



# SAMPLE PROGRAMS CATALOG



LEARN FROM TRAVEL

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# ABOUT LEARN FROM TRAVEL



# LEARN FROM TRAVEL

Learn from Travel is a social enterprise with the mission to provide life-changing study abroad experiences to students while making a positive impact on host communities. Our faculty-led travel and virtual study abroad programs are culturally-immersive and community-based. They also provide an important source of income to rural communities, support local nonprofits, and reinforce ongoing community development efforts.

We work with each academic institution and faculty leader to customize all aspects of the program. We price our programs to be affordable for students

of all economic backgrounds, and can work within your budget to deliver a life-changing international experience.

We offer programs primarily in Latin America and the Caribbean, due to the proximity, affordability, and rich cultural heritage of this region. Additionally, we offer domestic programs and also in Europe. We plan to continue adding destinations worldwide.

We look forward to working with you on your next faculty-led or virtual study abroad program.

**Roman Yavich**  
Founder



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# OUR TEAM



## Roman Yavich

### Founder

Roman's semester study abroad in Chile proved to be a career defining experience. In particular the inequality he saw throughout Latin America led in him to a desire to contribute to the sustainable development of the region. He conducted research on income inequality in Argentina and, after taking courses on sustainable tourism back at the University of Colorado, he received a Fulbright Grant to research tourism growth in Nicaragua. After his research project, through which he became a proponent of tourism-driven sustainable development, he co-founded Comunidad Connect, a nonprofit that funds community work by hosting groups of students and volunteers. Having seen the positive impact that sustainable tourism and study abroad can have on rural communities in Nicaragua, Roman was inspired to bring this model of travel to other parts of the world. That's how Learn from Travel was born in 2017. Roman holds masters degrees in Public Administration and Environmental Science and bachelors degrees in Business Administration and Economics.



## Ryan Dibala

### Business Development and Lead Guide

Ryan's background is in ecology and sustainable tourism. His research has taken him from raising and releasing bald eagles in California to monitoring scallop growth in Mexican estuaries. More recently, Ryan studied the population dynamics of nesting Cerulean Warblers and interactions between trees and grass in Panamanian silvopastures. Ryan first became interested in tourism when he spent two years developing a cultural conservation project with an indigenous community in Ecuador as a Peace Corps volunteer. He has since guided and facilitated college conservation biology programs in South Africa and Chile. The thing he loves most about travel is the opportunity to grow by getting out of our comfort zones. He's learned that upon returning from a destination, we are never the same person we were when we left. Ryan holds a Ph.D. in Natural Resources from the University of Missouri and an M.S. in Biology from Ball State University.



## Grace Galloway

### Program Design Specialist

Grace first learned the life-changing power of community-based tourism while spending two months volunteering on a sustainable farm in rural Costa Rica. Grace went on to spend six years working on community development projects in Panama, Nicaragua and Guatemala. At Learn from Travel, Grace designs and coordinates itineraries for faculty-led travel across Latin America and the Caribbean. By traveling and living abroad, Grace has learned the importance of studying history outside the classroom, seeking out and listening to multiple perspectives, and how the choices we make on a daily basis impact other people and communities around the world.





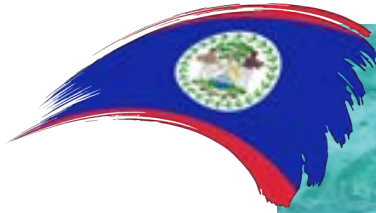
# Sample Travel Programs





# BELIZE

## Marine Ecosystems

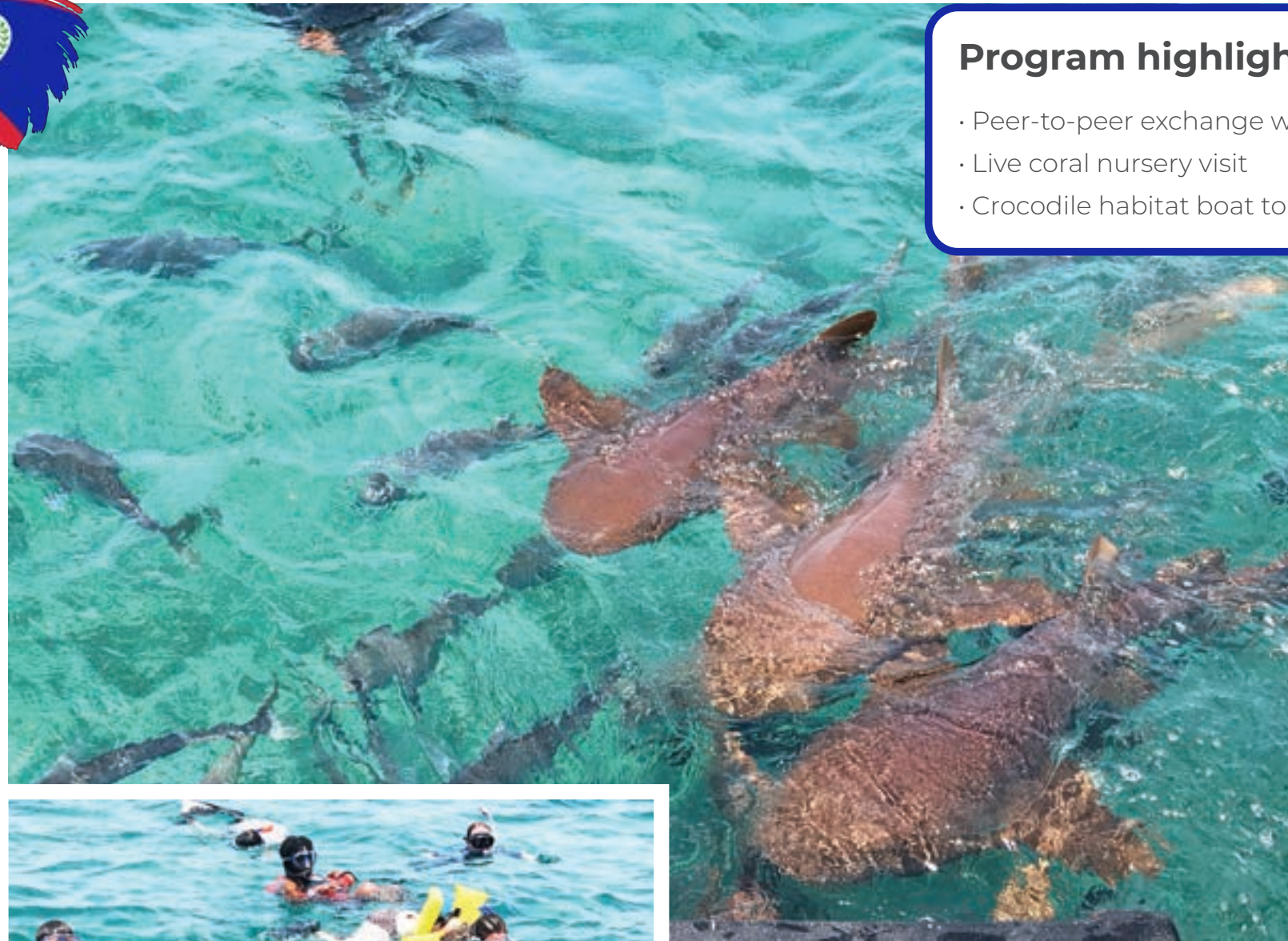


### Subject areas:

Marine Biology, Biology, Ecology,  
Environmental Science

### Summary

The Belize Barrier Reef boasts over 100 types of coral and nearly 500 species of tropical fish over its 190 miles, making it Belize's top tourist destination and vital to the country's fishing industry. Through conversations with local experts, hands-on activities, and educational tours, students will learn about the marine ecosystem conservation, as well as the country's diverse cultural heritage, unique geography, and complicated history.



