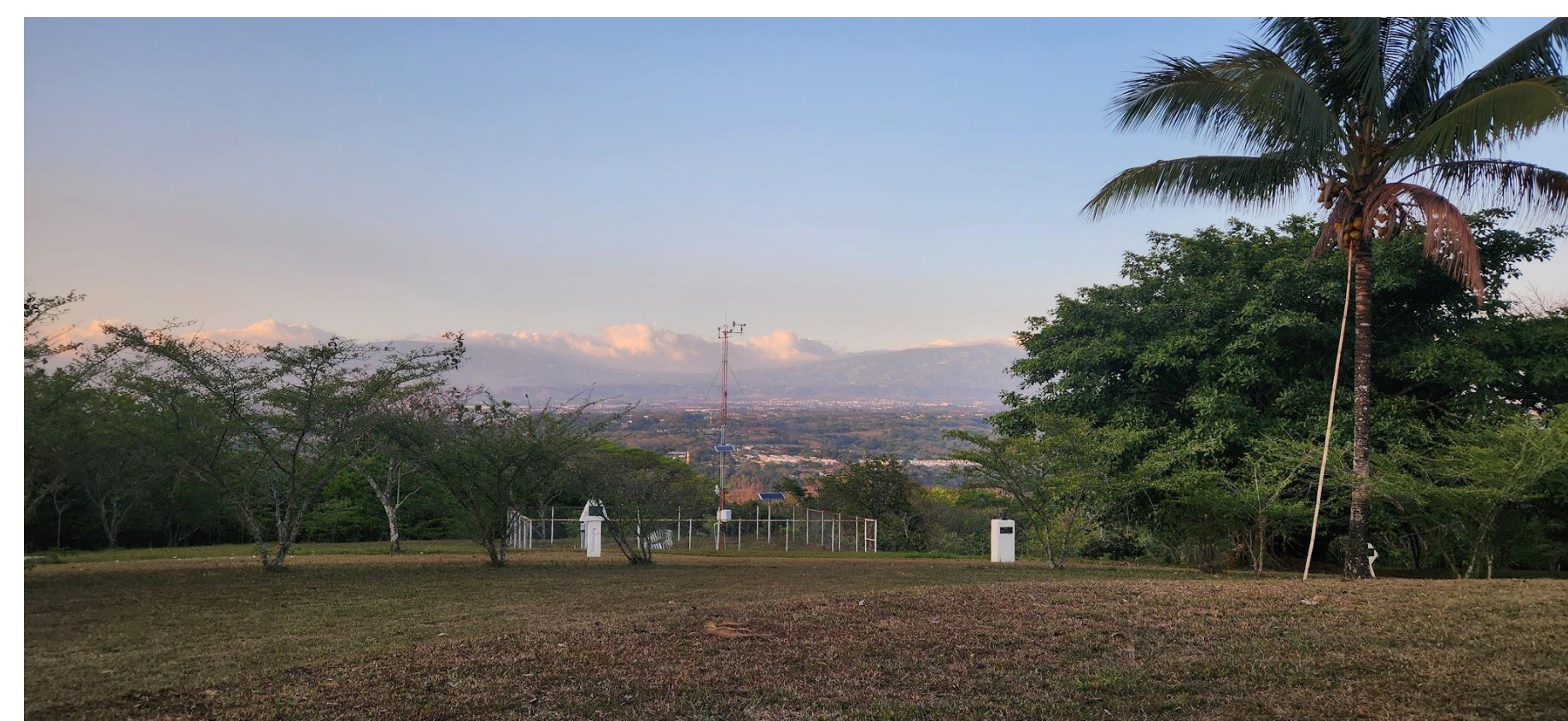


## University for Peace (UN Established)



### UPeace (University for Peace, 2023)

- Established in 1980 by the General Assembly of the UN.
- In San Jose province of Costa Rica.
  - Considered an international organization, hosted by Costa Rica.
- Provides training and research for peace, including classes on conflict-prevention, human security, human rights, environmental security and post-conflict rehabilitation.



