Monteverde Institute Sustainability & Research Programs: Interactive talks and workshops



The mission of the Monteverde Institute is to promote social, ecological and economic sustainability by integrating community initiatives with education, research and conservation.

Monteverde Institute Sustainability & Research Programs: Interactive talks and workshops

We are pleased to offer a variety of lectures and, workshops related to sustainability, ecology, research, history, social and community programs, and health issues. The payment for the talks and workshops supports the local work of the Monteverde Institute.

The rate for every interactive talk/workshop/activity can go from $275 to $500, and it may vary depending on the number of participants, or if lunch or refreshments are requested. Simultaneous interpretation is provided upon request ($25/hour).

We also coordinate with community representatives and experts in a variety of fields at the local and national levels. If you are interested in a topic, talk, workshop or other activity that doesn't appear on this list, please feel free to inquire about availability.

Please direct all inquiries to recepcion@mvinstitute.org or +506 2645-5053 ext. 0
If you are interested in designing a course with MVI, please contact academicdirector@mvinstitute.org

¡Pura vida!



Monteverde Institute Sustainability & Research Programs: Interactive talks and workshops

Talk	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
THE MONTEVERDE INSTITUTE & SUSTAINABILITY ISSUES	*The MVI was founded in 1986 on the pillars of educational programs, research, and community projects. Along with some history of the Monteverde area and current issues, learn how these 3 components interact in our diverse programs, which all fit into the MVI´s quest for sustainability at the institutional, community, national, and global levels. Understanding how Monteverde has dealt with Sustainability issues by integrating the community needs and voice in the solution of challenges. How the Monteverde Institute has become an important tool for achieving this.*	*MVI Center for Community Initiatives Representative*	*Presentation, discussion, and informational tour: 1 hour 30 minutes to 2 hours English/Spanish*	***$275***
MI OCOTEA	*Community based conservation of the Ocotea Monteverdensis an endangered tree species.*	*Daniela Quesada MVI Community - based Conservation Program Coordinator*	*Presentation and discussion: 1 hour 30 minutes English/Spanish*	***$275***
CIRCULAR ECONOMIES: DESIGNING A RESILIENT SUSTAINABLE MODEL FOR MONTEVERDE	*Sustainability should work with environmental, social, and economic issues in finding balance amongst all three of them. However, our focus on a conventional linear economy is not only not functional for the common good, it also strains the environment. Learn about Monteverde's current economic models, and help us re-think and re-design products with the lessons learnt and visit examples of more circular and sustainable economies in the community.*	*MVI Center for Community Initiatives Representative*	*Presentation and discussion: 2 hours English/Spanish*	***$275***

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COMMUNITY RESILIENCE IN MONTEVERDE	*Tropical Storm Nate and the COVID-19 pandemic were major disturbances in Monteverde in recent years. Using these as case studies, we will explore the concept of resilience in the local context. Resilience has been defined in psychology, engineering, ecology, and other fields; this discussion will focus on social-ecological and community resilience, incorporating lessons learned over the last decade at the Monteverde Institute through stakeholder collaborations.*	*MVI Center for Community Initiatives Representative*	*Presentation and discussion: 1 hour English/Spanish*	***$275***
MONTEVERDE THROUGHOUT THE YEARS	*Learn about the main cultural, socio-economic and environmental facts that have shaped MV over the last 70 years. It reveals some of the historic context that influenced the arrival of first settlers, social dynamics and changes with the arrival of Quakers in the 50s and the changes imposed by the tourism growth over the last 30 years.*	*Anibal Torres MVI Center for Community Initiatives Director*	*Presentation and discussion: 1 hour 30 minutes to 2 hours English/Spanish*	***$275***
THE BELLBIRD BIOLOGICAL CORRIDOR	*What are biological corridors, why are they important, who runs them? Specifics about the Bellbird Biological Corridor: characteristics, strategic plan, challenges, and solutions.*	*Alexandra Paniagua MVI Academic Director*	*Presentation and discussion: 1 hour 30 minutes to 2 hours English/Spanish*	***$275***

