

Going Global @ WPI



A handbook developed by the Interdisciplinary and Global Studies Division at Worcester Polytechnic Institute for students going to the residential project site:

Costa Rica Project Center B2011

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Section 1 – WPI and IGSD Procedures

INTRODUCTION

Congratulations! You are beginning to prepare for one of the most meaningful experiences that you will encounter while at WPI. In order to ensure that you have a successful experience, the *Going Global at WPI Handbook* has been compiled from a number of sources to provide as much practical information as possible that may be applicable to all project sites. The Handbook was prepared to inform the student who has been accepted to participate in the Global Perspective Program during the 2011-2012 academic year.

Worcester Polytechnic Institute has been practicing innovative, project-based technological education for over 30 years. WPI requires all undergraduates to complete a series of projects, including one in which they examine how science or technology interacts with societal structures and values - the Interactive Qualifying Project. Because of its commitment to a global perspective, the university offers its students opportunities to complete this unique degree requirement at locations around the world. WPI operates more than ten international project programs where students, with resident faculty advisors, live and work full time solving real-world problems for public and private agencies and organizations. WPI sends more engineering and science students overseas for experiential learning than any other U.S. college or university; during the 2011-2012 academic year, approximately 650 WPI students -- including over half of the junior class -- will travel to a global project site to complete one of these interdisciplinary projects.

A successful off-campus experience does not just occur; it requires careful consideration of things you will need to do before you leave, and while at your off-campus site. The Interdisciplinary and Global Studies Division (IGSD) has developed this document to outline these considerations.

For the mutual protection of WPI, the students, and their families, the obligation assumed by each must be carefully defined and understood. You should recognize the fact that you have entered into a contractual agreement with WPI that states the obligations and responsibilities of both the university and yourself. This Handbook was created as the document that should be read carefully and thoroughly to avoid misunderstandings.

The following text is taken from the NAFSA: Association of International Educators' website. NAFSA is the predominant professional association in the world dealing with international education, and the section of the Association that deals specifically with study abroad currently known as the Education Abroad Knowledge Community. A committee of study abroad professionals (the Interorganizational Task Force on Safety and Responsibility in Study Abroad) developed the following document and is included here for your reference. Please keep in mind that while WPI's off campus program is unique in its structure, the University is committed to uphold the standards of the profession.

RESPONSIBLE STUDY ABROAD: GOOD PRACTICES FOR HEALTH AND SAFETY

STATEMENT OF PURPOSE

Because the health and safety of study abroad participants are primary concerns, these statements of good practice have been developed to provide guidance to institutions, participants (including faculty and staff), and parents/guardians/families. These statements are intended to be aspirational in nature. They address issues that merit attention and thoughtful consideration by everyone involved with study abroad. They are intentionally general; they are not intended to account for all the many variations in study abroad programs and actual health, safety and security cases that will inevitably occur. In dealing with any specific situation, those responsible must also rely upon their collective experience and judgment while considering their specific circumstances.

I. Responsibilities of Program Sponsors

The term "sponsors" refers to all the entities that together develop, offer, and administer study abroad programs. Sponsors include sending institutions, host institutions, program administrators, and placement organizations. To the extent reasonably possible, program sponsors should consider how these statements of good practice may apply. At the same time, it must be noted that the structure of study abroad programs varies widely. Study abroad is usually a cooperative venture that can involve multiple sponsors. Because the role of an organization in a study abroad program may vary considerably from case to case, it is not possible to specify a division of efforts that will be applicable to all cases. Each entity should apply these statements in ways consistent with its respective role.

In general, practices that relate to obtaining health, safety and security information apply to all parties consistent with their role and involvement in the study abroad program. Much of the basic information is readily available and can be conveyed to participants by distributing it and/or by referring them to, or utilizing materials from, recognized central sources. Statements of good practice that refer to the provision of information and the preparation of participants are intended for parties that advise, refer, nominate, admit, enroll, or place students. Statements of good practice that suggest operating procedures on site apply to entities that are directly involved in the operation of the overseas program.

It is understood that program sponsors that rely heavily on the collaboration of overseas institutions may exercise less direct control over specific program components. In such cases, sponsors are urged to work with their overseas partners to develop plans and procedures for implementing good practices.

The use of letters is provided for ease of reference only and does not imply priority.

Program sponsors should:

- A. Conduct periodic assessments of health and safety conditions for their programs, and develop and maintain emergency preparedness processes and a crisis response plan.
- B. Provide health and safety information for prospective participants so that they and their parents/guardians/families can make informed decisions concerning preparation, participation and behavior while on the program.
- C. Provide information concerning aspects of home campus services and conditions that cannot be replicated at overseas locations.

- D. Provide orientation to participants prior to the program and as needed on site, which includes information on safety, health, legal, environmental, political, cultural, and religious conditions in the host country. In addition to dealing with health and safety issues, the orientation should address potential health and safety risks, and appropriate emergency response measures.
- E. Consider health and safety issues in evaluating the appropriateness of an individual's participation in a study abroad program.
- F. Determining criteria for an individual's removal from an overseas program taking into account participant behavior, health, and safety factors.
- G. Require that participants be insured. Either provide health and travel accident (emergency evacuation, repatriation) insurance to participants, or provide information about how to obtain such coverage.
- H. Conduct inquiries regarding the potential health, safety and security risks of the local environment of the program, including program-sponsored accommodation, events, excursions and other activities, prior to the program. Monitor possible changes in country conditions. Provide information about changes and advise participants and their parents/guardians/families as needed.
- I. Hire vendors and contractors (e.g. travel and tour agents) that have provided reputable services in the country in which the program takes place. Advise such vendors and contractors of the program sponsor's expectations with respect to their role in the health and safety of participants.
- J. Conduct appropriate inquiry regarding available medical and professional services. Provide information about these services for participants and their parents/guardians/families, and help participants obtain the services they may need.
- K. Develop and provide health and safety training for program directors and staff, including guidelines with respect to intervention and referral that take into account the nature and location of the study abroad program.
- L. Develop codes of conduct for their programs; communicate codes of conduct and the consequences of noncompliance to participants. Take appropriate action when aware that participants are in violation.
- M. In cases of serious health problems, injury, or other significant health and safety circumstances, maintain good communication among all program sponsors and others who need to know.
- M. In the participant screening process, consider factors such as disciplinary history that may impact on the safety of the individual or the group.
- N. Provide information for participants and their parents/guardians/families regarding when and where the sponsor's responsibility ends and the range of aspects of participants' overseas experiences that are beyond the sponsor's control.

In particular, program sponsors generally:

- A. Cannot guarantee or assure the safety and/or security of participants or eliminate all risks from the study abroad environments.
- B. Cannot monitor or control all of the daily personal decisions, choices, and activities of participants.
- C. Cannot prevent participants from engaging in illegal, dangerous or unwise activities.
- D. Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
- E. Cannot assume responsibility for actions or for events that are not part of the program, nor for those that are beyond the control of the sponsor and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- F. Cannot assure that home-country cultural values and norms will apply in the host country.

II. Responsibilities of Participants

In study abroad, as in other settings, participants can have a major impact on their own health and safety through the decisions they make before and during their program and by their day-to-day choices and behaviors.

Participants should:

- A. Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations.

- B. Read and carefully consider all materials issued by the sponsor that relate to safety, health, legal, environmental, political, cultural, and religious conditions in the host country(ies).
- C. Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.
- D. Consider their physical and mental health, and other personal circumstances when applying for or accepting a place in a program, and make available to the sponsor accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.
- E. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
- F. Inform parents/guardians/families and any others who may need to know about their participation in the study abroad program, provide them with emergency contact information, and keep them informed of their whereabouts and activities.
- G. Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.
- H. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals before and/or during the program.
- I. Accept responsibility for their own decisions and actions.
- J. Obey host-country laws.
- K. Behave in a manner that is respectful of the rights and well being of others, and encourage others to behave in a similar manner.
- L. Avoid illegal drugs and excessive or irresponsible consumption of alcohol.
- M. Follow the program policies for keeping program staff informed of their whereabouts and well being.
- N. Become familiar with the procedures for obtaining emergency health and legal system services in the host county.

III. Recommendations to Parents/Guardians/Families

In study abroad, as in other settings, parents, guardians, and families can play an important role in the health and safety of participants by helping them make decisions and by influencing their behavior overseas.

Parents/guardians/families should:

- A. Be informed about and involved in the decision of the participant to enroll in a particular program.
- B. Obtain and carefully evaluate participant program materials, as well as related health, safety and security information.
- C. Discuss with the participant any of his/her travel plans and activities that may be independent of the study abroad program.
- D. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
- E. Be responsive to requests from the program sponsor for information regarding the participant.
- F. Keep in touch with the participant.
- G. Be aware that the participant rather than the program may most appropriately provide some information.

NAFSA: Association of International Education

Responsible Study Abroad: Good Practice for Health and Safety

Guidelines, Revised November 8, 2002

http://www.nafsa.org/knowledge_community_network.sec/education_abroad_1/developing_and_managing/practice_resources_36/guidelines_for_health

MANDATORY PAPERWORK

The following forms must be on file in the IGSD office before students leave WPI for their off-campus project experience. If any forms are missing, students are in jeopardy of not being allowed to participate at off-campus programs.

Paperwork deadline: All mandatory paperwork for must be in the IGSD Office by **Friday, September 23, 2011 before 3:00 p.m.**

Participant Statement of Agreement

Once accepted to the Global Perspective Program at WPI, every student is required to submit to the IGSD along with his or her housing deposit a signed and dated "Participant Statement of Agreement". The text of that document is included below for your convenient referral. Of course, you may request a photocopy of your signed "Participant Statement of Agreement" at any time.

I understand that my participation in the WPI Global Perspective Program is subject to my agreement to accept and abide by the following conditions of participation:

A. Financial Responsibility

- 1) I understand that my deposit of \$400 is used to secure my place in the program and will be credited toward my housing cost.
- 2) I understand that charges for any damages to housing, WPI property on site, the property of our host institutions, or project sponsors will be charged to my WPI account. When responsibility for damages to housing cannot be assigned to an individual student, all students in the housing unit will be charged an equal share of the cost. I also realize that an official hold will be placed on my records until all payment responsibilities are satisfied.
- 3) I agree to pay all housing charges as requested. The accounting office normally bills housing costs at program sites at the time of the usual billing for Spring, Fall, and Summer terms.

B. Withdrawal, Cancellation, or Dismissal

- 1) I understand that the \$400 acceptance deposit is fully refundable up to 120 business days before the beginning of the program. Notice of withdrawal must be made in writing to the Interdisciplinary and Global Studies Division. Withdrawals after this time are subject to forfeiture of the entire deposit, plus any unrecoverable portion of the housing costs or other program expenses advanced on my behalf.
- 2) WPI makes every effort to deliver every program offered. However, many circumstances beyond our control could affect the welfare and safety of our participants. WPI, therefore, reserves the right to cancel a program in the event of changes that adversely affect our ability to deliver a quality academic program in which we can reasonably safeguard the health, safety, and well-being of all participants. In the event of cancellation by WPI, all *recoverable* deposits, tuition, and housing costs will be fully refunded.
- 3) Students who are dismissed from a program for any reason will receive no refund of any costs involved and are subject to charges for any unrecoverable housing costs or program expenses advanced on their behalf.

C. Behavioral Responsibilities

- 1) I understand that all policies governing acceptable behavior as printed in The Policies section of *The Campus Planner & Resource Guide* apply to me during my participation at an off-campus program site. Failure to abide by these policies, either before or during my participation in an off-campus program, can result in disciplinary action, up to and including my immediate dismissal from the program. I recognize that the authority for adjudicating alleged violations of the WPI Code of Conduct while at an off-campus program site lies with the on-site WPI representative in accordance with basic due process.
- 2) I further understand that as a WPI student at an off-campus program site, I represent my institution and my country and will behave as an ambassador for both. I understand that grounds for dismissal may also be found in behavior disruptive to the group as a whole, or offensive within the host culture: disruptive sexual behavior, or behavior deemed offensive to the host culture; or disruptive, violent, or destructive behavior in student housing.
- 3) I understand that WPI must take steps to ensure that no offensive, disruptive or potentially dangerous conduct occurs while WPI students and faculty are abroad. Accordingly, WPI reserves the right to dismiss a student from the program on the basis of any observed conduct or behavior which causes WPI concern for the safety and well-

being of students or others. The Dean of Interdisciplinary and Global Studies shall have the authority to make the final decision on dismissal from the program.

D. Academic Responsibilities

- 1) I understand that my participation in this program is subject to successful completion of all required preparation classes. I agree to attend all required orientation and re-entry meetings.
- 2) I understand that if I am placed on academic probation, I am no longer eligible to participate. The withdrawal refund policy stated above will apply.
- 3) WPI reserves the right to withdraw acceptance to students who are subsequently placed on academic warning. The withdrawal refund policy stated above will apply.

E. Medical Issues

- 1) I understand that there are certain risks inherent in travel to an off-campus program site and WPI cannot assume responsibility for all of my activities or medical needs. I understand that it is my responsibility to carry medical insurance that is valid at the off-campus site for the length of my stay.
- 2) I accept all financial responsibility for any medical treatment I receive while at the program site and understand that to obtain medical care abroad it is usually necessary to pay when the care is administered and seek reimbursement from my insurance company when I return home.

F. Legal Issues

- 1) I understand that as a non-citizen in a foreign country, I will be subject to the laws of that country. The use or possession of illegal drugs or other substances in violation of the laws of the host country or The Policies section of *The Campus Planner & Resource Guide*, before or during my participation in the program, can result in disciplinary action, up to and including my immediate dismissal from the program and legal action under the laws of the Commonwealth of Massachusetts and / or the laws of the host country.

G. Travel Issues

- 1) I understand that I am responsible for making my own travel arrangements and for arriving at the program site on the designated arrival date and remaining until the official departure date.
- 2) I understand that while WPI encourages students to travel during their free time, the university can take no responsibility for my safety during independent travel. I further understand that I must inform the faculty-in-residence of my travel plans.

H. Federal Compliance Issues

- 1) I understand there are Federal regulations regarding the export of information to foreign countries or foreign citizens, with which all of us at WPI must comply. WPI's emphasis on engineering programs makes us particularly sensitive to these regulations. If I take a laptop computer (or other type of computer digital storage device, I hereby assure WPI that I will not have any restricted information on that device as such action may be considered an export.

I have read, understand, and agree to abide by the above stated conditions of participation.

Participant Signature	date	site	term
Printed Name	student number	date of birth*	

**If participant is under 18 years of age, both parents and/ or legal guardian must also read and sign this form.*

I am the parent or legal guardian of the above Participant, have read the foregoing Participant Statement of Agreement Form (including such parts as may subject me to personal financial responsibility), and will be legally responsible for the obligations and acts of the Participant as described in this Participant Statement of Agreement Form, and agree, for myself and for the participant, to be bound by its terms.

Travel Information Form (Appendix A)

The IGSD must have a completed Travel Form and itinerary from you on file before you leave for their site. The IGSD keeps a copy of the form and itinerary and we send a copy with the faculty advisor. By doing this, the IGSD staff and the advisor(s) all will know when and where every student will arrive and will be alerted if there is a problem arises. Whenever possible, you will be met at a pre-agreed location depending on your itinerary.

You should understand that you are responsible for making your own travel arrangements, arriving at the program site on the designated arrival date, and remaining until the official departure date. If you are traveling by air, you must have confirmed reservations. Flying stand-by is not acceptable.

