

# Foreign Study Program Emergency Prevention & Response Plan



27 April 2023

---

The current PUP Global Heritage Consortium Foreign Study Program Emergency Prevention and Response Plan refers only to the program designed for January 2024 about the Faculty-led Evolution of Protected Areas Management in collaboration with the University of Montana. The PUP Consortium is responsible for program design, logistics, and operations and thus is principal executor of this Plan.

## Contents

- Emergency Contact Information ..... 2
  - Table 1. Course Personnel in Accompaniment of Students ..... 2
  - Other General Emergency Contacts ..... 2
    - University of Montana..... 2
    - US Embassy San Jose..... 2
    - National Insurance Institute..... 3
    - Tourism Police..... 3
    - OIJ ..... 3
    - Cruz Roja..... 3
    - General Emergency ..... 3
    - National Poison Center..... 3
    - National Emergency Commission..... 3
  - Table 2. Site Emergency Information..... 3
- Communication with the University of Montana..... 4
- COVID Information ..... 5
  - General Information ..... 5
  - Requirements ..... 5
    - Table 3. COVID Isolation Options..... 5
    - Site ..... 5
    - Options ..... 5

Protocols.....	6
First Aid Kit Contents.....	6
Table 4. First Aid Kit Contents .....	6
On-Site Emergency Assistance .....	7
Housing Considerations.....	8
Table 5. Housing Safety .....	8
Site-Specific Risks.....	8
General Precautions for Students .....	9

## Emergency Contact Information

**Table 1. Course Personnel in Accompaniment of Students**

Person	Roles	Phone-email	Medical Training
Jon Kohl	Local co-director	+506 8452-2075, jon@pupconsortium.net	No
Jennifer Thomsen	UM co-director	Jennifer.thomsen@mso.umt.edu	No
César Sánchez	Local naturalist	+506 8469-7774, naturalist@pupconsortium.net	CPR

Kohl, Thomsen, and Sanchez will be in full-time contact with students throughout the course. Each site as well will have a representative available at all hours of the day (Table 2).

These are cell phone numbers. Should the cell system or internet go down due to an emergency every site has a landline number. See below.

### Other General Emergency Contacts

#### University of Montana

UM Global Engagement Office (GEO)/Education Abroad during normal business hours, call +1 (406) 243-2288. Our 24/7 emergency phone is +1 (406) 243-4000. The 24/7 emergency number is staffed by the UM Police Department and they will reach out to GEO/Education Abroad.

#### US Embassy San Jose

Calle 98 Vía 104, Pavas  
San José, Costa Rica

Phone: During business hours +506 2519-2590 and after hours +506 2519-2000

Fax: (506) 2519-2305. Emergency +506 2220-3127

[ACSsanjose@state.gov](mailto:ACSsanjose@state.gov)

Jon also has immediate WhatsApp contact with Consular Services given that he serves as Volunteer Liaison with the Embassy.

### **National Insurance Institute**

Transit Accidents 800-800-8001

### **Tourism Police**

2479-7257 (San Carlos)

### **OIJ**

2479-2275 (San Carlos)

### **Cruz Roja**

Fortuna 2479-1553

### **General Emergency**

911

### **National Poison Center**

2223-1028

### **National Emergency Commission**

2210-2828

**Table 2. Site Emergency Information**

Site	Emergency Contact	Nearest Medical Facility	Insurance Policy* / emergency plan	Address	Emergency Meeting Location
Tirimbina	Mariela Garcia, encargada de educación e interpretación 8763-1576	Clínica de Puerto Viejo Sarapiquí (CCSS), Calle 1, Puerto Viejo, 2766-6307/911	yes/yes	La Virgen de Sarapiquí ( <a href="#">Google Maps</a> )	Reception area
Finca Educativa Don Juan	Yorleny Badilla, owner of rooms (separate ownership from finca), <a href="mailto:yorlebadilla@gmail.com">yorlebadilla@gmail.com</a> , 8712-7056	See below for Mistico Park	yes/no	Jauuri primera entrada, frente a empresa HC SEGURIDAD, La Fortuna ( <a href="#">Google Maps</a> )	In the yard out front
Mistico Park	Evelyn Hidalgo Executive assistant 8584-5588	<a href="#">Centro Médico Sanar</a> , 200 m east of Banco	Yes/yes	La Fortuna ( <a href="#">Google Maps</a> )	Parking lot/service area

