



Dental Hygiene Global Learning Faculty-led Classroom Abroad

San Jose, Turrialba and Cahuita, Costa Rica
October 2024

Application deadline: May 17

Project description:

Dentistry is a valued profession in Costa Rica. The government strongly believes a country must be healthy to promote its development, so every Costa Rican is assigned an equipo basico de atencion integral en salud (EBAIS). This local primary health care team of physicians, nurses and community health workers, visits households annually to ensure the health of its citizens. However, marginalized groups have challenges accessing this care. During this FLCA experience, you will be able to see and experience these challenges and, hopefully, be able to make an impact on these population groups.

Program/learning highlights:

- Clinical visit where students will collaborate with local university students providing oral health promotional activities for those who reside in shelters.
- A visit to the University of Costa Rica dental clinic where students will speak to dental peers regarding determinants of health and the state of oral health in the country.
- Opportunity to engage with adolescents who have faced prior adversities and provide oral health education.
- Explore a community-focused approach to diverse demographics, engaging with professionals delivering oral care to the geriatric population.
- Collaboration with Indigenous population groups to provide oral health promotional activities.
- Visits to sites throughout the country to learn about the Indigenous history, national parks and cultural practices.

Students will also participate in two virtual exchanges in September prior to travel. At the first meeting students will meet dental students from the University of Costa Rica to share the dental findings, community networks, oral health concerns and determinants of health which impact their populations. At the second, they will meet a leader and educator on Indigenous groups within Costa Rica who will share his expertise on Indigenous communities, effective health promotion and intercultural communication.

Cultural highlights:

- A visit to the Costa Rica's gastronomy district to explore restaurants and shops.
- A visit to the Cahuita National Park, famous for its rainforest animals.
- Time to explore San Jose's central market and beaches.
- Cooking or dancing lessons.

Timeline:

- Application deadline: May 17 at 11:59 p.m. (see application information below)
- Applicant selection: May 29 – students will be notified by end of
- Team meeting: June 17 (TBC)
- Initial deposit: \$500 non-refundable deposit due by team meeting
- Departure date: October 19
- Return date: October 26 or 27 (subject to flight availability)

Location:

San Jose, Turrialba and Cahuita

Partner:

Costa Rica Global Learning Programs

Language:

English and Spanish (a translator will be available where required)

Accommodation and meals:

Accommodations will be at the guest house Casa Alma, a 6-bedroom, 4.5 bathroom home located in Los Yoses, San José. Casa Alma has a guest kitchenette (with fridge and microwave), garden patio, indoor multi-use area. Highspeed internet reaches all areas of the house. . Students will share a room with 2-4 per bedroom. Costs include accommodations and most meals during the week. Host family Kim and Alex live in the bottom floor apartment (completely separate living area) and prepare breakfast and other meals for your stay. Flori, the housekeeper, will come daily to refresh rooms.

Student Support:

DC students will be supported by DC faculty and Costa Rica Global Learning Programs staff. Two faculty members from the Dental Hygiene program will accompany the successful candidates to Costa Rica. In addition, DC students will participate in local and cultural events.

Visa and Passports:

Canadian students are not required to apply for a tourist visa for Costa Rica. Passports must be valid for six months after the return date. You must provide a copy of your passport by July 3, 2023. Students that do not hold Canadian Passports may be required to secure a visa at their own expense. Information is available [here](#). Be aware that flights may connect through countries other than Canada and Costa Rica.

Academics:

Students will be required to submit course work related to this FLCA experience. Faculty will advise of those assignments prior to travel.

Things to know:

- Students must attend pre-departure training.
- Students must follow the DC Student Code of Conduct throughout the duration of the program.
- Students are responsible for all associated pre-departure medical requirements, including vaccinations.

Program costs:

This program is primarily funded by Global Skills Opportunity. Costs funded by GSO include:

- 7 nights in Costa Rica - \$3,700 CDN (approx.) per student
 - The cost includes all components of the travel, accommodations, seminars, workshops, cultural excursions, transportation and most meals during the week.

Students will be responsible for some costs, such as some meals, shopping, souvenirs, etc. (approximately \$300 - \$600)

Selected students must also pay a non-refundable fee of \$500 upon acceptance.

Application Information**Eligibility Criteria:**

- Open to current Semester 5 Dental Hygiene students who will enrol in both HPRO 6512 and INPR 6500 in the fall.
- Must have good academic standing & record of attendance.
- Students must have a minimum GPA of 2.0 (GPA will be confirmed prior to travel)

Once all applications have been received they will be entered into a lottery and names will be drawn to make the selection process equitable.

How to apply:

Please apply via the Faculty-led Classroom Abroad site - <https://durhamcollege.ca/forms/flcahome-and-away-dental-hygiene-2024-25>

Please note that all documents should be prepared in a professional manner, with proper formatting, complete sentences and attention to grammar and spelling.

For more information, contact Jennifer Kellett - Jennifer.Kellett@durhamcollege.ca or Jane Laniel - Jane.Laniel@durhamcollege.ca