You and your family should also understand that while WPI encourages you to travel during your free time, the university can take no responsibility for your safety during independent travel. *You must inform your advisor of all travel plans and when you should be expected back on site.*

You may not take vacation days off from your project work, even if you have the permission of your project mentor. If you have an urgent family or academic or job-related need to travel away from the project site on a project work day, consult with the faculty member in residence before making any travel plans.

Health Update and Records Release Form (Appendix B)

The IGSD must have a completed Health Update and Records Release Form on file for you before you leave for your site. The IGSD keeps a copy and sends a copy with the faculty advisor in case of an emergency. You should list any medical conditions that could affect you while off-campus (i.e. epilepsy, diabetes, depressive episodes, etc.) Also, you must list any changes in your health not noted on medical records on file with WPI Health Services. Medical allergies must be listed, as well as prescription medications.

Two people need be listed as emergency contacts. These contacts should be people empowered to make a medical or legal decision on behalf of the participant (i.e., parent, guardian, living adult relative). Contact information for each must also be provided to the IGSD on this form: name, relationship, address, phone (home and work), and email.

You and your family should understand that there are certain risks inherent in travel to an off-campus program site and WPI cannot assume responsibility for every activity or medical need. It is your responsibility to carry medical insurance that is valid at the off-campus site for the length of the stay. You must accept all financial responsibility for any medical treatment received while at the program site.

All students traveling off-campus to participate in a WPI program are required to carry medical insurance that is valid at the program site for the entire length of the program. The IGSD must have the name of your insurance provider and your subscription number. It is your responsibility to make sure that you are covered for the entire length of the program while you are off-campus.

Voluntary Acknowledgment Form

All participants are required to sign a Voluntary Acknowledgment Form, which will be kept on file in the IGSD. The text of the form is below for your convenient referral. We hope that by asking participants to read and sign such a form that we remind them of the nature of their participation and the responsibilities which are assumed by the individuals.

ACKNOWLEDGEMENT and RELEASE

I acknowledge that I am voluntarily participating in the _____ (the "Program"), which is being offered by Worcester Polytechnic Institute (WPI). I further acknowledge that WPI has provided me with adequate information about the Program, both verbally and through written materials, and that I have read and understand such information. I agree to comply with any immunization or medical treatment necessary to participate in this program. I also acknowledge that any laptop computer (or other form of computer or digital storage device) that I may take abroad cannot contain any restricted information as such action may be considered an export subject to Federal control and regulation.

Assumption of Risk and Release of Claims. Knowing the risks described, and in consideration of being permitted to participate in the Program, I agree, on behalf of my family, heirs, and personal representative(s), to assume all the risks and responsibilities surrounding my participation in the Program. To the maximum extent permitted by law, I release and indemnify Worcester Polytechnic Institute, and its officers, employees and agents, from and against any present or future claim, loss or liability for injury to person or property which I may suffer, or for which I may be liable to any other person, during my participation in the Program (including periods in transit to or from any site in country where the Program is being conducted).

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS.

Participant Signature

date

Printed Name

date of birth*

*If participant is under 18 years of age, both parents and/or legal guardians must also read and sign this form.

I am the parent or legal guardian of the above Participant, have read the foregoing Acknowledgement and Release Form (including such parts as may subject me to personal financial responsibility), and will be legally responsible for the obligations and acts of the Participant as described in this Acknowledgement and Release Form, and agree, for myself and for the Participant, to be bound by its terms.

X

Signature of Parent / Guardian

Date

X

Signature of Parent / Guardian

Scan of Passport

You are required to bring your passport to the IGSD office so that staff can scan a copy of the face and information pages. IGSD keeps this on file.



ACE American Insurance Company
(A Stock Company)
Philadelphia, PA
(Herein called We, Us, Our)

Travel Assistance Program

ATTENTION

**In the event of a medical emergency
call Europ Assistance immediately
and reference plan code: 01AH585**

24-Hour Access

**1-800-243-6124 toll free in the USA or Canada
1-202-659-7803 collect outside of the USA**

Call when:

- You require a referral to a hospital or doctor
- You are hospitalized
- You need to be evacuated or repatriated
- You need to guarantee payment for medical expenses
- You experience local communication problems
- Your safety is threatened by the sudden occurrence of a political or military event

When you call Europ Assistance, please be prepared with the following information:

1. Name of caller, phone no., fax no., relationship to Covered Person;
2. Covered Person's name, age, sex and policy number;
3. A description of the Covered Person's condition;
4. Name, location, and telephone number of hospital;
5. Name and telephone numbers for the treating doctor; where and when the doctor can be reached;
6. Health insurance information, worker's compensation, or automobile insurance information if the Covered Person had an accident.

"Covered Person" means the person insured under the applicable ACE policy.

By requesting assistance you agree to assign to us your rights to recover from any of your responsible insurers any expenses we incurred.

ATTENTION Medical Personnel or Police

In the event of a medical emergency, Europ Assistance will provide the services on the card below. To verify eligibility call the multi-lingual call center 24 hours a day toll free at 1-800-243-6124 if

you're inside the USA or Canada; or if you're outside the USA call collect at 1-202-659-7803.

In addition to the insurance protection provided by your insurance plan, ACE USA has arranged with Europ Assistance USA to provide you with access to its travel assistance services around the world. These services include:

- **Medical Assistance** including referral to a doctor or medical specialist, medical monitoring when you are hospitalized, emergency medical evacuation to an adequate facility, medically necessary repatriation and return of mortal remains.
- **Personal Assistance** including pre-trip medical referral information and while you are on a trip: emergency medication, embassy and consular information, lost document assistance, emergency message transmission, emergency cash advance, emergency referral to a lawyer, translator or interpreter access, medical benefits verification and medical claims assistance.
- **Travel Assistance** including emergency travel arrangements, arrangements for the return of your traveling companion or dependents and vehicle return.
- **Security Assistance** including a crisis hotline and on the ground security assistance to help address safety concerns or to secure immediate assistance while traveling as well as access to a secure, web-based system for tracking global threats and health or location based risk intelligence.

This information provides you with a brief outline of the services available to you. These services are not insured benefits. Reimbursement for any service expenses is limited to the terms and conditions of the policy under which you are insured. You may be required to pay for services not covered. A third party vendor may provide services to you. Europ Assistance makes every effort to refer you to appropriate medical and other service providers. It is not responsible for the quality or results of service provided by independent providers.

In all cases, the medical provider, facility, legal counsel or other professional service provider suggested by Europ Assistance are not employees or agents of Europ Assistance and the choice of provider is yours alone. Europ Assistance assumes no liability for the services provided to you under this arrangement, nor is it liable for any negligence or other wrongful acts or omissions of any of the legal or health care professionals providing services to you. Travel assistance services are not available if your coverage under the policy is not in effect.

ACE TRAVEL ASSISTANCE PROGRAM

For medical referrals, evacuation, repatriation or other services please call:

ACE Travel Assistance Program
1-800-243-6124 (Inside the USA)
1-202-659-7803 (Outside the USA Call Collect)
OPS@europassistance-usa.com

Visit www.ACETravelAssistance.com for access to global threat assessments and location based intelligence.

Username: aceah
Password: security



Plan Number: 01AH585
Employer: Worcester Polytechnic Institute
Policy Number: ADD N04947782
Assistance Provider: Europ Assistance USA

Europ Assistance provides emergency medical and travel services and pre-trip information services. Please call when:

- You require a referral to a hospital or doctor
- You are hospitalized
- You need to be evacuated or repatriated
- You need to guarantee payment for medical expenses
- You experience local communication problems
- Your safety is threatened by the sudden occurrence of a political or military event

ATC Laptop Form (Appendix C)

WPI will provide one laptop per team if you request it. You do not have to use a WPI laptop – you are welcome to take your own. If you do, however choose to sign out a WPI laptop, you will need to complete the form and turn it in to the IGSD with the rest of your mandatory paperwork.

WPI POLICIES AND SERVICES FOR STUDENTS AT OFF-CAMPUS SITES

Informal Hearing Procedure at Off-Campus Residential Program Sites

Students at off-campus residential program sites, accused of violating the WPI code of conduct or any other WPI policy as outlined in the annual *Student Planner and Resource Guide* shall be accorded an informal on-site hearing before a WPI representative designated by the dean of Interdisciplinary and Global Studies Division. The following guidelines will be applicable.

- A.** The student will be informed of the complaint pending and the time, date and location of the informal hearing, in writing, at least two (2) days prior to the hearing. This notice should include a full description of the incident, names of witnesses, if any, and a reference to the section(s) of the campus code allegedly violated.
- B.** The informal hearing shall be conversational in nature and non-adversarial.
- C.** Before the hearing, the student shall be given the opportunity to consult with an on-site advisor of his/her choice or a member of the WPI community.
- D.** During the hearing, the WPI representative shall elaborate on the nature of the complaint and present any evidence or witnesses in support of that complaint.
- E.** The student shall have an opportunity to respond to the complaint and present any evidence or witnesses in response to the complaint.
- F.** The WPI representative will make a determination of the student's responsibility for the complaint based on the outcome of the informal hearing.
- G.** If the student is found responsible, the WPI representative must contact the dean of students or designee to review the student's past record, if any, before a sanction is determined. The WPI representative must then consult with the Dean of Students Office and the director of global operations in the Interdisciplinary and Global Studies Division to determine an appropriate sanction for the offense.
- H.** All decisions shall be final and not subject to appeal on site. The decision may be appealed to the dean of Interdisciplinary Studies Division once the student has returned to the WPI campus. Appeals may be submitted in writing to the dean of the Interdisciplinary and Global Studies Division within five (5) days of the start of classes of the term following the off campus project experience. The appeal must be specific and contain a full description of the basis for the appeal. Grounds for an appeal must be based on one or more of the following criteria:
 - a.** Failure to follow the procedures outlined in the *Student Planner and Resource Guide*;
 - b.** Inappropriate gravity of the sanction in relationship to the offense;
 - c.** That no reasonable person could conclude, on the basis of the evidence presented, that the student was responsible.The appeal will not be reviewed until after the start of the term following the off-campus project experience when all parties involved have returned to the WPI campus.
- I.** If the on-site WPI representative determines that continued presence at the project center by the student would constitute a danger to the safety of persons or property on the premises of the project center, a recommendation for interim suspension may be made to the vice president for student affairs or designee.

Administrative Agreement at Off-Campus Program Sites

Students at off-campus residential program sites who accept responsibility for the complaint against them may choose, with the agreement of the university and/or plaintiff, to waive their right to the informal hearing procedure and instead accept a sanction imposed by the university.

Note: WPI's Academic Honesty Policy and the procedures described therein also apply to the off-campus residential programs. The WPI representative must communicate with the dean of Interdisciplinary and Global Studies Division and Dean of Students Office before taking action.

General Policies and Important Things to Remember

- There can be *no overnight guests* in any accommodations acquired and provided by WPI for use by the Project Center students.
- Charges for any damages to housing, WPI property on site, the property of our host institutions, or project sponsors will be charged to your WPI account. When responsibility for damages to housing cannot be assigned to an individual student, all students in the housing unit will be charged an equal share of the cost. An official hold will be placed on all records until all payment responsibilities are satisfied.
- If you are dismissed from a program for any reason, you will not receive a refund of any costs involved and will be subject to charges for any unrecoverable housing costs or program expenses advanced on your behalf.
- All policies governing acceptable behavior as printed in The Policies section of *The Campus Planner & Resource Guide* apply to participants at an off-campus program site. The authority for adjudicating alleged violations of the WPI Code of Conduct while at an off-campus program site lies with the on-site WPI representative in accordance with basic due process.
- You must always keep the resident faculty advisors informed of your whereabouts. If you plan to travel during the term, you must give your advisor a written itinerary.
- **The IGSD will notify your parents if you fail to return from a weekend excursion at the predetermined time. If you are delayed you MUST contact your resident faculty advisor to inform them that you are safe.**
- As a WPI student at an off-campus program site, you represent your institution and your country and will behave as an ambassador for both. Grounds for dismissal may also be found in behavior disruptive to the group as a whole, or offensive to the host culture: disruptive sexual behavior, or disruptive, violent, or destructive behavior in student housing.
- You may not take vacation days off from your project work, even if you have the permission of your project mentor. If you have an urgent family or academic or job related need to travel away from the project site on a project work day, consult with the faculty member in residence before making any travel plans.

Violations of any of these policies can result in disciplinary action up to and including immediate dismissal from the program.

What can you expect to pay “out of pocket” toward your IQP while off-campus?

Current WPI policy states that students are expected to contribute \$50 per person per 1/3 unit of IQP work toward any out of pocket expenses encountered. This means that each student is expected to pay \$150.00 towards the completion of the IQP before asking for reimbursement of any kind. If you have a project team of 4 students, then the total contribution before being reimbursed is \$600. If you anticipate that your expenses will exceed this expectation, then you must submit a budget for your project. The on-site faculty advisor and Center Director must approve this budget prior to submission of any expenses to the IGSD. (Commuting costs are not reimbursable.)

Travel Documents and Competencies

Passports

Who needs a passport?

A U.S. citizen needs a passport to depart or enter the United States and to depart and enter most foreign countries. U.S. Immigration requires you to prove your U.S. citizenship and identity when you reenter the United States.

If you are not a U.S citizen, contact the embassy or consulate of the country you are planning to travel to, as well as the U.S. Embassy in order to receive specific entry instructions. International students should consult with Mr. Tom Thomsen, Director of the International Students and Scholars Office, about these issues. His contact information is listed under the heading WPI Offices.

Beware of a passport that is about to expire. Certain countries will not permit you to enter and will not place a visa in your passport if the passport is valid for less 6 months. If your passport is expiring in less than the 6 months, you will need to get a new one. If you return to the United States with an expired passport, you are subject to a passport waiver fee of \$100, payable to U.S. Immigration at the port of entry.

It is your responsibility to acquire your passport. The IGSD does not administer this process for students.

How to get your passport

1. You can get passport photos taken at the U.S. Post Office, or other local stores such as CVS.
2. Pick up a passport application form from the U.S. Post Office or download from: http://travel.state.gov/passport/passport_1738.html
3. Turn in all required documentation to the nearest federal post office with the appropriate fee.

For Immediate Release

April 2, 2002

**STATEMENT BY PHILIP T. REEKER, DEPUTY SPOKESMAN
U.S. Passports Will No Longer be Issued Abroad**

All passports, except those required for urgent travel, will be issued in the United States using the new more secure photo-digitized imaging system.

Effective April 8, 2002, American citizens residing or traveling abroad, who require issuance of a U.S. passport, will be issued the latest, state-of-the-art passport. It incorporates a digitized image with other enhanced security features. Because this technology is not available at U.S. embassies and consulates, overseas passport issuance is being transferred to the National Passport Processing Center in Portsmouth, New Hampshire.

Travel documents in the post-September 11 world have become even more important. The new passport has many features that make it one of the most secure travel documents produced anywhere in the world. Getting these more secure passports into circulation will help minimize the misuse of American passports by criminals, terrorists, and others.

This new procedure will increase processing time at U.S. embassies and consulates, but the Department is committed to ensuring that American citizens receive secure documents in a timely manner. American citizens overseas are encouraged to apply early for renewal of expiring passports.

U.S. embassies and consulates will continue to issue passports that are needed for urgent travel. However, such passports will be limited in validity, and cannot be extended. Bearers will be required to exchange, at no additional cost, their limited-validity passport for a full-validity digitized passport upon completion of their urgent travel.

Information on applying for a U.S. passport, passport application forms and requirements, and other travel-related information can be accessed through the Department of State's web site at: <http://travel.state.gov>.

