

Arrival Guide

Global Environmental Studies

Quepos and San Isidro, Costa Rica

Spring 2025

Contents

1. Introduction	2
2. Important information	3
2.1 Local staff contact information	3
2.2 Your postal address in Quepos/San Isidro	3
2.3 Medical help	3
2.4 Ethical conduct	3
3 Preparation: getting ready	4
3.1 Be prepared to take responsibility	4
3.2 Be prepared to step outside your comfort zone	4
3.3 Packing	5
4 Your first week: settling in	6
4.1 Arriving in Costa Rica	6
4.2 Visa	6
4.3 Buy a SIM-card	6
4.4 Withdraw cash	7
4.5 Information meeting	7
4.6 Communicating with Kulturstudier	7
4.7 Academic schedule	8
5 Health, accommodation and food	9
5.1 Health: staying well in Costa Rica	9
5.2 Accommodation	10
5.3 Food	13
6 Living in Costa Rica	14
6.1 Etiquette	14
6.2 Culture shock	15
6.3 Activities in your free time	15
6.4 Transportation and traffic	16
6.5 Illegal drug use	17
6.6 Tipping and bargaining	17
6.7 Personal Safety	18
7 After your stay	19
7.1 Returning home: reverse culture shock	19
7.2 Honor your commitments	19
7.3 Evaluation	19

1 Introduction

Welcome as a student with Kulturstudier!

We hope you are excited about the upcoming semester. Our local staff in Quepos and San Isidro will do their best to help you adapt to your new life upon arrival. However, a successful journey always begins at home.

This guide aims to provide you with essential information about life in Costa Rica and help you prepare to make the most of your semester abroad. For details on academic preparations, please refer to the study guide.

We urge you to read this arrival guide carefully, to download this PDF on your computer, and print it to keep with you while in Costa Rica.

If you have any further questions, contact us at mail@kulturstudier.no or by phone at +47 22 35 80 22.

2 Important information

Make sure to save this information and pass it on to your emergency contacts.

2.1 Local staff contact information

Manager: Raquel Bolaños. Phone/ WhatsApp: +506 897 30 660. E-mail:

raquel@kulturstudier.no

Assistant manager: Andrés Valverde Camacho. Phone/WhatsApp: +506 881

58 411. E-mail: andres@kulturstudier.no

Seminar leader: Tara Ruttenberg. WhatsApp: +506 866 14 585. E-mail:

tara@kulturstudier.no

2.2 Your postal address in Quepos/San Isidro

Quepos: UISIL Quepos / (“your name”), 500 metros al noreste del Puente de Paquita, Paquita, Provincia de Puntarenas, Quepos, 60601, Costa Rica

San Isidro: Hotel Zima/ (“your name”), McDonalds 200m norte, 100m este. 11901 Perez Zeledon Centro, San José. Costa Rica.

Street names are not widely used. State Hotel Zima as your address at immigration.

2.3 Medical help

Upon arrival, we will provide a list of doctors and clinics we recommend.

2.4 Ethical conduct

We have a zero-tolerance policy for harassment or bullying. We expect students and staff to treat each other with respect and to avoid offensive language in their communication with each other. Sexual harassment is unacceptable, both in the case of harassment of fellow students and from our staff towards students.

All Kulturstudier staff and teachers are informed that any sexual attention towards students is strictly prohibited. If you experience sexual harassment from Kulturstudier staff or lecturers, we urge you to report this to alarm@kulturstudier.org.

All reports will be treated confidentially.

3 Preparation: getting ready

3.1 Be prepared to take responsibility

Kulturstudier is an organization run by academics, and we consider the academic aspect of your stay our primary responsibility. We see our students as responsible adults and believe that each student should take responsibility for creating a good life for themselves in Costa Rica.

