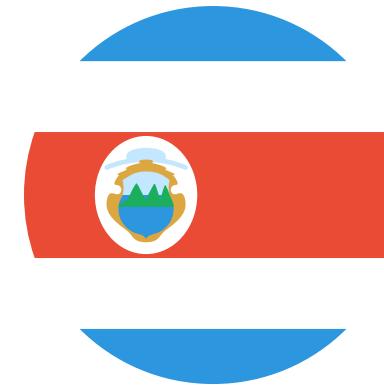


**STUDENT EXCHANGE PROGRAMME
PRESENTS:**

SEP Costa Rica Booklet

**Enjoy pharmacy in the
country of Pura Vida!**



Discover Costa Rica



Time zone: CST

Currency: Colón

Language: Spanish

**Costa Ricans refer to themselves as
“ticos” and “ticas”.**



DISCOVER COSTA RICA

- Costa Rica is a country located in Central America. It is bordered by Nicaragua in the north and Panama in the southeast.
- Costa Rica has two seasons: Dry season (December-March) and rainy season (May-November)
- Costa Rica holds 5% of the world's biodiversity.
- The country is also known for its warm welcoming locals and also for being a peaceful place to visit .
- Costa Rica is one of the few countries in the world without an army!



DISCOVER COSTA RICA

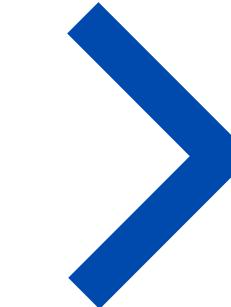
- Costa Rican coffee is one of the best in the world and its production is of great significance to the country's economy. It's no surprise that ticos call it the "Grano de Oro".
- We are the second largest exporter of bananas in the world.

- We are one of the most eco-friendly countries globally.
- Almost 99% of our power comes from renewable sources and we aim to be the first fossil-fuel free country.
- “¡Pura Vida!” is probably the most used expression on a daily basis. It literally translates to “Pure Life”. However, Pura Vida is more than just an expression, it's a lifestyle.

PLACES TO DISCOVER

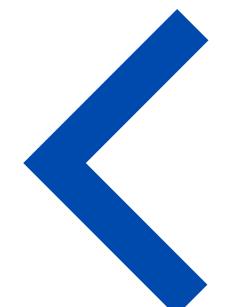
•Parque Nacional Manuel Antonio

This is the perfect place for those wanting to visit clear blue water beaches, see sloths and monkeys.



•Monteverde

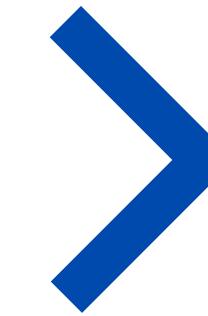
Fan of nature? Monteverde offers a wild range of activities: hanging bridges in the middle of the Cloud Forest, coffee tours, zip-lining and plenty more!



PLACES TO DISCOVER

•Volcán Arenal

Visit this volcano located in La Fortuna, a beautiful town also famous for its natural hot springs and unparalleled views.