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Talk	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
PARTICIPATORY COMMUNI-CATION FOR SOCIAL CHANGE	*This talk focuses on how to empower communities through participatory communication. The concept of participatory communication for Social Change promotes methods of empowering people to get involved and to be active in CHANGE. The talk emphasizes that community needs should be defined in collaboration with the local community, rather than being dictated by organizations. It also discusses the importance of bottom-up solutions and explores ways to promote these approaches.*	*MVI Center for Community Initiatives Representative*	*Presentation and discussion: 2 hours English/Spanish*	***$275***
BUILDING MONTEVERDE OUT OF COMMUNITY'S WORK	*The history of Monteverde from an organizational point of view, its evolution over the years and the current work of the environmental commissions in search of economic, social and environmental sustainability.* ***(Available by 2025)***	*Anibal Torres MVI Center for Community Initiatives Director*	*Presentation and discussion: 1 hour 30 minutes English/Spanish*	***$275***
INFORMATION FOR ALL	*Talk on how information can indeeed be power and the fuel of innovation and action. The talk shows the reality of information inequity in today's age, good information practices and tools for research.*	*C. Ignacio Loria Community Innovation and Information Program Coordinator*	*Presentation and discussion: 1 hour English/Spanish*	***$275***
MVI's COMMUNITY HEALTH PROGRAM	*The MVI's community Health Program looks to "Promote an improvement in the physical, mental, and social health of the Bellbird Biological Corridor population through recreational, social, and educational activities."*	*Daily Cerdas Community Health Program Coordinator*	*Presentation and discussion: 1 hour English/Spanish*	***$275***

Contact us: www.monteverde-institute.org · recepcion@mvinstitute.org · Phone number +506 2645 5053

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Workshop	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
WATER QUALITY MONITORING (ADOPT-A-STREAM)	*The geographical location of the Monteverde human population atop a watershed presents certain challenges. Not only is water availability an emerging issue with extended dry seasons associated with climate change, water management here at the top of the mountain affects all our downstream neighbors. Learn about these challenges in detail, as well as ongoing research and implementation of solutions. And also, participate in a long-term water quality monitoring effort. Evaluate stream health by physical, chemical, and biological parameters.*	*Luisa Moreno MVI Research Program Coordinator*	*Talk: 45 minutes Activity: 2 hours English/Spanish* ***This activity is available only AM***	***$385 (1-10 pax) and $22 per additional person***
ENHANCING PUBLIC SPACES	*Help us to reclaim the public space and enhance sidewalks, parks, look out and other places. The Sustainable Futures Program (MVI), local Government and other NGO's have worked over the years to create a network of sidewalks, small parks and lookouts in different places around the community. These places require maintenance regularly or include additional elements such as art or plants to beautify these places.*	*Anibal Torres MVI Center for Community Initiatives Director*	*Activity: 3-4 hours English/Spanish* ***This activity is available only AM***	***$495***

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Workshop	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
FOOD SECURITY AND NUTRITION TALK INCLUDING A FARM-TO-TABLE COOKING CLASS	*In the introductory talk, we reflect on the relevance of food security, we delve into the critical importance of ensuring access to safe, nutritious, and sufficient food for all. We also discuss the farm-to-table model that is implemented on the MVI. Finally, we explore the richness of our local and sustainable products while connecting with culture through the art of cooking. Live a unique experience of authentic flavors and traditions of Costa Rica.*	*Daily Cerdas Community Health Program Coordinator and Gabriela Chaves MVI Cultural Exchange Program Coordinator*	*Talk: 1 hour Cooking class: 2 hours English/Spanish*	***$33 per participant (with a minimum of 5 people required)***
TRADITIONAL COSTA RICAN FOOD COOKING CLASS IN SPANISH	*Explore the richness of our local and sustainable products while connecting with culture through the art of cooking and the practice of Spanish. Live a unique experience of authentic flavors and traditions of Costa Rica.*	*Gabriela Chaves MVI Cultural Exchange Program Coordinator and Spanish Professors*	*Cooking class: 2 hours English/Spanish*	***$33 per participant (with a minimum of 5 people required)***
EPIPHYTES WORKSHOP (HANDS-ON EXPERIENCE)	*In this introductory workshop on the epiphytes get to know what they are with a hands-on experience and help gather data and perform a study on the phenology of these amazing systems while exploring a different way of viewing the world.* *You will learn about the history and reasearch of Nalini Nadkarni, and help with her latest research on the so called "last biotic frontier: the forest canopy".*	*C. Ignacio MVI Community Innovation and Information Program Coordinator*	*Talk: 1 hour Outdoor activity: 2 hours English/Spanish*	***$495***

