PED 101: Physical Activity Enhancement for Adventure Travel in Panama & Costa Rica

Learn more at www.uncw.edu/abroad

PROGRAM OVERVIEW

This program will allow students to gain appreciation for the importance of lifetime health, wellness, and outdoor physical activity. Various locations throughout Panama and Costa Rica will provide the opportunities to experience rural and urban cultures as well as participate in physical activities in mountainous and coastal regions. We begin in Isla Colon off the coast of Panama where students will enjoy surfing and snorkeling. We then travel to Puerto Viejo, Costa Rica, to participate in rafting with experienced guides. Following Puerto Viejo, we travel to San Gerardo de Rivas to hike up to the summit of Chirripo, the tallest mountain in Costa Rica. The variety of locations will provide an immersive experience in the Central American culture.

ACADEMICS

PED 101 (2 credits) - Activities and assignments are specifically designed to improve your knowledge, thoughts, motivations, skills, and behaviors to aid in your lifetime journey toward higher levels of wellness. Course objectives are guidelines to begin the learning experience in Panama and Costa Rica. The topics we actually cover in this course can be influenced and guided by you and your personal experiences in Panama and Costa Rica. This course is designed to be a learning experience for you.

PROGRAM FACTS

Location............................... Panama & Costa Rica
Tentative Program Dates ............. March 8-17, 2019

Program Leader(s):
Jessica Hartmann - hartmannj@uncw.edu
Laura Siljander - siljanderl@uncw.edu

APPLICATION

Application Deadline: November 19, 2018

- To apply, log in at: educationabroad.uncw.edu and select your program of choice
- A $500 non-refundable deposit is due at time of application

ELIGIBILITY

Students are eligible to apply for this program if they meet the following eligibility criteria:

- Degree-seeking student
- Good judicial standing on and off campus
- 2.50+ GPA at time of application
This trip allows students to visit two Central American countries in one trip. We will explore Panama’s Caribbean coast with boating, snorkeling, surfing, and yoga. We will then travel to Costa Rica for an overnight whitewater rafting trip and hiking Mount Chirripo, Costa Rica’s highest peak. This program is ideal for students who are hoping to improve and elevate their current fitness level, as they will go through a training program led by Exercise Science students prior to departure.

**Program Activities & Features**

Our program will include exciting outings such as:
- Island exploration on Panama’s Isla Colon
- Surf lessons on the Isla Colon
- Glass bottom boat ride to reef followed by snorkeling lesson
- Rafting on the Pacuare River, hiking the waterfall, and swimming
- Hiking to the summit of Chirripo then descending the mountain to the San Gerardo de Rivas

**Estimated Program Fee: $2,313**

**Program Fee Includes:**
- All lodging
- 3 Meals per day (except travel days)
- All scheduled activities
- All ground transportation while abroad
- Health insurance

**Additional Costs:** *(not included in program fee)*
- Flights to and from Costa Rica
- Airport parking
- Checked baggage
- Cash tips for guides and drivers
- Additional equipment for optional activities
- Passport, if needed

Federal and state financial aid may be applied toward this program. Even if you are normally ineligible for financial aid, you should submit a financial aid application (FAFSA). You may find that you are eligible for additional funding.

UNCW students may also apply for a UNCW Education Abroad Grant and additional study abroad scholarships. Grant applications and additional information are available at: [www.uncw.edu/international/abroad/aid.html](http://www.uncw.edu/international/abroad/aid.html)