

**Major:** Dietetics

**Children:** 2 daughters, ages 10 & 14

### Why did you choose Costa Rica?

It was not anything I planned ahead of time. I liked the climate, and Costa Rica is more affordable than some of the other study abroad programs. It also helped that there was no language prerequisite.

**Housing:** I really enjoyed Tirimbina because we were in the middle of nowhere, surrounded by nature, and most of the time we were among the locals. Also, we had the opportunity to travel to a few different areas to see many different places, from the rain forest to the cloud forest, the ocean, and volcanoes.

*“Take the opportunity: You’re not going to regret it. Family stepped up and helped with the kids ... I think it was good for everyone.” — Stacey*

### Benefits of Study Abroad:

I was able to take an additional course during my spring semester but get most of the course work done while in Costa Rica. It alleviated stress for me in the spring term and gave me the opportunity to meet people outside of my program.

### Volunteering in Costa Rica:

We had the opportunity to do community work at a Butterfly Garden, clearing nature trails, which was important in the rain forest because everything grows all year long!

**How were you transformed?** It made me more interested in other cultures. It’s had an impact on my major because that experience is always going to impact the projects I have to come. It’s also given me the opportunity to get involved in other activities around campus.



Stacey standing next to a giant tree at the Ecotermales Hot Springs in La Fortuna. This was one of a variety of the ecosystems explored in Costa Rica, and one of the places that monkeys were sighted up in the trees.