



**PRE-DEPARTURE
LOCATION
ORIENTATION
RECORDING CLICK
HERE**

Costa Rica, Fall 2023



ORIENTATION OVERVIEW



**GLOBAL
ORIENTATION**

COMPLETE



**LOCATION
ORIENTATION**

YOU'RE HERE!



**CARE TEAM
HANGOUTS**

AUGUST 23

vertoeducation.org/orientation

MEET YOUR SPEAKERS

We're excited to support you as you prepare for a Verto semester.

We're joined here today by:



BLAIRE MODIC

COSTA RICA PROGRAM
DIRECTOR



MATTEO TRAVERS

COMMUNITY MANAGER



AGENDA

- Breakout Warm-Up
- Preparation and Arrival Process
- Program-Specific Expectations
- Your Academic Experience
- Living Life In Costa Rica
 - Housing
 - Staff
 - Academic Facility
 - Packing & Budgeting
 - City Transportation, Food & Spots
- Next Steps & Questions

MINI-BREAK

Share Out in Chat

What are you most excited about?

What do you have questions about?

Also mention your name, pronouns, and where you are from!

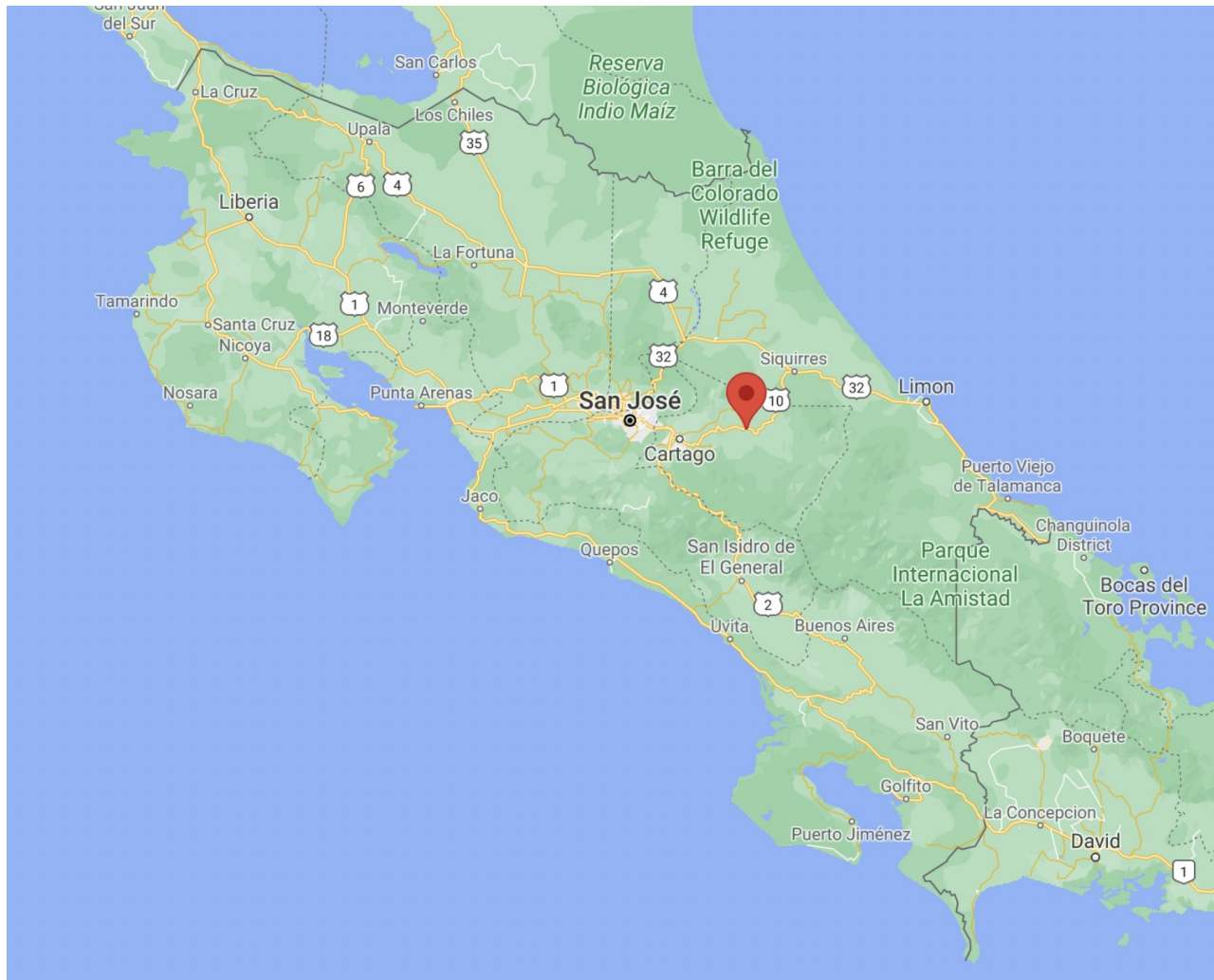




BIENVENID@S A COSTA RICA

We're excited for you to study abroad in the beautiful city of Turrialba:

Charming, authentic town • Mountains + rivers = waterfalls • Active Volcano, surrounded by lush countryside
40 miles from San Jose • 77F degrees (not the beach, but you will get there!)





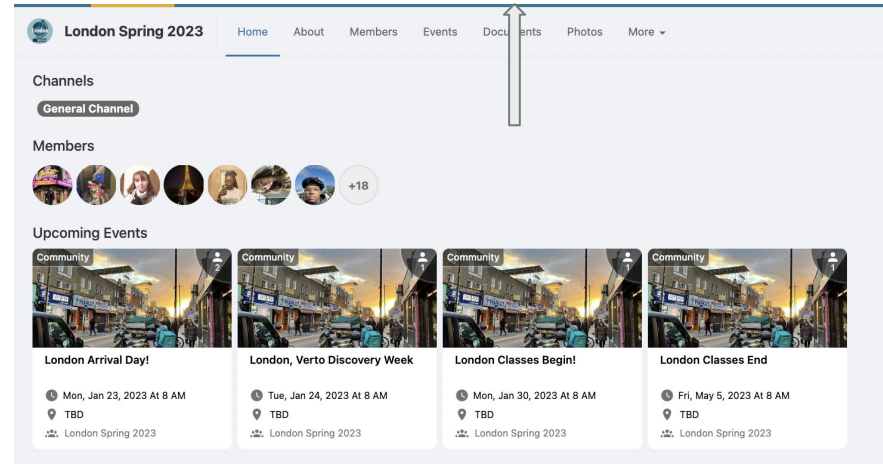
PREPARING TO GO



Pre-Departure Documents

These can be found in Campus Groups:

- Packing List
- Using Your Phone in Costa Rica