Visas

A visa is an endorsement or stamp placed in your passport by a foreign government that permits you to visit that country for a specified purpose and a limited time. You should obtain all necessary visas before you leave the United States, because you will not be able to obtain visas for some countries once you have departed. Apply directly to the embassy or nearest consulate of each country you plan to visit. Passport agencies *cannot* help you obtain visas.

If you are not a U.S. citizen, it is your responsibility to determine what other documentation you will need to file to obtain your visa. Please do so in consultation with IGSD. Do not submit your visa application before checking in with IGSD to ensure that you're submitting the appropriate application.

How to Take Money

You should take a sufficient amount of living/spending money with you. The IGSD recommends the following modes of carrying money.

Travelers Checks

Rather than carrying large amounts of cash, it is always safer to take most of your money in travelers' checks. Remember to record the serial number, denomination, and the date and location of the issuing bank or agency. Keep this information in a safe and separate place. In case your checks are lost or stolen, you can get replacements quickly with this information.

Credit Cards

Some credit cards can be used worldwide, even for cash advances. However, be sure to monitor your charges carefully, so as not to exceed your limit -- do not forget to account for the exchange rate! Leave all unnecessary cards at home. Record the numbers and expiration dates for the cards you take in a separate place. Always report the loss or theft of your credit cards immediately to the issuing companies and notify the local police.

ATM info:

Making withdrawals from an ATM is generally considered to be the easiest and least expensive way of accessing money while abroad. The biggest advantage is that regardless of the size of your withdrawal, you will receive the wholesale exchange rate which banks use. ATM networks like the Global ATM Alliance, Cirrus and PLUS are used widely around the globe, although you should be sure to verify that your network operates in the country to which you're going. The following websites provide links to ATM locator services for each network:

<http://www.mastercard.com/us/personal/en/cardholderservices/atmlocations/index.html>

<http://visa.via.infonow.net/locator/global/jsp/SearchPage.jsp>

http://www.scotiabank.com/cda/content/0,1608,CID8040_LIDen,00.html

Before you leave, you should contact your bank to let them know where you will be and for how long. Many banks view activity such as withdrawals in another country as an alert to possible fraudulent activity on your account. Telling them ahead of time, may prevent your accounts from being frozen -- a massive inconvenience when you're abroad.

Things to consider when using ATMS abroad include the following:

1. Be sure you know the numeric equivalent of your PIN if it contains letters as well as numbers. ATMs abroad may only provide numbers.
2. Some ATMs (especially in Europe) do not accept PINs longer than 4 numbers. You may wish to contact your bank to change your PIN if it is longer than four digits.

There are of course fees associated with using most ATMs, and some of these can be significantly higher than the fees you are used to paying in the U.S. You should check with your bank (be sure to ask if they assess extra fees for international ATM use), and plan for these extra expenses in your budget.

Finally, be sure to keep your ATM card and your money in a safe place. When withdrawing cash from an ATM be sure to do so in a well lighted, safe location so that you decrease your profile as a potential target for theft.

Source: www.independenttraveler.com

Foreign Currency

Before departing, it is recommended that you purchase some foreign currency to use for buses, taxis, food, phones or tips when you first arrive. You can purchase several currencies at the airport, but be advised that they only carry major currencies and that exchange windows may be closed depending upon your time of departure. You may be able to purchase foreign currency at one of your local banks. Do not change all of the money you plan to take while still in the U.S. The exchange rate is always better in the host country.

Section 2 - Health & Safety Information

SAFETY

When traveling to an off-campus project site, there are a number of precautions you should follow in order to travel safely:

- Do not leave your bags or belongings unattended at any time. Security in airports and train stations are instructed to remove or destroy any unattended baggage. Do not agree to carry or look after packages or suitcases for individuals you do not know well. If someone approaches you to make such a request, tell security immediately. Make sure that no one puts anything in your luggage without your knowledge. Take all questions from airport personnel seriously and do not make jokes in response to security questions.
- Safeguard your passport! Your passport is the most valuable document you will carry abroad. It is your best form of identification and confirms your citizenship. You must guard it carefully. Do not lend it to anyone or use it as collateral for a loan of any sort. You will need it when you check into hotels, embassies or consulates, or when cashing travelers' checks. Some countries require that you carry it with you at all times as a means of identification. When you carry your passport, hide it securely on your person. Do not leave it in a handbag, book-bag, backpack or in an exposed pocket.
- Never keep all of your documents and money in one place or suitcase. You should make a list of all of your important numbers - your passport information as well as credit cards, travelers' checks and airline ticket numbers. Leave a copy at home, and carry a copy with you, separate from your valuables.
- **Always keep the resident faculty advisors informed of your whereabouts. If you plan to travel during the term, you must give your advisor an itinerary in writing. All student need to be accounted for every weekend whether you are traveling or not, see Appendix D.**
- **The IGSD will notify the parents of students who fail to return from a weekend excursion at the predetermined time. If you are delayed you MUST contact your resident faculty advisor to inform them that you are safe.**
- Have sufficient funds or a credit card on hand to purchase emergency items such as train or airline tickets.
- Always be careful about traveling alone.
- **All WPI students who are participating in the Costa Rica B 2011 Project Program are expected to behave in a manner so as to not put themselves at risk.**
- **All students have an obligation to look out for each other and themselves. This means that if one student observes another engaging in risky behavior, that student should report the behavior to either of the faculty advisors. The faculty advisor must then address the issue with the student at risk. Repeated behavior identified as risky will be cause to be sent home.**
- Be as inconspicuous in dress and demeanor as possible. If the host country nationals do not wear baseball caps and sneakers, you will stand out as a foreigner if you do.
- Do not flash money or documents in public places. Be discreet in displaying your passport.

AVOIDING TRAVEL RISKS

Prepared By:

William L. Granahan CIC,LIA,CMC, Senior Consultant

J.H. Albert International Insurance Advisors, Inc.

Two Chestnut Place

72 River Park

Needham Heights, MA 02494-2631

Planning and Preparing:

Do not display provocative luggage tags, overly patriotic displays or any other indications that you are from the United States;

Do not pack anything that could be construed as a weapon, including knives, nail files, razors or other sharp instruments;

Arrive at the airport at least three hours in advance of your flight.

Air and Ground Travel:

Dress casual and look like a traveler; do not dress like a “flamboyant” US patriot;

Spend little time in foreign airports or public transportation areas that carry a high risk of or invite terrorist attacks;

Avoid air, rail and local ground carriers from countries where terrorist groups are based or have grievances;

Avoid flights or trains with intermediate stops, especially stops in hostile countries, which would allow terrorists to board;

In the Country;

Avoid countries, areas of countries and regions, even for leisure travel on weekends, that are hostile or likely to be hostile to Americans;

Study and understand the customs and political environment of the country(s) you are visiting;

Be prudent in your choice of eating and drinking establishments;

Avoid political discussions, confrontation and arguments;

Do not reveal personal information to casual acquaintances;

Beware of overly friendly or flirtatious persons;

Always travel in groups of two or more people;

Should you find yourself present during a coup, uprising or riot, remain in a safe harbor, such as your hotel or residence, that is not apt to be a military target;

Carry the phone number and address of the American Embassy and local police – and a cell phone if possible;

Return to your apartment or living quarters at a reasonable, early hour every night.

SAFETY TIPS FROM THE U.S. DEPARTMENT OF STATE

Crime in many parts of the world seems to be increasing.

Visitors should take common sense precautions:

- Safety begins when you pack. Leave expensive jewelry behind. Dress conservatively; a flashy wardrobe or one that is too casual can mark you as a tourist. Use travelers' checks, not cash. Leave photocopies of your passport personal information page and your airline tickets with someone at home and carry an extra set with you.
- Use a money belt or a concealed money pouch for passports, cash and other valuables.
- In a car, keep doors locked, windows rolled up and valuables out of sight. A common trick is for a thief to reach through a car window and grab a watch from a persons' wrist or a purse or package from the seat while you are driving slowly or stopped in traffic.
- When you leave your car, try to find a guarded parking lot. Lock the car and keep valuables out of sight.
- When walking, avoid marginal areas of cities, dark alleys and crowds. Do not stop if you are approached on the street by strangers, including street vendors and beggars. Be aware that women and small children, as well as men, can be pickpockets or purse-snatchers. Keep your billfold in an inner front pocket, carry your purse tucked securely under your arm, and wear the shoulder-strap of your camera or bag across your chest. To guard against thieves on motorcycles, walk away from the curb, carrying your purse away from the street.
- Use official taxi stands rather than cruising taxis. Illegal taxis can be decoys for robbers.
- Whenever possible, do not travel alone. If you travel in isolated areas, go with a group or a reputable guide.
- Avoid travel at night.
- Money exchangers on the street pass off counterfeit U.S. dollars and local currency. Credit card fraud is growing.
- Do not take valuables to the mountains or on excursions.

Any U.S. citizen who is criminally assaulted should report the incident to the local police and to the nearest U.S. embassy or consulate.

The U.S. department of State has produced a website specifically for students going abroad. This site provides student specific travel tips and advice, and we strongly encourage you to visit it: www.studentsabroad.state.gov.

DRUGS AND THE LEGAL SYSTEM

When you are in a foreign country, you are subject to its laws. Learn about local laws and regulations, preferably before you arrive on site, and obey them. Deal only with authorized outlets when exchanging money or buying items such as airline tickets and travelers checks. Adhere strictly to the local laws because the penalties you risk are severe.

About 3,000 Americans are arrested overseas each year. Of these, approximately one-third are held on drug-related charges. Despite repeated warnings, drug arrests and convictions are still a common occurrence. Many countries have stiff penalties for drug violations and strictly enforce drug laws. You are subject to foreign, not U.S. laws while overseas, and you will find, if arrested, that:

- because you are subject to local laws abroad, there is very little that a U.S. consul can do for you if you encounter legal difficulties
- few countries provide jury trial
- most countries do not accept bail
- prisons may lack even minimal comforts: bed, toilet, wash basin
- officials may not speak English
- nutrition is often inadequate
- physical abuse, confiscation of personal property and inhumane treatment are possible

In other words, it is not worth imprisonment or extradition to break local laws. Be mature. Remember that laws are established for reasons (and you don't need to agree with those reasons), and that you are a guest, and should behave as such.

WPI Code of Conduct

As articulated in the Drug and Alcohol Policy in the WPI Code of Conduct, students may not possess, use, or distribute illicit drugs or possess drug related paraphernalia. If there are any complaints or evidence of illicit drug use, your Faculty Advisor(s) and the Director of Global Operations in the IGSD will initiate and follow the steps outlined in the "Informal Hearing Procedure at Off-Campus Residential Program Sites" to fairly investigate and adjudicate the matter. Drug policy violations are taken very seriously and could result in sanctions up to and including dismissal from the program.

HEALTH ISSUES: HIV AND AIDS INFORMATION

Acquired immunodeficiency syndrome (AIDS) is a severe, often life-threatening, illness caused by the human immunodeficiency virus (HIV). The incubation period for AIDS is very long and variable, ranging from a few months to many years. Some individuals infected with HIV have remained asymptomatic for more than a decade. Currently, there is no vaccine to protect against infection with HIV. Although there is no cure for AIDS, treatments for HIV infection and prophylaxis for many opportunistic diseases that characterize AIDS are available.

The universal precaution to prevent infection of either AIDS and/or HIV is to assume that everyone you meet has these diseases. While this may seem extreme, there is no way to judge from looking at someone whether or not they have been exposed to these illnesses or if, in fact, they are infected.

HIV infection and AIDS have been reported worldwide. The number of persons infected with HIV is estimated by WHO to be approaching the range of 18 million worldwide. Because HIV infection and AIDS are globally distributed, the risk to international travelers is determined less by their geographic destination than by their sexual and drug using behaviors.

Transmission and Prevention Information

The global epidemic of HIV infection and AIDS has raised several issues regarding HIV infection and international travel. The first is the need of information for international travelers regarding HIV transmission and how HIV infection can be prevented.

HIV infection is preventable. HIV is transmitted through sexual intercourse, needle or syringe sharing, by medical use of blood or blood components, and perinatally from an infected woman to her baby. HIV is not transmitted through casual contact; air, food, or water routes; contact with inanimate objects; or through mosquitoes or other arthropod vectors. The use of any public conveyance (e.g., airplane, automobile, boat, bus, train) by persons with AIDS or HIV infection does not pose a risk of infection for the crew or other passengers.

Increased risk for contracting AIDS and HIV

Travelers are at risk if they:

- have sexual intercourse (heterosexual or homosexual) with an infected person;
- use or allow the use of contaminated, unsterilized syringes or needles for any injections or other skin-piercing procedures including acupuncture, use of illicit drugs, steroid or vitamin injections, medical/dental procedures, **ear or body piercing, or tattooing;**
- use infected blood, blood components, or clotting factor concentrates. HIV infection by this route is a rare occurrence in those countries or cities where donated blood/plasma is screened for HIV antibody.

People should avoid sexual encounters with a person who is infected with HIV or whose HIV infection status is unknown. This includes avoiding sexual activity with intravenous drug users and persons with multiple sexual partners, such as male or female prostitutes. Condoms, when used consistently and correctly, prevent transmission of HIV. Persons who engage in vaginal, anal, or oral-genital intercourse with anyone who is infected with HIV or whose infection status is unknown should use a condom.

For the information made available by the Center for Disease Control, please go to the following web address

<http://wwwn.cdc.gov/travel/yellowBookCh4-HIVAIDS.aspx>



CDC Health Information – Costa Rica

Travel Notices in Effect

- [2011 Measles Update](#) June 23, 2011
- [Update: Dengue in Tropical and Subtropical Regions](#) May 02, 2011

Safety and Security Abroad

- [Registration of Traveler Emergency Contact and Itinerary Information](#) January 13, 2011
- [Transportation Security Administration](#)
- [U.S. Department of State](#)

Preparing for Your Trip to Costa Rica

Before visiting Costa Rica, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. [Find a travel medicine clinic](#) near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Although yellow fever is not a disease risk in Costa Rica, the government requires travelers arriving from certain countries where yellow fever is present to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in Costa Rica, this requirement must be taken into consideration. See [Yellow Fever Vaccine Requirements and Recommendations, by Country](#) for more information.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](#) and [routine adult immunization schedule](#).

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

Rabies vaccination is only recommended for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. These travelers include wildlife professionals, researchers, veterinarians, or adventure travelers visiting areas where bats, carnivores, and other mammals are commonly found.

Malaria

Areas of Costa Rica with Malaria:

Limon province, but not in Limon city (Puerto Limon). Rare cases in other parts of the country

([more information](#)).

If you will be visiting an area of Costa Rica with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

For Limon province in Costa Rica, primaquine is the preferred antimalarial drug (only after G6PD testing). Atovaquone/proguanil, chloroquine, doxycycline, and mefloquine are alternative choices. For detailed information about each of these drugs, see [Table 2-23: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#).

For all other provinces where there have been rare cases of malaria in Costa Rica, the risk of malaria is low and taking an antimalarial drug is not recommended. However, you should protect yourself from mosquito bites ([see below](#)).

To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

Malaria Contact for Health-Care Providers

For assistance with the diagnosis or management of suspected cases of malaria, call the CDC Malaria Hotline: **770-488-7788** (M-F, 9 am-5 pm, Eastern time). For emergency consultation after hours, call **770-488-7100** and ask to speak with a CDC Malaria Branch clinician.

More Information About Malaria

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health-care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites ([see below](#)).

Travelers to malaria risk-areas in Costa Rica, including infants, children, and former residents of Costa Rica, should take one of the antimalarial drugs listed in the box above.

Symptoms

Malaria symptoms may include

- fever
- chills
- sweats
- headache
- body aches
- nausea and vomiting
- fatigue

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip.

Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, travelers may still develop malaria up to a year after returning from a malarious area. You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.

A Special Note about Antimalarial Drugs

You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do **NOT** use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended **unless** you have been diagnosed with life-threatening malaria and no other options are immediately available.

For detailed information about these antimalarial drugs, see [Choosing a Drug to Prevent Malaria](#).

Items to Bring With You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines, if the medicines are liquids.
- Antimalarial drugs, if traveling to a malaria-risk area in Costa Rica and prescribed by your doctor.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State Consular Information Sheets for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See A Guide to Water Filters, A Guide to Commercially-Bottled Water and Other Beverages, and Safe Food and Water for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See Basic Information about Skin Cancer for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
 - Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. For use and purchasing information, see Insecticide Treated Bed Nets on the CDC malaria site. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

See other suggested over-the-counter medications and first aid items for a travelers' health kit.

Note: Check the Air Travel section of the Transportation Security Administration website for the latest information about airport screening procedures and prohibited items.

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Other Diseases Found in Mexico and Central America

Risk can vary between countries within this region and also within a country; the quality of in-country surveillance also varies.

The following are disease risks that might affect travelers; this is not a complete list of diseases that can be present. Environmental conditions may also change, and up to date information about risk by regions within a country may also not always be available.

Dengue epidemics have affected most countries in Central America in the past 5 years. Filariasis, leishmaniasis, onchocerciasis (River blindness), and American trypanosomiasis (Chagas' disease) are diseases carried by insects that also occur in this region, mostly in rural areas. Risk to the usual traveler is low. Myiasis (botfly) is endemic in Central America. Protecting yourself against insect bites (see below) will help to prevent these diseases.

Gnathostomiasis (roundworms) has increased in Mexico, with many cases being reported from the Acapulco area, infection has been reported in travelers. Humans become infected by eating undercooked fish or poultry, or reportedly by drinking contaminated water.

Foci of active transmission of leishmaniasis (predominantly cutaneous) are present in all countries in Central America. West Nile virus has been found in Mexico and may spread in Central America.

Diarrhea in travelers is common and may be caused by bacteria, viruses, and parasites. Diarrhea caused by enterotoxigenic *E. coli* predominates, but other bacteria and protozoa (including *Giardia*, *Cryptosporidia*, and *Entamoeba histolytica*) can also cause diarrhea.

Cases of hantavirus pulmonary syndrome have been reported from Panama.

Outbreaks of [leptospirosis](#) have occurred in travelers to the area (including whitewater rafters in Costa Rica and U.S. troops training in Panama). Sporadic cases and outbreaks of [coccidioidomycosis](#) and [histoplasmosis](#) have occurred in travelers to Central America. Risky activities include disturbing soil and entering caves and abandoned mines. Cutaneous larva migrans occurs in visitors, especially those visiting beaches.

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Staying Healthy During Your Trip

Prevent Insect Bites

Many diseases, like [malaria](#) and [dengue](#), are spread through insect bites. One of the best protections is to prevent insect bites by:

- Using insect repellent (bug spray) with 30%-50% DEET. Picaridin, available in 7% and 15% concentrations, needs more frequent application. There is less information available on how effective picaridin is at protecting against all of the types of mosquitoes that transmit malaria.
- Wearing long-sleeved shirts, long pants, and a hat outdoors.
- Remaining indoors in a screened or air-conditioned area during the peak biting period for malaria (dusk and dawn).
- Sleeping in beds covered by nets treated with permethrin, if not sleeping in an air-conditioned or well-screened room.
- Spraying rooms with products effective against flying insects, such as those containing pyrethroid.

For detailed information about insect repellent use, see [Insect and Arthropod Protection](#).

Prevent Animal Bites and Scratches

Direct contact with animals can spread diseases like rabies or cause serious injury or illness. It is important to prevent animal bites and scratches.

- Be sure you are up to date with tetanus vaccination.
- Do not touch or feed any animals, including dogs and cats. Even animals that look like healthy pets can have rabies or other diseases.
- Help children stay safe by supervising them carefully around all animals.
- If you are bitten or scratched, wash the wound well with soap and water and **go to a doctor right away**.
- After your trip, be sure to tell your doctor or state health department if you were bitten or scratched during travel.

For more information about rabies and travel, see the [Rabies chapter](#) of the [Yellow Book](#) or [CDC's Rabies homepage](#). For more information about how to protect yourself from other risks related to animals, see [Animal-Associated Hazards](#).

Be Careful about Food and Water

Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to [make water safer to drink](#).
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Avoid Injuries

Car crashes are a leading cause of injury among travelers. Protect yourself from these injuries by:

- Not drinking and driving.
- Wearing your seat belt and using car seats or booster seats in the backseat for children.
- Following local traffic laws.
- Wearing helmets when you ride bikes, motorcycles, and motor bikes.
- Not getting on an overloaded bus or mini-bus.
- Hiring a local driver, when possible.
- Avoiding night driving.

Other Health Tips

- To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
- To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, especially on beaches where animals may have defecated.

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After You Return Home

If you are not feeling well, you should see your doctor and mention that you have recently traveled. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If you have visited a malaria-risk area, continue taking your chloroquine for 4 weeks after leaving the risk area.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

RENTAL CAR ISSUES

WPI students working on an academic project while on-site are strongly discouraged from renting a car during their time in the program. Known risks include road safety, familiarity with road conditions, and the condition of the vehicles available for rent the possibility of standing out as a tourist/foreigner. If students choose to rent a car, they do so at their own risk.

Safety If You Rent a Car¹

When you rent a car, don't go for the exotic; choose a type commonly available locally. Where possible, ask that markings that identify it as a rental car be removed. Make certain it is in good repair. If available, choose a car with universal door locks and power windows, features that give the driver better control of access to the car. An air conditioner, when available, is also a safety feature, allowing you to drive with windows closed. Thieves can and do snatch purses through open windows of moving cars.

- Keep car doors locked at all times. Wear seat belts.
- As much as possible, avoid driving at night.
- Don't leave valuables in the car. If you must carry things with you, keep them out of sight locked in the trunk.
- Don't park your car on the street overnight. If the hotel or municipality does not have a parking garage or other secure area, select a well-lit area.
- Never pick up hitchhikers.
- Don't get out of the car if there are suspicious looking individuals nearby. Drive away.

Patterns of Crime against Motorists

In many places frequented by tourists, including areas of southern Europe, victimization of motorists has been refined to an art. Where it is a problem, U.S. embassies are aware of it and consular officers try to work with local authorities to warn the public about the dangers. In some locations, these efforts at public awareness have paid off, reducing the frequency of incidents. You may also wish to ask your rental car agency for advice on avoiding robbery while visiting tourist destinations. Carjackers and thieves operate at gas stations, parking lots, in city traffic and along the highway. Be suspicious of anyone who hails you or tries to get your attention when you are in or near your car. Criminals use ingenious ploys. They may masquerade as good Samaritans, offering help for tires that they claim are flat or that they have made flat. Or they may flag down a motorist, ask for assistance, and then steal the rescuer's luggage or car. Usually they work in groups, one person carrying on the pretense while the others rob you. Other criminals get your attention with abuse, either trying to drive you off the road, or causing an "accident" by rear-ending you or creating a "fender bender."

In some urban areas, thieves don't waste time on ploys, they simply smash car windows at traffic lights, grab your valuables or your car and get away. In cities around the world, "defensive driving" has come to mean more than avoiding auto accidents; it means keeping an eye out for potentially criminal pedestrians, cyclists and scooter riders.

Annual Global Road Crash Statistics²

- Nearly 1.3 million people die in road crashes each year, on average 3,287 deaths a day.
- An additional 20-50 million are injured or disabled.
- More than half of all road traffic deaths occur among young adults ages 15-44.
- Road traffic crashes rank as the 9th leading cause of death and account for 2.2% of all deaths globally.
- Road crashes are the leading cause of death among young people ages 15-29, and the second leading cause of death worldwide among young people ages 5-14.
- Each year nearly 400,000 people under 25 die on the world's roads, on average over 1,000 a day.
- Over 90% of all road fatalities occur in low and middle-income countries, which have less than half of the world's vehicles.

¹ This information was taken from the U.S. State Department's website.

² This information was taken from the Association for Safe International Road Travel's (ASIRT) website: www.asirt.org
Going Global at WPI Handbook Use and adaptation welcome, but please acknowledge WPI and
8/29/2011 [Natalie Mello](#) and tell us of your use.

- Road crashes cost USD \$518 billion globally, costing individual countries from 1-2% of their annual GDP.
- Road crashes cost low and middle-income countries USD \$65 billion annually, exceeding the total amount received in developmental assistance.
- Unless action is taken, road traffic injuries are predicted to become the fifth leading cause of death by 2030.

Annual United States Road Crash Statistics

- Over 37,000 people die in road crashes each year
- An additional 2.35 million are injured or disabled
- Over 1,600 children under 15 years of age die each year
- Nearly 8,000 people are killed in crashes involving drivers ages 16-20
- Road crashes cost the U.S. \$230.6 billion per year, or an average of \$820 per person
- Road crashes are the single greatest annual cause of death of healthy U.S. citizens traveling abroad

WPI OFFICES

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- Leanne Johnson
Assistant Director Global Perspective Program
x 6089, ljohnson@wpi.edu

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F 508-831-5486

- Dale Snyder, Director
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- Monica Blondin, Director
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- Mr. Tom Thomsen, Director
x6030, hartvig@wpi.edu

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Fuller Labs, 1st Floor

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F 508-831-5881

- Mary Beth Harrity, Director
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Registrar's Office

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T 508-831-5211

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- Heather Jackson, Registrar
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- Marjorie Roncone
x 5457, mroncone@wpi.edu

Residential Services

Ellsworth Residence, Institute Road

T 508-831-5175

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- Naomi Carton, Director
x 5175, letendre@wpi.edu

Student Development and Counseling Center

157 West Street

T 508-831-5540

F 508-831-5139

- Charles Morse, Director
x 5540, cmorse@wpi.edu

Student Life Office

Campus Center, Main Level

T 508-831-5520

F 508-831-5581

- Philip Clay, Dean of Students
X 5507, pclay@wpi.edu

Internet Addresses

The following are web addresses that you may find helpful, particularly before you leave for your site.

Health & Safety Sites

Center for Disease Control (CDC)

<http://www.cdc.gov/travel/default.aspx>

American Society of Tropical Medicine and Hygiene (ASTMH)

<http://www.astmh.org>

Council on International Educational Exchange (CIEE)

<http://www.ciee.org>

Travel Safe: AIDS and International Travel

http://www.ciee.org/health_safety/health/AIDS_intl_travel.asp

Lonely Planet

http://www.lonelyplanet.com/travel_services/flights/singapore_return.cfm

The Travel Clinic

<http://www.drwisetravel.com/index.html>

Travel Health Online

<https://www.tripprep.com/scripts/main/default.asp>

U.S. State Department

<http://travel.state.gov>

Association for Safe International Road Travel (ASIRT)

<http://www.asirt.org/>

StudyAbroad.com Handbook

<http://www.studentsabroad.com/contents.asp>

NAFSA: Association of International Educators

<http://www.nafsa.org/>

Travel Sites

U.S. State Department

http://www.state.gov/www/background_notes/index.html

Travel Warnings and Consular Information Sheets

http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html

Links to U.S. Embassies and Consulates Worldwide

http://travel.state.gov/visa/questions/questions_1253.html

Services and Information for American Citizens Abroad

<http://travel.state.gov>

Travel Warning on Drugs Abroad

http://travel.state.gov/travel/living/drugs/drugs_1237.html

Women's Sites

Journeywoman

<http://www.journeywoman.com>

Disability Sites

Access-Able

<http://www.access-able.com/tips/>

Air Travel Tips and Resources

<http://www.miusa.org/>

ADVICE FROM THE CDC: GENERAL TRAVEL PRECAUTIONS

The following web address should be accessed for health information specific to where you will be traveling: <http://www.cdc.gov/travel/default.aspx>. We strongly encourage all students to review these guidelines, advice and suggestions carefully. If vaccines are recommended then you should consult with your own personal health care professional (who has knowledge of your medical history) to determine what the best course of action is for you. The IGSD cannot provide medical advice. Any opinions expressed by students, advisors, or center directors with regard to medical issues are only opinions and should not be taken as authoritative.

The preventive measures you need to take while traveling depend on the areas you visit and the length of time you stay. All travelers should take the following precautions, no matter the destination:

- Wash hands often with soap and water.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively.
- Avoid travel at night if possible and always use seat belts.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Never eat undercooked ground beef and poultry, raw eggs, and un-pasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, make water safer by BOTH filtering through an "absolute 1-micron or less" filter AND adding iodine tablets to the filtered water. "Absolute 1-micron filters" are found in camping/outdoor supply stores.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: boil it, cook it, peel it, or forget it.
- If you visit an area where there is risk for malaria, take your malaria prevention medication before, during, and after travel, as directed. (See your doctor for a prescription.)
- Protect yourself from insects by remaining in well-screened areas, using repellents (applied sparingly at 4-hour intervals), and wearing long-sleeved shirts and long pants from dusk through dawn.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

To Avoid Getting Sick

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including rabies and plague).
- Don't swim in fresh water. Salt water is usually safer.

What You Need To Bring with You

- Long-sleeved shirt and long pants to wear while outside whenever possible, to prevent illnesses carried by insects (e.g., malaria, dengue, filariasis, and Japanese encephalitis).
- Insect repellent containing DEET (diethylmethyltoluamide), in 30%–35% strength for adults and 6%–10% for children.
- Over-the-counter antidiarrheal medicine to take if you have diarrhea.
- Iodine tablets and water filters to purify water if bottled water is not available. See Do's above for more detailed information about water filters.
- Sunblock, sunglasses, hat.

- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s).

After You Return Home

- If you have visited an area where there is risk for malaria, continue taking your malaria medication weekly for 4 weeks after you leave the area.
- If you become ill after travel—even as long as a year after your trip—tell your doctor the areas you have visited.

Section 3 – Site Specific Information for Costa Rica

Paperwork Deadline

*All paperwork for Costa Rica B 2011 must be in the IGSD by **Friday, September 23, 2011 by 3:00 p.m.***

Arrive WPI housing: on Saturday, October 22, 2011

Depart WPI housing: Friday, December 17, 2011

Site Specific Information

I. City Lay-out

San José is nestled in the central valley of Costa Rica. Since it is elevated somewhat from both the Pacific and Atlantic coasts, it is ideally located to provide a comfortable and pleasant climate. The city boasts a very efficient inexpensive public transportation system and a plethora of relatively inexpensive taxis. Getting around is easy.

II. Mail and Contact Telephone Number

The apartment building in which you will live is located in one of the nicest residential areas in metropolitan San Jose; it is a very short walk to the Avenida Central, the main road where you will find buses and taxis to help you get around.

If you have mail sent the address is as follows:

Your name
c/o Hacienda Bogata
Aptdo. 8-5910-1000
San José, Costa Rica

It takes at least seven days for mail
to arrive in San José. Sometimes,
it takes as long as three weeks.

Mail will also reach you if sent to you at Aparthotel Tairona
75 Metros Oeste de Taco Bell
Barrio Dent
San Pedro, Costa Rica

Telephone number at the switchboard (from the US) is 011-506-2234-0146

This second address is very reliable, but packages may take a very long time to arrive or not arrive.

Consistent with WPI's Residence Hall policy there are no pets allowed in project center housing. Violation of this policy can result in your termination from a residential project center.

Calling Home

Calling home from a foreign country can be a difficult and frustrating experience. Phones may not be familiar and the costs of calling overseas with local currency may be very high. For these reasons, it is highly recommended that you carry some sort of calling card.