For instance, if your luggage does not arrive with you, you must contact the airline yourself. If you need to see a doctor, you should go by yourself or with a roommate. We expect you to act in the same manner you would if you were traveling independently. Nevertheless, our local staff serve as a safety net. If you encounter problems or something serious occurs, you can always ask them for help.

You must also be prepared to take responsibility for your studies. Studying with Kulturstudier is fundamentally the same as studying at any university; what you gain from it depends on what you put into it. You can fail your studies and learn nothing, or you can be academically inspired and discover what you want to do for the rest of your life. Read more in the study guide.

3.2 Be prepared to step outside your comfort zone

You will be part of a group of Scandinavian students, which provides a sense of safety in a new situation. It is easy to only spend time with your fellow Scandinavians instead of stepping out of your comfort zone to get to know the locals. However, if you wish to truly experience Costa Rica, you must be adventurous and make an effort to get to know the locals and their culture.

3.3 Packing

3.3.1 Clothing

The climate in Costa Rica is tropical, and can get very hot. We recommend that you bring t-shirts, light cotton pants, and long-sleeved light sweaters for the evening. Make sure to bring enough clothing items that cover your knees and shoulders. Tank tops and short skirts or shorts are not appropriate for school. Costa Rica has a range of microclimates. On the Pacific side, where both Quepos and San Isidro are located, the rainy season runs from May to November, and the dry season is from December to April. For the Autumn semester, in particular, you should bring a light rain jacket and proper shoes. Regardless of the season, also bring rubber boots and a rain jacket for the overnight field trip, as there might be rain in the southern part of Costa Rica, especially in Longo Mai, even in spring. You do not need to bring regular towels, but you may want to bring a beach towel.

3.3.2 Toiletries

You can buy most pharmaceuticals and cosmetics in Quepos and San Isidro. Pack some painkillers and digestion relief medication you are familiar with. Bring any prescription medications you need. You will want to buy some form of mosquito repellent. You can buy different creams and sprays, as well as plugs that you plug into your electric outputs. Apply repellent cream every evening and wear long trousers and long sleeve shirts to avoid bites. If you plan to take trips to the inland or the Caribbean, we recommend bringing a mosquito net, which can be bought in Quepos and San Isidro. You can buy shampoo, deodorant, soap, and other toiletries in Quepos and San Isidro. You can also find shaving equipment, tampons, pads, and similar items in most shops. We recommend bringing reef-safe sunscreen (avoid those containing oxybenzone and octinoxate) from home, as the quality of sunscreen available in Costa Rica may vary.

3.3.3 Study supplies

Paper, pens, staplers, tape etc. can be bought at local shops in Quepos and San Isidro. Bring your laptop and your books.

4 Your first week: settling in

4.1 Arriving in Costa Rica

Please note that you may be asked for proof of yellow fever vaccination upon arrival if you are coming from or have passed through countries with yellow fever risks, such as Panama and other Latin American countries on [this list](#).

If you arrive with the joint departure with Kilroy, we offer airport pickup. We can help arrange airport pick-up if you arrive with a different flight. Please write to costarica@kulturstudier.no for assistance with transportation. A taxi ride from the airport to Quepos costs around \$180 (approximately a 2 ½ hour drive). While there might be other transport services offering lower prices, we cannot guarantee the safety and quality of these drivers. Note that if your flight arrives after midnight or is significantly delayed, prices may increase.

As soon as you arrive in Costa Rica, we request that you register your stay with your country's embassy if you have not already done so prior to departure. Register your travel with your Ministry of Foreign Affairs in [Norway](#) / [Sweden](#) / [Denmark](#).

4.2 Visa

To get a visa on arrival, you must document that you have a return ticket out of Costa Rica within the 6 months of the visa validity period. You can read more about the visa process on [your page](#).

