

A few considerations about the conditions:

Physical expectations for participants

-Generally the physical expectations for students involve being able to walk outside on uneven ground for several miles, carrying a small day pack. If a student has a restricted ability that makes this difficult, we would be happy to discuss options to still attend the trip.

Environmental factors of location (climate, elevation, on-site travel conditions, etc.)

-You are traveling to a tropical rain forest. It will be humid and wet. There are bunks with bedding provided, you will be sharing bunk rooms with classmates. Bathroom facilities are shared and there are showers provided. Clothing may get muddy (packing recommendations will be provided separately). There is a pay-to-use laundry facility on-site. We will not be at a high elevation, but will be scheduling several hikes on uneven terrain in the forest (estimated mild to moderate strenuousness). There will be mud and bugs and wild animals such as snakes, birds, poison dart frogs, and peccaries (medium sized pig like mammals). This is not a glamorous experience and if you have a phobia regarding any of these that would severely affect your ability to function in this environment, please consider carefully if this is the experience for you. You are not required to touch these organisms, but we are in a tropical rainforest, they are not in cages, and are quite common.

Any special health or dietary considerations

-Students should be aware of the potential for parasite/disease transmission. Please see the Center for Disease Control ([CDC](#)) for recommended vaccinations. Aside from the routine vaccines you should have had up to this point, Hepatitis A and typhoid vaccinations are recommended, but not required. Potential disease or parasites may include (but are not limited to): [hookworms](#), bot-flies, [Chagas disease](#), [malaria](#) (low risk) or dengue fever, although the risks for each may vary. Please visit the CDC for more information on the potential infectious diseases.

Food is provided on-site in a cafeteria style setting. This will consist of LOTS of rice and beans and fresh fruit. It will be limited to local fare, although there is a small snack shop with limited hours and we will likely go out to a small restaurant at least once. If you have extremely specific diet restrictions we will need to reach out to the Organization for Tropical Studies for confirmation they can accommodate.

Description of expenses included in the program fee and additional expenses that students need to budget for (categories are fine until dollar amount are available)

The course fee includes the plane ticket, accommodation in Boston prior to departure, food and accommodation in Costa Rica. If you want to purchase souvenirs or snacks on site, that will be with your own money. Any food off site food at airports or the small local restaurant will need to be purchased by individuals. We recommend budgeting \$20-30 for airport food and then changing \$50-75 USD into colones (the Costa Rican currency) at the airport when we arrive in Costa Rica for in country souvenirs, snacks, etc. Mastercard and Visa credit cards are taken many places if you prefer credit card (although check your international fees and inform your company of travel).