- Mail and Package Guidelines
- Verto Costa Rica location
- Visiting Your Student in Costa Rica
- CISI Insurance for Your Time Abroad (General)
- Your Guide to Care Teams (General)
- Code of Responsibility - **update coming soon**
- **Verto Housing Overview - coming soon**
- **Arrival Instructions - coming soon**
- **Health, Safety, and Emergency Procedures - coming soon**
- **Verto Discovery Week Overview (General) - coming soon**



Documents (5)

Pre-arrival Documents (1)

PRE-DEPARTURE DOCUMENTS

These can be found in on the Student Portal Documents section:

- Pre-Departure Resources, including:
 - Packing List
 - Using Your Phone in Costa Rica
 - Mail and Package Guidelines
 - Verto Costa Rica Study Center
 - Visiting Your Student in Costa Rica
 - Code of Responsibility
- Arrival Guide
- Money Abroad
- Verto Housing Overview
- Verto Discovery Week Overview (General)

Prague Fall 2023

Home About Members Events Officers Documents Photos News Forum More ▾

Channels

General Channel

Members

Upcoming Events

Virtual Pre-Departure Orientation
Orientation
Care Team Circle
Prague
Wed August 23 2023
9am PT | 12pm ET
(Required) Care Team Circle,
Prague
Wed, Aug 23, 2023 At 12 PM
Online Event
Prague Fall 2023

Documents (5)

Pre-arrival Documents (1)

Packing List:

- It is in the Pre-Departure Documents in the Student Portal
- Pay attention to it
- Don't over pack!