### Itinerary

#### Day 1

Arrival to car-free island community of Caye Caulker, on-site orientation, welcome dinner

#### Day 2

Environmental tour of island with local students

#### Day 3

Manatee observation and snorkel tour in marine sanctuary

#### Day 4

Educational snorkeling tour on world-famous Belize Barrier Reef

#### Day 5

Free time. Nighttime tour of crocodile habitat

#### Day 6

Snorkel a coral nursery and a reef restoration site with local conservationist

#### Day 7

Guided visits to Belize Zoo and Mayan ruins. Farewell dinner.

#### Day 8

Departure





# BELIZE

## Cultural Identity Before & After Colonization

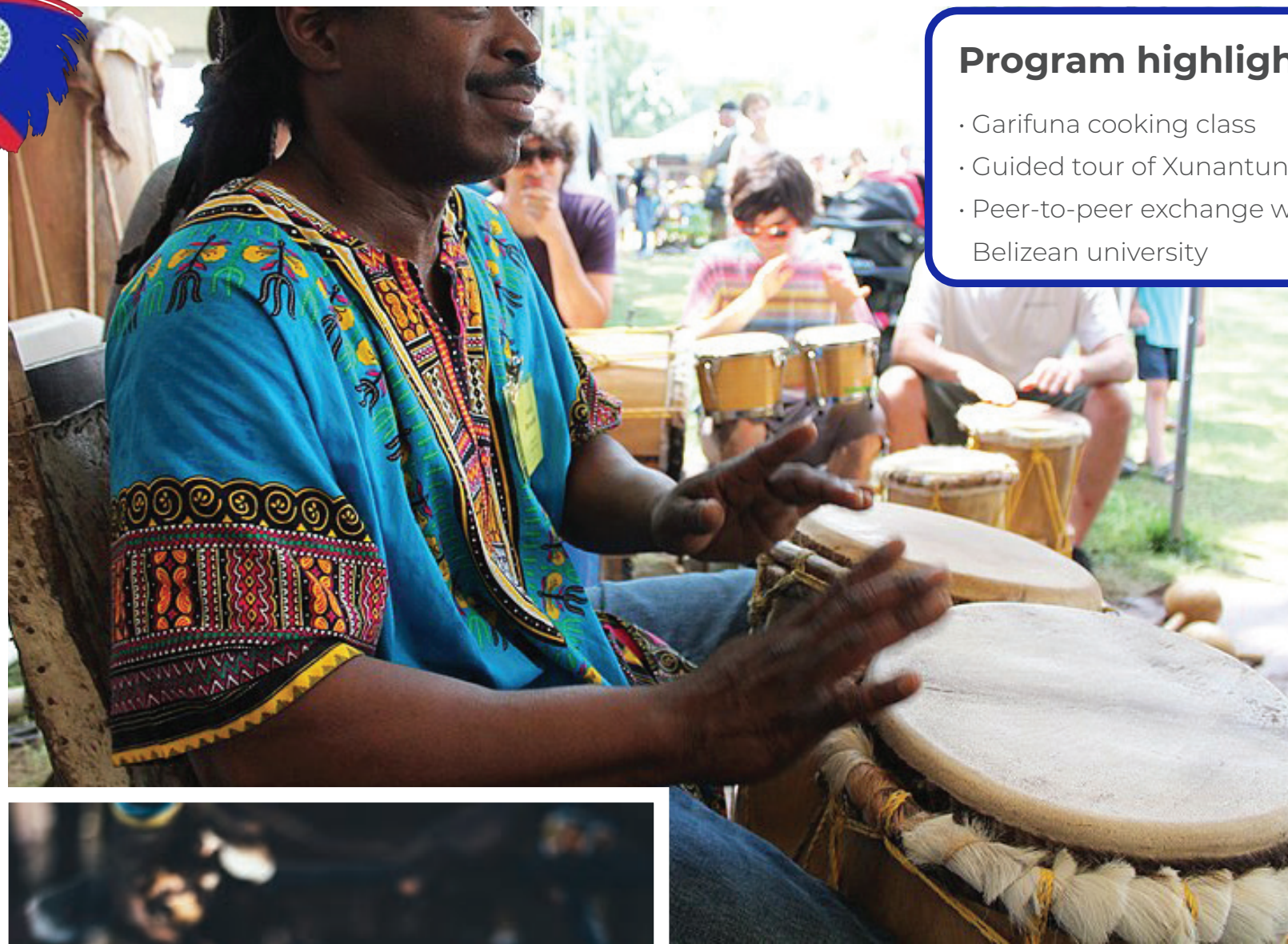


### Subject areas:

History, Anthropology, Archeology

### Summary

This weeklong itinerary explores the colonial and post-colonial histories in the context of Belize's complex and diverse cultural identity. Your students will immerse themselves in Garifuna culture through experiences ranging from drummaking to coconut processing, and learn the way of life and history of this unique Indigenous group. Additionally, students will explore the Xunantunich Mayan ruins, considered to be one of the largest Maya cities ever built, with a Mayan guide. The group will experience ways that several different populations, ethnicities and identities have made Belize what it is today.