Wellness Park	Johnny Castillo, director	Nacional, La Fortuna, 2479-9429 8897 2627 (WhatsApp), 24 hours	Yes/yes	Fortuna, next to Mistico Park	Reception area
Monteverde	Geiner Alvarado Chief of security and monitoring 8428-0075  2645-7412	<a href="#">Consultorio Medico Emergencias Monteverde</a> Cerro Plano in front of Rafael Arguedas School 2645-7778. Also uses a private emergency company	yes/yes	6 km east of Santa Elena ( <a href="#">Google Maps</a> )	Main plaza in front of lodge
Chorotega Model Forest	Emel Rodriguez 8347-5194	Hospital de La Anexión, Nicoya 2685-8400 Hp_la@ccss.sa.cr	Pending/No	Hojancha, El Toledo Reserve ( <a href="#">Google Maps</a> )	Dining area at lodging
Santa Rosa National Park	Person	<a href="#">Hospital Metropolitano</a> Centro Comercial Millenium Liberia 2521-9595 4000-6762	¿/?	North of Liberia. ( <a href="#">Google Maps</a> )	Dining hall

\*General liability insurance (*responsabilidad civil general*)

Also while not a site, the following is the information regarding the bus company that we will use.

**Name:** Coach Costa Rica ([www.coachcostarica.com](http://www.coachcostarica.com))

**President and contact:** Juan Carlos Ramos, 8380-1536 (WhatsApp)

**General Liability Insurance:** Purchased on a per trip basis, depending on # staff

PUP has used this company in the past for our organization-based tour.

## Communication with the University of Montana

Given that the course only lasts 12 days and that the co-director is Montana faculty, we would not communicate with the university during the course unless there is an emergency that requires university response. Both UM emergency contact information and course staff are available in this plan should an emergency arise during that time. The co-directors will have internet access every day.

## COVID Information

### General Information

<https://cr.usembassy.gov/covid-19-information/>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

### Requirements

There are no requirements by Costa Rica for Americans entering the country. That is, they do not need to test, quarantine, or have any particular vaccinations to enter the country. The CDC no longer uses a COVID level rating for countries. Costa Rica, nonetheless, is [Level 2 for general security](#), principally due to crime (see Site-Specific Risks below).

Our first aid kit will carry both surgical masks and home test kits should either be required. While most people in Costa Rica no longer use masks in most spaces, the PUP Consortium does recommend that students wear masks if they find themselves in small, enclosed spaces with other people outside of the course. They may use masks from the kit. Furthermore, if any student shows signs or symptoms of COVID, they will be requested to wear a mask and use the home test kit.

If they test positive, we will require they take a PCR test at the nearest medical facility to corroborate their condition. While the home test is covered by the course, **a PCR test must be covered by the student.**

If a PCR test returns positive, then the student will be isolated at the site where we are currently visiting. If the student refuses a PCR test, we will assume the student is also positive. These are the options for isolation at each site.

**Table 3. COVID Isolation Options**

Site	Options
EcoGuardianes	The same lodging is the best option.
Tirimbina	Tirimbina has all the facilities to take care of an isolated person.
Mistico Park	Mistico Park does not have housing, therefore, we would bring the student to a nearby hotel of which there are many. One favorable option close to the health clinic in the center of town is Regina Hotel or Las Colinas Urban Sustainable Hotel.
Wellness Park	Same as Mistico Park,
Monteverde	Monteverde has all the facilities to take care of an isolated person.
Cloud Forest	There are numerous other hotels in the area.
Hojancha	Given that the local lodging in El Toledo Reserve is not apt for isolation, the student would be taken to the nearest hotel appropriate for this such as Hoja Azul or Hospedaje Angela.
Santa Rosa National Park	Given the relative simplicity of housing in the park and that the course will end in Liberia, we would bring a student to a hotel in Liberia of which there are many such as Hotel Boyeros or Hotel Primavera.

## Protocols

Should isolation require that students remain past the planned return to the US, they will need to reserve and pay for that stay themselves. PUP will facilitate that process to the best of our ability and will not abandon a student without the necessary conditions to manage their isolation. If the current hotel requires them to move to another, PUP will help to identify and make alternative arrangements, once again at the student's cost.

If a student tests positive, any other student in close proximity will be asked to wear a mask and also take a home test. There is furthermore no known government authority to quarantine the entire program or cease operations given an outbreak. The Ministry of Health during the pandemic only closed fixed location businesses.

Suspension of the program would only occur if the Ministry of Health in Costa Rica issued some kind of mandate that would require full stop. Even during the height of the pandemic, this did not occur, although borders were closed. If by some unlikely event, PUP decided to suspend the program, a partial refund will be remitted. See refund policy in separate policy document.

