

INTERNATIONAL PROGRAMS COURSE

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UNIVERSIDAD LATINA DE COSTA RICA

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Health, Territory and Wellbeing in Tropical Regions

Program: Health, Territory and Wellbeing in Tropical Regions.

Duration: 2 weeks.

- Theoretical–practical sessions: 25 hours
- Fieldwork: 8 hours (1 academic visit)
- Independent student work: 12 hours

The course Health, Territory and Wellbeing in Tropical Regions offers an interdisciplinary academic experience aimed at international students interested in understanding the relationship between health, environment, food, visual health, and social conditions in tropical contexts.

The course integrates contributions from nutrition, biological sciences, optometry, and social work to comprehensively analyze the biological, social, cultural, and environmental determinants that influence population wellbeing.

Tropical regions present particular characteristics in terms of biodiversity, environmental conditions, food systems, and social dynamics that directly impact health processes.

Understanding these interactions requires interdisciplinary approaches that combine biomedical, social, and environmental perspectives.



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Blue Zones Nursing

Program: Blue Zones Nursing

Duration: 3 weeks

- Time Distribution:
- Theoretical–Practical Sessions: 30 hours
- Fieldwork: 18 hours

This international academic program is designed for nursing students and focuses on the analysis of factors associated with healthy longevity in populations recognized for their high life expectancy, known as Blue Zones.

Through academic sessions, community experiences, and field observation, students will analyze the role of lifestyle, nutrition, social networks, and environment in health promotion and active ageing.

The program includes academic and community-based activities in the Nicoya Peninsula, Costa Rica, a recognized Blue Zone region where high longevity rates have been documented.

Additionally, the course incorporates the study of Costa Rica's national health system and its contribution to health promotion, disease prevention, and longevity, highlighting the role of primary care and community-based nursing.

This experience strengthens competencies in health promotion, community care, and elderly care from a nursing perspective.



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Global Health and Zoonotic Diseases

Program: Global Health and Zoonotic Diseases.

Duration: 2 weeks.

Time Distribution:

- Total course hours: 45
- Theoretical–Practical Sessions: 24 hours
- Fieldwork: 21 hours

An intensive course focused on the integrated study of the most relevant zoonotic diseases in Costa Rica and Central America, including bacterial and viral zoonoses, parasitic zoonoses, and snakebite envenomation.

The course combines theoretical lectures, clinical case analysis, laboratory and simulation practices, and academic visits to national reference centers such as INCIENSA and the Clodomiro Picado Institute.

To strengthen early-stage medical students' core competencies in initial clinical recognition, prevention, epidemiological surveillance, and the integrated management of zoonotic events within the Costa Rican health context.



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Global Oral Health Field Immersion in Costa Rica

Program: Global Oral Health Field Immersion in Costa Rica.