### Program highlights

- Garifuna cooking class
- Guided tour of Xunantunich Mayan ruins
- Peer-to-peer exchange with anthropology students from Belizean university

### Itinerary

#### Day 1

Arrival to Garifuna community of Hopkins, on-site orientation, welcome dinner

#### Day 2

Garifuna Cultural & Culinary Tour

#### Day 3

Cassava Baking & Farm Visit

#### Day 4

St. Herman's Cave and Inland Blue Hole National Park

#### Day 5

Peer-to-peer exchange with anthropology students

#### Day 6

Xunantunich Ruins Visit. Farewell dinner

#### Day 7

Departure



# BRAZIL



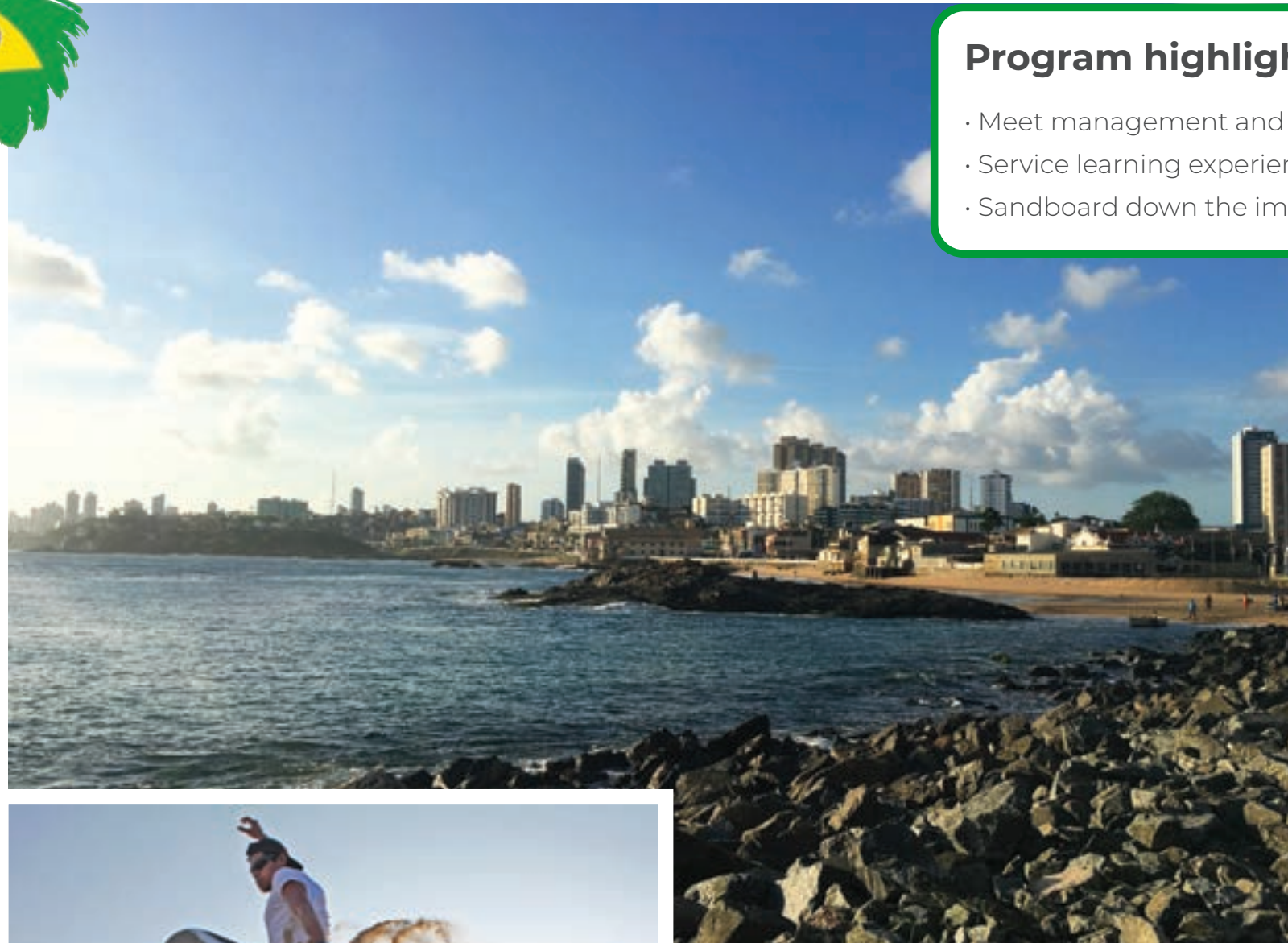
## Supply Chain Management and International Business

### Subject areas:

International Business, Supply Chains, Management

### Summary

This program is designed to complement international business and supply chain management courses. Students will travel to Florianopolis, Brazil to visit four businesses with international supply chains, participate in a service learning project, and experience a dance class and a tour of the island of Florianopolis.



### Program highlights

- Meet management and see large companies behind the scenes
- Service learning experience with local nonprofit
- Sandboard down the impressive Joaquina dunes

### Itinerary

#### Day 1

Arrival to Florianopolis, orientation, welcome dinner

#### Day 2

Tour of Florianopolis Island, sandboarding experience

#### Day 3

Volunteer with local nonprofit

#### Day 4

Free time to explore Florianopolis, Samba dance class

#### Day 5-6

Visits to four companies over two days, conversations with management and tours of the facilities

#### Day 7

Free time and/or lecture, farewell dinner

#### Day 8

Departure



# COLOMBIA

## The Cut Flower Business

### Subject areas:

International Business,  
Entrepreneurship, Horticulture

### Summary

This is a community-based study abroad program designed to expose students to entrepreneurship and supply chain management in Colombia's rapidly growing cut flower industry. Students will meet with small and medium scale growers to learn about the culture and industry of flowers in Colombia. Cultural and historical exploration of Bogota and Medellin compliment the itinerary.



### Program highlights

- Tour a working flower farm with the farmer and engage in conversation
- Discuss worker rights in the flower industry with activist organization leadership
- Visit the chilling museum of memory in Medellin to understand Colombia's long lasting conflict

### Itinerary

#### Day 1

Arrival to Medellin, orientation, educational visit to botanical garden

#### Day 2

Visit 100-year-old flower market, tour family-operated flower garden, guided walk in a nature preserve

#### Day 3

Farm tour and conversation with the local flower farm owner and flower exporter

#### Day 4

Tour of Medellin including Museum of Memory, gondola ride, and a street art tour

#### Day 5

Travel to Bogota

#### Day 6

Visit to the US Embassy to hear from the Agricultural Attache, meet with staff from a nonprofit fighting for the rights of flower industry workers

#### Day 7

Tour of the historic center of Bogota, farewell dinner at a famous Colombian steakhouse

#### Day 8

Departure



# COLORADO USA

## Sports Management



### Subject areas:

Sports Management  
and Marketing

### Summary

This six-day program is meant to provide a field-based overview of the components of the sports management profession, using Denver and Colorado Springs as the setting. Students will visit several sports arenas at the professional, minor, and collegiate levels. They will also visit the Olympic Training Center in Colorado Springs, and attend a professional sporting event. Students will also have a chance to explore some of the best places in Colorado's foothills as well as downtown Denver. Along the way the group will hear from experts in different niches of the sports management profession.



### Itinerary

#### Day 1

Arrive Denver, Visit 16th Street Mall. Visit Ball Arena or Coors Field. Welcome dinner.

#### Day 2

Visit Dicks Sporting Goods Park. Colorado Rapids game.