Packing Tips: Advice from Alumni

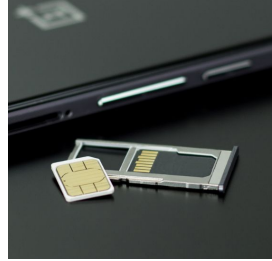
- Do research on the local weather and fashion
- Throw in a pair of fuzzy slippers- comfort item
- Travel sized toiletries
- Medicines & contact lens solution
- Neutral and interchangeable clothing & comfortable shoes
- Something to make your room more cozy
- Raincoat/Umbrella (or plan to buy one there)
- Multiple forms of payment
- Tampons in Costa Rica



Staying in Contact While Abroad

CELL PHONE PLAN:

- Make sure that your phone is Unlocked
- Use wifi at SJO airport to confirm arrival with family
- Wait to purchase a local SIM card in Turrialba with staff
- Keep phone charged
- Keep hard copy of important numbers
- Campus address



Carry on:

- Passport + copy
- Vaccination card + copy
- Cash(\$5, \$10, \$20 USD)
- Credit or debit card
- Lithium ion batteries
- Panama bus ticket



Packing Tips: What To Avoid

WE RECOMMEND YOU DO NOT BRING:

- Prized possessions: heirloom jewelry, irreplaceable tokens, etc. It's not worth the risk of losing an item.
- Too many clothes - chances are you'll want to acquire some new stuff!
- Adaptors for Europe (but three to two flat prongs may be useful)
- Locked cell phones



Documents for Customs

REMEMBER TO CARRY:

- Your Passport!
- Proof of Onward Travel (bus ticket to Panama)
- Address for CATIE
- Photocopies of your PASSPORT and printout of your CISI (medical insurance) card.



Expect the UNexpected!

Take a deep breath.

Channel your inner zen.

Then write Verto Costa Rica support
costarica@vertoeducation.org

+506 8696-3333 – only for students



ARRIVAL PROCESS



When should I arrive at SJO airport?

August 28, 2023

Required arrival window of time: 12 noon - 8 PM

If you scheduled an arrival later than the designated time:

- You will not get to use the free Verto shuttle. You will have to take private transportation, and this will include a fee of \$200.00.

If your flight is unexpectedly delayed due to airline/weather:

- Stay in touch with Verto Costa Rica support. We will help you get to campus.
- You will not pay the \$200 transportation fee.

If you scheduled an arrival earlier than the designated time:

- Stay in touch with Verto Costa Rica support.
- Be sure to return to the airport during the 12:00 noon - 2:00 PM window. If not, you will need private transportation and this will include a fee of \$200.00.



What to do when you arrive in SJO Airport?

Wear your Verto T-shirt

Leave plane WITH your carry-on and documents!

Go through

- Immigration
- Baggage claim
- Customs (bags go through x-ray machine)

Only one exit (hectic - Taxi, taxi taxi...)

Look for Verto Staff in Verto T-shirts, and follow their instructions



Where is my bag?

- If you don't find your suitcase
 1. Report this to Verto Costa Rica Support
 - costarica@vertoeducation.org
 2. Make a claim in baggage claim before departing the airport
 - Be sure to include Verto Costa Rica Support in the claim form (we will help you to navigate the process to get your bag back)
 - costarica@vertoeducation.org



What if you arrive early or late?

COMMUNICATE!

- Contact costarica@vertoeducation.org (or Whatsapp to +506-8696-3333) on travel day and let local staff know
- **Early arrivals:** go back to the airport or arrive on campus at an arranged time
- **Late arrivals:** special transportation fee



PROGRAM- SPECIFIC EXPECTATIONS



Expectation: Engage in Discovery Week

August 28 - September 2, 2023





EXPECTATION: ENGAGE IN DISCOVERY WEEK

August 28 - September 2

Arrival

What To Do When You Arrive:

- Check in with your people at home
- Catch your breath and then join the party
- Drink water (water from the tap is safe at CATIE and in most of Costa Rica)
- Communicate any needs or concerns with staff



Discovery Week

- Required Attendance
- Sessions with all students, by residence, by interest area, etc.
- Expect to be engaged all day from 9AM (but we'll have breaks too)
- Informative sessions, chances to meet staff, professors, and fellow students
- Activities and fun
- Free time, too



Expectation: Attend all excursions

- Whitewater rafting
- Ziplining
- Panama (two nights)
- Turrialba burnt forest hike
- San Jose tour



Expectations: Follow the Code of Responsibility

- Alcohol policy - training on responsible drinking
 - 18 or older
 - No drinking on campus
 - No smoking on campus (includes vaping)
 - CR Law 9028
- Behavioral policy
 - Student Code of Responsibility
- COVID guidelines



Expectations

- We live healthy lifestyles;
- We build healthy communities;
- We celebrate diversity;
- We respect all people;
- We take care of the Earth;
- We are Verto.
- ALL ONE