4.3 Buy a SIM-card

Most students get a Costa Rican SIM card and cell phone number, which is both cheap and practical. Remember to ask the clerk to activate the SIM card at the store. You will need to buy prepaid minutes and internet at kiosks or via apps such as the Kölbi app. We recommend that all students coordinate and buy SIM cards from the same phone company, as this makes it cheaper to call each other. WhatsApp is the most commonly used app for communication in Costa Rica, much more than traditional text

messages and phone calls. If you have an old phone that still works, bring it as a backup in case your primary phone gets lost or stolen. You can put your home country SIM card in the backup phone to use services like BankID.

4.4 Withdraw cash

The currency in Costa Rica is the CRC (Costa Rican Colón). 1 EUR = 550 CRC (approx.). In big supermarkets, you can usually pay by card, while small stores often only accept cash. Therefore, it is a good idea to withdraw cash. In the center of San Isidro or Quepos, you can find several ATMs where you can withdraw both CRC and USD. In tourist locations, both USD and CRC are widely accepted, but CRC is the most commonly used currency, accepted everywhere. If you travel to rural areas, please be aware that there might not be any ATMs available. We recommend carrying small bills, as many places may not have change for larger denominations.

4.5 Information meeting

An information meeting will be held before the first lecture. At the meeting, we will go through important practical information with regards to the houses, the study center, transportation, social activities, and cultural etiquette. There will be plenty of time for questions. The time and location of the meeting will be announced in the Facebook group.

4.6 Communicating with Kulturstudier

4.6.1 Student representatives

During the first week, we will ask the students to elect representatives who will meet with Kulturstudier staff every other week. It is their job to be an intermediary between students and staff and to notify the staff of any problems. For specific occasions or trips, separate committees may be formed.

4.6.2 E-mail, Canvas, WhatsApp and Facebook

Check your e-mail, Canvas, WhatsApp and the Facebook group frequently to stay up to date about the academic programme and free time activities. Staff members each have their own individual Kulturstudier e-mail address, but usually you should use the

e-mail account that they all read (costarica@kulturstudier.no). Please use e-mail and not social media channels for urgent matters.

4.6.3 Compulsory organizational seminars

Starting the first week, each Monday after the lecture all students and staff gather for an organizational seminar. The purpose is to share information and to discuss problems and opportunities. These meetings are compulsory. If you for some reason cannot attend, you are responsible for obtaining information from fellow students.

4.6.4 Suggestion box

At the study center you will find a suggestion box where you can submit your suggestions and comments. We appreciate suggestions from students during the semester. It is important to us that suggestions and grievances are communicated to us while there is still time to make changes, so please do not hesitate to voice any concerns. This issues with the academic program, housing, food, welfare and other aspects of the program.

4.6.5 Complaints

If you have spoken with our local staff about issues or used the suggestion box but still feel that your concerns have not been appropriately resolved, you are welcome to file a complaint by contacting Kulturstudier in Oslo in accordance with specifications given [here](#), preferably in time to make us able to act on your issues.

4.7 Academic schedule

The academic program for the semester can be found in the study guide. While in Quepos, lectures will be held at [UISIL's Quepos campus](#). While in San Isidro, lectures are held at [UISIL's San Isidro campus](#). You will have mandatory lectures and seminars Monday through Wednesday. You will receive weekly schedules by e-mail. Here you will find dates, times, venues and important deadlines for lectures, seminars and assignments. We aim to create predictability throughout the semester. However, changes are inevitable; lecturers get sick and unforeseen incidents may occur. Changes to the academic schedule will be sent by e-mail and important information about different activities will be posted on Facebook and/or Canvas. Check your Canvas, WhatsApp, and the Facebook group daily before breakfast.

5 Health, accommodation and food

5.1 Health: staying well in Costa Rica

If you are insured with Europeiske, you have access to counselling for health issues by phone at +47 21 49 24 01. Check with other insurance providers what options they have for counseling if you suffer health issues.