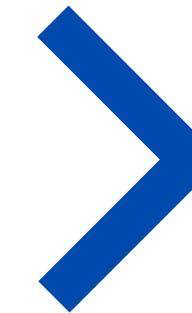
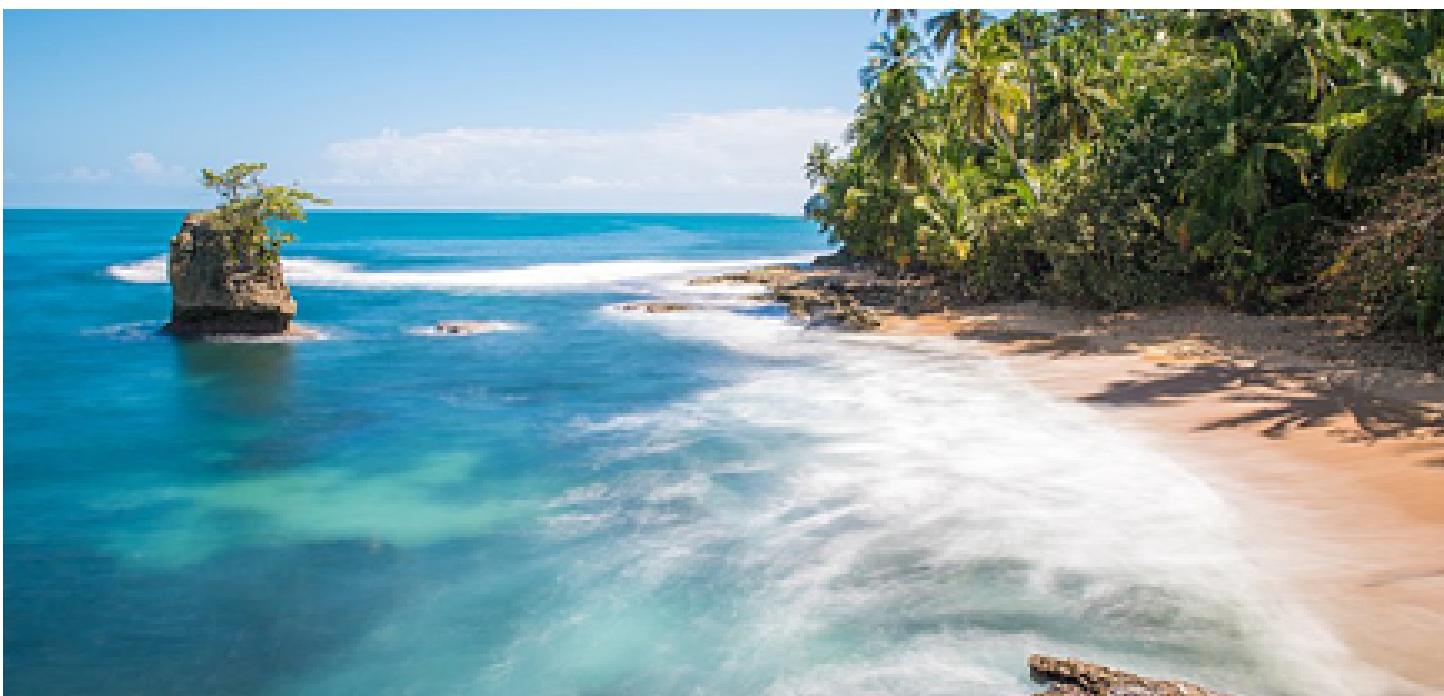
•Teatro Nacional

Discover one of the oldest buildings in Costa Rica. Once considered the country's center for art, this theater hosts a variety of plays and events everyday and it's famous for its colonial arquitecture.

PLACES TO DISCOVER

•Parque Nacional Volcán Tenorio

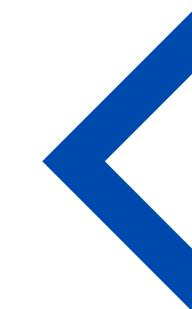
Ever dreamt of a blue waterfall? Also known as Río Celeste, this national park will surely exceed your expectations with its amazing blue water lake and hiking trails throughout the rainforest.



•Manzanillo

Discover the Caribbean's prestigious clear blue water and white sand. This place has its own culture and traditions, which makes it so magical.

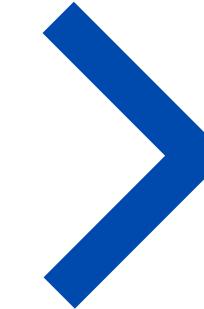
Consider this the ideal location to relax.



PLACES TO DISCOVER

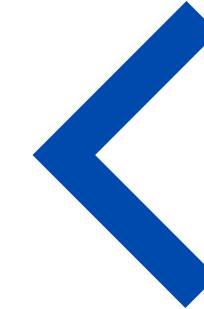
•Parque Nacional Volcán Irazú

Want to see the most visited volcano in Costa Rica? Well, it's only 2 hours away from San José, located at the Parque Nacional Volcán Irazú!



•Bosque Prusia

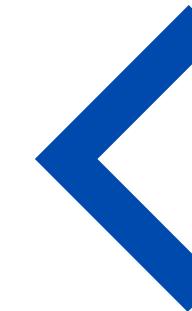
Also part of the Parque Nacional Volcán Irazú, this mesmerizing forest is the perfect location for hikes and getting in touch with nature.



PLACES TO DISCOVER

•Sanatorio de Durán

Located a few minutes away from Volcán Irazú, you can visit this historical building which was built in 1916 and used as a hospital. Nowawdays, it has become a popular turistic spot.



•La Paz Waterfall Gardens

Within a 2 hour ride from San José, you can enjoy beautiful waterfalls, an aviary, hiking trails and much more!



Yigüirro (Clay-colored thrush)



Typical Sarchí carreta

About us

- The FECOEF (Federación Costarricense de Estudiantes de Farmacia) is a national organization of pharmacy students founded in 1974. It aims to promote the professional and personal development of its member students. In addition, this organization also promotes academic, social and cultural events related to the pharmaceutical profession in order to create awareness, incentivize leadership and proactiveness in its students.