If a student is isolated for less than half the course, they may still complete the final paper. If they are isolated for six days or more, then they will not be able to complete the course.

At this time, there are no restrictions applied by any of the lodging options on this itinerary due to COVID. If and when those change, our staff will make the change known to students.

## First Aid Kit Contents

**Table 4. First Aid Kit Contents**

Cantidad	ítem	Uso
<b>Desinfectantes y limpieza</b>		
1	Botella gel de alcohol	Limpieza
1	Botella de alcohol o H2O2	Desinfectar
10	Toallas antisépticas/alcohol, 1 sobre de yodo	Desinfectar
X	Apósitos de gasa esterilizada, tamaños variados	Sellar lesiones, limpiar heridas
X	Venditas (curitas), diferentes	Sellar lesiones
1	Paquete de algodón	Limpieza
1	Paquete aplicadores	Limpia heridas, aplicación de cremas, etc.
1	Tubo antibiótico superficial, Neobacina	Cortes, lesiones
1	Rollito de cinta médica	Pegar apósitos
<b>Tratamientos para la piel</b>		
1	Rollo Moleskin	Para lesiones a la piel
1	Mometasona (cortisona)	Para irritación de la piel, brotes, picazones
1	Ketoconazol	Hongos de la piel y pie de atleta
1	Paquete de azufre	Para evitar picaduras de insectos (esp coloradillas)
1	Tubo crema Sulfadiazina de Plata	Quemas 2 y 3 grado, cada 12 horas capa fina de crema
<b>Tratamientos para lesiones musculares y de huesos</b>		
1	Venda para torceduras	Estabilizar torceduras

1	Venda gasa no esterilizada	Estabilizar torceduras
	Venda para rodilla/tobillo	Estabilizar torceduras
1	Cold pack (químico)	Inflamación
<b>Digestión y estómago</b>		
12	Maalox	Acidez de estómago
10	Dosis Pepto Bismol/alka-seltzer	Dolor y ardor de estómago, indigestión
4	Alka Ad	Antidiarreico 2 inicio +1 cuando va a baño, 4 suficiente
4	Pastillas de Anara	Laxante 1 en noche, próxima mañana, todo sale bien
<b>Dolores</b>		
20	Tylenol	Dolor y fiebre
20	Ibuprofeno	Dolor, anti-inflamatorio
1	Manzanilla gotas	Irritación de ojos, 1-2 gotas en ojo cuando necesario
1	Otosedán	Dolor de oídos 2 gotas cada 6 horas
10	Clorfenamina	Alergias
<b>Otros medicamentos</b>		
1	Abroxol Jarabe	Tos, 1 chdta cada 8 horas
1	Iliadin	Gripe
1	Botella jalea petroleo	lubricante
2	Suero fisiológico en polvo	Rehidratante, sobre para un vaso de agua
<b>Instrumentos</b>		
1	Tijeras	Cortar tape, gasa, tejido
1	Tweezers (pinzas?)	Sacar espinas, etc.
2	Pares de guantes	Manipular heridas
10	Máscaras	Protección contra aire malo, personas infecciosas, COVID
2	Termómetros	Medir temperatura
1	Guía de primeros auxilios	
1	COVID Home Test kit box	5 tests
1	Bolsas para desechos, ziploc, box	

## On-Site Emergency Assistance

The course will always have at least three on-site staff available. In addition, each site that the course visits has an emergency contact and most an emergency plan. Our staff will always coordinate closely with site staff for any eventuality.

In case of emergency, our three-phase plan is first to contact staff that accompanies students. As mentioned, our three-person on-site team will be with students full-time. Any of these people can be reached by cell phone or email. Each visited site also has an emergency contact 24/7. See above.

Each site has an identified meeting location in case of emergency (see table above). Each site is accessible to our bus or other transportation as needed. The bus will be available 24/7 in service of the course. Alternatively, each site also has transportation for individuals, otherwise, taxi service is also available at all locations. Uber operates throughout the country. We have no remote locations.

