

## Ecotourism and Community-Based Development in Costa Rica

### May 28 – June 8, 2024

May 28: Day 1 (Tu)		
	<b>Afternoon/evening Meet at SJO</b>	Depart from SFO for San Jose, Costa Rica - United (via Los Angeles)
May 29: Day 2 (We)		
	AM	Arrive in San Jose, Costa Rica & exchange money
	11:00 am	Check into Hotel Balmoral
	12:00-2:00 pm	<b><i>Lunch on your own*</i></b>
	2:00-4:00pm	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.
	4:30-5:30 pm	Meeting and workshop with Professor Manuel Monestel, a Calypso researcher, compiler, and composer to explore this cultural aspect of the Caribbean.
	6:00-8:00 pm	Welcome dinner Meeting with biologist and geographer Ricardo Valverde to explore the economic and environmental problems of Ecotourism in Costa Rica.
	8:00 pm	Free time
May 30: Day 3 (Th)		
	6:30 am	Breakfast
	8:00 am	Leave for Tortuguero National Park through La Pavona. On the way, we will stop at a coffee farm, CoopeSarapiqui. This is a fair-trade coffee coop where you'll learn about the 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	Dinner & presentation by Tortuguero National Park scientists about the incredible biodiversity of the region.
	8:00 pm	Free time
May 31: Day 4 (Fr)		
	5:30-8:15 am	A row-boat tour through the Tortuguero canals to observe birds
	8:30 am	Breakfast
	9:30 am -11:00pm	Visit the See Turtles (formerly Caribbean Conservation Center) devoted to turtles rescue and conservation.
	11:30 am	<b><i>Lunch on your own*</i></b>
	12:00-5:00pm	Community service-learning project with local elementary school
	6:00pm	Dinner & Group check-in
	8:30 pm	A guided night hike in the Tortuguero National Park (optional)
June 1: Day 5 (Sa)		
	7:30 am	Breakfast
	9:00 am	Leave for Limon known for its thriving Afro-Caribbean community
	12:00 pm	<b><i>Lunch on your own*</i></b>
	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
	8:00 pm	Free time
<b>June 2: Day 6 (Su)</b>		
	7:00 am	Breakfast
	9:00am-8pm	Snorkeling, sea kayaking (optional) ( <i>lunch and dinner on you *</i> )
<b>June 3: Day 7 (Mo)</b>		
	7:00 am	Breakfast
	9:00-12:30pm	Community service-learning project in Cahuita - Manzanillo: work with Duero Mayorga, leader of Proyecto Ara Manzanillo (Green Macaw rescue center)
	12:30-1:30pm	<b><i>Lunch on your own*</i></b>
	2:00-5:00pm	A hike through the Cahuita-Puerto Vargas National Park
	5:30 – 7:00pm	Dinner Casa Calateas
	8:00 pm	Free time
<b>June 4: Day 8 (Tu)</b>		
	6:30 am	Breakfast
	7:30 am	Leave for Bribri Indigenous Community in Yorkin
	12:00-1:30 pm	Lunch
	2:00- 4:30 pm	Tour of Yorkin community
	5:30 pm	Dinner
	7:00 pm	Free time
<b>June 5: Day 9 (We)</b>		
	8:00 am	Breakfast
	9:00-11:30am	Experiential learning with Yorkin community
	12-1 pm	Lunch
	1:30-3pm	Lecture on Bribri history and culture; activities by Stibrawpa Women Organization
	3:0-5:00 pm	Bow & arrow demonstration & roof building workshop
	5:30pm	Dinner
	7:00pm	Free time
<b>June 6: Day 10 (Th)</b>		
	8:00 am	Breakfast
	9:00-12:30 pm	Hike to waterfalls
	1-2 pm	Lunch
	3-5pm	Cacao production demonstration
	5:50-7:00	Dinner
	8:00pm	Free time
<b>June 7: Day 11 (Fr)</b>		
	7:00 am	Breakfast
	9:00 am	Leave for San Jose
	1:00-2:30 pm	<b><i>Lunch on your own*</i></b>
	6:00-8:00pm	Dinner
	8 pm	Free time (pack)
<b>June 8: Day 12 (Sa)</b>		
	am	Breakfast
	am	Check out of the hotel and transfer to the airport for departure
	am	Depart from San Jose for SJO