

Indigenous Studies in Costa Rica

Sample Itinerary - Final Itinerary Subject to Change

Activity Level Key:

Level 0 (short distances (less than 1 km) on flat, accessible surfaces)

Level 1 (longer distances (more than 1 km) on flat, accessible surfaces or short distances (less than 1 km) with some incline)

Level 2 (short hikes (less than 2 km) with varied grade)

Level 3 (mid-length hikes (2-5 km) with varied grade or shorter hikes of high grade)

Level 4 (longer hikes (more than 5 km) with varied grade or mid-length hikes with high grade)

Level 5 (Long hikes with high grade)

Please note that, as written, this proposal may not be suitable for some individuals with mobility disabilities; however, this program can be adapted in order to accommodate most mobility needs. If you are interested in this program, please connect with us to discuss your mobility disability and how we can support you.

| Day | Morning | Afternoon | Evening | Overnight |
|--------------|--|---|---|--------------|
| Day 1 | | Arrive at SJO international airport. Greeted by the GLP team and transported to lodging* | Welcome meeting with Costa Rican meal based on Costa Rica's traditional ingredients. Safety & health orientation. | San José |
| <i>Meals</i> | | | <i>Dinner</i> | |
| Day 2 | Morning interactive tour and guest lecture on the historical and contemporary social movements of Indigenous Peoples in Costa Rica - museum tour (Level 0) | Indigenous art and artisanal craft museum and workshop (Level 0) | Discussion and guest lecture on Indigenous rights, advocacy, and policy in Costa Rica | San José |
| <i>Meals</i> | <i>Breakfast</i> | | <i>Dinner</i> | |
| Day 3 | 6 am transfer to Limón coast (4 hours) | Half-day tour and lunch in the town of BriBri with local community members (medicinal plants, cacao, Usule) | Discussion with local community leaders on community empowerment in the BriBri region. | Puerto Viejo |

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|--------------|--|--|--|--------------|
| | | (Level 1) | Free evening in Puerto Viejo | |
| <i>Meals</i> | <i>Breakfast</i> | <i>Lunch</i> | | |
| Day 4 | Transfer to Bambú - introduction to host community and Indigenous community cultural leader (Level 0) | Conical House tour - travel in canoe* to the Conical House to meet with the spiritual leader to learn about the creation of the universe according to the BriBri cosmovision (Level 2) | Debrief evening – discussion with community leader about BriBri community and traditions, and Indigenous-led tourism initiatives | Bribri Usule |
| <i>Meals</i> | <i>Breakfast</i> | <i>Lunch</i> | <i>Dinner</i> | |
| Day 5 | Morning Indigenous Farm tour. Learn about the traditional foods consumed in the BriBri communities and their organic farming process (Level 2/3) | Farm tour continued, return to Bambú in canoe after lunch (Level 2/3) | Debrief discussion | Bribri Usule |
| <i>Meals</i> | <i>Breakfast</i> | <i>Lunch</i> | <i>Dinner</i> | |
| Day 6 | Return to Puerto Viejo, free morning on the beach (Level 0) | After lunch, transfer to San José (4 hours) *Covid test if applicable* | Departure dinner | San José |
| <i>Meals</i> | <i>Breakfast</i> | | <i>Dinner</i> | |
| Day 7 | Transfer to SJO airport | Departure from SJO airport | | |
| <i>Meals</i> | <i>Breakfast</i> | | | |

**Note about canoe transfers: in the BriBri community, many areas are only accessible by canoe. Canoe transportation will not require students to paddle (the canoe has a small motor and is steered by a local canoe skipper), participants will wear a life jacket during the transfers, and the rivers are highly transited by other canoes who would be able to support if a participant were to fall overboard.*