### Centre for Executive Education

- Provides courses to leaders from all over the world.
  - Nonprofits, businesses, educators, and more.
- Courses include intercultural communication, positive leadership, negotiation & conflict resolution, team building, social innovation, and global education.
- The masterminds behind GGH



## Gross Global Happiness Summit

### Description

- A summit that brings leaders in happiness from all different fields, backgrounds, and countries to discuss current happiness research, practices, and future strategies for individual and global progress.
- People come together to learn, unlearn, and share experiences on the topic of happiness, bringing together a multitude of perspectives and expertise.

### Favorite Sessions & What I learned

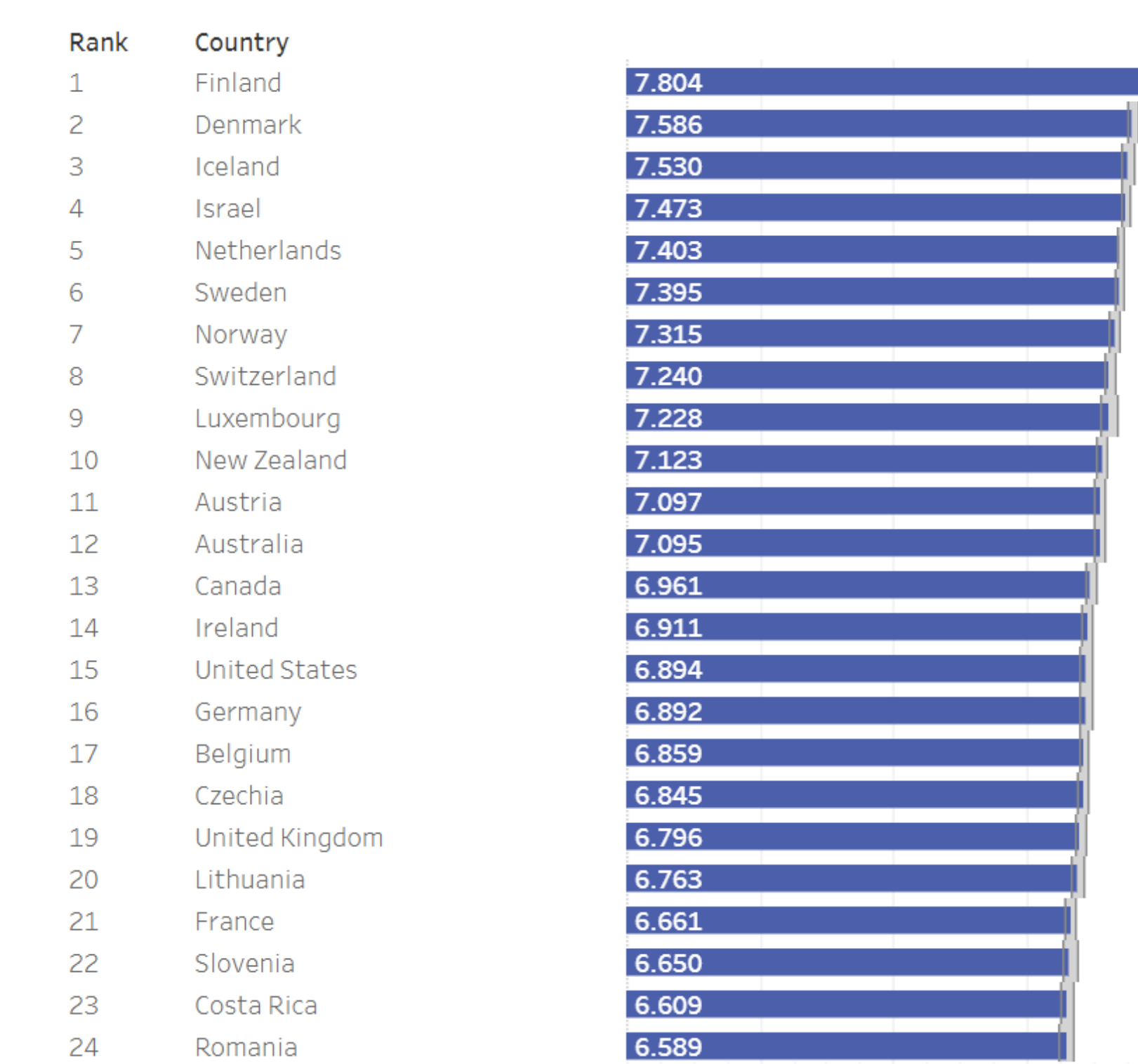
- Nish Banskota – Nepal Tea Collective
  - Importance of collaboration.
- Alphonsus Obayuwana – Edo Questionnaire
  - There are many ways to be happy and quantify it.
- Andreea Pap – Managing Energy
  - Work with your energy levels, rather than against them when managing your time.
- Shannon Murphy – Embracing our Differences
  - Our differences can bring us together and give us more fulfilling lives.
- Dow Martin – AI Role in Creating a Greener Planet
  - Technology is a tool that can either hurt or help the environment.
- Gwen & Arthur Sherwood – Forest Therapy Walk
  - The importance of stopping and using all your senses to take in a moment.
- Paula Dinero – Dance Meditation
  - Sometimes you have to let go and embrace your inner child.