Duration: 3 weeks

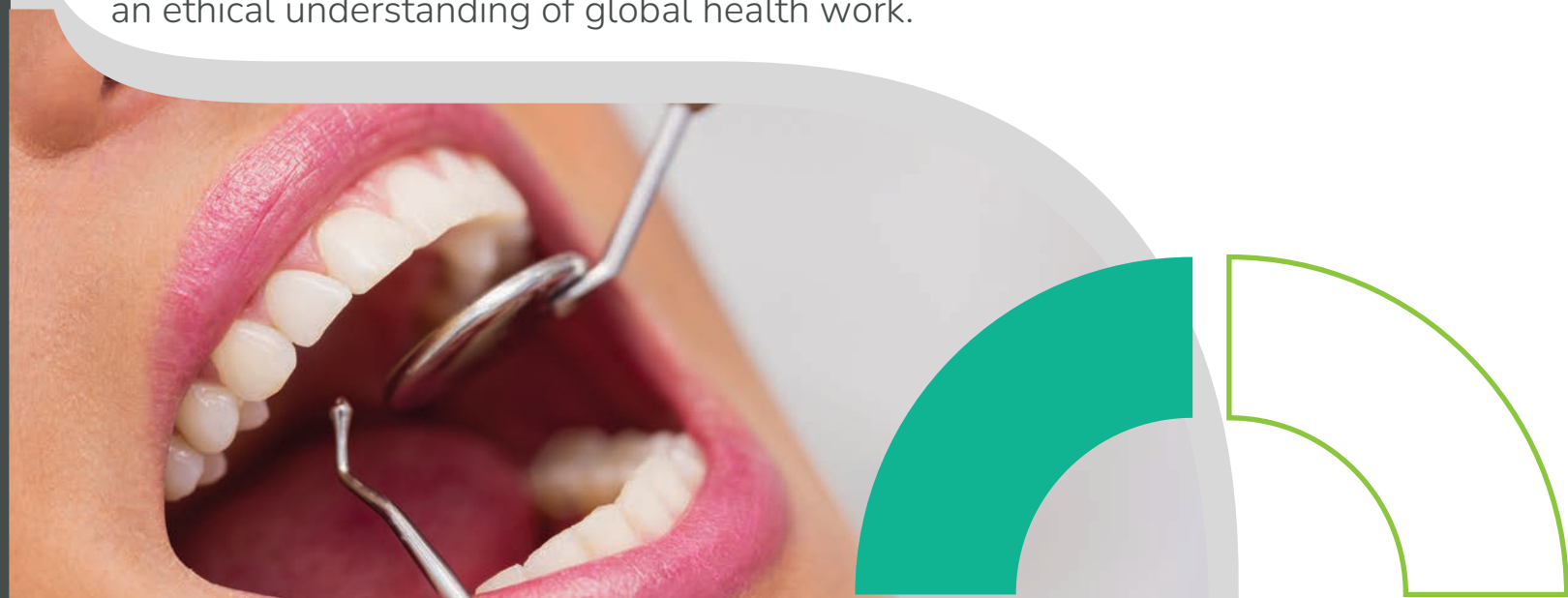
Time Distribution:

- Theoretical Sessions: 24 hours
- Field Experience and Community Practice: 36 hours

This course introduces students to the principles and practices of Primary Oral Health Care within community-oriented health systems. Through a combination of theoretical sessions and direct field experiences in Costa Rican communities, participants explore how prevention strategies, health promotion, and early detection contribute to improving oral health at the population level.

Throughout the program, students participate in community health promotion activities, oral health screenings, educational interventions, and intercultural experiences, allowing them to understand the importance of social determinants of health and equitable access to care.

The course emphasizes experiential learning and direct engagement with communities, enabling students to observe and participate in real public health initiatives while developing intercultural competencies, social awareness, and an ethical understanding of global health work.



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Psychosocial Wellbeing in Indigenous Contexts

Program: Psychosocial Wellbeing in Indigenous Contexts

Duration: 2 weeks.

Time Distribution:

- Theoretical–practical sessions: 25 hours
- Fieldwork: 8 hours (1 academic field visit)

The course Psychosocial Wellbeing in Indigenous Contexts offers an interdisciplinary academic experience aimed at international students interested in understanding the relationship between mental health, psychosocial wellbeing, culture, and social conditions in Indigenous communities.

The course integrates perspectives from psychology and social work to analyze the emotional, relational, cultural, and structural dimensions that shape wellbeing in Indigenous contexts, with particular attention to tropical regions.

Indigenous territories are characterized by complex social dynamics shaped by historical inequalities, cultural resilience, collective identities, and strong connections to land and community. Understanding psychosocial wellbeing in these contexts requires approaches that go beyond individual perspectives and incorporate collective, cultural, and territorial dimensions.

Throughout the course, students will engage in academic seminars, participatory workshops, case study analysis, and field experiences that will allow them to explore real-life challenges related to mental health, community wellbeing, social inequalities, cultural identity, and access to services.