Roommates have a special responsibility to look out for and help each other if someone gets ill. If you or your roommate is too sick to attend a lecture or seminar, inform the team before breakfast. It is inevitable that some students will get sick during the semester. You will most likely be affected by an upset stomach at some point during your stay. At the pharmacy, you can buy electrolyte powder, which can help. Preventative measures include washing your hands often and being careful with uncooked/raw foods. However, try not to let anxiety prevent you from exploring and enjoying new foods.

In Costa Rica's tropical climate, it is important to stay hydrated—aim to drink at least 3 liters of water daily. Fresh juice is another great way to maintain hydration. If you feel weak and unwell, dehydration is the most likely cause. Tap water is safe to drink, but we recommend bottled water, at least for the first weeks of your stay.

While rare, there are cases of Dengue Fever in Central America. This is a tropical disease caused by a virus transmitted through mosquito bites. Symptoms include fever, fatigue, headache, eye pain, rashes, and muscle aches. The virus often spreads more during the rainy season and usually affects the local population. There is no vaccine to prevent Dengue Fever, but you can protect yourself by using mosquito repellent and nets. Mosquitos are most active during sunrise and sunset, so it is crucial to apply mosquito repellent and/or wear long-sleeved clothes during these times. If you believe you may have contracted Dengue Fever, you should see a doctor right away. Malaria is generally not considered a problem in Costa Rica. It is common practice for clinics and doctors to require patients to pay for their consultation or

hospitalization upfront, and then file a claim with the insurance company for reimbursement. In any serious cases, your insurance company will need to be informed about your condition so they can have their own doctors consult on the treatment plans.

If you struggle with mental health difficulties, please consult your doctor before departure and inform the staff beforehand if there is anything we should be aware of. Read more on [your page](#).

5.2 Accommodation

The accommodation Kulturstudier offers varies from semester to semester according to availability. Rooms vary in size, furnishing and appeal. Read more on [your page](#).

5.2.1 Student housing

The first 5 weeks of the programme take place in Quepos. During this period, students will stay at Cabinas ANEP. Located just beside Manuel Antonio National Park, Cabinas ANEP offers outdoor areas, several cabins, and a large rancho where you can spend time, prepare food, and study. Each cabin has its own bathroom, air conditioning, and refrigerator. Cabinas ANEP is conveniently situated just 100 meters from the beach and close to several supermarkets and restaurants. You will share a bedroom with 1-3 other students. Laundry service is available at a cost of approximately 2 EUR per kg.

The final 4 weeks of the program will take place in San Isidro de El General, a mountainous and rural city. You will live in houses located near UISIL's campus, where your classes will be held, and downtown San Isidro. You will share a room with 1-3 other students. The houses are equipped with kitchens, common areas, and washing machines. Please note that these machines usually wash with cold water, and detergents in Costa Rica are stronger than what you might be used to. Be prepared to wash delicate clothes by hand, or consider not bringing your most delicate or valuable clothing items to Costa Rica. Especially during the rainy season, you will need to plan according to the hours of sunlight available to dry your clothes efficiently.

Do not flush toilet paper. Costa Rica's small and antiquated septic systems cannot accommodate discarded toilet paper without clogging. Be prepared to see more insects, such as cockroaches and ants, than you are used to in Scandinavia. Avoid leaving food out, as this will only exacerbate the problem.

Do not take hot water for granted, especially in the houses you will stay in while in San Isidro. Please consider the environment and limit your showers to 5 minutes. A large percentage of homes in Costa Rica do not have hot water. Cabinas ANEP's showers, however, do have hot water. These showers are equipped with wall-mounted instant hot water units, which use less electricity than tank units. These units are capable of heating the water very quickly and to a very high temperature. You can adjust the maximum temperature of the water for comfort and safety.

5.2.2 Electricity and wi-fi connection

Electricity in Costa Rica is 120 volts. We advise you to bring a high-quality adapter. The electricity can be quite unstable, especially during the rainy season, so you should not leave your computer charging longer than necessary. There is Wi-Fi connection in your accommodation in both Quepos and San Isidro, and Wi-Fi is also available at both UISIL campuses. However, please note that the internet connection may be slower and more frequently disrupted than what you are used to. We cannot promise reliable internet access. In rural areas and smaller towns, Wi-Fi is not as common, and in some isolated areas, there is no internet access at all.

