SAN CARLOS, COSTA RICA

RACHEL ELFANT

Rachel’s Major: Biology and Spanish

Program: UW Organic Agriculture & Sustainable Farming, Spring break 2014

Academic Life: As a LACIS class, we toured various parts of Costa Rica during the 10 day trip. We were actively learning during the whole trip while visiting local farms and also conventional farms. It was a hands-on learning experience. Because we had a small group of students, we had the opportunity to get to know some of the farmers. If you are interested in learning about sustainable vegetable production, then this is the trip for you!

Most Memorable Moments: Living with the host family was fantastic because we really got to understand the everyday lifestyle of the country.

First Impressions: The warmth! After coming from the cold winter of Wisconsin, it was wonderful stepping outside into the sunshine and it made me even more excited for the upcoming days of adventure we would soon be having.

Cultural Differences: We ate a lot of rice and beans! The food was amazing and it was fun trying different types of fruits and fruit juices.

“Keep an open mind and be able to go with the flow! Being with a small group had its advantages that we were able to be flexible and change plans last minute.”