

Ecotourism and Community-Based Development in Costa Rica
August 1-12, 2023

Day 1

	TBA	Meet at airport
	TBA	Depart for San Jose, Costa Rica

Day 2 (We)

	AM	Arrive in San Jose, Costa Rica & exchange money
	AM	Check into Hotel Balmoral
	10:00 am	Orientation with Ricardo Valverde, Altruvistas Tour Guide
	11:00 am	Meeting and workshop with Professor Manuel Monestel, a Calypso researcher, compiler and composer to explore this cultural aspect of the Caribbean
	1:00 -3:00 pm	<i>Lunch on your own*</i>
	3:00-5:00 pm	City Tour of San Jose highlights including the Democracy and Culture Squares, the National Museum, the Courts, Los Yoses, Hispanidad Fountain and the Rodrigo Facio Campus in the University of Costa Rica.
	5:00-6:00 pm	Break
	6:00-8:00 pm	Welcome dinner Meeting with biologist and geographer Ricardo Valverde to explore the economic and environmental problematic of Ecotourism in Costa Rica.
	8:30-9:00	Group check in – reflection on Day 1 &2
	Note: Please get luggage ready for an early leaving for Sarapiquí and Tortuguero tomorrow. In your backpack, put in only the necessary clothes and items for three days (sun lotion, mosquito repellent, camera, flashlight, waterproof shoes and a disposable raincoat). The rest of the luggage stays with the driver.	

Day 3

	6:30 am	Breakfast
	8:00 am	Leave for Tortuguero National Park through La Pavona. On the way, we will stop a coffee farm, CoopeSarapiqui. This is a fair trade coffee coop where you'll learn about cultivation, harvesting, processing and distribution of the best lowland coffee.
	11:30 pm	Lunch at CoopeSarapiqui
	1:00 pm	Boarding time at La Pavona
	3:00 pm	Check in at La Casona de Tortuguero Lodge
	4:00 pm	Tour through the tiny village of Tortuguero
	6:00-8:00 pm	Dinner & presentation by Tortuguero National Park scientists about the incredible biodiversity of the region.
	8:30-9:00 pm	Group check in – reflection on Day 3

Day 4

	5:30-8:15am	A row-boat tour through the Tortuguero canals to observe birds
	8:30am	Breakfast
	9:30-11:00 am	Visit to the See Turtles (formerly Caribbean Conservation Center) devoted to turtles rescue and conservation.
	11:30 am	<i>Lunch on your own*</i>
	12:00-5:00 pm	Community service learning project with local elementary school
	6:00 pm	Dinner & Group check in – reflection on Day 4
	8:30 pm	A guided night hike in the Tortuguero National Park (optional)

Day 5		
	7:30 am	Breakfast
	9:00 am	Leave for Limon known for its thriving Afro-Caribbean community
	12:00 pm	<i>Lunch on your own*</i>
	1:30 pm	City tour of Limon
	3:30 pm	Leave for Cahuita Village
	4:30 pm	Check in at Calateas
	5:00-7:00 pm	Break/free time
	7:30 pm	Dinner lecture by Laura Wilson, leader of local NGO for the preservation of Caribbean culture and rescue of the youth
	8:30 pm	Group check in – reflection on Day 5
Day 6		
	7:00 am	Breakfast
	8:30 am-11 am	Snorkeling (optional) (<i>lunch on your own*</i>)
	1 pm-5 pm	Ziplining
	pm	Group check in – dinner and reflection circle
Day 7		
	7:00 am	Breakfast
	8:30-1:30 pm	Community service learning project in Cahuita – Manzanillo: work with Duero Mayorga, leader of Proyecto Ara Manzanillo (Green Macaw rescue center)
	12:3 -1:30 pm	<i>Lunch on your own*</i>
	2:00-5:00 pm	A hike through the Cahuita-Puerto Vargas National Park
	5:30 –7:00 pm	Dinner Casa Calateas
	8:00 –8:30 pm	Group check in – reflection on Day 7
Day 8		
	6:30 am	Breakfast
	7:30 am	Leave for Bribri
	12:00-1:30 pm	Lunch
	2:00- 4:30 pm	Tour of Yorkin community
	5:30 pm	Dinner
	7:30 pm	Group check in – reflection on Day 8
	Note: In a backpack put in only the necessary items for 3 nights 4 days. Don't forget your camera, sun-block cream, mosquito repellent, hiking shoes, water, extra T-shirts and a hat.	
Day 9		
	8:00 am	Breakfast
	9:00-11:30 am	Experiential learning with Yorkin community
	12-1 pm	Lunch
	1:30-5pm	Lecture on Bribri history and culture; activities by Stibrawpa Women Organization
	6:00 pm	Dinner
	8:00 pm	Group check in – reflection on Day 9
Day 10		
	8:00 am	Breakfast
	9:00-11:30am	Community-service learning with Yorkin community
	12-1 pm	Lunch
	1:30-5pm	Community-service learning with Yorkin community
	5:50-7:00 pm	Dinner

	8:00 pm	Group check in – reflection on Day 10
Day 11		
	7:00 am	Breakfast
	9:00 am	Leave for San Jose
	1:00-2:30 pm	<i>Lunch on your own*</i>
	5:30 pm	Check into La Dehesa
	6:00-8:00 pm	Dinner and reflection circle
Day 12		
	5:30 am	Breakfast
	6:00 am	Check out of hotel and transfer to the airport for departure
	8:10 am	Depart from San Jose for USA
		Hasta Luego