5.2.3 Mold

Mold is a common problem in the tropics. Clothes, books, shoes, and other items can easily get damaged if they are kept in closed compartments, such as in your suitcase, a drawer, or a closed cabinet, for many days. Mold can be prevented by ensuring proper ventilation. Keep windows, drawers, closets, and doors open as much as possible when you are at home. Keeping the fan on can also help. It is recommended to turn your laptop on at least once daily to dry out any humidity. Remember that mold is expected, and people in Costa Rica are knowledgeable about dealing with it. Importantly, the mold in Costa Rica is different from the invasive mold you may be accustomed to in Scandinavia.

5.2.4 Safety and house rules

When living in student houses in San Isidro, you will notice that most house designs are boxy, with the houses situated directly next to one another and enclosed by cement walls and iron bars for safety purposes. It is important to always close the doors and gate. Keep your keys easily accessible when the doors are locked, so that you can quickly leave the house in case of an emergency.

House rules

1. Cleanliness and responsibility

All students are responsible for maintaining the cleanliness of shared spaces, including the kitchen, bathrooms, and living rooms. Personal belongings should be stored properly to ensure that common areas remain orderly.

2. Noise control and respect for quiet hours

All students must maintain a peaceful environment conducive to study and rest. Students must respect their neighbors and observe quiet hours in accordance with local laws.

3. Safety first

For the safety of all residents, students must follow the security protocol, which include locking doors and informing staff of any safety concerns. Furthermore, individuals who are not Kulturstudier students are not permitted to visit the student houses.

4. Substance use

The use of drugs is strictly prohibited. Alcohol consumption must be conducted responsibly. Excessive drinking that endangers your own safety, or the safety of others, is not permitted.

5. Respectful behavior and non-discrimination

All students must treat their housemates with respect and dignity. Discrimination based on identity, race, sexual orientation etc. is strictly prohibited. So is physical or verbal violence, intimidation, and threats. Sexual harassment, bullying, or any actions that compromise the well-being of others will not be tolerated.

5.3 Food

Lunch is included on Monday, Tuesday, and Wednesday. While in Quepos, lunch is served at a small restaurant within walking distance from UISIL's Quepos campus. In San Isidro, lunch is served in the student cafeteria at UISIL's San Isidro campus. We can provide options for dietary needs such as celiac disease or lactose intolerance. Vegan and vegetarian options will be provided. Please notify us of your dietary needs in the arrival form before departure. While breakfast and dinner are not included in your stay, there are plenty of restaurants in Quepos and San Isidro. Costa Rica has a splendid culinary tradition. If someone invites you to dinner, you should accept, as the best Costa Rican food is often served at home!

6 Living in Costa Rica

6.1 Etiquette

Patience is a virtue in Costa Rica, where the concept of efficiency is very different from what you might be used to at home. For instance, timing is flexible—“five minutes” often means twenty. Flexibility is another important virtue since it can be challenging to plan things precisely and make everything predictable. Understanding and respecting cultural differences will help you build positive relationships and navigate your new environment more smoothly.

You will encounter different views on suitable clothing compared to what you are used to. To maintain a respectful relationship with the local population, it is important to consider what might be deemed inappropriate. As a general rule, the more you try to dress and behave according to local customs, the more respect and less unwanted attention you will receive. At UISIL’s campuses, the general custom is to wear pants or skirts that cover the knees and tops that cover your shoulders, although this is not a strict requirement. We advise you to observe how Costa Ricans dress and adapt to their norms.

