



## ITINERARY 03

# BIENVENIDO A COSTA RICA!

- Learn about Pura Vida Lifestyle
- Camaronal Wildlife Refuge
- Visit to Art and Turtle Conservatories
- Surfing and Sunset
- Learn about Coffee and Costa Rica
- Cooking Lessons at Matambu indigenuos territory
- Dolphin Tour

Experiential  
Pathways

## DAY 01 – BIENVENIDO A COSTA RICA!

Arrive into San Jose Airport (SJO) and meet your Program Leaders who will be with you for the duration of the program. Head to the hotel and settle in, relax after your long flight, and join the group for an orientation discussion about the week ahead, expectations for your adventure, and an introduction to the local culture.

## DAY 02 – DRIVE TO FORTUNA AND CULTURAL PRESENTATION

Wake up early for breakfast at the hotel and head North towards La Fortuna. Your host village will share a cultural presentation including local music and dance, and some stories about the community you are collaborating with.

## DAY 03 – COMMUNITY INFRASTRUCTURE PROJECTS

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Contribute to service initiatives in the villages around La Fortuna. Split your time between morning and afternoon service sessions. Projects will vary by day and the community-initiated projects. Our team will provide you with more details about your projects closer to the date of travel; typically, you will contribute to a few projects over the course of a few days' work to see varied sides of community projects.

## DAY 04 – COMMUNITY INFRASTRUCTURE PROJECTS AND HOT SPRINGS!

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During your second day on service projects, you will jump right in and improve your technique and understanding of what the projects mean to the community. Working a full day of service, this evening the group will have a very chill and relaxing time in the natural hot springs, made from naturally heated volcanic water.

## DAY 05 – ZIPLINE THROUGH THE RAINFOREST AND HIKE IN A NATIONAL PARK!

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Get ready to zipline through the rainforest canopy! This is the most thrilling zip line in the country! After the zipline group will be hiking through the different trails of the Arenal Volcano National Park. Get really close to the lava tracks of its last eruption in 1968 and enjoy stunning views of this perfectly cone-shaped volcano. During the evening a local salsa dance instructor will join the group to teach you the basic steps of salsa, merengue, bachata and other latin dances.

## DAY 06 – RAFTING ADVENTURE!

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Get suited up, grab your paddles, and hit the rapids of the Sarapiquí river! As you raft down the river, enjoy the rich greenery and fun rapids that have earned the Sarapiquí a reputation as one of the most enjoyable whitewater in the world. After getting some rest, head out to La Fortuna to do some souvenir shopping and eat an ice cream or drink a smoothie with your friends.

## DAY 07 – CHOCOLATE TOUR AND BACK TO THE CAPITAL CITY

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Spend your last morning in La Fortuna visiting a cocoa plantation, where you will learn the history of this delicious plant, After the tour starts driving back through the rainforest and mountains to San Jose. Then join your group for a big last dinner celebration in the country's capital.

## DAY 08 – ADIOS, COSTA RICA!

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We hope the people you've met, perspectives you've gained and lessons you've learned will serve you well as you head home to use your new Spanish skills in your own community. Your Program Leaders will take you to the airport for your departure as you say goodbyes and reflect on your adventure.