## Lodging Considerations

**Table 5. Lodging Safety**

Site	Quality and Safety Concerns
EcoGuardianes Tirimbina	This is a well-developed eco-lodge with corresponding conditions. Tirimbina offers a high-quality ecolodge or hotel in the forest with all the relevant precautions. The ecolodge is in close proximity to the main road.
Rooms next to Finca Educativa Don Juan	Located on a paved road very near the center of La Fortuna, a major tourist destination with all the amenities.
Mistico Park	Not applicable
Wellness Park	Not applicable
Monteverde Cloud Forest	The La Casona Lodge is another high-quality hotel professionally managed without any particular safety issues. The lodge and reserve are only minutes away from the community center.
Hojancha	The lodging is simple and clean with electricity, running water, and outdoor eating as well as an indoor classroom. All rooms have fans. The facility is right on the road should any emergency occur.
Santa Rosa National Park	Student researcher housing is relatively primitive with bunk beds, internet, and fans. Students will not spend much time in rooms, rather in the classroom and the field. The lodging is in the researcher quarters of the park's main operational center with all the amenities needed by students and researchers from around the world. From the operations center to the main highway is about a 15- or 20-minute drive along a paved road through the park.

The course is planning for double occupancy except for the University of Montana co-director. If on the premises of a particular site a student wishes to obtain single occupancy and such occupancy is available and the student is willing to pay the difference, then PUP has no problem with such. All students are aware prior to committing to the program that double occupancy will be the norm. They are asked during registration whether they should be bunked with men, women, or require further discussion with co-trip leaders to decide how best to handle accommodations.

### Site-Specific Risks

The US State Department currently ranks Costa Rica as [Level 2](#) in terms of general security, mostly due to crime. Given that the course and students will largely be outside urban areas and in association with the staff, their vulnerability to petty theft, armed robbery, or sexual assault are rather low in general terms. See [Costa Rica's latest travel advisory here](#).

Currently COVID while always a risk is not a particularly high-risk factor. Most people do not wear masks, although we do recommend nonetheless in small enclosed spaces with other people outside of the course students should don masks. The course will



have masks in the first aid kit as well as a home test kit should a student come down with COVID-related symptoms (see COVID section of this plan).

Also, a general risk involves outdoor-related injuries while hiking that could result in sprains, cuts, and even broken bones. Where students may be allergic to bee stings or similar, those too should be revealed in advance to local staff and students should carry their own anti-allergenic medicines. Snake bites are also a risk and each site has to plan accordingly or otherwise students will be taken to the nearest clinic as indicated above.

Also, in general, Costa Rica is a seismic country so earthquakes are an ever-present, though rarely dangerous, threat. Earthquakes of course involve a common meeting place as indicated above and then an arranged evacuation in the case of serious infrastructural damage. Once again, co-director Kohl is a community liaison volunteer and linked to the US Embassy specifically for emergency situations. All students will be encouraged to register with the State Department's [Smart Travel Enrollment Program](#) before arriving.

Costa Rica is further well known for its active volcanoes and students will be only in the proximity of Arenal which is currently dormant and Rincon de la Vieja which is active and has erupted during 2023. Typically, when volcanos erupt or increase activity, the corresponding parks take precautionary measures, most notably, temporary closures. Our staff will be alert to any such change of status with the latter volcano.

Otherwise, none of our sites have any other specific or unique concerns.

## General Precautions for Students

As mentioned in different moments throughout this plan PUP recommends the following precautions and preparations for students to reduce risk and discomfort.

1. Be updated with all relevant vaccines, especially COVID, though Costa Rica does not require any vaccinations to enter.
2. Report accurately to the University of Montana or to PUP about any medical conditions that our on-site staff should know about. In this case UM shares such information with PUP.
3. Bring any medicines that may be needed during the trip. It is helpful to learn the generic names in case replacements need to be purchased in Costa Rica. We will have normal surgical masks in our first aid kit. If students require or desire any special kind of masks, they should bring them.
4. Bring an extra pair of prescription glasses in case the original pair get lost or damaged. Plastic framed sports glasses are ideal as they are much more difficult to break.
5. Bring bug spray, sun block, hats, sunglasses, water bottles, hand alcohol, and ideally long but light sleeve and pants to protect against sun, bugs, and plants along trails.
6. Bring a light rain jacket or poncho.
7. Make sure emergency contact information is updated with the university.
8. Sign up for the State Department's [Smart Traveler Enrollment Program](#) before arriving.
9. Review the US Embassy's [Travel Advisory, security and travel information page](#)

10. Review the CDC's [international COVID travel page](#) and [Costa Rica specific health page](#).
11. Bring at least one credit card and some cash, but not too much. There are ATMs nearby almost everywhere that we go. Traveler's checks are no longer recommended. Most people probably don't even know what they are.
12. Do not bring gaudy, expensive, or attention-grabbing jewelry or other accessories that can be lost or attract criminally minded interest.
13. Though water throughout Costa Rica is considered potable (i.e., free of disease-causing pathogens), we generally recommend drinking filtered or bottled water. PUP will do its best to ensure such water is available, but students should bring their favorite refillable water bottles.