#### Day 3

Visit University of Denver sports facilities. Red Rocks.

#### Day 4

Drive to Colorado Springs. Visit Garden of the Gods.

#### Day 5

Visit Olympic Training Center. Visit UC Health Park (minor league baseball). Farewell dinner.

#### Day 6

Airport transfer and departure



### Program highlights

- Attend Colorado Rapids, professional soccer match in one of Colorado's newest arenas: Dick's Sporting Goods Park
- See the best athletes in the country at the Olympic Training Center
- Experience the beauty of Colorado at Garden of the Gods



# CUBA



## How Race, Nature and Medicine Intersect

### Subject areas:

Health, Religion, History, Sociology

### Summary

This weeklong itinerary explores alternative and traditional medicine in Cuba in the context of its multicultural heritage. Herbal medicine is an integral part of Santeria and other Afro-Cuban religions practiced on the island. Students will learn about Afro-Cuban traditions and practices through visits to community projects and temples, as well as conversations and workshops with healers and herbalists. They will also meet with someone from a community of people who cure themselves only with local water. They will meet with medical students in an informal setting and visit a medicinal farm. At the end of the week the group will not only gain authentic insight to the Cuban way of life, its diverse culture, and storied history, but also understand how alternative and traditional medicine plays an important role in everyday life in Cuba.



### Program highlights

- Authentic experience with traditional healers
- Extensive, experiential learning of Cuban politics, history and culture
- Peer-to-peer exchange with Cuban medical students

### Itinerary

#### Day 1

Midday arrival, transfer to Viñales with stop at natural swimming area  
Check into homestays  
Welcome dinner

#### Day 2

Meeting with Los Acuaticos - water as medicine  
Medicinal farm visit and workshop

#### Day 3

Guanabacoa, Municipal Museum - Afro Cuban Culture  
Cooking class and lunch - food and wellness  
Visit Babalawo (shaman) house - spiritual health

#### Day 4

Market visit with a herbalist,  
Medicinal teas workshop  
Car and Walking Tour of Old Havana

#### Day 5

Afro-Cuban Community Project Visit and  
Experiential Activity  
Alternative Medicine Clinic Visit

#### Day 6

Free time in Old Havana  
Meeting with medical students  
Farewell Dinner

#### Day 7

Departure



# ECUADOR

## Diversity and Health

### Subject areas:

Nursing, Pre-med, Sociology, Economics, Public health

### Summary

This program explores the diversity of factors that affect Ecuadorians' health and access to health services. Through visits to health facilities and traditional medicine centers, and conversations with health professionals and local healers, students will be able to compare health factors, perceptions and experiences in Ecuador with those in the US.



### Program highlights

- Meet with local doctors and traditional healers
- Meet with peers studying health and medicine in Ecuador
- Stand with one foot in each hemisphere

### Itinerary

#### Day 1

Late arrival into Quito, rest and acclimatize

#### Day 2

Orientation on culture and safety, walking tour of Old Town (UNESCO World Heritage Site)

#### Day 3

Lecture from local faculty on healthcare and health policy in Ecuador, tour the University of the Americas (UDLA), lunch with local students, visit a small private health clinic

#### Day 4

Visit public health center and a small mental health clinic, learn about psychiatric care

#### Day 5

Travel to Otavalo, visit famous artisan markets, meet with a traditional medicine man at an 'intercultural' clinic

#### Day 6

Meet with Afro-Ecuadorian women's community tourism association, hike and traditional lunch, workshop on medicinal plants and their use

#### Day 7

Hike at a beautiful lake, return to Quito

#### Day 8

Visit the equator monument, relax in mountain hot springs, farewell dinner



# FRANCE

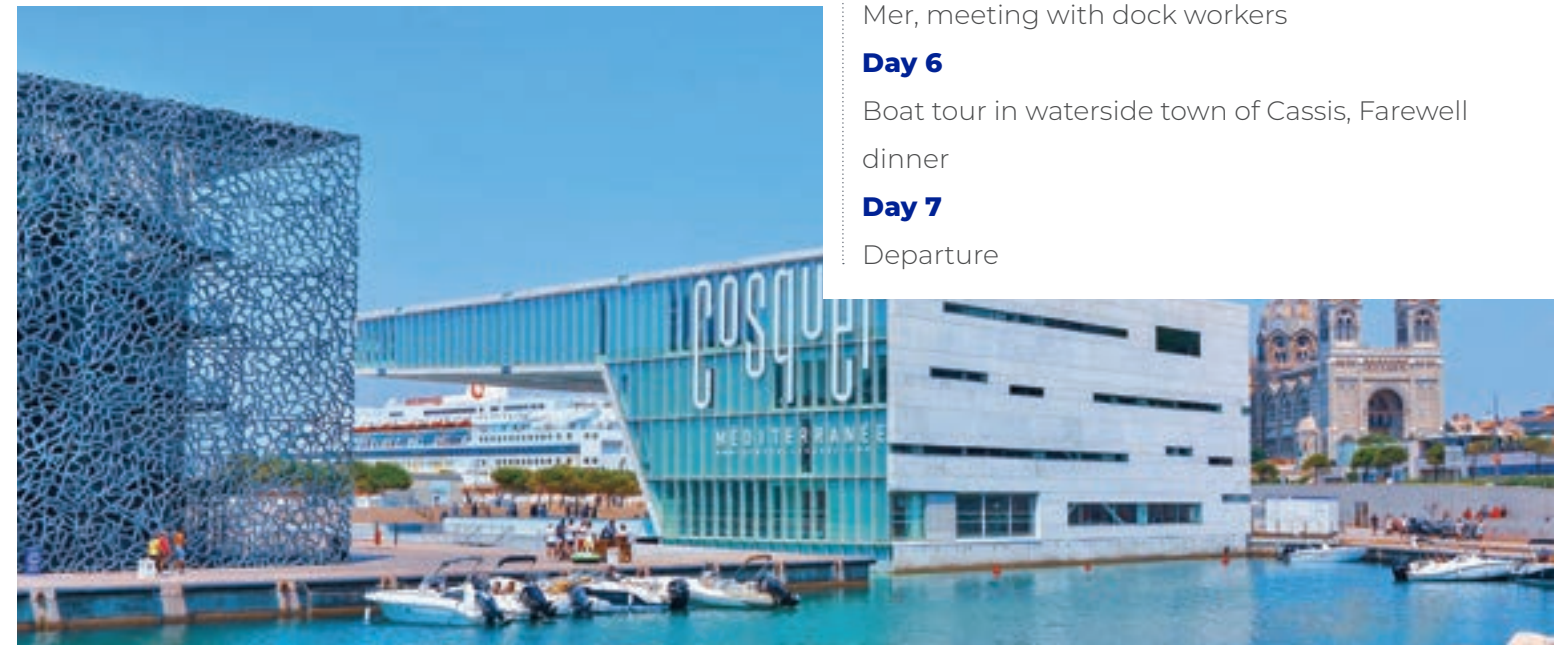
## Hidden Capital and Resources of a Port City

### Subject areas:

International Relations,  
History, Economics

### Summary

This program in Marseille, France explores the present day and historical importance of Marseille, a port on the Mediterranean and a destination for immigrants. Immigration and international commerce have largely defined Marseille historically and into the present day, however a recent declaration as a cultural capital of Europe and an influx of development money is changing the city in a way that benefits some of its residents more than others. Students will appreciate this dynamic, visit a variety of sights related to these course themes, and meet with many people who will share their perspective on the uniqueness of Marseille and the challenges it faces. The program concludes with a day trip to the pleasant coastal town of Cassis, and special interactions with two of Marseille's young hip hop artists.