NO MAIL WILL BE FORWARDED TO YOU AFTER YOU LEAVE SAN JOSÉ

What To Do When You Arrive

The hotel can pick you up. We will send them the arrival times, and if you wish the pickup service, you must let us know. If you do not select the pickup service, when you arrive at the airport, tell the taxi driver to take you to the following address:

Aparthotel Tairona
75 Metros Oeste de Taco Bell en Barrio Dent (San Pedro)

It will cost you about \$15, even if there are several of you. The charge is to the location, and you pay at a booth just as you exit the airport. You can pay in American dollars. The airport taxis are regulated.

The building is a white building that has many small windows in the front. The name "Tairona" is visible on the building. Addresses in Costa Rica are given in relationship to a well-known location. For our building, Taco Bell in Barrio Dent, San Pedro is the landmark.

In Costa Rica, outgoing mail is taken to the post office. There are very few post boxes on the streets and pick-up may not be reliable. Do not have anything of value sent to you unless it is done through a courier service. It won't arrive.

III. Once at Your Housing

When you arrive, check the inventory list for what your room contains. No one can vacate the room at the end without going over the list with the housing agent and advisors, so you want to make sure that you know what the inventory is.

Everyone in the room will be held accountable for all items including knives, forks, spoons, etc., and what is missing will be billed to you on your next tuition bill. Make a list of all damaged equipment and furniture in your room and give it to your advisor. This is important so that we can insure that you will not be assessed damages for those that already exist. The rooms will be examined for damages once you have vacated them. If something breaks while you are there, tell the housing agent immediately. You will not be charged for ordinary wear.

Several years ago, some students "borrowed" blankets and towels to take to the beach. The hotel lends such things to the students for field trips **BUT** you have to sign them out. Students are charged for those losses under the current system.

The apartments are well maintained and comfortable. You will have a two-burner hot plate, a microwave and a medium-size refrigerator. The apartments are arranged around a central interior, covered courtyard. In addition, there is a guard at the front door who ensures that only residents come in the building and who will take telephone messages for you. The fax number is 253-6429. Remember from the U.S., you must dial 011-506 first.

You will have to buy a few small things for your apartment, because the equipment is very basic.

Because you are in the tropics, cockroaches and other bugs can be a problem. Therefore, **YOU MUST WASH YOUR DISHES AND TAKE OUT THE GARBAGE AFTER COOKING EACH MEAL. THIS IS MANDATORY AND NOT NEGOTIABLE. ALSO, THE FLOORS IN YOUR BEDROOMS AND THE BATHROOM COUNTERS MUST BE COMPLETELY CLEAR EVERY MORNING BEFORE YOU LEAVE IN ORDER THAT THE HOUSEKEEPER CAN DO WHAT SHE NEEDS TO DO.**

Bring at least one substantial suitcase lock to Costa Rica. Your computer is pretty safe in your rooms. However, when you leave it in your room unattended, lock it into a suitcase. Do not leave money around or in drawers or on shelves. Please keep it locked into a suitcase, also. While theft is not a problem in the hotel, there is no point in risking your belongings. There is a safe in each room, but it is small.

The housekeeper will sweep as necessary and will clean the bathroom sink and floor each day and leave each of you a clean towel each day except Sunday. All of the towels look alike, so make sure you keep yours apart from the others. You may leave the dirty ones in ONE pile in the bathroom each morning before you leave so that they can be

replaced. Sheets are provided and are routinely changed. MAKE YOUR OWN BED. We instruct the housekeepers not to do your dishes or make your beds, but those things must be done each morning before you leave for the workday....even if you are working downstairs.

No guests are allowed overnight in our housing. Any breaches of this rule will result in all occupants of the apartment being held equally responsible and liable for disciplinary action. If you are romantically involved with any other student at the center, please be considerate of your roommates. Please, don't embarrass yourself or others.

IV. Faculty Accommodations

The faculty will be living at the same place as you. Since noise carries from your apartments very easily to the central courtyard and then to everyone else's apartment, you should keep the noise under control. Others not associated with WPI will also be staying in the building. The management has its own rules for when you must be inside the building at night and behavior. You must follow those rules as well as the WPI ones.

V. Telephones

The telephone in your apartment is set up so that you can make calls. You will need an international calling card for any long distance calls you make from other phones. Check with your long distance carrier. We are told that ATT has an excellent one. Calls from Costa Rica are very expensive. You might want to investigate the call-back services, too. ICE has a good \$10 calling card that once, upon a time, you could buy at the ICE building on Av2 near the Teatro Nacional. That card is not sold on the street, and you may have to ask at an ICE office where the current location for that purchase is. SKYPE also functions quite well. You can buy a local pre-paid cell phone at the ICE offices in the Mall San Pedro. Each team can share one. They are not excessively expensive.

We have wireless access to the internet everywhere in the hotel. HOWEVER, **we reserve the right to limit your use for streaming** since the wireless is limited and needed by everyone for contacting family and doing work. **Skype calls must be limited to five minutes for each call.**

VI. Equipment and Laundry

Each bedroom is equipped with sheets, pillows, and blankets. Also, towels are supplied, so all you will need to bring is your clothing and beach towels. If you use a hair dryer, you will need to bring that too. Costa Rica runs on the same electric current as we do, so no converters or different plugs are necessary.

Please note that there are laundry facilities. You can use them after 5:00 in the afternoon when the housekeeping staff leaves for the day.

VII. Transportation

As mentioned above, San José has many buses and taxis. Transportation all over the country is very inexpensive, so you can go from one end of the country to the other for only a few dollars. Travel around San Jose by bus will cost you only few cents.

VIII. Medical Services

*Hospital: Clinica Biblica
San José, Costa Rica
Calle Central y Calle Primera, Avenida 14
San José, Costa Rica
Dr. Juan Bautista Perez Valverde, Director
Dr. Jorge R. Cortes, Assistant Director
Direct Phone No. (506)2221-3922
Central Phone No. (506)2257-5252
Emergency Phone No. (506)2257-0466
Fax No. (506)2221-0645*

Check with your stateside medical insurance company to see if it will cover you in Costa Rica and to find out how you would make a claim. Be sure to tell your carrier the dates of your stay in Costa Rica. In addition, you will have access to the emergency coverage through your international ID card, but make sure you understand the terms of that coverage and how it would work in regards to your primary medical insurance.

There is excellent medical care available at several private hospitals. We have used Clínica Bíblica many times in the past, which is where most of our Costa Rican friends go, too. **You must pay on the spot for service, but you can use a credit card.** Care is cheaper there than here. In many cases, the doctors have been to medical school or have completed residencies in the states or in Spain or other European countries. Our Costa Rican friends can refer us to their own private doctors, if necessary. **Usually, you can claim payments after the fact from your insurance company, so make sure you BRING A CREDIT CARD FOR EMERGENCIES.** We have seen a broken foot; an advisor got an eye infection, one person had to see a dentist for a gum infection, and several students had flu and secondary infections afterwards that required antibiotics. *You can't assume you won't get sick. Do not assume that advisors can front the money for you.*

If you want to be reimbursed, **make sure that the papers you take away from the hospital or from the doctor have a diagnosis written on them.**

Consider getting a flu shot when you arrive. It will be winter there and many of us have gotten the flu in past years. However, those of us who got the shot did not. *Advisors will be able to provide you with the information necessary to get the shot.* It is done by a doctor in a local pharmacy and costs less than \$20.

IX. Banking

The most straightforward way to handle your money is by purchasing travelers checks before you arrive in Costa Rica. If you or your parents are AAA members, you can get the travelers checks without charge. Remember to account for weekend travel, laundry, entertainment, and miscellaneous. Most students' find that the amount they budgeted is not enough--account for miscalculation because you cannot cash a US check. **Some ATM machines are available in Costa Rica, but they don't always work for us. Sometimes, the machines eat the ATM cards.** Our nearby mall has two places that will cash travelers checks, even on Sunday, and there are several ATM machines (though they are fickle). You can change your checks at almost any bank. Banks are used for a variety of services in Costa Rica. Make sure that you carry a photocopy of the front pages of your passport with you at all times. It's the law in Costa Rica that you must carry identification at all times. When you cash a traveler's check or change US dollars to colones, you will need your passport. Your parents can wire money to you through a bank for emergencies.

X. Communication

Communication between faculty and students at the Costa Rica Project Center is very easy since you will be living just feet away from each other. **Bring "post its" for leaving messages on each other's doors.**

XI. Dress Code

It is always warm in Costa Rica. The temperature ranges from the mid-70's to the low-80's in San Jose. Bring summer clothes only and a light sweater or two for the evenings, which can get quite cool. Obviously you will need bathing suits for the beach. **Bring #15 sun block** for both beach and city; the tropical sun is dangerous. This is no joke. You will have a great tan after a few short days even if you wear sun block every day. **No one wears shorts in the city. If you do, you will be marked as an American tourist.** Please observe cultural rules and wear shorts only while traveling to and from the weekend excursions and while away from cities.

You will need hiking boots or sturdy sneakers for rain forests. The latter should have heavy-duty soles with big tread for helping you to keep from slipping if you walk through the inevitable mud. You should also bring jeans and at least one heavy sweater and a windbreaker for visiting volcanoes, the tops of which can be at a very high altitude. You'll need to layer clothes. There, it can be cold. A backpack and water bottle will be very useful for weekend travel. If you plan to do serious hiking, read guide books to know what other equipment you may need.

Professional dress is required at all times at the agencies, but the definition varies from agency to agency. At some of the places, men will wear jackets and ties, although the custom will vary from organization to organization. Follow the custom of your agency. Check with your liaison. If you do not need a jacket at work, you won't need one for other purposes. But men should bring dress shirts and ties, and plan to dress up for the final presentation.

The expectation for women is that they will wear dress pants and dressy blouses to work if they are not wearing skirts. Women in Costa Rica dress more formally than women do here for work, so **khakis, work shirts, and tank tops, are not appropriate.** When you are representing your organization at interviews or at other organizations, you are expected to dress professionally. It is inappropriate for cleavage and midriffs to be exposed in the workplace.

As said on the previous page, no one, neither males nor females will wear shorts in town, either for work or for leisure. That's considered tacky and will clearly mark you as a tourist. The only time shorts are appropriate is when you are on the bus headed for the beach or in our housing, or on-site collecting data if you have cleared wearing shorts with your sponsor.

hhXII. **Meetings**

Please note that all Center meetings and weekly faculty meetings at agencies are considered mandatory. If another meeting comes up that conflicts with these, make sure that you have prior approval of your faculty.

Please keep in mind that the time of your organization liaisons is valuable. However, you are entitled to some regular contact with your liaisons. Therefore, if you find that arranging meetings with your liaison is difficult, your faculty should intervene quickly in order to discuss the need for the meetings. If you don't tell the faculty there is a need, they won't know.

Occasionally, a group will feel some pressure from the agency to go beyond the bounds of what reasonably can be accomplished in seven weeks. If such is the case with your team, enlist the help of your advisor early to negotiate with the agency a way to contain the project.

XIII. **Required Books and Other Materials**

Bring your D-Term ID2050 books and writing cribs. Also bring a statistics manual if you are analyzing statistical data.

1. Dictionaries for both English and Spanish
2. Writing guide from ID2050.

XIV. **Sightseeing**

Costa Rica is rich in Hispanic heritage. There are numerous guidebooks commercially available to help you plan leisure time. Plan to get out of San José on most weekends, but don't forget that San José has some excellent museums like the Museo Nacional, Museo de los Niños (Children and Science Museum), the Museo de Oro (Gold Museum), the bug museum at the University of Costa Rica, or the various art museums. It even has a zoo. You can fill a weekend easily.

XV. **Curfew**

Sunday through Thursday every student is expected to be in the housing by 1:00am. Weekend nights, the expectation is that you will return to the housing by 3:00am. If you are delayed and will not meet that time, then you **MUST** call the front desk to tell them when you are to be expected and to provide them with a number where you can be reached in an emergency. Failure to comply with these requirements may result in judicial action on site or back at WPI.

XVI. **Getting to Your Agency**

Remember that you are responsible for getting directions to your agencies. **Your faculty are NOT responsible for that.** To avoid a problem, get those directions before you leave for Costa Rica.

Background Notes – Costa Rica

Official Name: **Republic of Costa Rica**



PROFILE

Geography

Area: 51,100 sq. km (19,730 sq. mi.) about the size of the states of Vermont and New Hampshire combined.

Cities: *Capital*--San Jose (greater metropolitan area pop. 2.1 million, the greater metropolitan area as defined by the Ministry of Planning and Economic Policy includes the cities of Alajuela, Cartago, and Heredia). *Other major cities outside the San Jose capital area*--Puntarenas, Limon, and Liberia.

Terrain: A rugged, central range separates the eastern and western coastal plains.

Climate: Mild in the central highlands, tropical and subtropical in coastal areas.

People

Nationality: *Noun and adjective*--Costa Rican(s).

Population (2010): 4.516 million.

Annual population growth rate (2010 est.): 1.347%.

Ethnic groups: European and some mestizo 94%, African origin 3%, Chinese 1%, Amerindian 1%, other 1%.

Religion: Roman Catholic 76.3%, Evangelical Protestant 13.7%, other 4.8%, none 3.2%.

Languages: Spanish, with a southwestern Caribbean Creole dialect of English spoken around the Limon area.

Education: *Years compulsory*--9. *Attendance*--99% grades 1-6; 71% grades 7-9. *Literacy*--96%.

Health: *Infant mortality rate*--9.45/1,000. *Life expectancy*--men 74.61 yrs., women 79.94 yrs.

Work force (2009 est.): 2.05 million; this official estimate excludes Nicaraguans living in Costa Rica legally and illegally.

Government

Type: Democratic republic.

Independence: September 15, 1821.

Constitution: November 7, 1949.

Branches: *Executive*--president (head of government and chief of state) elected for one 4-year term, two vice

presidents, Cabinet (22 ministers, two of whom are also vice presidents). *Legislative*--57-deputy unicameral Legislative Assembly elected at 4-year intervals. *Judicial*--Supreme Court of Justice (22 magistrates elected by Legislative Assembly for renewable 8-year terms). The offices of the Ombudsman, Comptroller General, and Procurator General assert autonomous oversight of the government.

Subdivisions: Seven provinces, divided into 81 cantons, subdivided into 421 districts.

Political parties: National Liberation Party (PLN), Citizen's Action Party (PAC), Libertarian Movement Party (PML), Social Christian Unity Party (PUSC), and other smaller parties.

Suffrage: Universal and compulsory at age 18.

Economy

GDP (2010): \$38.27 billion.

GDP PPP (2009 est.): \$48.19 billion.

Inflation (2010 est.): 6.9%.

Real growth rate (2010 est.): 3.6%.

Per capita income: (2009) \$6,900; (2010 est., PPP) \$10,569.

Unemployment (2010 est.): 6.7%.

Currency: Costa Rica Colon (CRC).

Natural resources: Hydroelectric power, forest products, fisheries products.

Agriculture (6.5% of GDP): *Products*--bananas, pineapples, coffee, beef, sugar, rice, dairy products, vegetables, fruits, ornamental plants, corn, beans, potatoes, timber.

Industry (25.5% of GDP): *Types*--electronic components, medical equipment, textiles and apparel, tires, food processing, construction materials, fertilizer, plastic products.

Commerce, tourism, and services (68% of GDP): Hotels, restaurants, tourist services, banks, and insurance.