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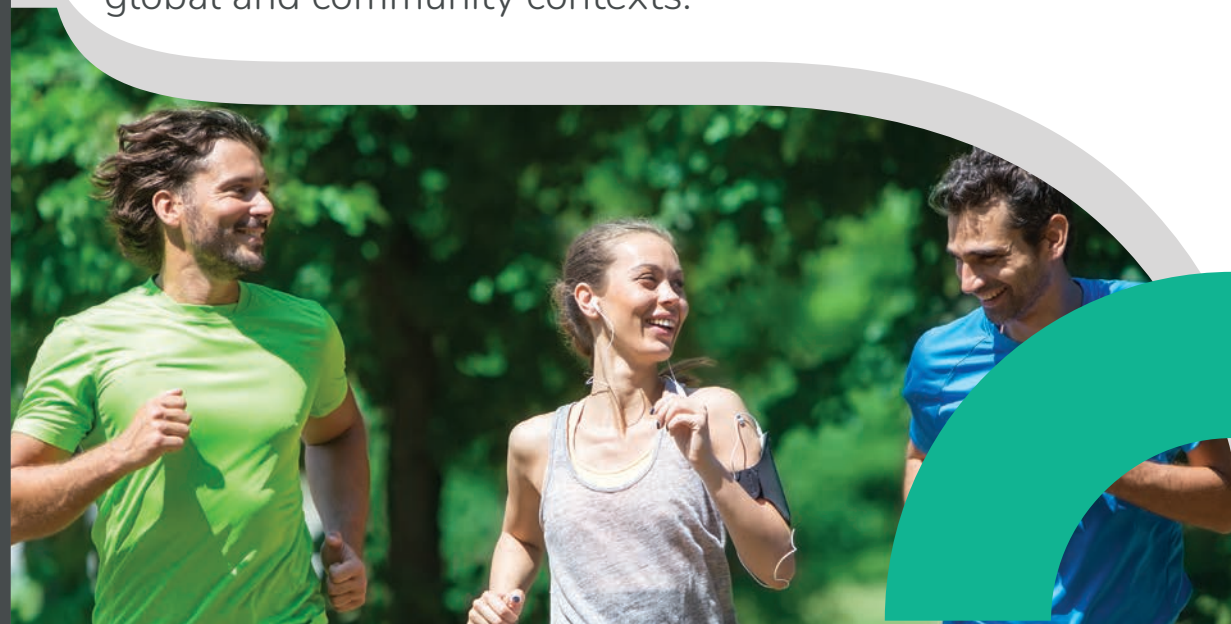
Global Health, Wellness and Lifestyle: A Study Abroad Experience in Costa Rica

Program: Global Health, Wellness and Lifestyle: A Study Abroad Experience in Costa Rica.

Duration: Biweekly

- Lecture hours: 18
- Practical/Lab hours: 17
- Academic field visits: 8
- Independent work: 2

The course Global Health, Wellness and Lifestyle approaches health from a comprehensive and interdisciplinary perspective, analyzing the interaction between lifestyles, physical activity, mental health, social determinants, and healthcare systems through an experiential methodology that combines theoretical classes, hands-on workshops, academic field visits, and experiences in natural environments. This approach aims to enable students to develop competencies in wellness promotion and disease prevention within global and community contexts.



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Creativity, Sustainability and Experiential Learning in Costa Rica

Program: Creativity, Sustainability and Experiential Learning in Costa Rica.

Duration: 2–3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 32 hours
- Fieldwork: 16 hours

This course connects international students with Costa Rica’s creative industries, sustainability initiatives, and community-based innovation projects. Through experiential learning and intercultural immersion, students analyze how creativity contributes to social and environmental transformation.



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Nature Documentary Production in Tropical Ecosystems

Program: Nature Documentary Production in Tropical Ecosystems.

Duration: 3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 30 hours
- Fieldwork: 18 hours

This course is designed for students of film making, cinema, audiovisual production, digital animation, visual arts, and communication. Using Costa Rica's biodiversity as a living laboratory, students develop a short nature documentary integrating professional storytelling, cinematography, editing, and environmental ethics.



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Tropical Architecture and Sustainable Design

Program: Tropical Architecture and Sustainable Design.

Duration: 3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 36 hours
- Fieldwork: 12 hours

This course analyzes Tropical Architecture through Costa Rica's climatic, ecological, and socio-cultural conditions. Students examine bioclimatic strategies, sustainable materials, and socially responsible design while engaging in studio-based project development and site visits to emblematic tropical architecture.



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Industrial Engineering Immersive Experience in Costa Rica

Program: Industrial Engineering Immersive Experience in Costa Rica.

Duration: 2-3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 36 hours
- Fieldwork: 9 hours

This proposal presents a two-week immersive international program in Costa Rica for students from Industrial Engineering, Supply Chain, Manufacturing, Business, and Innovation. The program integrates academic learning, company visits, intercultural interaction, and cultural experiences.



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Smart Sustainability: Technology & Nature in Costa Rica

Program: Smart Sustainability: Technology & Nature in Costa Rica.

Duration: 2-3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 36 hours
- Fieldwork: 9 hours

Costa Rica is globally recognized for its leadership in sustainability, with more than 98% of its energy coming from renewable sources and one of the highest biodiversity concentrations in the world.

