



SUSTAINABLE BUSINESS DEVELOPMENT: A Tourism Perspective

Proposal from Costa Rica Global Learning Programs

University of Prince Edward Island - May 2023

ITINERARY				
Day	Morning	Afternoon	Evening	Overnight
1		Arrive at SJO international airport. Greeted by the GLP team and transported to lodging	Welcome meeting with Costa Rican meal based on Costa Rica's traditional ingredients. Safety & health orientation.	San José
<i>Meals</i>			<i>Dinner</i>	
2	Introductory activity (talk and workshop) on "The Country Brand" - Essential Costa Rica (what it is, the 5 essential values, process of gaining this designation)	Chocolate making & tasting tour and talk at a chocolate factory that has the Essential Costa Rica branding and has demonstrated a huge commitment to sustainability	Time to debrief Local cultural activity and/or free evening	San José
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>		
3	Environmental park in Cartago, walking tour - learn about Blue Flag, White Flag, and other initiatives, including community-based education	Tour of the TEC Costa Rica Campus, learn about sustainability efforts in higher education in Costa Rica	Time for debrief Dinner in Cartago	San José
<i>Meals</i>	<i>Breakfast</i>			
4	Transfer to San Ramón de Sarapiquí (2 hours)	Vanilla spice and pepper tour Homemade lunch	Return to San José	San José

	Introduction to the women-led cooperative, their history	Free time at a waterfall		
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
5	Talk with ICT on the CST (Sustainable Tourism Certification) and social responsibility in the tourism industry - how is sustainability interwoven into tourism education?	Free afternoon to rest, shop, debrief, and/or pack	Zero-waste cooking class	San José
<i>Meals</i>	<i>Breakfast</i>		<i>Dinner</i>	
6	Sustainable, organic coffee & coffee wine tour in Atenas	Continue to Manuel Antonio (2.5 hours)	Check in to lodging, dinner	Manuel Antonio
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>		
7	Guided tour of Manuel Antonio National Park (Blue Flag park and beach) - smallest and most visited national park in Costa Rica	Sustainable hotel tour and talk (hotel with various sustainability nominations and commitments) - projects on site, transition to sustainable operations	Free evening in the marina	Manuel Antonio
<i>Meals</i>	<i>Breakfast</i>			
8	Manuel Antonio Bee Farm Tour - rural tourism project	Talk with El Camino de Costa Rica - a nonprofit association for rural development	Night tour on a private project with a certified naturalist guide	Manuel Antonio
<i>Meals</i>	<i>Breakfast</i>			
9	Free morning in Manuel Antonio	1 pm: Transfer to Monteverde (3.5 hours)	Check into lodging	Monteverde
<i>Meals</i>	<i>Breakfast</i>		<i>Dinner</i>	
10	Morning guided tour of private nature reserve - learn about cloud forest	Workshop at sustainable, farm-to-table	Free time in Santa Elena downtown	Monteverde

	conservation practices and private reserves	restaurant, reserve, and hotel		
<i>Meals</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	
11	Tree-planting activity in Monteverde	Return to San José (2.5 hours)	Departure dinner	San José
<i>Meals</i>	<i>Breakfast</i>		<i>Dinner</i>	
12	Transfer to SJO airport	Departure from SJO airport		-
	<i>Breakfast</i>			

PROGRAM FEES (CAD)	
Number of participants (students and/or chaperones)	Fee per participant (CAD)
6 to 10	\$2200
11 to 20	\$2000

PROGRAM INCLUSIONS
<ul style="list-style-type: none"> • Lodgings - private room and bathroom for faculty, shared bedrooms and bathrooms for students • Dedicated program support in country with a bilingual program leader who will accompany all group activities/outings listed in the itinerary • Airport transfers • Transfers to all activities listed in the itinerary in a private, fully insured shuttle bus • Program development • Pre-program orientation and departure meetings • In-country safety and health orientation • All breakfasts, some lunches, and some dinners (as indicated in itinerary) • All academic activities and tourism activities outlined in the itinerary, including entrance fees

NOT INCLUDED
<ul style="list-style-type: none"> • International flights or transportation to airports outside of Costa Rica • Local flights (not required) • International medical/health insurance (required) • Services or tours outside of the specified program • COVID testing (if required for re-entry – currently not required to come into Costa Rica) • Travel insurance

IMPORTANT NOTES
<ul style="list-style-type: none"> • Participants are required to submit proof of full vaccination scheme against Covid-19 (two shots, or one in the case of Jansen vaccine) • Passport should be valid until October 2023. If your passport expires before then, please process the renewal now. • Recommended cash to cover meals not included: \$140-180 CAD