Keeping yourself healthy and safe

FOLLOW YOUR CODE OF RESPONSIBILITY:

- Community values, care teams and verto discovery

TIPS FOR LIFE IN COSTA RICA:

- Situational Awareness and Safety:
- Go with others. Buddy system
- Cell phone at all times
- Verto Safe App- independent travel
- Be discrete with cash and valuables/electronics
- Know before you go
- Let others know where you're going
- Drink safety- don't accept drinks from strangers



Alcohol Safety

FOLLOWING YOUR CODE OF RESPONSIBILITY:

- If 18, you are legally allowed to consume alcohol in Costa Rica (not possess it in Verto facilities)
- You are NOT permitted to use alcohol in an irresponsible way or to abuse alcohol
- Being a “drunken American” wandering the streets puts you and your peers in a vulnerable situation
- Code of responsibility violations can lead to serious consequences up to dismissal



CULTURAL ADAPTATION

- **Things to keep in mind when interacting with locals:**
 - Be respectful!
 - Things are just different, not wrong/worse/better.
 - Body language
- **Things to keep in mind about your behavior:**
 - Be accountable for your actions.
 - Use common sense.
 - Adjust your behavior to the situation.
 - Be willing, flexible and open to new adventures.



ACADEMIC EXPECTATIONS



ACADEMIC FACILITY: CATIE Classrooms

In the Classroom you can expect to...

Engage in discussions with your instructor and peers

Collaborate on group projects and assignments

Take ownership of your learning– academic accommodations

Gain a different perspective by learning from a diverse group of people



ACADEMIC: Beyond the Classrooms

- Experiential learning labs
- Community calendar
- Costa Rican independence
- Abolition of Army Day
- Excursions
- Turrialba volcano
- San Jose, capital city





ACTIVITIES

ON & OFF CAMPUS
ACADEMIC & NON-ACADEMIC



ACTIVITIES ON CAMPUS: Clubs

VERTO Clubs

VERTO Students Only

Have you signed up yet?



SCAN ME

Yoga

Balanco



Nature Walks

Naturalist



Sustainable Farming

Learn



Cross Training

Sweet it



More clubs at catie.center

For more information contact fabricio.arguedas@vertoeeducation.org



ACTIVITIES ON CAMPUS: Explore Natural Areas



EVENTS ON CAMPUS



OPEN MIC NIGHT

OCT 3,
NOV 7,
DEC 5

CLUB INTERNACIONAL

the first Sunday of every month

5-6pm

BROUGHT TO YOU BY CREATIVE WRITING!

CATIE, the Climate and You:

A STORY OF THEIR
PIONEERING RESEARCH

AND WHAT WE CAN
LEARN FROM IT TO ADDRESS THE CLIMATE CRISIS.

TODAY,
OCTOBER 28
7 - 8:30 PM

CLIMATE SYMPOSIUM, HOSTED BY
CATIE & VERTO!

LOCATED IN THE WALLACE BUILDING,
DIRECTORS ROOM.

FEATURING: MATTHEW PAFFHOUSE (VERTO), DYLAN
STIEGEMEIER (VERTO), MUHAMMAD IBRAHIM (CATIE),
ALEJANDRA MARTINEZ (CATIE), ROLANDO H. CERDA B. (CATIE),
ROGER MADRIGAL B. (CATIE) AND MORE.



SATURDAY
OCT 30



HALLOWEEN HAUNTED PARTY

6 PM SPOOKY STORIES AT WALLACE BUILDING • 7PM PARTY SCHOOL GYM

DJ
FREE DRINKS
FREE SNACKS
BRING YOUR COSTUME

ACTIVITIES OFF CAMPUS:

Trips to town

- Turrialba is only 2.5 miles away
- CATIE Shuttle available
- Uber and taxi options, too
- Stores, banks, farmers market



ACTIVITIES OFF CAMPUS:

On your own

- Local events, soccer matches, farmers market, gyms
- San Jose (2 hours by bus)
- Outdoors activities
 - Waterfall hikes
 - Beach trips
 - Surfing



LIVING IN COSTA RICA





- **CATIE:** Centro Agronómico Tropical de Investigación y Enseñanza
- Tropical Agricultural Research and Higher Education Center