### Program highlights

- Private performance and workshop with female hip hop artist
- Cultural exchange with African immigrant community
- Boat tour on the Mediterranean

### Itinerary

#### Day 1

Arrival, Orientation, Informal Walking Tour of Central Marseille, Welcome Dinner

#### Day 2

Museum of Civilizations of Europe and the Mediterranean, Street art experience

#### Day 3

Walking tour Noailles, Community Cooking Class, International Women's Day Manifestation

#### Day 4

Immigrant community immersion experience. Performance and workshop with female hip hop artist

#### Day 5

Historical tour and discussion. Port visit in Fos Sur Mer, meeting with dock workers

#### Day 6

Boat tour in waterside town of Cassis, Farewell dinner

#### Day 7

Departure



# JAMAICA



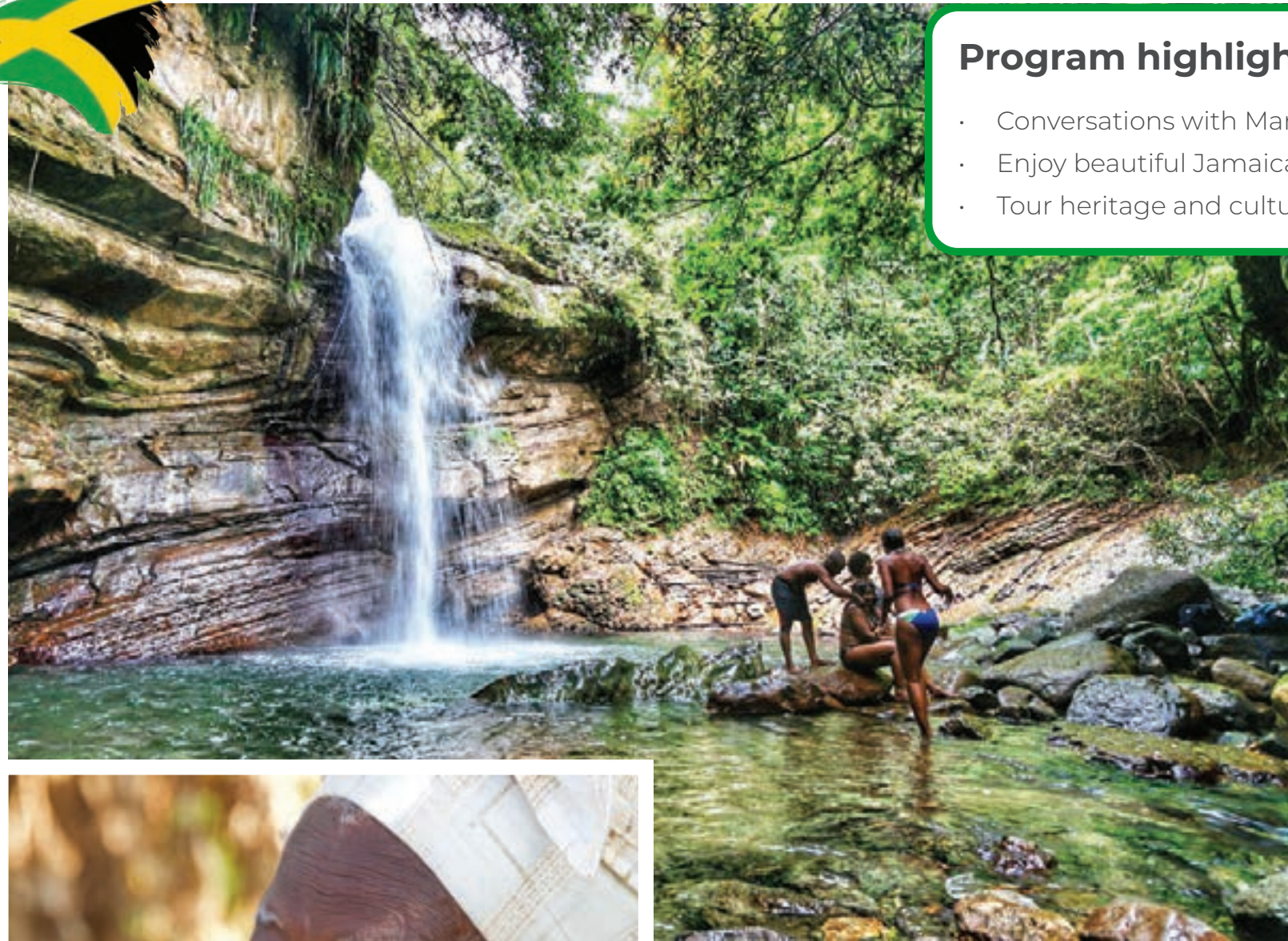
## Legacies of Resistance

### Subject areas:

Africana studies, history, sociology

### Summary

This program will provide firsthand insight into the history of the African Diaspora in Jamaica. Students will visit Maroon communities, stay with homestay families, and visit important cultural and historical sites. Students will gain valuable insight into the successful resistance to colonialism as well as modern day resilience to challenges faced by the people of Jamaica.



### Program highlights

- Conversations with Maroon and Rastafari community leaders
- Enjoy beautiful Jamaican beaches and waterfalls
- Tour heritage and cultural sites

### Itinerary

#### Day 1

Arrive in Kingston, explore the history of Emancipation Park, welcome group dinner and orientation

#### Day 2

Tour Port Royal heritage and historical site, visit Marcus Garvey Multi-media Museum

#### Day 3

Conversation with community leaders of Jamaica's first free town, Charles Town. Meet homestay families

#### Day 4

Guided hike to Maroon historical site, traditional dance and drumming lesson, visit to museum

#### Day 5

Visit Moore Town, another Maroon community and meet with community leaders, hike to Nanny Falls

#### Day 6

Tour Rastafari Indigenous Village, Transport to Montego Bay

#### Day 7

Visit cultural center and market, free time at the beach

#### Day 8

Departure



# MARTINIQUE

## Language and Culture

### Subject areas:

French, history, sociology

### Summary

Through educational site visits and tours, students will learn about Martinique's cultural history and the impact of slavery on the island, as well as the influence and dependency that tourism has brought to its population. Students will have the opportunity to practice French with native speakers on a daily basis, connect with community volunteering at a food bank, and enjoy the adventure and beauty to be experienced on the Island of Flowers.