Accommodation



We will place you with a hosting student if available. Hosts will provide a private room and one daily meal. Keep in mind a host's place of residence can be up to 40 min away from your internship location.

If no hosts are available during your stay, Team SEP can help you find a fitting alternative such as a hostel, Airbnb or hotel, taking into consideration the location of your internship.

Pharmaceutical Practice Areas

- Hospital pharmacy
- Community pharmacy
- Industrial pharmacy
- Research



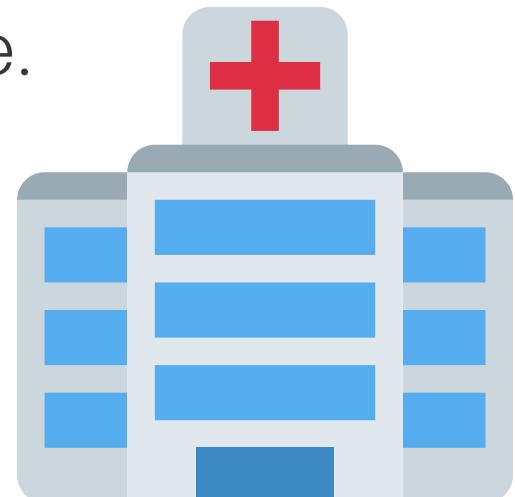


Pharmaceutical Practice Areas

Hospital Pharmacy

The hospital available for international students at the moment is Hospital Clínica Bíblica, Costa Rica's biggest private hospital with the most specialized service areas.

Students interested in hospital pharmacy can get involved in different service areas depending on the doctor in charge.



Community Pharmacy

If you are interested in this area, you will be working alongside a pharmacist and pharmacy assistants in a pharmacy or drugstore. You might also have to interact with patients which is why we recommend you have a B1-B2 level of Spanish. However, specific tasks will be determined by the pharmacist in charge.





Pharmaceutical Practice Areas

Industrial Pharmacy

If you're interested in this area it is important to let your SEO know beforehand, as spots are limited.

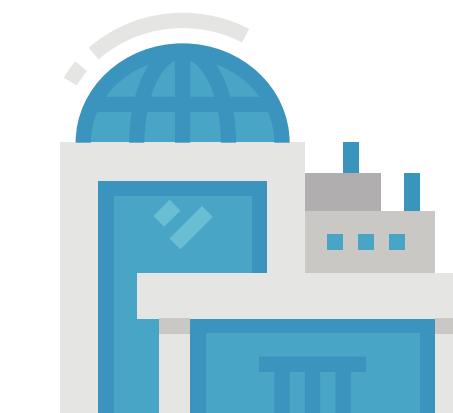
It is recommended to have a B1-B2 level of Spanish when applying for this pharmaceutical practice area.

If you don't have the recommended level of Spanish, please make sure to contact your SEO so that they can help you find any other options.



Research

In Costa Rica, the INIFAR (Instituto de Investigación Farmacéutica) is an institute dedicated to the research, development and social projection of pharmaceutical sciences in pursuit of the country's public health and scientific-technological progress .



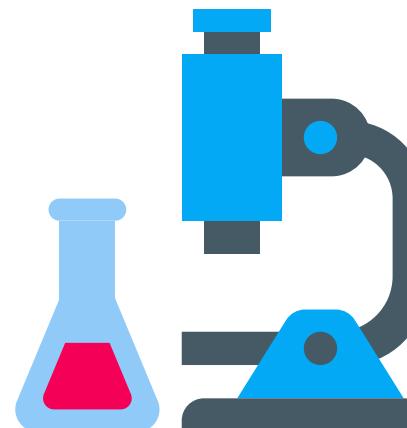


Pharmaceutical Practice Research

The INIFAR is made up of 4 laboratories

1. LAFAYA (Laboratory of Pharmaceutical Analysis and Consulting)

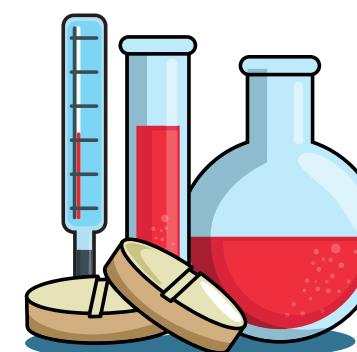
This is Costa Rica's main drug analysis laboratory and it is in charge of advising the pharmaceutical industry of the whole country.