Trade (2010 est.): *Exports*--\$10.01 billion: integrated circuits, medical equipment, bananas, pineapples, coffee, melons, ornamental plants, sugar, textiles, electronic components, medical equipment. *Major markets* (2009)--U.S. 32.61%, Netherlands 12.82%, China 11.81%, Mexico 4.2%. *Imports*--\$13.32 billion: raw materials, consumer goods, capital equipment, petroleum. *Major suppliers* (2009)--U.S. 44.72%, Mexico 7.65%, Venezuela 5.56%, China 5.15%, Japan 4.36%

PEOPLE

Unlike many of their Central American neighbors, present-day Costa Ricans are largely of European rather than mestizo descent; Spain was the primary country of origin. However, an estimated 10% to 15% of the population is Nicaraguan, of fairly recent arrival and primarily of mestizo origin. Descendants of 19th-century Jamaican immigrant workers constitute an English-speaking minority and--at 3% of the population--number about 119,000. Few of the native Indians survived European contact; the indigenous population today numbers about 29,000 or less than 1% of the population.

HISTORY

In 1502, on his fourth and last voyage to the New World, Christopher Columbus made the first European landfall in the area. Settlement of Costa Rica began in 1522. For nearly 3 centuries, Spain administered the region as part of the Captaincy General of Guatemala under a military governor. The Spanish optimistically called the country "Rich Coast." Finding little gold or other valuable minerals in Costa Rica, however, the Spanish turned to agriculture.

The small landowners' relative poverty, the lack of a large indigenous labor force, the population's ethnic and linguistic homogeneity, and Costa Rica's isolation from the Spanish colonial centers in Mexico and the Andes all

contributed to the development of an autonomous and individualistic agrarian society. An egalitarian tradition also arose. This tradition survived the widened class distinctions brought on by the 19th-century introduction of banana and coffee cultivation and consequent accumulations of local wealth.

Costa Rica joined other Central American provinces in 1821 in a joint declaration of independence from Spain. Although the newly independent provinces formed a Federation, border disputes broke out among them, adding to the region's turbulent history and conditions. Costa Rica's northern Guanacaste Province was annexed from Nicaragua in one such regional dispute. In 1838, long after the Central American Federation ceased to function in practice, Costa Rica formally withdrew and proclaimed itself sovereign.

An era of peaceful democracy in Costa Rica began in 1899 with elections considered the first truly free and honest ones in the country's history. This began a trend that continued until today with only two lapses: in 1917-19, Federico Tinoco ruled as a dictator, and, in 1948, Jose Figueres led an armed uprising in the wake of a disputed presidential election.

With more than 2,000 dead, the 44-day civil war resulting from this uprising was the bloodiest event in 20th-century Costa Rican history, but the victorious junta drafted a constitution guaranteeing free elections with universal suffrage and the abolition of the military. Figueres became a national hero, winning the first election under the new constitution in 1953. Since then, Costa Rica has held 15 presidential elections, the latest in 2010.

GOVERNMENT

Costa Rica is a democratic republic with a very strong system of constitutional checks and balances. Executive responsibilities are vested in a president, who is the country's center of power. There also are two vice presidents and a 20-plus member cabinet. The president and 57 Legislative Assembly deputies are elected for 4-year terms. In April 2003, the Costa Rican Constitutional Court annulled a 1969 constitutional reform which had barred presidents from running for reelection. As a result, the law reverted back to the 1949 Constitution, which permits ex-presidents to run for reelection after they have been out of office for two presidential terms, or 8 years. Deputies may run for reelection after sitting out one term, or 4 years.

The electoral process is supervised by an independent Supreme Electoral Tribunal--a commission of three principal magistrates and six alternates selected by the Supreme Court of Justice. Judicial power is exercised by the Supreme Court of Justice, composed of 22 magistrates selected for renewable 8-year terms by the Legislative Assembly, and subsidiary courts. A Constitutional Chamber of the Supreme Court (Sala IV), established in 1989, reviews the constitutionality of legislation and executive decrees and all habeas corpus warrants. The last national elections took place in February 2010.

The offices of the Comptroller General of the Republic, the Solicitor General, and the Ombudsman exercise oversight of the government. The Comptroller General's office has a statutory responsibility to scrutinize all but the smallest public sector contracts and strictly enforces procedural requirements. Along with the Sala IV, these institutions are playing an increasingly prominent role in governing Costa Rica.

There are provincial boundaries for administrative purposes, but no elected provincial officials. Costa Rica held its first mayoral elections in December 2002, whereby mayors were elected to 4-year terms by popular vote through general elections. Prior to 2002, the office of mayor did not exist, and the president of each municipal council was responsible for the administration of his/her municipality. The most recent nationwide mayoral elections took place

in December 2010.

Costa Rica's insurance, telecommunications, electricity distribution, petroleum distribution, potable water, sewage, and railroad transportation industries are currently state monopolies. However, with the Central America-Dominican Republic-United States Free Trade Agreement (CAFTA-DR), Costa Rica accords substantial market access in a wide range of services, subject to very few exceptions. The wireless telephony, data telecommunications, and insurance markets opened to market competition in 2010. As part of the implementing agenda for CAFTA-DR, Costa Rica intends to strengthen and modernize the state monopoly telecommunications provider (ICE) so that it can remain competitive with new companies entering the market.

Costa Rica has no military and maintains only domestic police and security forces. A professional Coast Guard was established in 2000.

Principal Government Officials

President--Laura CHINCHILLA Miranda

Vice Presidents--Alfio PIVA and Luis LIBERMAN

Foreign Minister--Rene CASTRO Salazar

Ambassador to the United States--Muni FIGUERES Boggs

Ambassador to the Organization of American States--Jose Enrique CASTILLO Barrantes

Ambassador to the United Nations--Jairo HERNANDEZ Milian

Costa Rica maintains an [embassy](#) in the United States at 2114 S Street NW, Washington, DC 20008 (tel. 202-234-2945 and 202-234-2946).

POLITICAL CONDITIONS

Costa Rica has long emphasized the development of democracy and respect for human rights. The country's political system has steadily developed, maintaining democratic institutions and an orderly, constitutional scheme for government succession. Several factors have contributed to this trend, including enlightened leadership, comparative prosperity, flexible class lines, educational opportunities that have created a stable middle class, and high social indicators. Also, because Costa Rica has no armed forces, it has avoided military involvement in political affairs, unlike other countries in the region.

On May 8, 2010 Laura Chinchilla, of the National Liberation Party (PLN), was sworn in as President of the Republic of Costa Rica. Throughout her campaign, Chinchilla's primary message was strengthening security; her platform also included improvement of the country's infrastructure, creation of a progressive income tax and expanding jobs through a "green jobs" initiative, better living conditions for children and senior citizens, and supporting women's issues. Immediately upon assuming office, Chinchilla signed four decrees, two involving citizen security and two in the social and environmental field. Following the 2010 elections, the 57-member unicameral Legislative Assembly fragmented into several parties, with no faction having a plurality--the PLN won 23 seats, the PAC 12 seats, ML 9 seats, and the Social Christian Unity Party (PUSC) 6 seats, with the remaining seats split among lesser known parties.

ECONOMY

After experiencing positive growth over the previous several years, the Costa Rican economy shrank slightly in 2009 (-2.5%) due to the global economic crisis. The services sector--around 68% of GDP--was the most affected, with tourism falling by 8%. The economy experienced a rebound in 2010 with a 3.6% GDP growth rate. Costa Rica enjoys

the region's highest standard of living, with a per capita income of about U.S. \$10,569, and an unemployment rate of 6.7%. Consumer price inflation is high but relatively constant at about a 10% annual rate in the last decade. Both the central government and the overall public sector ran fiscal surpluses in 2007.

Costa Rica's major economic resources are its fertile land and frequent rainfall, its well-educated population, and its location in the Central American isthmus, which provides easy access to North and South American markets and direct ocean access to the European and Asian continents. Costa Rica is known worldwide for its conservation efforts with more than 26% of its land under protection, thus safeguarding more than 5% of the entire world's biodiversity. The country's top economic priorities include passing fiscal reform, pursuing responsible monetary policy, and creating opportunities for inclusive economic growth. Significant legislative hurdles slow down passage of new laws and present challenges for the country's economic policymakers.

Costa Rica used to be known principally as a producer of bananas and coffee, but pineapples have surpassed coffee as the number two agricultural export. Manufacturing and industry's contribution to GDP overtook agriculture in the 1990s, led by foreign investment in Costa Rica's free trade zone. Well over half of that investment has come from the United States. Del Monte, Dole, and Chiquita have a large presence in the banana and pineapple industries. In recent years, Costa Rica has successfully attracted important investments by such companies as Intel Corporation, which employs 3,200 people at its \$1.996 billion microprocessor plant; Procter and Gamble, which employs about 1,200 people in its administrative center for the Western Hemisphere; and Boston Scientific, Allergan, Hospira, and Baxter Healthcare from the health care products industry. Two-way trade between the U.S. and Costa Rica exceeded \$10.3 billion in 2010. Costa Rica was the United States' 37th largest goods export market in 2009.

The country is rich with renewable energy. It gets about 99% of all its electrical energy from clean sources, and it is aiming to become carbon neutral by 2021. Costa Rica has oil deposits off its Atlantic Coast, but the Pacheco administration (2002-2006) decided not to develop the deposits for environmental reasons. The Arias administration (2006-2010) reaffirmed this policy. The country's mountainous terrain and abundant rainfall have permitted the construction of a dozen hydroelectric power plants, making it largely self-sufficient in electricity, but it is completely reliant on imports for liquid fuels. Costa Rica has the potential to become a major electricity exporter if plans for new generating plants and a regional distribution grid are realized. Its mild climate and trade winds make neither heating nor cooling necessary, particularly in the highland cities and towns where some 90% of the population lives.

Costa Rica ranked 121st out of 183 countries in the 2010 World Bank's Ease of Doing Business Index. This hampers the flow of investment and resources badly needed to repair and rebuild the country's public infrastructure, which has deteriorated from a lack of maintenance and new investment. Most parts of the country are accessible through an extensive road system of more than 30,000 kilometers, although much of the system has fallen into disrepair. Contamination in rivers, beaches, and aquifers is a matter of rising concern. Although Costa Rica has made significant progress in the past decade in expanding access to water supplies and sanitation, just 3.5% of the country's sewage is managed in sewage treatment facilities, and the Water and Sewage Institute (AyA) estimates that perhaps 50% of septic systems function. In 2007, Costa Rica experienced nationwide blackouts resulting from a severe dry season (which limited hydroelectric resources) and the state electricity monopoly's inadequate investment in maintenance and capacity increases.

Costa Rica has sought to widen its economic and trade ties within and outside the region. The country signed a bilateral trade agreement with Mexico in 1994, which was later amended to cover a wider range of products. Costa Rica also has signed trade agreements with Canada, Chile, the Dominican Republic, Panama, and several Caribbean

Community countries. In March 1998, it joined other Central American countries and the Dominican Republic in establishing a Trade and Investment Council with the United States. Following a 2007 public referendum, Costa Rica ratified the U.S.-Central American-Dominican Republic Free Trade Agreement (CAFTA-DR), which entered into force in January 2009. The country was an active participant in the negotiation of the hemispheric Free Trade Area of the Americas and is active in the Cairns Group, which is pursuing global agricultural trade liberalization within the World Trade Organization.

In October 2007, Costa Rica began negotiating a regional Central American-European Union (EU) trade agreement. Together with El Salvador, Guatemala, Honduras, Nicaragua, and Panama, its free trade agreement with the EU came into force in January 2011. In April 2010 Costa Rica signed free trade agreements with China and Singapore. Additionally, Costa Rica is looking to join the Asia-Pacific Economic Cooperation (APEC) forum.

FOREIGN RELATIONS

Costa Rica is an active member of the international community and proclaimed its permanent neutrality in 1993. Its record on the environment and human rights and advocacy of peaceful settlement of disputes give it a weight in world affairs far beyond its size. The country lobbied aggressively for the establishment of the UN High Commissioner for Human Rights and became the first nation to recognize the jurisdiction of the Inter-American Human Rights Court, based in San Jose. Costa Rica has been a strong proponent of regional arms limitation agreements. In 2009, Costa Rica finished its third term as a non-permanent member of the United Nations Security Council.

During the tumultuous 1980s, then-President Oscar Arias authored a regional peace plan that served as the basis for the Esquipulas Peace Agreement. Arias' efforts earned him the 1987 Nobel Peace Prize. Subsequent agreements, supported by the United States, led to the Nicaraguan election of 1990 and the end of civil war in Nicaragua. Costa Rica also hosted several rounds of negotiations between the Salvadoran Government and the Farabundo Marti National Liberation Front (FMLN), aiding El Salvador's efforts to emerge from civil war and culminating in that country's 1994 free and fair elections.

In 2007 Costa Rica established diplomatic ties with China, ending nearly 60 years of diplomatic relations with Taiwan. In 2008, Costa Rica established diplomatic relations with "The State of Palestine," and in 2009 Costa Rica reopened formal relations with Cuba. In 2009, then-President Arias acted as mediator in the Honduran constitutional crisis, working closely with ousted President Manuel Zelaya and the interim Honduran government. Costa Rica formally recognized Porfirio "Pepe" Lobo as the winner of the 2009 Honduran elections and the President of Honduras. In October 2010, Costa Rica accused Nicaragua of invading its territory and claimed Nicaragua's dredging of the San Juan River was causing irreparable environmental damage. The case is currently pending at the International Court of Justice, which is considering Costa Rica's request for provisional measures.

U.S.-COSTA RICAN RELATIONS

The United States and Costa Rica have a history of close and friendly relations based on respect for democratic government, human freedoms, free trade, and other shared values. The country generally supports the U.S. in international fora, especially in the areas of democracy and human rights.

The United States is Costa Rica's most important trading partner. The U.S. accounts for almost half of Costa Rica's exports, imports, and tourism, and more than two-thirds of its foreign investment. The two countries share growing concerns for the environment and want to preserve Costa Rica's important tropical resources and prevent environmental degradation. In October 2010, the U.S. and Costa Rican Governments, the Central Bank of Costa Rica,

and The Nature Conservancy concluded agreements that will provide more than \$27 million over 15 years for tropical forest conservation in Costa Rica. The agreements were made possible by the Tropical Forest Conservation Act of 1998 (TFCA). Together with a previous TFCA program established in 2007, these agreements make Costa Rica, one of the most biologically diverse countries on earth, the largest beneficiary under the TFCA, with more than \$50 million generated for the conservation, restoration, and protection of tropical forests.

The United States responded to Costa Rica's economic needs in the 1980s with significant economic and development assistance programs. Through provision of more than \$1.1 billion in assistance, the U.S. Agency for International Development (USAID) supported Costa Rican efforts to stabilize its economy and broaden and accelerate economic growth through policy reforms and trade liberalization. Assistance initiatives in the 1990s concentrated on democratic policies, modernizing the administration of justice, and sustainable development. Once the country had graduated from most forms of U.S. assistance, the USAID Mission in Costa Rica closed in 1996. However, USAID completed a \$9 million project in 2000-2001 to support refugees of Hurricane Mitch residing in Costa Rica. Additionally, Costa Rica benefits from regional USAID development programs.

For decades, Peace Corps volunteers have provided technical assistance in the areas of environmental education, natural resources, management, small business development, microfinance, basic business education, urban youth, and community education. In 2007, the Costa Rica Multilingue initiative approached the Peace Corps with a request for a new project focused on teaching English as a foreign language (TEFL). The first group of 25 Peace Corp trainees under the TEFL project arrived in October 2010.

Over 50,000 private American citizens, including many retirees, reside in the country and more than 700,000 American citizens visit Costa Rica annually. A few vexing expropriation and U.S. citizen investment disputes have hurt Costa Rica's investment climate and have occasionally produced bilateral friction.

