



# Studies Abroad for Global Education

## Costa Rica: *Cultural Immersion & Wildlife Preservation*

\* 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	<b>Morning/Afternoon:</b> depart for San Jose. <b>Evening:</b> Personal VIP 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 Coffee Plantation Animal Rescue	<b>Morning:</b> Enjoy a city tour in <a href="#">San Jose</a> to see the major sights. <b>Afternoon:</b> Stop by a coffee plantation enroute to our next destination at an animal rescue reserve for injured and rehabilitated animals. Hike through the reserve and meet the animals. There typically are monkeys, sloths, kinkajous, toucans and parrots on location. <b>Evening:</b> Overnight in a typical rural Tico village near Florencia and meet your host family.	Home Stay (near Florencia)
Day 3 Spanish lesson Volunteer	<b>Morning:</b> Spanish immersion lesson at the edge of the forest in the animal reserve. (Optional daily Spanish lessons available.) <b>Afternoon:</b> Reforestation lesson and Volunteer Project at the animal sanctuary where you may help repair and build new animal facilities. <b>Evening:</b> Debriefing activity. Night in home stay.	Home Stay
Day 4 Cloud Forest Nocturnal Tour	<b>Morning:</b> Transfer to <a href="#">Monteverde</a> , home to a large Quaker settlement. <b>Afternoon:</b> Enjoy exploring the <a href="#">Cloud Forest</a> which is not a tropical rainforest but rather a cloud forest that is a cool, gray and misty world; home to giant trees, moss, ferns, bromeliads and orchids. Over 2,500 plant species, 400 species birds, 500 types of butterflies and more than 100 different mammals have been catalogued here. <b>Evening:</b> Evening hiking tour to learn about 70% of the mammal population that comes awake after dark at the <a href="#">Children's Eternal Rain Forest</a> .	Monteverde
Day 5 Canopy Tour Cheese factory	<b>Morning:</b> Visit <a href="#">Santa Elena High School Biological Reserve</a> , a project maintained by the local high school and participate in a joint volunteer project together. <b>Afternoon:</b> Lunch and visit to nearby butterfly garden, hummingbird garden, reptile house and cheese factory. <b>Evening:</b> Explore frog pond.	Monteverde
Day 6 Volunteer Frog Pond	<b>Morning:</b> Adventure in the rainforest: Hanging Bridges and Canopy Tour. <b>Afternoon:</b> Canopy Tour (Zip lining, Tarzan Swing, Rappel) gives you the opportunity to see treetop animals up close, where you walk along suspension bridges, ride along in a tram or zipline from one tree platform to another. <b>Evening:</b> Free to relax.	Monteverde



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<b>Day 7</b> <b>Volcano hike</b> <b>Wild cats</b> <b>Hot Springs</b>	<b>Morning:</b> Bus and boat ride across Lake Arenal to La Fortuna. <b>Afternoon:</b> Guided hike at the base of the <a href="#">Arenal Volcano</a> to spot wildlife and watch the lava flow. Time and day permitting, stop by a wild cat animal sanctuary. <b>Evening:</b> Relax in the hot springs.	La Fortuna
<b>Day 8</b> <b>Volunteer</b> <b>Cooking</b> <b>Salsa</b>	<b>Morning:</b> Transfer back to our home stay which is only 35 minutes away. Volunteer work at the nursery to learn about reforestation efforts. <b>Afternoon:</b> Options: Cooking/ <a href="#">Salsa Dance Class</a> /Visit to local high school. <b>Evening:</b> Host family celebration at a nearby “Rancho” where you can practice your Salsa Merengue dance steps with your Tico family and friends.	Home Stay
<b>Day 9</b> <b>Rafting</b>	<b>Morning:</b> Briefing, followed by rafting adventure. <b>Afternoon:</b> Farewell lunch at home stay. <b>Evening:</b> Transfer to <a href="#">Alejuela</a> , near the airport	Alajuela
<b>Day 10</b>	<b>Morning:</b> Transfer to the airport for your return flight home <b>Evening:</b> Welcome Home!	
<b>Day 10,11,12,13</b> <b>Manuel Antonio National Park</b>	Optional 3 day extension to <a href="#">Manuel Antonio National Park</a> located on the Pacific coast with white sand beaches, and tropical rain forests filled with lots of wildlife. Incredible snorkeling and hiking.	Manuel Antonio