



2024 Costa Rica Itinerary

University Service & Intercultural Experience

Travel Dates	11 - Day Itinerary
Day 1	<ul style="list-style-type: none"> ● Arrival San Jose Airport ● Pick up from SJO ● Transport to hotel for Rest & Relaxation ● <i>Meals Included: Dinner</i>
Day 2	<ul style="list-style-type: none"> ● Breakfast at Hotel ● Transport to Host Community ● Stop by La Paz Waterfall ● Program orientation, Host family introductions & Itinerary review ● Town orientation & Community Activity ● Lunch together ● Activity: Ziplining & Local Thermal Waters Visit ● Dinner onsite
Day 3	<ul style="list-style-type: none"> ● Breakfast at Homestay ● Community Charla: Community dynamics and local agricultural in rural Costa Rican communities ● Tamale making with community members ● Academic Enrichment with local youth: Art ● Free time ● Dinner with Homestays ● Community Night Activity
Day 4	<ul style="list-style-type: none"> ● Breakfast at Homestay ● Activity: Sarapiquí Boat Tour & Chocolate Tour ● Lunch onsite ● Academic Enrichment with youth: Literacy

Day 4 (cont.)	<ul style="list-style-type: none"> • Dinner at Homestays • Community Night Activity
Day 5 (Overnight)	<ul style="list-style-type: none"> • Breakfast at Homestay • Head to Overnight at Biological Reserve • Self-guided hiking • Lunch & Dinner onsite • Guided night jungle hike
Day 6	<ul style="list-style-type: none"> • Breakfast onsite • Biological reserve self-guided hiking • Transition to new accommodations (homestay to cabin, vice versa) • Cooking Class: Lunch • Free time • Dinner with homestays • Homestay activities
Day 7	<ul style="list-style-type: none"> • Breakfast at homestays • Activity: Waterfall hike & swim in Bajos del Toro • Lunch on site • Academic Enrichment with youth: Science • Free time • Dinner with homestays • Bonfire
Day 8	<ul style="list-style-type: none"> • Breakfast with homestays • Kayaking & swimming in extinct volcanic crater • Lunch: Cooking together • Academic Enrichment with youth: Art • Closing potluck & community night activity
Day 9	<ul style="list-style-type: none"> • Breakfast with homestays • Arenal National Park hike - two sectors • Lunch on site • Free time • Dinner with homestays • Movie Night
Day 10	<ul style="list-style-type: none"> • Breakfast with homestays • Academic Enrichment with youth: Game day & Ice Cream social • Pack up & Depart for airport • Lodging in Airport Hotel, dinner onsite
Day 11	<ul style="list-style-type: none"> • Breakfast • Morning airport departure for home!