The U.S.-Costa Rica Maritime Cooperation Agreement, the first of its kind in Central America, entered into force in late 1999. The agreement, which facilitates cooperation between the Coast Guard of Costa Rica and the U.S. Coast Guard, has resulted in a growing number of narcotics seizures, illegal migrant rescues, illegal fishing seizures, and search-and-rescue missions. Bilateral Costa Rican law enforcement cooperation, particularly against narco trafficking, has been exemplary.

Principal U.S. Embassy Officials

Ambassador--[Anne Slaughter Andrew](#)

Deputy Chief of Mission--Eric Nelson

Political/Economic Counselor--Julie Schechter Torres

Economic Officer--Jason McInerney

Consul General--Paul Birdsall

Management Counselor--Leo Voytkl

Public Affairs Counselor--Mark S. Tauber

Defense Representative--Commander Troy Vest

Commercial Attache--Bryan Smith

APHIS--Eric Hoffman

Environmental Hub--Timothy Lattimer

Regional Security Officer--S. Wade DeWitt

Drug Enforcement Administration--Phil Springer

Food and Drug Administration--Paul Seligman
Peace Corps Director--Steven Dorsey
OFDA Director--Tim Callaghan

The **U.S. Embassy** in Costa Rica is located in Pavas at Boulevard Pavas and Calle 120, San Jose, tel. (506) 519-2000 or (506) 220-3127.

Other Contact Information

U.S. Department of Commerce
Trade Information Center
International Trade Administration
14th and Constitution Avenue, NW
Washington, DC 20320
Tel: 800-USA-TRADE
www.trade.gov

Costa Rican American Chamber of Commerce
c/o Aerocasillas
P.O. Box 025216, Dept 1576
Miami, Florida 33102-5216
Tel: 506-22-0-22-00
Fax: 506-22-0-23-00
Email: Amchamcr@sol.racsa.co.cr

TRAVEL AND BUSINESS INFORMATION

The U.S. Department of State's Consular Information Program advises Americans traveling and residing abroad through Country Specific Information, Travel Alerts, and Travel Warnings. **Country Specific Information** exists for all countries and includes information on entry and exit requirements, currency regulations, health conditions, safety and security, crime, political disturbances, and the addresses of the U.S. embassies and consulates abroad. **Travel Alerts** are issued to disseminate information quickly about terrorist threats and other relatively short-term conditions overseas that pose significant risks to the security of American travelers. **Travel Warnings** are issued when the State Department recommends that Americans avoid travel to a certain country because the situation is dangerous or unstable.

For the latest security information, Americans living and traveling abroad should regularly monitor the Department's Bureau of Consular Affairs Internet web site at <http://www.travel.state.gov>, where the current **Worldwide Caution**, **Travel Alerts**, and **Travel Warnings** can be found. **Consular Affairs Publications**, which contain information on obtaining passports and planning a safe trip abroad, are also available at <http://www.travel.state.gov>. For additional information on international travel, see <http://www.usa.gov/Citizen/Topics/Travel/International.shtml>.

The Department of State encourages all U.S. citizens traveling or residing abroad to register via the **State Department's travel registration** website or at the nearest U.S. embassy or consulate abroad. Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency and will enable you to receive up-to-date information on security conditions.

Emergency information concerning Americans traveling abroad may be obtained by calling 1-888-407-4747 toll free in the U.S. and Canada or the regular toll line 1-202-501-4444 for callers outside the U.S. and Canada.

The **National Passport Information Center** (NPIC) is the U.S. Department of State's single, centralized public contact center for U.S. passport information. Telephone: 1-877-4-USA-PPT (1-877-487-2778); TDD/TTY: 1-888-874-7793. Passport information is available 24 hours, 7 days a week. You may speak with a representative Monday-Friday, 8 a.m. to 10 p.m., Eastern Time, excluding federal holidays.

Travelers can check the latest health information with the U.S. Centers for Disease Control and Prevention in Atlanta, Georgia. A hotline at 800-CDC-INFO (800-232-4636) and a web site at <http://wwwn.cdc.gov/travel/default.aspx> give the most recent health advisories, immunization recommendations or requirements, and advice on food and drinking water safety for regions and countries. The CDC publication "Health Information for International Travel" can be found at <http://wwwn.cdc.gov/travel/contentYellowBook.aspx>.

Further Electronic Information

Department of State Web Site. Available on the Internet at <http://www.state.gov>, the Department of State web site provides timely, global access to official U.S. foreign policy information, including **Background Notes** and **daily press briefings** along with the directory of **key officers** of Foreign Service posts and more. The Overseas Security Advisory Council (OSAC) provides security information and regional news that impact U.S. companies working abroad through its website <http://www.osac.gov>

Export.gov provides a portal to all export-related assistance and market information offered by the federal government and provides trade leads, free export counseling, help with the export process, and more.

Costa Rica Country Specific Information



- [Recent Embassy Notices for American Citizens](#)

December 22, 2010

COUNTRY DESCRIPTION: Costa Rica is a middle-income, developing country with a strong democratic tradition. Tourist facilities are extensive and generally adequate. While English is a second language for many Costa Ricans, knowledge of Spanish is necessary for legal matters. Potential visitors or investors should carefully read the sections on Safety and Security, Crime, Special Circumstances, the [Overseas Security Advisory Council reports](#), and the Department of State's [Background Notes on Costa Rica](#) for additional information.

SMART TRAVELER ENROLLMENT PROGRAM / EMBASSY LOCATION: If you are going to live in or visit Costa Rica, please take the time to tell our Embassy about your trip. If you enroll, we can keep you up to date with important safety and security announcements. It will also help the Embassy and your friends and family get in touch with you in case of emergency. Here's the link to the [Smart Traveler Enrollment Program](#). U.S. citizens without internet access may enroll directly with the Embassy. The Embassy is located in Pavas, San Jose, and may be reached at (506) 2519-2000; the extension for the Consular Section is 2188. The Embassy is open Monday through Friday but is closed on Costa Rican and U.S. federal holidays. Those seeking information are strongly encouraged to utilize the [Embassy website](#). For emergencies arising outside of normal business hours, U.S. citizens may call (506) 2220-3127 and ask for the duty officer.

ENTRY / EXIT REQUIREMENTS: For entry into Costa Rica, a U.S. citizen must present a valid passport that will not expire for at least thirty days after arrival and a roundtrip/outbound ticket. Because of possible fines levied by Costa Rican Immigration, many Airlines will not permit passengers without a roundtrip ticket to board flights to Costa Rica unless they have Costa Rican citizenship, residency or a visa. There is a departure tax of \$26 USD for visitors.

Passports should be in good condition; Costa Rican Immigration may deny entry if the passport is damaged in any way. Costa Rican authorities generally permit U.S. citizens to stay up to ninety days. To extend a stay, travelers must submit an application for an extension to the Office of Temporary Permits in the Costa Rican Department of Immigration. Extension requests are evaluated on a case-by-case basis. Tourists who stay more than ninety days, without receiving an extension, may experience a delay at the airport when departing, may be fined \$100, or may be denied entry to Costa Rica on future visits.

Individuals planning to study in Costa Rica can only apply for a student visa from Costa Rican Immigration after arriving in the country. Neither the Costa Rican Embassy in Washington, DC nor its Consulates have the authority to issue student visas. This has led to some confusion by airline employees who mistakenly believe that individuals traveling to Costa Rica as part of a legitimate exchange program must have a return travel date that is less than 90 days from their initial date of travel.

Persons traveling to Costa Rica from some countries in South America and Sub-Saharan Africa must provide evidence of a valid yellow fever vaccination prior to entry. The South American countries include Bolivia, Brazil, Colombia, Ecuador, Peru and Venezuela.

See "SPECIAL CIRCUMSTANCES" for information on requirements to carry identity documentation within Costa Rica and on travel by minors who are dual nationals or legal residents.

The most authoritative and up-to-date information on Costa Rican entry and exit requirements may be obtained from the Consular Section of the Embassy of Costa Rica at 2114 "S" Street NW, Washington, DC 20008, telephone (202) 234-2945/46 , fax (202) 265-4795. You may visit the [Embassy of Costa Rica's website](#) or contact the Embassy via [email](#). You may also obtain information from the Costa Rican consulates in Atlanta, Houston, Los Angeles, Miami, New York, and Denver. Please also see the [Costa Rican Immigration Agency website](#). It is advisable to contact the Embassy of Costa Rica in Washington or one of Costa Rica's Consulates in the United States for specific information regarding customs requirements before shipping any items.

[Visit the Embassy of Costa Rica web site for the most current visa information.](#)

Information about [dual nationality](#) or the prevention of [international child abduction](#) can be found on our web site. For further information about customs regulations, please read our [Customs Information](#) sheet.

SAFETY AND SECURITY: See also CRIME below.

There have been no recent acts of terrorism in Costa Rica. Visitors to Costa Rica may be inconvenienced by infrequent civil disturbances such as work stoppages and strikes.

On both the Caribbean and Pacific coasts currents are swift and dangerous, and there are few lifeguards or signs warning of dangerous beaches. Every year a number of U.S. citizens drown in Costa Rica due to riptides or sudden drop-offs while in shallow water. Extreme caution is advised.

Adventure tourism is popular in Costa Rica, and many companies offer white-water rafting, bungee jumping, jungle canopy tours, SCUBA diving, and other outdoor attractions. U.S. citizens are urged to use caution in selecting adventure tourism companies. The Government of Costa Rica regulates and monitors the safety of these companies, and registered tourism companies with operating permits must meet safety standards and have insurance coverage. Nonetheless, be advised that safety regulations enforced in Costa Rica are not as stringent as safety regulations in the United States. [The Costa Rican Tourism Institute \(ICT\) web site](#) has contact information for licensed tour operators and travel agencies.

Stay up to date by bookmarking our [Bureau of Consular Affairs' website](#), which contains the current [Travel Warnings and Travel Alerts](#) as well as the [Worldwide Caution](#). Follow us on [Twitter](#) and the Bureau of Consular Affairs page on [Face book](#) as well. Up-to-date information on safety and security can also be obtained by calling 1-888-407-4747 toll-free in the U.S. and Canada or, for callers outside the U.S. and Canada, a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

The Department of State urges U.S. citizens to take responsibility for their own personal security while traveling overseas. For general information about appropriate measures travelers can take to protect themselves in an overseas environment, see the Department of State's [A Safe Trip Abroad](#).

CRIME: Crime is a significant concern for Costa Ricans and visitors alike. Local law enforcement agencies have limited capabilities and different standards than U.S. law enforcement. Daytime robberies in public places occur, and thieves have been known to brandish weapons or threaten violence if victims resist. Almost two million foreign tourists, about half U.S. citizens, visit Costa Rica annually. All are potential targets for criminals, primarily thieves looking for cash, jewelry, credit cards, electronic items and passports.

Thieves often work in small groups. The most prevalent scam involves the surreptitious puncturing of tires of rental cars, often near restaurants, tourist attractions, airports, or close to the car rental agencies themselves. When the travelers pull over, "good Samaritans" quickly appear to help change the tire - and just as quickly remove valuables from the car, sometimes brandishing weapons. Drivers with flat tires are advised to drive, if at all possible, to the nearest service station or other public area and change the tire themselves, watching valuables at all times. Another common scam involves one person dropping change in a crowded area, such as on a bus. When the victim tries to assist, a wallet or other item is taken.

U.S. citizens are encouraged to take proactive steps to avoid becoming crime victims. Visitors should not walk, hike or exercise alone, and should bear in mind that crowded tourist attractions and resort areas popular with foreign tourists are common venues for criminal activity. Travelers should ignore any verbal harassment, and avoid carrying passports, large amounts of cash, jewelry or expensive photographic equipment.

Tourists are encouraged to carry photocopies of the passport data page and Costa Rican entry stamp on their persons, and leave the original passport in a hotel safe or other secure place. Costa Rican immigration authorities conduct routine immigration checks at locations, such as bars in downtown San Jose and beach communities. U.S. citizens detained during one of these checks who have only a copy of the passport may be required to provide the original passport with appropriate stamps.

Travelers renting vehicles should purchase an adequate level of locally valid theft insurance, park in secure lots whenever possible, and never leave valuables in their vehicles. The U.S. Embassy receives several reports **daily** of valuables, identity documents, and other items stolen from locked vehicles, primarily rental cars. Thefts from parked cars occur in cities, at beaches, at the airport, in front of restaurants and hotels, and at national parks and other tourist attractions.

Travelers should use only licensed taxis, which are red with medallions (yellow triangles containing numbers) painted on the side. Licensed taxis at the airport are painted orange. All licensed taxis should have working door handles, locks, seatbelts and meters (called "marias"); passengers are required to use seatbelts. When traveling by bus, avoid putting bags or other personal belongings in the storage bins. Visitors should at all times have their belongings in their line of sight and their valuables in their possession.

INFORMATION FOR VICTIMS OF CRIME: The loss or theft of a U.S. passport should be reported immediately to the local police and the U.S. Embassy. If you are the victim of any crime while overseas, in addition to reporting to local police, please contact the Embassy for assistance. The Embassy staff can, for example, assist you to find appropriate medical care, contact family members or friends and explain how funds could be transferred. Although the

investigation and prosecution of the crime is solely the responsibility of local authorities, consular personnel can help you to understand the local criminal justice process and provide a [list of attorneys](#), if needed.

The Tourist Police are present in many popular tourist destinations and can assist with the reporting of a crime, which can be frustrating for victims due to language barriers and the local regulation that only allows the investigative police (“OIJ”) to take crime reports. Hotel staff frequently assist visitors in reporting crime to the proper authorities. Alternatively, Costa Rica’s 911 system has English speaking operators who can also provide assistance.

Please see our information on [Victims of Crime](#), including possible victim compensation programs in the United States.

CRIMINAL PENALTIES: While in a foreign country, a U.S. citizen is subject to that country’s laws and regulations, which sometimes differ significantly from those in the United States and may not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the United States for similar offenses. Persons violating Costa Rica’s laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in Costa Rica are severe, and convicted offenders can expect long jail sentences and heavy fines. Engaging in sexual conduct with children or using or disseminating child pornography in a foreign country is a crime, prosecutable in the United States. Please see our information on [Criminal Penalties](#).

If you are arrested in Costa Rica, authorities of Costa Rica are required to notify the U.S. Embassy of your arrest. If you are concerned the Department of State may not be aware of your situation, you should request the police or prison officials to notify the U.S. Embassy of your arrest.

SPECIAL CIRCUMSTANCES:

Accessibility: While in Costa Rica, individuals with disabilities may find accessibility and accommodation very different from the United States. While Costa Rica has legislation that mandates access to transportation, communication and public buildings for persons with disabilities, the government does not effectively enforce these laws.

Land Ownership and Shoreline Property: U.S. citizens are urged to use extreme caution when making real estate purchases, and consult reputable legal counsel and investigate thoroughly all aspects before entering into a contract. Coastal land within fifty meters of the high tide line is open to the public and therefore closed to development, and construction on the next one hundred fifty meters inland is possible only with the approval of the local municipality.

Squatters: Organized squatter groups have invaded properties in various parts of the country. These squatter groups, often supported by politically active persons and non-governmental organizations, take advantage of legal provisions that allow people without land to gain title to unused agricultural property. Local courts may show considerable sympathy for the squatters. Victims of squatters have reported threats, harassment, and violence.