As foreigners, you are likely to receive a lot of attention. Women may receive significant attention from men. Interactions between men and women in Costa Rica can be different from what you are accustomed to in Scandinavia. You cannot be everyone’s friend, but do try to be polite and greet people back. If you are receiving unwanted attention, simply walk away and continue as if you know where you are going (even if you do not). Unfortunately, machismo—male chauvinism, sexism, and misogyny—is very present in Costa Rican culture. If you are being harassed and feel unsafe, do your best to find a safe location and report the harassment to local authorities. Sexual harassment is illegal in Costa Rica. Please also inform Kulturstudier staff so we can provide you with the necessary support.

6.2 Culture shock

To stay in a foreign country for a long time is usually a wonderful experience, but you should also expect to experience some difficulties during your stay. Many students go through phases of feeling very happy, followed by times when they suddenly feel sad and irritable. This phenomenon is common enough to have a name: culture shock. Culture shock is often divided into three phases:

1. **The tourist phase:** initially, everything new is exciting and fascinating. You are likely to feel happy and energetic as you explore your surroundings.
2. **The sentencing/reaction phase:** as the novelty wears off, you may start to experience frustration, homesickness, and irritability. Everyday challenges, such as language barriers and cultural differences, may become more difficult to deal with.
3. **Reorientation phase:** you begin to develop routines and feel more comfortable navigating cultural differences. Eventually, you find a balance and start to appreciate your new life more fully.

6.3 Activities in your free time

The cost of living is slightly higher in coastal areas of Costa Rica compared to inland regions. At tourist restaurants, you can expect to pay between 5 500-8 500 CRC (10-15 EUR) for a meal, while at local places in town, prices can be as low as 3 800 CRC (7 EUR). In San Isidro, the cost of living is approximately 20% cheaper compared to the coastal areas.

Costa Rica offers plenty of opportunities for outdoor activities such as surfing, paragliding, and rafting. The main attractions near Quepos and Manuel Antonio are the beautiful beaches, while the mountains around San Isidro provide excellent hiking opportunities. Costa Rica is home to a wealth of wildlife and is one of the most biodiverse places on earth, containing around 5% of the world's biodiversity. There are many national parks you can explore to experience this rich diversity firsthand.

Kulturstudier will organize three weekend trips which you can choose to attend:

1. **Week 2:** Weekend trip from Quepos to Montezuma/ Santa Teresa (Thursday-Sunday).
2. **Week 5:** Weekend trip from Turrialba to Puerto Viejo on the Caribbean coast (Thursday-Sunday).
3. **Week 7:** Weekend trip from San Isidro to Corcovado (Friday-Sunday).

Kulturstudier does not charge to arrange group trips, but those who participate must share the cost of transport and accommodation.

If you are interested in leisure activities such as Costa Rican cooking classes, yoga, sports activities, or volunteering, local staff can assist you in finding opportunities. We encourage you to plan and carry out some of your own activities, as this is the best way to become familiar with Costa Rican culture. We always schedule at least one long weekend off, allowing you to explore Costa Rica on your own or with fellow students and local friends. If you go on overnight trips, you must notify Andrés.

6.4 Transportation and traffic

Transportation in Costa Rica is generally not as efficient as in Scandinavia. However, public transportation works well if you are traveling to popular tourist destinations and major areas, although it may require a bit of patience. You can also take taxis or use Uber, which are more efficient but slightly more expensive. Bus tickets for local public buses cost around 1-2 EUR, while taxis or Uber cost approximately 2 EUR per kilometer. If you use Uber or other private transportation, we recommend that you send your live location to a friend. Some bus stops do not have signs, so it is helpful to ask locals where the bus stops are located. There is no efficient app or website that covers all buses in the country, though some services offer a trustworthy schedule online.

The local bus service between Quepos and Manuel Antonio departs every ten minutes, with the first service at 5:30 AM and the last one at 9:30 PM. Tracopa buses from San José to Quepos/Manuel Antonio run frequently during daytime, departing approximately every 90 minutes, with the trip taking around 3 hours. There are no buses operating during the night. When traveling, try to take a *directo* (direct) bus

rather than a *colectivo* (collective) bus. The *directo* bus trip takes about 3,5 hours and costs 4 500 CRC (about 8-9 EUR). In San Isidro, you will receive information about local buses as well as the bus service between San Isidro and San José called [MUSOC](#).

