



Studies Abroad for Global Education

Costa Rica: *Biodiversity in South Pacific*

* This Itinerary is a SAMPLE. SAGE works with each group to customize their experience, providing a variety of educational, cultural, adventure and service-based activities!

Date	Activity	Evening Location
Day 1 Arrive San Jose	Morning/Afternoon: depart for San Jose Evening: Personal welcome at the airport followed by a transfer to your historic downtown hotel for a good night's rest! Orientation to Costa Rica and its customs.	San Jose
Day 2 Arrive Osa Peninsula Biodiversity	Morning: Enjoy a short scenic 1 hour flight to Puerto Jimenez in the Osa Peninsula Afternoon: Transfer to the Neotropica Foundation, where students will participate in the educational activity, "Community and Biodiversity". Start with a guided interpretive hike to study the surrounding biodiversity and take a refreshing dip at the waterfall! Evening: Wrap up session of the day's activities and informative presentation on "Biodiversity of the Osa Peninsula".	Neotropica Foundation Osa
Day 3 Ngobe Indigenous Reserve Craft Service Project	Morning: Depart to the Ngobe Indigenous Reserve. Enjoy an interpretive hike through the private lush primary forest of the Ngobe Reserve with a Ngobe leader who will identify plants used in their community. Following hike, students will learn how to make crafts from the indigenous people using natural fibers found in the forest. Afternoon: After lunch, visit a rural high school where you will work together with the students on a community service project. Evening: Wrap up session of day's activities and informative presentation on the "History and Cultural Diversity in the Osa Peninsula".	Neotropica Foundation Osa
Day 4 Hike Corcovado National Park	Morning: Getting to Los Patos Ranger Station is as much an adventure as hiking through the rainforest. Cross rivers and enjoy the dense tropical surroundings with monkeys and birds flying overhead. Enjoy an interpretive guided hike through the primary rain forest only accessible by foot. Afternoon: Picnic and swim at the waterfall before hiking back out. Rest of the afternoon and evening free. Evening: Dinner and overnight.	Neotropica Foundation Osa
Day 5 Snorkel Cano Island	Morning: Depart by van for a 1 hour ride to Drake Bay, one of the most beautiful beaches in the Osa Peninsula. Enjoy a 45 minute boat ride to Cano Island while looking for dolphins and turtles. Time for snorkeling and observing the tropical fish with an expert guide. A guided visit to the mysterious pre-Columbian archeological site is included. Afternoon: Following lunch and depending on the tide schedule, you will have an early afternoon boat ride back to Drake Bay and the afternoon free to explore or rest. Evening: Wrap up session of the day's activity and discussion on the controversial subject of "Shark fin cutting".	Neotropica Foundation Osa



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<p>Day 6</p> <p>Wilson Botanical Garden</p>	<p>Morning: Following breakfast, enjoy a scenic 3 hour coach ride to Las Cruces Biological Station which is part of the renowned Organization for Tropical Studies (OTS) and home to Central America’s most famous tropical garden - Wilson Botanical Gardens.</p> <p>Afternoon: Enjoy a guided interpretive hike through the Wilson Botanical Gardens and marvel at the spectacular flora and fauna of the area.</p> <p>Evening: Dinner and overnight.</p>	<p>Las Cruces Biological Station</p>
<p>Day 7</p> <p>Hands-on Learning Activities and Field Research at Las Cruces</p>	<p>Morning: Students will participate in an “Eco Art” workshop and learn how to make useful crafts out of waste products. Following this, students will participate in a hands-on field research activity and learn about collection techniques. A biologist guide will teach you skills to use back at the station.</p> <p>Afternoon: “Learn by Playing” workshop where students participate in games and activities focused on environmental topics. Students will be able to apply the concepts they have learned on ecology, biodiversity, natural resources and waste management.</p> <p>Evening: Evening activity: “Who wakes up while we sleep” includes an exciting night hike to observe the nocturnal animals of the forest.</p>	<p>Las Cruces Biological Station</p>
<p>Day 8</p> <p>La Amistad Reserve</p>	<p>Morning: Relax on a scenic hour drive to La Amistad Ecologicalodge located adjacent to the newest national park. Check in and brief orientation.</p> <p>Afternoon: Tour of the grounds and learn about sustainable agriculture, organic farming and coffee plantations.</p> <p>Evening: Tonight’s delicious dinner is derived from the organic garden here.</p>	<p>Hacienda La Amistad</p>
<p>Day 9</p> <p>La Amistad Reserve</p>	<p>Morning: Depart by safari vehicle, and enjoy a full day hike into the remote areas of the reserve where you will experience and be able to compare the various eco-systems.</p> <p>Afternoon: Later return to the lodge and relax.</p> <p>Evening: Enjoy a delicious home cooked “Tico” style dinner.</p>	<p>Hacienda La Amistad</p>
<p>Day 10</p> <p>San Jose</p>	<p>Morning: After breakfast, enjoy a relaxing, scenic 6 hour bus ride back to San Jose before the fog settles in over the mountains.</p> <p>Afternoon: Stop along the way for lunch. Late afternoon arrival into San Jose. Free time to shop and explore the city.</p> <p>Evening: Farewell dinner in town.</p>	<p>San Jose</p>
<p>Day 11</p> <p>Home!</p>	<p>Morning: Transfer to the airport.</p> <p>Afternoon: Flight from San Jose to USA.</p> <p>Evening: Welcome Home!</p>	<p>Home</p>