

SCA Courses at Origin



Be in Costa Rica during coffee harvest season

28 Jan to 2 Feb 2019

€750



Introduction to coffee



Homestay with a farmer



Improve your sensory skills



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Why you should go:

- Receive *Introduction to Coffee* and *Sensory Skills Foundation* courses in a coffee origin setting and with a highly experienced instructor.
- Experience intimate and innovative home-stays, so you really understand how coffee farmers live and work. Travel mostly in public transport. Interact significantly with local farmers and baristas... to learn why Costa Ricans are some of the happiest people in the world.
- Designed for (home-)baristas and early-stage coffee shop owners or coffee roasters who are short on time and want to dramatically increase their knowledge of origin.
- Conducted in small group style to enhance your learning experience and provide you with a tight cohort of (industry) colleagues.
- Operated so most of services and products are from local companies where farms visited.

About the location:

- Tarrazú is one of the world's premier coffee regions. Coffees from this small region frequently feature in *Cup of Excellence*. Barista Champions use Tarrazú coffees and stay in Santa María de Dota to prep for international competitions.
- Lonely Planet says this about our base location: "Santa María de Dota is a picturesque Costa Rican town that merits a stop if you're driving or a trip in its own right if you're passionate about coffee. It's a quiet, sleepy place where mist rolls across the mountains, coffee production is the economic lifeblood and Guaymí migrant workers in colorful garb gather to pick the beans during the November-March harvest time. The Coopedota coffee-processing facility – a unique cooperative in Costa Rica due to its stellar environmental record – seems to employ half the town."
- Costa Rican coffee has a long-standing reputation for high quality and fetching premiums.
- Micro-mills and cooperatives make it easy to taste products from a region side-by-side to see effects of 'terroir' and post-harvest processing on taste.
- Costa Rica is considered amongst the safest destinations in Latin America. With 5% of world's biodiversity, it's also an eco-tourism hotspot.

Itinerary:

Day 1 (Sunday, January 27): San José. Arrive in the capital city which is home to intellectuals, university students and politicians. On your account, visit some of the sites and museums in the city center. To provide flexibility and allow for different travel budgets, hotel and meals are not included on this day. We can suggest a 3-star hotel in the city center for ~US\$60 per person per night. This assumes double occupancy.

Day 2 (Monday, January 28): Tarrazú. Wake up early and travel in public bus to the country's most famous coffee region (duration: 3 hours). Tarrazú has a long-standing reputation for its quality. Some of the highest coffee farms in Costa Rica are in this region. In the afternoon, we will begin the *Introduction to Coffee* course. This course will be done "live" as we will be in the farm and mill so you get the full experience. In the evening, wander in picturesque Santa María de Dota. Lunch and dinner provided and overnight in a homestay at a coffee farmer's house.

Day 3 (Tuesday, January 29): Tarrazú. Today, it's another full day of learning with our instructor. We will complete the *Sensory Skills Foundation* course. Breakfast, lunch and dinner provided and overnight homestay.

Day 4 (Wednesday, January 30): Tarrazú. Wake up early to pick coffee (if possible). In the morning, you could go with your homestay farmer to work and learn about their farm. In the afternoon, learn all about industrial coffee processing at Coopedota, a co-op that certified world's first carbon neutral coffee. Coopedota is also certified to the Rain Forest Alliance and C.A.F.E. standards. Founded in 1960 by 96 farmers, today Coopedota counts 600 producers. Cup some of the region's best coffees. Breakfast, lunch and dinner provided and overnight homestay.

Day 5 (Thursday, January 31): Tarrazú. Today is an open day. You are invited to learn from a high-altitude, specialty coffee producer with different cultivars and a micromill. Few coffee consumers are aware that there are different "varieties", because much of the world's coffee is still traded by name of origin. Learn about the impact that cultivars and altitude have on the taste of coffee... from a farm that has achieved several awards in the *Cup of Excellence*. If time and weather permits, we could also walk to a local waterfall. Breakfast, lunch and dinner provided and overnight in a homestay.

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Day 6 (Friday, February 1): San Jose. Wake up early and travel in public bus to San Jose. We will do a Coffee and Barista Walk of the city center to see neo-classical architecture, including the national theater built during a short economic boom period for coffee in Costa Rica from 1888 to 1897. This boom period was brought on by the abolition of slavery in Brazil, which caused a crisis to the coffee farms in that country. President Jose Rodriguez Zeledon took advantage of the boom to finance an ambitious national theatre project with a tax on coffee exports. Sample coffee at the emerging specialty coffee scene in San José. After the walk, you will pick-up your luggage and go to respective hotels. To provide flexibility and allow for different travel budgets, hotel and meals are not included on this day. We can suggest a 3-star hotel in the city center for ~US\$60 per person per night. This assumes double occupancy.

Day 7 (Saturday, February 2): San José. Depart for home.

Disclaimer: It is our intention to adhere to the route and travel times described, but flexibility is built into the itinerary and it may be necessary to make alterations. Due to our style of travel and the regions we visit, travel can be unpredictable.

Exclusions from the tour rate:

- Airfare to Costa Rica.
- SCA exam costs (€60/exam)
- Travel and medical claim insurance, and expenses incurred during emergency or evacuation.
- Visa and vaccinations (if required, check!)
- Personal expenses such as laundry, telecom, etc.
- Assistance at the airport on arrival and departure.
- All bank charges when receiving payments.
- All beverages during the trip.
- Lunch and dinner of the last day in San Jose.

Early travel questions:

- Language: Tour in English; many bilingual services.
- Visas: generally, not required for < 90-day stays.
- Money: US\$ at ATMs; credit cards accepted.
- Internet: Prepaid SIM cards cheap and available.
- What to pack: San José and coffee regions are cool: bring a light sweater, boots and a rain jacket. The Caribbean is hot and humid: bring a bathing suit, sandals, and sunglasses. Bring a day pack.

Cancellations: To be completed when information received from local tour operators and hotels.

Emergencies: If you need to contact us in an emergency, best to first call our local number +50622971351 (San Jose 09:00-18:00 Local Time). After hours: +50684402788. We recommend that you have access to ~US\$200 as an 'emergency' fund, to be used when circumstances outside our control require a change to our planned route. Not expected.

Restrictions and Fitness Level: You must be 18 to travel unaccompanied. For minors travelling with a guardian over 21 years old, the minimum age is 12. Illegal drugs are not tolerated on this tour. We have the right to expel anyone with drugs or using prostitutes. An average level of fitness and mobility is required to undertake this tour. Travelers must be able to walk without the aid of another person, climb 3-4 flights of stairs, and carry their own luggage at a minimum.

Travel Insurance: Appropriate travel insurance is compulsory to participate in this tour. Evidence of travel insurance policy with the following minimum criteria will be requested ahead of the trip:

- Overseas medical and dental expenses;
- Coverage of USD 200,000 for repatriation and 24-hour emergency assistance/rescue;
- Personal liability;
- Trip cancellation, interruption and delay; and
- Loss of baggage and personal effects.