6.5 Illegal drug use

We do not accept that our students use illegal drugs. Students who use illegal drugs will be expelled and told to leave our premises. The use and possession of illegal drugs is a serious criminal offense in Costa Rica, and the penalties are harsh for those caught in possession of illegal substances. The Costa Rican government is particularly strict with tourists, and some Westerners serve long sentences after being charged with possession of illegal substances. Someone may offer you cannabis claiming that the police do not care. This is not true.

Local people as well as the authorities pay particular attention to what Kulturstudier students do. The police are very helpful towards our students and staff when we need their assistance, and maintaining our good reputation is important for our good relationship with local authorities. Breaking the law would be very damaging to Kulturstudier's work in Quepos and San Isidro and could threaten our very existence in Costa Rica.

Please keep in mind that while you may be comfortable taking the risk, breaking the law will affect others besides yourself. Our local staff will suffer consequences for your actions.

6.6 Tipping and bargaining

Many restaurants operate with an automatic 10% service charge. In tourist areas, you will find that tipping is more common than in other parts of Costa Rica. Tipping is not mandatory, but you may give a small tip if you are satisfied with your service. Please note that bargaining is not common practice in Costa Rica.

6.7 Personal Safety

In general, it is safe to walk around Quepos and San Isidro on your own during the daytime. However, always watch your belongings and stay attentive. As a foreigner, people may assume that you have more money, so avoid bringing too much cash and valuables when leaving the house. You should not walk alone at night. Always take a taxi instead of walking home after dark, and try to go in groups of two or more. Never accept drinks from strangers, and always take good care of your drinks, as cases of "date rape" drugs have been known to occur in Costa Rica, just as in Scandinavia. Avoid leaving valuable items out in plain sight in your home.

Never trespass on private property, as it can be dangerous. People often keep dogs to protect their houses. You should not carry your passport with you all the time, but always keep a copy of the photo page in your wallet. It is also a good idea to scan important documents, such as your passport, insurance papers, and flight tickets, and email these to yourself so that you always have access to them if needed. When you travel on overnight trips, bring your passport, as most hotels require it at check-in. It is also necessary in case you get stopped by the police.

7 After your stay

7.1 Returning home: reverse culture shock

Having lived abroad for months, you may experience a reverse culture shock when returning home. After finally having become familiar with life in the foreign country, the way of living in your home country may suddenly seem strange. Everyday life might feel different, and you may find that you have acquired a new way of looking at things. You are not the same person you were when you left, and it may take some time to integrate your new experiences—and possibly a changed outlook—into life back home. Sharing your new experiences with family and friends who have not gone through the same journey can be challenging. They may not fully understand what you have been through, which can make it difficult to communicate your feelings.

Experiencing a different culture and adapting to a new way of life can greatly benefit you in your studies and life moving forward. Consider how you can keep parts of Costa Rican culture and everyday life with you as you transition back to your habits at home. It can also be useful to stay in touch with your fellow students to share experiences and discuss the challenges of living at home and abroad.

7.2 Honor your commitments

Please remember to fulfill your promises to local people who have helped you in your daily life or as research respondents in group work. It is easy to promise to send photographs or a copy of your group paper, but just as easy to forget to do so. Make sure to deliver what you have promised. It costs you little but can bring great joy to your Costa Rican contacts.

7.3 Evaluation

At the end of the semester, you will receive an extensive evaluation form where you can give us your feedback and help us improve. We greatly appreciate your responses.

**We wish you the best of luck with your studies – get ready for
a life-changing semester!**

Questions?

Contact us at:

mail@kulturstudier.no

+47 22 35 80 22