



Study Abroad and Global Engagement

SOUTHEASTERN LOUISIANA UNIVERSITY

Student Contact Hours Sheet for Study Abroad/Away Faculty-Led Program

Program Title: Business Costa Rica

Term: Summer 2026

Course(s): MGMT 4200, MGMT 4300, MGMT 6300

Total # Credits:

IMPORTANT:

- A sample Contact Hours sheet is available online.
- A minimum of 12.5 hours is required *per credit*.
- Contact hours may include class time, guest lectures, academic visits, field trips/excursions, group learning activities, general or program specific orientation meetings, research, service-learning activities, community projects, volunteer time, homework, research, academic assignments, other academic activities, and cultural activities or visits conducted **prior to, during, and/or after** the 'in location' program dates, as long as they directly relate to the student learning outcomes for the course.
- Contact hours may NOT include travel time and meals unless a specific instructional or learning activity (group discussion, lecture, group debrief, team-building activity) is being conducted during that time.
- Each specific activity should be listed for each day of the program with the corresponding number of contact hours.
- A maximum of 6 to 8 hours of program per day is recommended.
- Include some free time for individual cultural exploration, reflection, and down time.

INSTRUCTIONS: List the individual activities and corresponding # of contact hours (see permitted activities above) for each day of the proposed program (including activities and assignments prior to, during, and after the 'in location' days):

MGMT 4200 - ONLY

Date	Location	Program Activity	# Hours
	Southeastern	Pre-departure orientation (conducted in coordination with the SAGE Office)	1
	Southeastern	Pre-departure orientation: This lecture will cover student conduct and university policies regarding study abroad. This will include tips on the benefits of international travel and how national culture is an important determinant of behavior.	2
	Southeastern	Lecture on the Economic Condition of Costa Rica: much of this information will be available to students on the internet to look through before the meeting. We have several videos and online sources that discuss the history and current economic drivers for Costa Rica. We will discuss the importance of sustainability and how important it is for a country that depends on the natural environment.	2
	Departure US		0

5/17/2026	San Jose, Costa Rica	Orientation and Lecture on Liberia and Sustainable Tourism: Sustainability, especially how it relates to Costa Rica tourism, is a major point of interest for those traveling to the country. Students will be presented the pro's and con's on the current model of tourism utilized by the majority of destinations in the country; there will be an orientation session to discuss any issues that may have occurred during the departure phase of the trip and the days ahead; there will be an information session by the guide; students will have an information session on the next day's on the next day's events.	2.5
5/17/2026	San Jose, Costa Rica	Walking tour of San Jose business district	2
5/18/2026	San Jose, Costa Rica	Individual Activity/Market Study: Students will be encouraged to journal on their experience in San Jose as they travel to the next destination Monteverde, Costa Rica. We will stop at a local market and students will engage in a marketing study that compares and contrasts local preferences for sustainable products compared to those they find in the United States. Students will share their experiences over lunch.	2
5/19/2026	San Jose, Costa Rica	Group Debrief & Exercises: we will have a debriefing session at breakfast on what was covered in the previous tours that day. Students will participate in an exercise about how companies in the US can adopt some of the same strategies employed by companies in Costa Rica.	1
5/19/2026	San Jose, Costa Rica	Walking tour including a visit to local artisans who make and sell products from the rainforest.	2
5/20/2026	San Jose, Costa Rica	Organic agriculture tour at San Jose. This includes a description of the process to harvest and market coffee and chocolate.	3
5/20/2026	San Jose, Costa Rica	Group Debrief & Exercises: Students will have a debriefing session at diner to go over the day's activity and there will be an exercise on how some of the products and ideas practiced in Costa Rica can be sold/implemented in the United States.	2
5/21/2026	Alejuela, Costa Rica	Student visit local market and Cathedral: Alejuela is the second largest city in Costa Rica, known for their large outdoor markets, students will be allowed to walk around the square and visit local shops and the cathedral in the Central Parque.	3
5/21/2026	Alejuela, Costa Rica	Group Debrief & Exercises: Students will have a debriefing session at diner to go over the previous days' activities and there will be an exercise on how products like sustainable coffee and chocolate can be marketed in the United States. We will discuss how the early history of the country has influenced their development as a capitalistic/environmentally friendly market.	3
5/23/2026	LaFortuna, Costa Rica	Diner with host family, this is a cultural activity incorporating Costa Rican family life	4
5/25/2026	Playa Flamingo, Costa Rica	Culture/Nature Tour: Students will explore the town and the local national park. There will be an information session on the importance of protecting the national forest and how the local businesses benefit from protecting the environment.	2

5/25/2026	Playa Flamingo, Costa Rica	Culture/Nature Tour: Students will explore the town and the local national park. There will be an information session on the importance of protecting the national forest and how the local businesses benefit from protecting the environment.	2
5/26/2024	Playa Flamingo, Costa Rica	Group Debrief & Exercises: For MGMT graduate students, there will be a time from thoughts about the benefits of study abroad to business education.	2
5/27/2024	Departure Costa Rica		
	Southeastern	Group Presentations MGMT 4200	2
	TOTAL		37.5