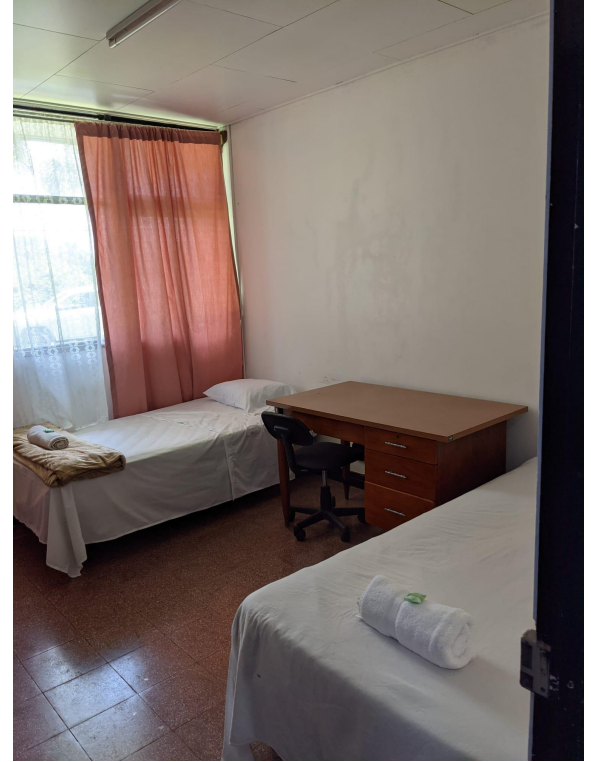


HOUSING

- Variety of housing types
- Shared room, shared bathroom
- Bed linens provided
- Towel NOT provided
- Wifi



Rooms, baths, shared areas, laundry



STUDENT DINING



CLASSROOMS



LIBRARY AND STUDY SPACES



CAFE, STORE, CLUB



CATIE INFIRMARY AND HEALTH CARE

- Nurse
- MD
- Physical therapist
- Pay and get CISI reimbursement
- Other public and private options off campus



BUDGETING

- **Tuition includes all meals and academic excursions!**
- **Students pay for: laundry, dining out, independent travel, medical bills, personal needs.**
- **Student Budget Guidelines (depends on the individual)**
 - Independent Travel: \$300-\$1000 (could be more!)
 - \$250 per month (average monthly spend of former students) Laundry, medication up front, dining out.

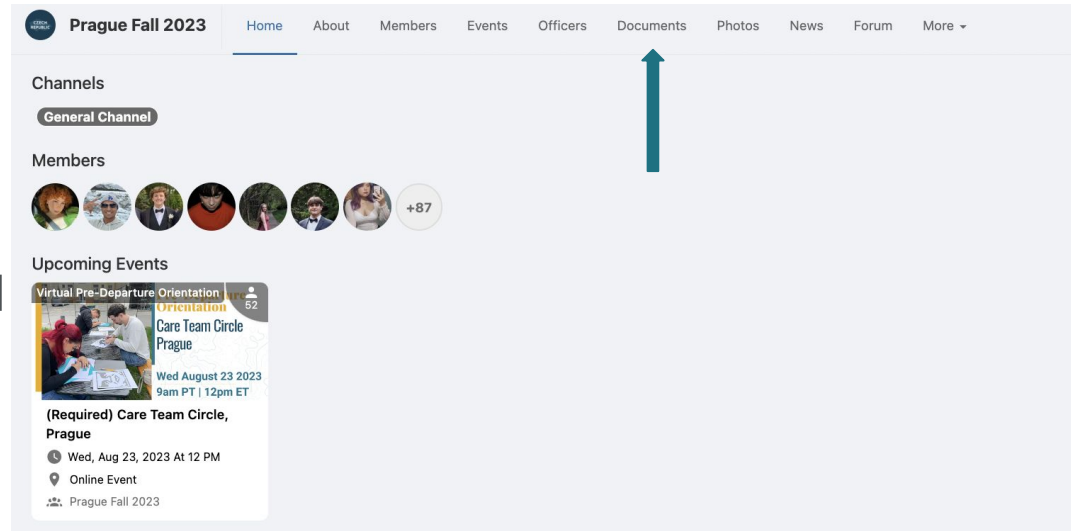
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MARK YOUR ATTENDANCE

IMPORTANT: Report Your Attendance
before the end of the Session

(Required) Care Team Circle Date

August 23 at vertoeducation.org/orientation

Location Resources

- In Student Portal

To access, visit

bit.ly/vertoattendance23