Documentation Requirements: Visitors are required to carry appropriate documentation at all times. However, due to the high incidence of passport theft, tourists are permitted and encouraged to carry photocopies of the data page and entry stamp from the passport, leaving the passport in a hotel safe or other secure place. However, as noted under CRIME, Costa Rican immigration authorities conduct routine checks for illegal immigrants, especially in bars located in downtown San Jose and in beach communities. A U.S. citizen detained during one of these checks and carrying only the copy of the passport will be required to produce the original passport. Therefore, tourists should

carry their passports when taking domestic air flights, or when traveling overnight or a considerable distance from their hotel. Tourists who carry passports are urged to place them securely in an inside pocket.

Exit Procedures for Costa Rican citizens and legal residents: All children born in Costa Rica acquire Costa Rican citizenship at birth, and may only depart the country upon presentation of an exit permit issued by immigration authorities. This policy, designed to prevent international child abduction, applies to dual national U.S./Costa Rican citizens as well as U.S. citizens who are legal residents in Costa Rica. Parents of minors who obtained Costa Rican citizenship through a parent or through birth in Costa Rica are advised to consult with appropriate Costa Rican authorities prior to travel to Costa Rica, especially if one (or both) parent(s) is not accompanying the child.

Disaster Preparedness: Costa Rica is located in an earthquake and volcanic zone. Serious flooding occurs annually in the Caribbean Province of Limon and the Pacific Province of Puntarenas, and flash floods and severe landslides occur in other parts of Costa Rica as well, depending on the time of year and rainfall. [General information about natural disaster preparedness](#) is available from the U.S. Federal Emergency Management Agency (FEMA).

Medical Tourism: Costa Rica is actively promoting **medical tourism**. While there are advantages like affordable costs, quality health care, and a chance to recuperate and have a vacation at the same time, there are also risks

Medical tourists should confirm that the facilities they are considering are accredited, purchase medical evacuation insurance before travelling, and should confirm that the cost and payment for their treatment is clearly understood by both parties. Persons with unpaid or disputed debts in Costa Rica may be legally prevented from leaving the country.

In the event of unforeseen medical complications or malpractice, medical tourists might not be covered by their personal insurance or might not be able to seek damages through malpractice lawsuits. Although many hospitals and clinics abroad have medical malpractice insurance, seeking compensation can prove to be difficult because insurance laws and legal options may not exist.

MEDICAL FACILITIES AND HEALTH INFORMATION: Medical care in San Jose is adequate, but is limited in areas outside of San Jose. Most prescription and over-the-counter medications are available throughout Costa Rica. Doctors and hospitals often expect immediate cash payment for health services, and U.S. medical insurance is not always valid outside the United States. [A list of local doctors and medical facilities can be obtained from the U.S. Embassy in San Jose](#). An ambulance may be summoned by calling 911. Most ambulances provide transportation but little or no medical assistance.

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection may be obtained from the Centers for Disease Control and Prevention's hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the [CDC's website](#). For [information about outbreaks of infectious diseases abroad](#), consult the [World Health Organization's \(WHO\) web site](#). Further health information for travelers is available from the [WHO](#).

The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of Costa Rica.

MEDICAL INSURANCE: The Department of State strongly urges Americans to consult with their medical insurance company prior to traveling abroad to confirm whether their policy applies overseas and whether it will cover emergency expenses such as a medical evacuation. Please see our information on [medical insurance overseas](#).

TRAFFIC SAFETY AND ROAD CONDITIONS: While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. The information below concerning Costa Rica is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

Roads are often in poor condition, and large potholes with the potential to cause significant damage to vehicles are common. Traffic signs, even on major highways, are inadequate and few roads are lined. Shoulders are narrow or consist of drainage ditches. Pedestrians, cyclists, and farm animals are common sights along main roads, creating additional potential driving hazards. Traffic laws and speed limits are often ignored, turn signals are rarely used, passing on dangerous stretches of highway is common, and pedestrians are not given the right of way. As a result, the fatality rate for pedestrians and those riding bicycles and motorcycles is disproportionately high. All of the above, in addition to poor visibility due to heavy fog or rain, can make driving treacherous. Landslides are common in the rainy season. Main highways and principal roads in the major cities are paved but some roads to beaches and other rural locations are not.

Accordingly, many destinations are accessible only with high clearance, four-wheel drive vehicles. Travelers are advised to call ahead to their hotels to ask about the current status of access roads. Travelers should minimize driving at night, especially outside urban areas.

Costa Rica has a 911 system for reporting emergencies. In the event of a traffic accident, vehicles must be left where they are. Both the traffic police and an insurance investigator must make accident reports before the vehicles are moved.

Please refer to our [road safety](#) page for more information or visit the web site of [the Costa Rican Ministry for Public Transport](#).

AVIATION SAFETY OVERSIGHT: The [U.S. Federal Aviation Administration](#) (FAA) has assessed the Government of Costa Rica's Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of Costa Rica's air carrier operations. For more information, travelers may visit the [FAA web site](#)

Section 4 - Transition

Experiences in Transition

adapted from an article by Janet Bennett, Intercultural Communication Institute, Portland OR

Culture Surprise

Culture surprise are the reactions which occur shortly after arrival in a different culture when we see things that are different than we are used to. It usually occurs within the first few days after arrival as we become aware of superficial differences: modes of dress, signs in a different language, nonverbal behaviors.

Culture Stress

Culture stress manifests itself in the fatigue that occurs when we practice new behaviors in a different culture. This occurs as we respond to the behavior of the new culture and try to fit in by doing our own shopping, understanding comments made about us in the local language, learning to navigate public transportation and other attempts to adjust to the new culture.

Culture Shock

Culture shock is a state of loss and disorientation precipitated by a change in our environment that requires adjustment. It results from confronting values different from our own and from the loss of a familiar network and environment. It is a normal healthy reaction to the stress of living in a different culture. Everyone who has spent time living in another culture experiences some form of culture shock.

Symptoms of Culture Shock

Symptoms can be both physical and psychological, and can include: headaches, stomach aches, dizziness, rashes, nausea, irritability, insomnia or excessive sleepiness, depression, loneliness, withdrawal paranoia, anger, aggression, hatred, fear, crying, complaining, self-doubt, boredom, helplessness, confusion, and feelings of inadequacy. This list is not exhaustive.

Prescription for Culture Shock

adapted from an article by Bruce LaBrack, Summer Institute for Intercultural Communication

1. Understand the symptoms and recognize the signs of culture stress.
2. Realize that some degree of discomfort and stress is natural in a cross-cultural experience.
3. Recognize that your reactions are largely emotional and not easily subject to rational management.
4. Gather information *before* you go so at least the differences will be anticipated. Knowledge is power.
5. Look for the logical reasons behind host culture patterns. Discover why things are done the way they are.
6. Relax your grip on your normal culture and try to cheerfully adapt to new rules and roles.
7. Don't give in to the temptation to disparage what you do not like or understand. It probably won't change.
8. Identify a support network among peers, team members, other students and faculty advisor. Use this network, but do not rely on it exclusively.
9. Understand that this is a passing phase of what will be, in retrospect, a time of great learning and personal growth.
10. Give yourself quiet time, some private space, and don't be too hard on yourself.

In Preparation to Return Home

“In a sense, it is the coming back, the return, which gives meaning to the going forth. We really don't know where we've been until we come back to where we were - only where we were may not be as it was because of who we've become, which, after all is why we left.” - Bernard, *Northern Exposure*

Reentry Challenges and Suggestions

adapted from articles by Dr. Bruce LaBrack, School of International Studies, University of the Pacific

There are lots of reasons to look forward to going home, but there are also a number of psychological, social and cultural aspects that prove difficult - often because they are unanticipated. Re-entry into your home culture can be both as challenging and frustrating as living overseas, mostly because our attitude toward going home is that it should be a simple matter of getting resettled, resuming earlier routines, and reestablishing your relationships. Research has shown that re-entry has its own set of special social and psychological adjustments which can be facilitated by being aware of the process and following some advice from those who have already returned.

Interviewing students who have been through the experience of off-campus study generated the following list of issues and suggestions. Their advice is to take the process seriously by being realistic and thinking about it and your possible reactions.

Prepare for the adjustment process and allow enough time

The more you think about what is to come, and know how returning home is both similar to and different from going away, the easier the transition will be. Anticipating is useful. The process of re-entry will take time, just like adjusting to the new culture did. Give yourself time to relax and reflect on what is going on around you, how you are reacting to it, and what you might like to change.

Overcoming boredom

After all the newness and stimulation of your time away, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize project work off-campus, but it is up to you to find ways to overcome such negative reactions - remember a bored person is also boring.

“No one wants to hear”

One thing you can count on upon your return: no one will be as interested in hearing about your adventures as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once others have heard the highlights, any further interest on their part is probably unlikely because they have no frame of reference for your experiences. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

Cultivate sensitivity and interest

Showing an interest in what others have been doing while you have been gone is the surest way to reestablish your rapport. Much frustration can be avoided if you become as good a listener as a talker.

You can't explain

Even when given a chance to explain all the things you saw, felt and experienced while off-campus, it is likely to be at least a bit frustrating to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It's okay.

Reverse homesickness

Just as you probably missed home for a time after leaving campus, it is just as natural to experience some “reverse” homesickness for the people, places and things that you grew accustomed to while away from WPI. Feelings of loss are an integral part of returning from an off-campus sojourn and must be anticipated and accepted as a natural result of study away.

Beware of comparisons

Going Global at WPI Handbook
8/29/2011

Use and adaptation welcome, but please acknowledge WPI and [Natalie Mello](#) and tell us of your use.

Making comparisons between cultures is natural, particularly after residence abroad; however, the tendency to be an “instant expert” is to be avoided at all costs.

Relationships have changed

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while away, the people at home are likely to have experienced some changes as well. These changes may be positive or negative, and may seem even trivial to you, but expecting no change is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

Feelings of alienation

Sometimes the reality of being back home is not as natural or enjoyable as the place you had imagined. When real daily life is more demanding than you remembered, it is natural to feel some alienation, see faults you never noticed before, or even become quite critical of everyone and everything for a time. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

Remain flexible

Keeping as many options open as possible is an essential aspect of a successful return home. Attempting to re-socialize totally into old patterns and networks can be difficult, but remaining isolated and aloof is counterproductive.

Loss/compartmentalization of experience

Being home, along with the pressures of schoolwork, family and friends, often combine to make returnees worried that somehow that will “lose” the experience; somehow becoming compartmentalized like souvenirs only occasionally taken out and looked at. You do not have to let that happen. Maintain your contacts. Talk to people who have experiences similar to yours. Practice your skills. Remember your hard work and the fun you had while off-campus. There are lots of people on campus who have gone through their own re-entry and have had experiences similar to yours. Seek out other returned students from other sites, and look into becoming involved with the Global Ambassadors.

Appendix A - WPI Off-Campus Study Travel Information Form

All students intending to complete a project at a WPI project site are asked to provide the IGSD with information about their travel arrangements. This will notify the faculty advisor, on-site coordinator and IGSD staff of your expected arrival date and time and alert them if a problem arises. *For some sites* this information is needed in order to arrange to have students met at the airport.

You must bring your passport into the IGSD to be scanned, unless you are participating in a project program within the U.S.

Name:	Site:	Term:
Arrival Date on site:	Arriving from (city):	
Mode of travel (air, train, bus, car):		
If traveling by air:		
Airline:	Flight Number:	Airport Destination:
Departure time:	Arrival time:	
Scheduled return date:		
Airline:	Flight Number:	Airport Destination:
Departure time:	Arrival time:	
If you plan to travel independently either before or after the program, please tell us your tentative plans:		

You must **attach a copy of your travel itinerary** provided by your travel agent or airline, in addition to completing this form. No handwritten itineraries will be accepted.

London Project Center Only

Bus transportation will be coordinated for students arriving at Heathrow before 7:45 am on Saturday. Students who arrive at Heathrow Airport before 7:45 a.m. will be taken by bus directly to IES. Bus drivers are not authorized to take passengers not on their list.

Bus Transportation: () Yes () No

(Please make sure you check one of these options for transportation from Heathrow Airport to IES)

Appendix B - Off-Campus Students' Health Update and Records Release Form

Name _____ Project Site _____ Term _____

All students traveling off-campus to participate in a WPI program are required to carry medical insurance that is valid at the program site for the entire length of the program. Please verify this with your insurance company and list the name of your carrier and your policy number.

Carrier _____ Policy Number: _____

Do you have any medical conditions that could affect you while off-campus of which you would like to make the IGSD aware? (i.e. epilepsy, diabetes, depressive episodes, etc.) Also, please list any changes in your health not noted on your medical records on file with WPI Health Services.

Are you allergic to any medications? If so, please list them.

List any prescription medicines you are currently taking.

When traveling off-campus it is a good idea to take a supply of your prescription medications sufficient to last for the length of the trip. Prescription medicines should always be kept in the original containers with the prescription label to avoid problems with customs. It is also important to take along a copy of the prescription from your physician, clearly written, in generic terms, and with an indication of the condition being treated.

In the event of an emergency, please contact:

1. Name _____ Relationship to Student _____

Address _____

email _____

Cell Phone #: _____

Home Telephone: _____ Work Telephone: _____

2. Name _____ Relationship to Student _____

Address _____

email _____

Cell Phone #: _____

Home Telephone: _____ Work Telephone: _____

I hereby authorize WPI health services to release my medical records to the Interdisciplinary and Global Studies Division in the event of a medical emergency while studying off-campus. *I hereby acknowledge that it is my responsibility to contact my health insurance provider to determine that I am covered while at an off-campus project site.*

Signature _____ Date _____

Appendix C - ATC Team Form

(One Per Team)

After you have turned in this completed form to the IGSD, at least one member of your group (although we suggest the entire group come so that the entire group takes equal responsibility for the equipment) is required to go to the ATC and reserve a laptop BEFORE pick-up on the specified date.

Project Site: _____

Pickup person: _____

Return person: _____

names of
team members: _____

If you can not pick up and return this PC within the specified dates, then you will need to make alternative arrangements: the ATC can *not* accommodate you.

Dates: pick up on or after: 10/20/2011

Return on or before: 12/20/2011

Pick-up Person

Return Person

Student Name: _____

Student Name: _____

Student Address: _____

Student Address: _____

Phone #: _____

Phone #: _____

Student ID#: _____

Student ID#: _____

Student Email: _____

Student Email: _____

Appendix D - Onsite Travel Form

Name	Cell phone number
Destination	
Date & time of departure	Date & time of return

Mode of Transportation – Roundtrip

Train Bus Air Car

Departing from the Site Information			
Time of Departure			
Number of flight/train/bus		Airline/train/bus carrier	
Departing from (name of airport, station, terminal)			
<i>* Connection Information if applicable:</i>			
Number of flight/train/bus		Airline/train/bus carrier	
Departing from	time	Arriving to	time
Number of flight/train/bus		Airline/train/bus carrier	
Departing from	time	Arriving to	time

Returning to the Site Information			
Returning from:			
Time of Departure			
Number of flight/train/bus		Airline/train/bus carrier	
Departing from (name of airport, station, terminal)			
<i>* Connection Information if applicable:</i>			
Number of flight/train/bus		Airline/train/bus carrier	
Departing from	time	Arriving to	time
Number of flight/train/bus		Airline/train/bus carrier	
Departing from	time	Arriving to	time

Lodging (please call advisor with any changes to your reservations)	
Name of hotel	Name of hotel
Address	Address
City and country	City and country
Phone number	Phone number

List other students who are traveling with you on this *exact* itinerary:

Check this box if you are staying on site in WPI provided housing for the entire weekend.

Student Signature _____ Date _____

Every student or group of students must turn this form into an advisor before 12:00 noon every Friday – in other words, every student must be accounted for,