This program offers international students a unique experience combining digital technologies such as 5G, IoT, and data systems with real-world applications in agriculture, water management, biodiversity protection, and smart cities.

Through lectures, field experiences, and case studies, students will understand how technology can support environmental protection and sustainable development.



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Automated Structural Design for Seismic-Resistant Structures with a Sustainable Approach

Program: Automated Structural Design For Seismic-Resistant Structures With A Sustainable Approach.

Duration: 2-3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 36 hours
- Fieldwork: 9 hours

This course introduces international students to automated structural design using SAP2000, one of the most widely used structural engineering software tools worldwide, integrating sustainability criteria focused on reducing carbon footprint.



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Program: The medical devices Manufacturing Process and its success in Costa Rica

Duration: 2-3 weeks

Time Distribution:

- Theoretical–Practical Sessions: 36 hours
- Fieldwork: 9 hours

The medical device industry is one of the most dynamic and highly regulated manufacturing sectors in the world. Medical devices—ranging from simple surgical gloves to advanced cardiovascular implants—play a critical role in improving patient health, supporting medical procedures, and saving lives.

Because these products directly affect human health, their design, production, testing, and distribution must follow strict international standards for quality, safety, and traceability.

In this program, we will explore the medical device manufacturing process, which involves several interconnected stages such as design and development, raw material selection, precision manufacturing, quality control, sterilization, packaging, and regulatory compliance. Each step is carefully controlled to ensure that every device consistently meets strict safety and performance requirements established by global regulatory authorities such as the U.S. Food and Drug Administration and international standards like ISO 13485.



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Human Rights and Intersectionality

Program: Human Rights and Intersectionality.

Duration: 3 weeks.

Time Distribution:

- Theoretical-Practical Sessions: 36 hours.
- Fieldwork: 12 hours.

This course analyzes human rights as a cross-cutting axis. Students will learn about conventionality control. Intersectionality will be studied as a theoretical perspective that recognizes the existence of a system of multiple and simultaneous social structures of oppression, such as gender, age, sexual orientation and identity, disability, among others; which intersect and produce disempowerment in the face of violence.

Students will also have the opportunity to visit institutions such as the United Nations headquarters in Costa Rica, the Legislative Assembly, the Judiciary, the National Council for Persons with Disabilities, the National Child Welfare Agency, and other institutions that guarantee the rights of historically vulnerable populations.

Additionally, students will have the opportunity to learn about the Legal Clinics and the House of Justice of Universidad Latina, which serve vulnerable populations. They will also have access to courtroom facilities for mock trial simulations.



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Program: Food in Latin American History

Duration: 3 weeks

Time Distribution:

- Theoretical-Practical Sessions: 36 hours
- Fieldwork: 12 hours

The course explores the history of food in Latin America, with an emphasis on Costa Rica, through the Columbian Exchange and its impact on food systems, the environment, and cultural identity. It analyzes the transformation and spread of foods such as coffee, chocolate, corn, and rice, showing how they have influenced current culinary practices.

Additionally, it addresses topics such as Indigenous nutrition, colonization, slavery, immigration, and the development of organic agriculture. It also examines the use of medicinal plants, food sovereignty, and community efforts to create sustainable food systems, including urban agriculture initiatives and their relationship to longevity in Blue Zones.



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Program: Green & Sustainable Thinking Experience in Costa Rica.

Duration: 4 weeks

Time Distribution:

- Theoretical-Practical Sessions: 46 hours
- Fieldwork: 14 hours

This course explores sustainability in Costa Rica as a leading global example of integrating environmental protection, social well-being, and economic development. Students examine how sustainability is applied across sectors such as tourism, hospitality, business, public policy, and community development.

Through a combination of academic sessions and field-based learning, participants analyze real-world case studies and engage with local practices that demonstrate how sustainability is implemented in both urban and rural contexts. The course emphasizes the connection between theory and practice, encouraging students to understand sustainability as a practical framework for innovation, responsible management, and long-term development.



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CONTACT INFORMATION

KARINA CARPIO FENNEL

CHIEF OF INTERNATIONAL OFFICE

internacional@ulatina.cr | karina.carpio@ulatina.cr

KRISTEL MOLINA HUETE

INTERNATIONAL OFFICE EXECUTIVE

internacional@ulatina.cr | kristel.molina@ulatina.cr

