Maymester Abroad in Nicoya, Costa Rica

May 16-20, 2022 on campus
May 23- June 4, 2022 in Costa Rica

Class Activities Include:
- Cooking Classes
- Surfing Lessons
- "Forest Bathing" in the jungle
- Visit to Nicoya Spiritual Communities
- Visit to Nicoya Barra Honda Caves

GERO 489: Finding the Key to a Long, Happy Life in Nicoya, Costa Rica’s Blue Zone
4 units

This course will immerse students into lifestyles shown to improve the quality of life and extend the lifespan by studying populations that live in communities referred to as “Blue Zones” throughout the world. Students will have the opportunity to visit two of the world’s five Blue Zones: Loma Linda, California, and Nicyoa, Costa Rica.

For more information, or to RSVP for an info session, please contact Sara Robinson, sararobi@usc.edu