## Why Costa Rica?

### World Happiness Report (Helliwell et al., 2023)

- Costa Rica is the happiest country in Latin America.
- Happiness can be subjective and difficult to measure.
  - WHR relies on self-reporting of happiness.
- Alphonsus Obayuwana's questionnaire measures how satisfied one is with what they have and how much they desire other things. He submitted his questionnaire to be used in next report.



Source: World Happiness Report (Helliwell et al., 2023) Average Life Evaluation

### Progressive Policies and Peace (My Costa Rica, 2015)

- Dissolved their army in 1948 after a civil war
- Use the money instead for education, environmental protection, public health, and cultural preservation
- Public universities are extremely affordable for locals and there are several public hospitals

### Pura Vida – Catchphrase of Costa Rica

- Literally means “Pure Life.”
- It has many uses:
  - Greeting and farewell
  - When said in response to “how are you?,” it could mean “healthy” or “everything is fine.”
  - As an exclamation, it can mean “no worries” or “this is the life.”
- Most importantly, it is seen as a state of mind or way of life for Costa Ricans
  - Ticos (Costa Ricans) try to live a relaxed, simple life. They live in peace with a deep appreciation for nature, family, and friends.

## My Experiences

### With Nature (Garg, 2022)

- Despite its tiny size, Costa Rica makes up 5% of the world's biodiversity.
- Over 25% of the national territory is marked for conservation.
- The flowers pictured are just some of the many different flowers found on the UPeace campus. The forest is part of the nature reserve park that takes up 2/3 of the campus's land.
- The view on the top right is a nature reserve just 20 minutes away.



## My Experiences

### With Food



A classic breakfast from my host mom (right). Fried egg, gallo pinto, maduros, and queso. Gallo pinto is a staple food that is a fusion of Indigenous and Spanish colonizers' cultures. Empanadas from my favorite cafe (left) were a close second.

Patacones (left) are smashed, fried plantains that can be topped with pico de gallo, ceviche, beans, cheese, or guacamole. Granizados (right) consists of shaved ice, syrup, condensed milk, and powdered milk. They are from a beach city called Puntarenas, but this one is from the Upeace cafeteria.

## My Experiences

### Working with the Centre

- Event coordination.
- Creative thinking.
- Worked with a team.
- Applied Diversity, Equity, and Inclusion knowledge to GHH.
- Developed and maintained website pages and paper materials for GGH.
- Networked with people who are leaders in their field.
- Acted as a liaison for speakers.
- Embraced the Pura Vida in a professional environment!

Presented at: Monmouth University, Scholarship Week, 4/14/2024  
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