



Promoting Global Health

GH 4000

EXPERIENCE COSTA RICA

May 23rd to June 1st, 2023

ABOUT THE COURSE

Even in the happiest countries on earth, global health disparities and inequities exist. Experience the rich, complex history and social landscape of Costa Rica while examining the root causes of global health disparities. Explore ways in which health promotion principles propose approaches to achieving health for all.

Course theories will be brought to life through field trips to hosting urban, rural, and indigenous communities and where parallels with other global health settings and challenges will acquaint students with the power of community resilience, respect, and principles of global allyship.

Course Instructor:

Amrita Daftary

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SAVE YOUR SPOT!

Deposit (\$200) Due by March 20

LAS NUBES WEBSITE:

<https://lasnubes.euc.yorku.ca/education/programs/>



GENERAL INFORMATION

Eligibility

- A minimum of 60 credits completed by end of Winter term
- A 4.00 cumulative GPA for Bachelor or 5.00 for Honours degree students
- Students from all disciplines are welcome to apply

EARN 3 CREDITS

Program Fee \$1300 CAD

Includes

Airport transfers in Costa Rica, accommodations, meals, ground transportation admission to social and cultural course related activities.

**Airfare, York tuition & travel insurance not included

ITINERARY

Monday, May 22 – Airport Pick Up

Orientation Event @ Hotel

Day 1-3 – Urban Health Issues

Introduction to San Jose, guided city tour, historical and social impacts shaping health structures, including geo-political influences on migration & population health

Day 4-6 – Rural Community Health & Wellbeing

Connecting with Las Nubes communities - hike, visit Casita Azul, peer connections with Costa Rican students, health systems and cooperative health programs

Day 7-9 – Indigenous Health Perspectives

Indigenous approaches to health and wellbeing in Buenos Aires and Boruca territories – meet healers and community leaders to ground understanding of the earth as a key determinant of health, and its preservation as crucial to health promotion

Day 10 – Exhibition & Farewell

Health promotion projects showcased at the Eco-campus

Day 11 – Return to San Jose Airport