### Program highlights

- Stay with and learn from local homestay families
- Support a locally renowned Food Bank project
- Snorkel the reef and hike a volcano

### Itinerary

#### Day 1

Arrive to Fort de France, orientation, meet homestay families

#### Day 2

Travel to park and memorial site, learn about indigenous communities, tour Anse Cafard Slave Memorial

#### Day 3

Volunteer with local food bank, visit La Savane Park, and other nearby monuments

#### Day 4

Continue food bank volunteer project, cultural culinary excursion

#### Day 5

Last day of food bank service project, free time with homestay families

#### Day 6

Snorkeling tour, drive to the western coast to visit a museum and learn the local history

#### Day 7

Hike Mt. Pelée volcano, time to explore the St. Pierre, farewell group dinner

#### Day 8

Departure



# MEXICO



## Art and Politics

### Subject areas:

Art, political science, history, archeology

### Summary

This program in Mexico City and Puebla is focused on art and culture. Students will be immersed in the rich histories of these two important Mexican cities, learning through different mediums of Mexican and Spanish art, enjoying Mexican culinary culture, and experiencing historical tours taking them all the way back to the Mayan period.



### Itinerary

#### Day 1

Travel from Mexico City to Puebla, sample delicious poblano cuisine

#### Day 2

Tour the Universidad Iberoamericana, visit a pottery factory and gallery and participate in a painting workshop

#### Day 3

Return to the Universidad Iberoamericana, free time

#### Day 4

Visit the Chapel and Convent of the Capuchin Nuns in Mexico City, tour the Frida Kahlo house and museum.

#### Day 5

Tour the ancient city of Teotihuacán, free time

#### Day 6

Visit the Bosque Chapultepec metropolitan park and the colonial Chapultepec Castle, farewell group dinner

#### Day 7

Departure

### Program highlights

- Visit the house of Frida Kahlo and Diego Riviera
- Tour the remarkable ancient ruins of Teotihuacán
- Take in the sites and culinary delights of Mexico City





# MEXICO



## From Cloud People to the Land of the Sky

### Subject areas:

Archeology, history, anthropology

### Summary

This 15-day experience guides students through the archeological treasures of Mexico's Oaxaca province. In addition to learning about the archeology of the area, students will immerse themselves in the region's exceedingly rich culture and history. With time in both the City of Oaxaca and the beach town of Puerto Escondido, students will experience the geographic diversity of the state of Oaxaca.



### Program highlights

- Visit to Monte Albán, considered to be Oaxaca's most beautiful ruins
- Enjoy Oaxaca's diverse cuisine, considered the "foodie capital" of Mexico
- Archaeological site and community museum of Tututepec



### Itinerary

#### Day 1

Arrival to Oaxaca

#### Day 2

Introduction to Oaxaca. Orientation, City walk, Welcome Dinner

#### Day 3

Foragers, farmers, early social complexity. Potting community visit San Bartolo Coyotepec

#### Day 4

Origins of urbanism in Oaxaca. San José Mogote archaeological site and museum

#### Day 5

Monte Albán and early urbanism. Mountaintop city of Monte Albán

#### Day 6

Classic period culture and the collapse. Lambityeco archaeological site and Tulé tree

#### Day 7

Oaxaca postclassic. Mitla and Yagul archaeological sites

#### Day 8

The Spanish Entrada. Ex-Convento de Cuilapam & Oaxaca Regional Museum

#### Day 9

Free day

#### Day 10

Nochixtlán and Teposcolula valleys, lecture on site

#### Day 11

Travel to Puerto Escondido

#### Day 12

Chatino and Río Viejo. Río Verde Archaeological Project

#### Day 13

Lord 8 Deer, Jaguar Claw, people of the Land of the Sky. Tututepec archaeological site and community visit

#### Day 14

Departure



# MEXICO



## The Challenges of Migration

### Subject areas:

History, political science,  
archeology

### Summary

Oaxaca is one of the most ethnically diverse states in the country and an excellent field-based case study of migration, diversity, and culture. A high number of Oaxacans travel to the United States, and the city is also on the migration route from Central and South America. Students will learn about the local culture and history, dive deep into the topic of migration, and also have the opportunity to enjoy Oaxaca's unforgettable natural, historical and gastronomical attractions.



### Program highlights

- Hear first hand stories of migration from locals
- Build up your culinary skills and enjoy Oaxacan gastronomy
- Speak with indigenous leaders to learn about culture and history

### Itinerary

#### Day 1

Arrive to Oaxaca airport, orientation, welcome group dinner

#### Day 2

Historical and cultural tour of the city, wood carving workshop

#### Day 3

Visit indigenous village, meet with community leaders and recently returned migrant workers, workshop with women's artisan cooperative

#### Day 4

Visit archeological site Monte Alban, meet with families in a migration support center

#### Day 5

Learn about migration and gastronomy, visit market with meet local chef, culinary workshop

#### Day 6

Conversations with migrant descendants, eco- or cultural-tourism activity

#### Day 7

Tour of archeological site of Mitla, relax in natural mineral springs, farewell group meal

#### Day 8

Departure



# NEW ORLEANS, USA



## Social Memory and Politics of the Past

### Subject areas:

Sociology, anthropology, history

### Summary

During this 8-day itinerary in New Orleans, your students will explore the topic of social memory in the context of monuments, the history of slavery and the civil war, geography, and music. In addition to museum visits and educational tours, your students will meet with stakeholders representing very different viewpoints on the highly controversial topic of monument relocation.



### Program highlights

- Discuss spirituality with a Voodoo priest
- Understand resilience and recovery in the Lower 9th Ward, neighborhood hit hardest by Hurricane Katrina
- Learn New Orleans history from the perspective of an indigenous storyteller

### Itinerary

#### Day 1

Arrival and orientation

#### Day 2

Black Heritage walking tour.  
Haunted History Ghost tour.

#### Day 3

Conversation and sacred site visit with a Voodoo Priest. Streetcar ride to historic Garden District.

#### Day 4

Lower 9th Ward People's Museum. Petit Treme Jazz Museum. Live jazz concert.

#### Day 5

Meeting with architecture firm dedicated to advocating spaces of equity. Mardi Gras Indian Council.

#### Day 6

St. Louis Cemetery #3 tour. African American Museum.

#### Day 7

Indigenous history walking tour. Farewell dinner.