2. CIMED (Drug Information Center)

This institution promotes the rational use of drugs through updated scientific information.

It is important to be able to fully speak and understand Spanish in this practice area, since you will have to take calls from people asking for very important information.



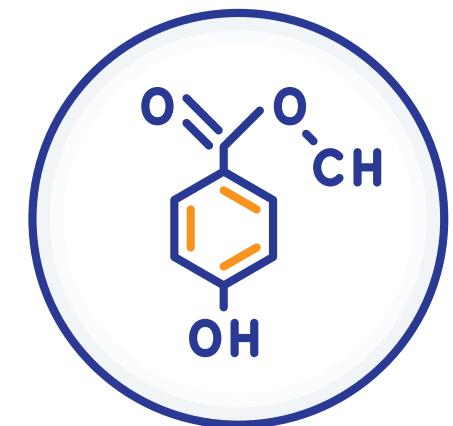


Pharmaceutical Practice Research

The INIFAR is made up of 4 laboratories

3. LABIOFAR (Laboratory of Biopharmacy and pharmacokinetics)

The LABIOFAR helps the country in matters of regulations for pharmaceutical products. Its activities include biopharmaceutical analysis and pharmacokinetic studies.



4. LAFITEC (Laboratory of Phytopharmacology , Pharmaceutical and Cosmetic Technology)

This laboratory dedicates to research on natural products and carries out toxicological studies of substances of natural origin, as well as phytochemical studies aimed at new therapeutic alternatives.





Árbol de Guanacaste

PREVIOUS SEERS

•Amélie Girard – France

•"I would recommend this country to students because for me it was like a dream come true. There wasn't a time during my stay where I felt alone and I think that's one of the most important things when it comes to doing an exchange. I'm excited to see even more of the country and I believe going back to France will be hard."

•"If you're a student who is undecided, I can tell you that you will not regret it because it is a beautiful, magical country with extraordinary people."



Guaria morada

PREVIOUS SEERS

•Juan Antonio Bernier - Puerto Rico

- "My experience during the SEP was indisputably one of the best experiences that I have had in my career. The SEP organizing committee ensured that my time away from the pharmacy was equally entertaining with excursions throughout the country."
- "My short time in Costa Rica was enough to get to know the country, culture and people with experiences that will last in my memory forever.
¡Pura Vida!"



White-tail deer

PREVIOUS SEPERS

•Sarah Myles - Spain

- "This program allowed me to grow professionally, gain experience and knowledge. Working and getting to know professionals and students from different parts of the world widened my vision of what it means to be a pharmacist".
- "It has been a totally gratifying experience in which I have been able to meet new people, another culture and a wonderful country."

TRADITIONAL COSTA RICAN FOODS



Gallo pinto



Chifrijo



Casado



Tamal



Olla de carne

COSTA RICAN SLANG

Diay!

Pa'que

Mae!

Tuanis

Al chile!



Pura Vida!

Qué torta!

Jale!

Compa

Linda!

CONTACT US

Facebook FECOEF: <https://www.facebook.com/FECOEF.CostaRica/>



Facebook SEP Costa Rica: <https://www.facebook.com/SEP.FECOEF/>

Instagram FECOEF: <https://instagram.com/fecoef?igshid=g3qh31lxdk3o>



Instagram SEP Costa Rica: <https://instagram.com/sepcostarica?igshid=1ndezmqub9efn>

E-mail SEO Costa Rica: seo.fecoef@gmail.com





A wide-angle photograph of a mountainous landscape during sunset or sunrise. The sky is filled with soft, pastel-colored clouds transitioning from blue to orange and yellow. In the foreground, there are rocky outcrops and patches of green vegetation. The middle ground shows rolling hills and mountains, while the background features more distant mountain ranges under the colorful sky. Overlaid on the center of the image is a dark rectangular box with rounded corners and a light blue horizontal bar at the top and bottom.

Credits:

Pablo Hidalgo
Cindy Fung
Mauricio Miranda
Nicole Bueno



Team SEP 2020

SEO FECOEF: Pablo Hidalgo

LEO's:

Gloriana González, UCR
Natalia Ugalde: UCIMED
Fabián Gamboa: U Latina
José Rodríguez: UNIBE

Team SEP:

Cindy Fung
Mauricio Miranda
José Madrigal
Válery Quesada
Daniela Valverde
Nicole Bueno
Ariana Quiros
Valerie Alpizar
Jimena Vargas





Pura Vida!





COSTA RICA
FEKOEF

Student
Exchange
Program