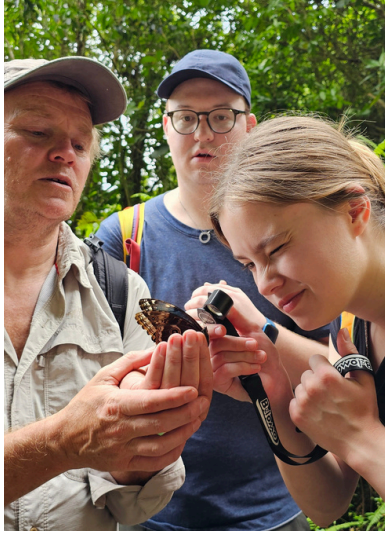
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Workshop	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
REFORESTATION IN THE BELLBIRD BIOLOGICAL CORRIDOR	*The Bellbird Biological Corridor extends from the cloud forests on the continental divide in Monteverde to the mangroves on the Gulf of Nicoya coast. This Pacific portion of the Three-wattled Bellbird's annual migration route provides less habitat due to deforestation for agriculture and livestock than is found on the Caribbean slope, leading to the creation of the corridor and the reforestation program begun by the Costa Rican Conservation Foundation and now based at the Monteverde Institute. Reforestation service work could include nursery work: preparing bags with soil, infrastructure maintenance, transplanting seedlings into bags, planting tree saplings, making signs.*	*Daniela Quesada MVI Community - based Conservation Program Coordinator or Costa Rican Conservation Foundation representative*	*Talk: 1 hour Reforestation activity: 2-4 hours English/Spanish*	***Cost: $253 (1-10 pax) and $20 per additional person***
LATIN DANCE CLASS	*Latin dance classes immerse you in a lively atmosphere filled with infectious music, passionate instructors, and a diverse group of dancers eager to learn and have fun. These classes offer a fantastic opportunity to improve your technique, connect with others, and embrace the joy of movement.*	*Dance instructor*	*Activity: 1-2 hours English/Spanish*	***$17 per participant***

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Workshop	*Description*	*Presenter*	*Relevant Information*	*Cost in USD (taxes included)*
Innovation Sprint: Biomimicry & Design Thinking	This immersive workshop introduces students to the principles of innovation through a hands-on Design Thinking and Biomimicry challenge. Working in teams, participants will explore real conservation, research, and food security questions identified by the Monteverde Institute and develop creative solutions inspired by nature. Drawing lessons from the cloud forest ecosystem, students will learn how natural systems solve complex problems and apply these strategies to contemporary sustainability challenges. Through a rapid innovation process, participants will move from problem definition and idea generation to the development of low-fidelity prototypes. This experience offers an opportunity to contribute fresh perspectives to ongoing community initiatives while developing practical skills in creative problem-solving, collaboration, and sustainable innovation.	*C. Ignacio Loría. Community Innovation and Information Program Coordinator*	*Experiential Learning* *Duration: 4 hours* *English/Spanish*	***$385***

Module	*Description*	*Presenter*	*Relevant Information*
FROM THE CLOUD FOREST TO THE MANGROVES	*This module exposes the main challenges for the protection of water resources from a social, environmental, and economic point of view. The module incorporates a visit to different key actors in the upper, middle, and lower basin, identifying the challenges and recognizing the efforts of different groups and individuals in the fight for water protection.* *Notes:* *-Can be done with or without the Pacific slope trail* *-Requires 2 days* *-May include mangrove or Island tour*	*Anibal Torres MVI Center for Community Initiatives Director*	*Activity: 1-2 days English/Spanish* ***Please inquire about the itinerary and prices.***



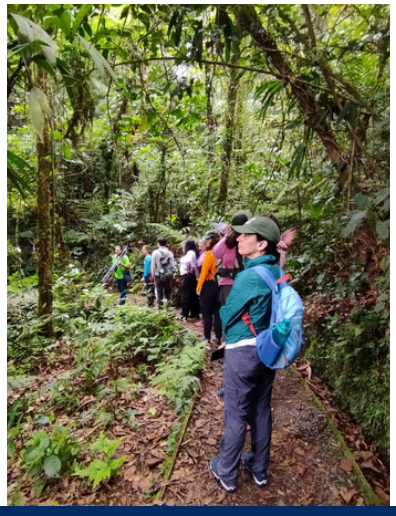













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