#### Day 8

Departure



# NEW YORK, USA

## Power and Symbol

### Subject areas:

Sociology, political science, history

### Summary

The group will visit iconic, historic, and otherwise important sites in New York City over the course of one week, focusing conceptually on the interaction of power and symbol. Starting with sites related to the area's original inhabitants, and progressing to explore the history of immigrants and African Americans in New York, students will gain insight to the many layers of complexity in New York's social fabric and its "creation myth." Art, memorial, and theater will play an important role in this conceptual journey. Meetings with contemporary artists and college peers will likely prove to be the highlights of the visit.



### Program highlights

- Visit studio of an important contemporary artist
- Peer to peer activity with local college students
- Learn about Harlem's rich history from one of its longtime residents

### Itinerary

#### Day 1

Arrival and orientation. Icons of New York bus tour. Welcome dinner

#### Day 2

Shorakkopoch Rock, Columbus Circle. National Museum of the American Indian

#### Day 3

Ellis Island and Statue of Liberty. Tenement Museum

#### Day 4

Harlem Renaissance Walking Tour. African Burial Ground National Monument. Brooklyn Bridge

#### Day 5

MOMA - Abstract Expressionism. Studio visit with important contemporary artist

#### Day 6

Wall Street Walking Tour, 9/11 Memorial. Interactive activity with an immigrant-serving nonprofit

#### Day 7

Peer to Peer Activity with minority serving college club. Theater. Farewell Dinner.

#### Day 8

Departure



# NICARAGUA

## Sustainable Agriculture

### Subject areas:

Sustainable agriculture,  
Sustainable tourism

### Summary

This program in rural Nicaragua gives students the opportunity to learn about sustainable, organic coffee farming. Students will spend the week with the women of the Nuevo Amanecer or "New Dawn" Women's Coffee Cooperative. Students will learn about every step of the coffee cultivation process as well as the strengths and challenges of direct trade. Additionally, students will learn recent and colonial Nicaraguan history through visits to Esteli and Granada.



### Program highlights

- Immersive community experience with homestay families
- Tour of coffee plantation and every step of the coffee making process
- Learn about permaculture and sustainable agriculture
- Visit to colonial city of Granada

### Itinerary

#### Day 1

Arrive to Managua, program orientation

#### Day 2

Travel to highland city of Esteli, Socio-political history through mural tour, transfer to rural community of Sontule, check in with homestay families

#### Day 3

Coffee plantation and community tour and viewpoint hike

#### Day 4

Early morning wildlife walk with local guide, hands-on coffee farming experience, baseball practice with local players

#### Day 5

Optional cow milking, Coffee roasting over wood fire, Presentation with New Dawn Cooperative president

#### Day 6

Return to Esteli, Visit to sustainable roastery, Transfer to Masaya Volcano National Park to overlook active volcano

#### Day 7

Walking tour of colonial city of Granada, Visit to social enterprise, Transfer to Laguna de Apoyo for swimming and reflection

#### Day 8

Departure



# PANAMA

## Sustainable Construction and Design

### Subject areas:

Sustainable design and development, sustainability management, environmental studies

### Summary

This program in rural Panama gives students the opportunity to learn about sustainable construction through hands-on projects led by Panamanian hosts and a local Peace Corps volunteer. Students also tour several examples of sustainable architecture, visit the Panama Canal, and enjoy undeveloped beaches and time in Panama City's historic city center.



### Program highlights

- Work with community to construct a sustainable home in a day
- Visit sites of architectural significance and meet with architects
- Enjoy the beach, surf, and fishing
- Learn about permaculture and sustainable agriculture
- Visit the Panama Canal

### Itinerary

#### Day 1

Arrive to Las Tablas, travel to rural community to participate in a sustainable construction project

#### Day 2

Travel to community for a construction day with local residents, celebration

#### Day 3

Take a surf lesson, optional guided hike, mangrove stand up paddle board tour, or day trip to nearby fishing village and surf town

#### Day 4

Early morning fishing trip, free time

#### Day 5

Architecture tour, guided visit to permaculture farm, discussion on the concepts and principles of permaculture and sustainable agriculture, free time

#### Day 6

Peace Corps-led construction project, visit to local swimming hole

#### Day 7

Architect-led tour of historic building, visit to the Panama Canal Locks and Museum, free time, farewell group dinner

#### Day 8

Departure



# PANAMA

## Indigenous Ecotourism in Panama

### Subject areas:

Sustainable tourism, environmental studies, sociology

### Summary

Panama has numerous indigenous tribes, some of which have embraced or are in the process of embracing tourism as a source of sustainable revenue. This program will introduce students to the immense potential as well as the challenges of this sector. Students will learn from established indigenous community-based tourism providers and complete a service learning project to support an emerging project. The experience will be an unforgettable cultural exchange contributing to economic development and environmental and cultural conservation in Panama.



### Program highlights

- Support indigenous community-based tourism projects
- After dark crocodile tour
- Visit the Panama Canal

### Itinerary

#### Day 1

Arrival and orientation

#### Day 2

Embera village, learn about eco-tourism development, nighttime crocodile boat tour

#### Day 3

Environmental and cultural workshops, travel to Pacific coast

#### Day 4

Women's artisanal cooperative, conversation with tourism students and community leaders

#### Day 5

Cultural activities in mountainous Ngobe-Bugle region, share time with local hosts

#### Day 6

Cultural-tourism activities, gather information and resources for project, cultural farewell activity

#### Day 7

Panama Canal locks and museum, historic Panama City tour, farewell group meal





# PUERTO RICO, USA

## Introduction to Biology

### Subject areas:

Biology, environmental science

### Summary

This two-week itinerary is designed to explore the rich biological diversity found on the island of Puerto Rico. Your students will experience state forests, mangrove forests, tide pools, plantations and other incredible environments. Students will meet with several experts in the field of Puerto Rican biology and have the opportunity to discuss their research, observations and questions. The group will experience Puerto Rico's rich biological, environmental and cultural diversity.



### Program highlights

- Kayaking in a bioluminescent bay
- Meet with grassroots conservationists at Cabo Rojo Salt Flats
- Night hike in the pristine Toro Negro State Forest

### Itinerary

#### Day 1

Arrive to San Juan, Program Orientation, Welcome Dinner

#### Day 2

Historic San Juan Visit, Travel to Luquillo

#### Day 3

El Yunque National Forest hike, Bioluminescent Bay Kayaking

#### Day 4

Caguas Botanical Garden, Travel to Ponce

#### Day 5

Hacienda Buena Vista Tour, Toro Negro Forest Afternoon and Night Hike

#### Day 6

Transport to La Parguera, Bosque Seco de Guánica, Populations Lab in El Jaboncillo

#### Day 7

Mangrove Kayaking, Free time

#### Day 8

Cabo Rojo Salt Flats and Mangrove Hike, Combate Beach, Transport to Mayaguez

#### Day 9

Playa Escalera, Surfrider Foundation Guest Speaker

#### Day 10

University of Puerto Rico, Mayagüez, El Tallonal Forest, Guest Speaker

#### Day 11

Cavernas de Camuy, Proyecto Chelonia Turtle Visit

#### Day 12

Parrot Recovery Center, Guest Speaker, Bosque Rio Abajo

#### Day 13

Cultural visit to Piñones and beach, Departure



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# Virtual Programs





# BELIZE, FLORIDA KEYS

## Marine Ecosystems

### Subject areas:

Marine Biology, Biology,  
Environmental Science

### Summary

The Florida Keys and the Cayes (Keys) of Belize are international destinations for diving and other marine activities. In this virtual program students will learn from scientists and local tour guides about the various marine ecosystems across the two locations, their threats and efforts to protect and restore them. The group will experience the underwater world through 360° 3D videos, and meet Belizean peers to share culture and knowledge.

