Sierpe – kayaking (PM) Mangroves restoration
May 26, 2019	(AM) Uvita to Las Nubes (PM) Las Nubes
May 27, 2019	(AM) Las Nubes (PM) Local school (Night) Los Cusingos - Bats
May 28, 2019	(AM) Las Nubes (PM) Community group ASBC - Activity
May 29, 2019	(AM) Las Nubes (PM) Community group ASBC - Activity
May 30, 2019	(AM) Las Nubes (PM) Community group ASBC - Activity
May 31, 2019	Departure (Leave from SJO to YYZ after 2 pm)

**Protected  
Area  
Management  
(ENVS 4446)**

**Instructor:  
Sheila Colla  
June 1-10, 2019**

**Itinerary**

May 31, 2019	Arrival (by 2 pm at SJO)
June 1, 2019	Las Nubes
June 2, 2019	(AM) Dominical – Manglares (PM) Playa Ventanas
June 3, 2019	Las Nubes
June 4, 2019	(AM) Rivas – Cloudbridge (PM) Las Nubes
June 5, 2019	(AM) Los Cusingos (PM) Las Nubes
June 6, 2019	Rivas – Las Quebradas
June 7, 2019	COBAS Homestay
June 8, 2019	Las Nubes
June 9, 2019	Las Nubes
June 10, 2019	Las Nubes
June 11, 2019	Departure (Leave from SJO to YYZ after 2 pm)



# Education for a Sustainable Future (EDUC 3700)

Instructor:  
Steve Alsop  
June 12-21, 2019

## Itinerary

June 11, 2019	Arrival (by 2 pm at SJO)
June 12, 2019	(AM) Las Nubes (PM) Casita Azul
June 13, 2019	(AM) School visit (PM) Las Nubes
June 14, 2019	(AM) Los Cusingos (PM) Las Nubes
June 15, 2019	Buenos Aires
June 16, 2019	Boruca
June 17, 2019	(AM) Las Nubes (PM) Casita Azul
June 18, 2019	(AM) San Rafael (hydro Project) (PM) EcoCampus
June 19, 2019	(AM) School visit (PM) Las Nubes
June 20, 2019	Las Nubes – Community celebration
June 21, 2019	Dominical – Playa Ventanas
June 22, 2019	Departure (Leave from SJO to YYZ after 2 pm)

# Conservation and Development for Social- Environmental Sustainability and Well-being (ENVS 4810A)

Instructor:  
Felipe Montoya  
June 22-30, 2019

## Itinerary

June 21, 2019	Arrival (by 2 pm at SJO)
June 22, 2019	Las Nubes
June 23, 2019	Las Nubes
June 24, 2019	(AM) Regulo's farm (PM) Casita Azul
June 25, 2019	Las Nubes
June 26, 2019	Boruca
June 27, 2019	Boruca
June 28, 2019	(AM) Felipe's farm (PM) Los Cusingos
June 29, 2019	(AM) Marvin's farm (PM) Las Nubes
June 30, 2019	(AM) Las Nubes
July 1, 2019	Departure (Leave from SJO to YYZ after 2 pm)

# Travel Details

- <http://fes.apps01.yorku.ca/machform/view.php?id=58480>
- Must fill this form by April 20, 2019

# What to expect?

- Intensive courses, full of activities
- Early start
- Long days (frequently)
- Exposure to local food and culture
- Bugs and critters
- Rain and humidity

If you have concerns or need accommodation, please contact Josephine Campanelli Zeeman, Director, Office of Students and Academic Services, FES ([josecamp@yorku.ca](mailto:josecamp@yorku.ca))