MGMT 4300

Date	Location	Program Activity	# Hours
	Southeastern	Pre-departure orientation (conducted in coordination with the SAGE Office)	0
	Southeastern	Pre-departure orientation: This lecture will cover student conduct and university policies regarding study abroad. This will include tips on the benefits of international travel and how national culture is an important determinant of behavior.	0
	Southeastern	Lecture on the Economic Condition of Costa Rica: much of this information will be available to students on the internet to look through before the meeting. We have several videos and online sources that discuss the history and current economic drivers for Costa Rica. We will discuss the importance of sustainability and how important it is for a country that depends on the natural environment.	0
	Departure US		0
5/18/2026	San Jose, Costa Rica	Visit DosMI/50. Lecture on Circular Economic Model and Recycling at Industrial Compost Plant. This will include a tour of the facilities which works with recycling and converting plastic.	3
5/18/2026	San Jose, Costa Rica	Tour of a facility that works on recycling and lecture	2
5/18/2026	San Jose, Costa Rica	Company Tour in San Jose focusing on sustainability	2
5/19/2026	San Jose, Costa Rica	Lunch at local company that specializes in organic food production	2
5/19/2026	San Jose, Costa Rica	Lecture and tour at Coffee Company, focused on the production, marketing and distribution of coffee products. Seeking to generate a positive impact in our community and country at a social and environmental level.	4
5/20/2026	San Jose, Costa Rica	Company Tour in San Jose	3
5/21/2026	Alejuela, Costa Rica	Company tour in Aluela's Free Enterprise Zone	2
5/21/2026	Alejuela, Costa Rica	Visit to local University for a lecture on management and marketing	3
5/22/2026	LaFortuna, Costa Rica	Lecture: The speaker is traditionally a business person known for their achievements in sustainable business practices. We hope to have someone from Ad Astra.	3

5/22/2026	LaFortuna, Costa Rica	Lecture from CINDE	2
5/22/2026	LaFortuna, Costa Rica	Lunch with Guest Speakers	1.5
5/22/2026	LaFortuna, Costa Rica	Lecture from PROCOMER	2
5/23/2026	LaFortuna, Costa Rica	Pineapple Tour: Includes a presentation by the company on sustainable business practices	3
5/23/2026	LaFortuna, Costa Rica	Spice Plantation Tour: Includes a presentation by the owners, an American couple who reside in Costa Rica	3
5/24/2026	LaFortuna, Costa Rica	Lecture: The speaker is traditionally a business person known for their achievements in sustainable business practices. We hope to have someone from Ad Astra.	2
	TOTAL		37.5

MGMT 6300 – Graduate

Date	Location	Program Activity	# Hours
	Southeastern	Pre-departure orientation (conducted in coordination with the SAGE Office)	1
	Southeastern	Pre-departure orientation: This lecture will cover student conduct and university policies regarding study abroad. This will include tips on the benefits of international travel and how national culture is an important determinant of behavior.	2
	Southeastern	Lecture on the Economic Condition of Costa Rica: much of this information will be available to students on the internet to look through before the meeting. We have several videos and online sources that discuss the history and current economic drivers for Costa Rica. We will discuss the importance of sustainability and how important it is for a country that depends on the natural environment.	2
	Departure US		0
5/17/2026	San Jose, Costa Rica	Orientation and Lecture on Liberia and Sustainable Tourism: Sustainability, especially how it relates to Costa Rica tourism, is a major point of interest for those traveling to the country. Students will be presented the pro's and con's on the current model of tourism utilized by the majority of destinations in the country; there will be an orientation session to discuss any issues that may have occurred during the departure phase of the trip and the days ahead; there will be an information session by the guide; students will have an information session on the next day's on the next day's events.	2.5
5/17/2026	San Jose, Costa Rica	Walking tour of San Jose business district	2
5/18/2026	San Jose, Costa Rica	Individual Activity/Market Study: Students will be encouraged to journal on their experience in San Jose as they travel to the next destination Monteverde, Costa Rica. We will stop at a local market and students will engage in a marketing study that compares and contrasts local preferences for sustainable products compared to those they find in the United States. Students will share their experiences over lunch.	2
5/19/2026			1

	San Jose, Costa Rica	Group Debrief & Exercises: we will have a debriefing session at breakfast on what was covered in the previous tours that day. Students will participate in an exercise about how companies in the US can adopt some of the same strategies employed by companies in Costa Rica.	
5/19/2026	San Jose, Costa Rica	Walking tour including a visit to local artisans who make and sell products from the rainforest.	2
5/20/2026	San Jose, Costa Rica	Organic agriculture tour at San Jose. This includes a description of the process to harvest and market coffee and chocolate.	3
5/20/2026	San Jose, Costa Rica	Group Debrief & Exercises: Students will have a debriefing session at diner to go over the day's activity and there will be an exercise on how some of the products and ideas practiced in Costa Rica can be sold/implemented in the United States.	2
5/21/2026	Alejuela, Costa Rica	Student visit local market and Cathedral: Alejuela is the second largest city in Costa Rica, known for their large outdoor markets, students will be allowed to walk around the square and visit local shops and the cathedral in the Central Parque.	3
5/21/2026	Alejuela, Costa Rica	Group Debrief & Exercises: Students will have a debriefing session at diner to go over the previous days' activities and there will be an exercise on how products like sustainable coffee and chocolate can be marketed in the United States. We will discuss how the early history of the country has influenced their development as a capitalistic/environmentally friendly market.	3
5/23/2026	LaFortuna, Costa Rica	Diner with host family, this is a cultural activity incorporating Costa Rican family life	4
5/25/2026	Playa Flamingo, Costa Rica	Culture/Nature Tour: Students will explore the town and the local national park. There will be an information session on the importance of protecting the national forest and how the local businesses benefit from protecting the environment.	2
5/25/2026	Playa Flamingo, Costa Rica	Culture/Nature Tour: Students will explore the town and the local national park. There will be an information session on the importance of protecting the national forest and how the local businesses benefit from protecting the environment.	2
5/26/2024	Playa Flamingo, Costa Rica	Group Debrief & Exercises: For MGMT graduate students, there will be a time from thoughts about the benefits of study abroad to business education.	2
5/27/2024	Departure Costa Rica		
	Southeastern	Group Presentations MGMT 4200	2
	TOTAL		37.5