### Program highlights

- 360° virtual dives in Belize and the Florida Keys
- Connect and share with Belizean students
- Visit Mayan archaeological site



### Itinerary

#### Day 1

Introduction to Belize by Belizean high school students, virtual visit to Eco-discovery Center, 360° virtual dive with scuba guide in Belize

#### Day 2

Live workshop on coral reefs, live discussion with staff at a coral restoration site in Belize, virtual 360° dive in the Florida Keys

#### Day 3

Narrated 360° tours of mangroves and manatee habitat in Florida, live conversations with mangrove ranger protecting a manatee habitat in Belize

#### Day 4

Live discussions with environmental conservation activist in Belize, a workshop on ocean acidification, virtual visit to Turtle Hospital

#### Day 5

Learn about the history of Key West, 360° video tour with a local guide on Mayan ruins, live workshop with Belizean students





# ECUADOR MIAMI, USA

## Diversity and Health

### Subject areas:

Nursing, Pre-med, Sociology,  
Economics, Health

### Summary

Ecuador is a country of staggering diversity with 14 indigenous groups each with its own language and traditions that often include traditional medicine and spiritual healing. Miami is the city in the US with the largest gap between the rich and the poor, and is a fascinating case study for a program focused on diversity and social determinants of health. This virtual program will introduce students to the variety of factors that influence health outcomes whilst learning about cultural diversity, differences between public and private healthcare, and environmental elements.

### Program highlights

- Virtual tours of Ecuador with 360 degree media
- Conversations with local professional on western and traditional healthcare
- Meet with Ecuadorian community cooperatives and organizations



### Itinerary

#### Day 1

Virtual tour of Ecuador, lecture on the determinants of health and wealth inequality in Ecuador.

#### Day 2

Discussion with sustainable tourism cooperative, lecture on the use of medicinal plants, virtual visit to health clinic

#### Day 3

Conversation with non-profit healthcare organization in Florida, discussion on social determinants of health, virtual tour of community garden space

#### Day 4

Presentation on indigenous culture and medicine, conversation with the American-based Ecuadorian community organizations





# PANAMA

## Sustainable Development in Panama

### Subject areas:

Sustainable development, economics, sociology

### Summary

This virtual program takes us to Panama, with a focus on sustainable development. Students will learn from a combination of real-time presentations by on-site experts and virtual tours about concepts like sustainable development goals, international development institutions, and the challenges of sustainability.

### Program highlights

- Live conversations with members of Panamanian cooperatives
- Learn about community development through conservation and tourism
- Discussion with the founder of Learn From Travel



### Itinerary

#### Day 1

Introduction to sustainable development in the Panamanian context, presentation and virtual conversation with Roman Yavich, founder Learn from Travel

#### Day 2

Learn about the model of cooperativism development in rural Panama, virtual conservation and live virtual tour of coffee processing facility

#### Day 3

Virtual conversation about sustainable community development through conservation and tourism





# SIERRA LEONE



## Marronage, Freedom and Resistance in the African Diaspora

### Subject areas:

Ethnic studies, Africana studies, history, geography

### Summary

This four-day virtual program explores the connection between the Gullah-Geechee communities in the United States and Sierra Leone. Students will learn from guest speakers, Sierra Leonean students and subject matter expert about the resistance to slavery, its abolition, and the establishment of a free society in Sierra Leone.

### Program highlights

- Virtual tours of sites of historical significance in Sierra Leone
- Discussions with prominent members of the Sierra Leonean community
- Learn how to cook a Sierra Leonean dish



### Itinerary

#### Day 1

Introduction to Sierra Leone and Low Country Connection, conversations with director of a diaspora organization and expert on tidal rice production

#### Day 2

Virtual tour of the slave castle at Bunce Island, virtual tour of an archeological site of resistance to slavery

#### Day 3

Learn about abolition and the Krios via a virtual tour of St. John's Maroon Church in Freetown, narrated viewing of skits in Krio language

#### Day 4

Discover Sierra Leonean culture with a cooking demo with Sierra Leonean students, conversation with a high-ranking female political leader





# VARIOUS

## Business Policy and Strategy in Latin America

### Subject areas:

Business administration, entrepreneurship, finance, social enterprise

### Summary

Over approximately 12 virtual contact hours, students will engage in conversations with Latin American business experts on topics that include entrepreneurship, multinational corporate strategy, and microfinance, all in the context of Latin American society and politics. Students will also learn about unique cultural elements of 4 Latin American countries to contrast these with the United States.

### Program highlights

- Virtual, locally guided tours of 4 Latin American countries
- In-depth conversations with Latin American entrepreneurs and business leaders
- Learn from indigenous community members about activism and sustainable tourism



### Itinerary

#### Day 1

Virtual tour of Brazil, conversation with a social enterprise incubator director

#### Day 2

Virtual tour of Nicaragua, conversation with community bank, virtual visit to rural community

#### Day 3

Virtual tour of Panama, conversation with expert on Multinational Corporate Strategy in Panama

#### Day 4

Virtual tour of Chile, conversation with indigenous activist and staff from sustainable company







# CLIENT TESTIMONIALS

“Learn from Travel provided a unique travel learning experience for us in Colombia that felt warm, authentic, and respectful. We went off the beaten path and learned first hand from small farmers and entrepreneurs.”

**JUSTIN GOMEZ, STAFF AT CALIFORNIA POLYTECHNIC STATE UNIVERSITY**

“The students were sooo enthusiastic and grateful about *[the guest speaker’s]* presentation!!! They were thrilled, happy, bubbling, talking about this artifact and that piece of information in our debriefing session, and so curious to know more.”

**PROF. BARBARA DRESCHER, AGNES SCOTT COLLEGE, VIRTUAL PROGRAM**

“If you want a company that tailors trips to your learning goals and course content, and genuinely cares about intercultural sensitivity and engagement, go with Learn from Travel!”

**PROF. JAMES DIEDRICK, AGNES SCOTT COLLEGE**







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