

## Ecotourism and Community-Based Development in Costa Rica June 11- 24, 2025

<b>June 10: Day 0</b>		
	<b>Afternoon/evening Meet at SJO</b>	Depart from SFO for San Jose, Costa Rica - United (via Los Angeles)
<b>June 11: Day 1</b>		
	AM	Arrive in San Jose, Costa Rica & exchange money
	11:00 am	Check into Hotel Balmoral
	12:00-2:00 pm	Lunch
	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.
	8:30-9:00	Group check-in – reflection on Day 1 & 2
<b>June 12: Day 2</b>		
	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.
	8:30-9:00	Group check-in – reflection
<b>June 13: Day 3</b>		
	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 – reflection on Day 4
	8:30 pm	A guided night hike in the Tortuguero National Park (optional)
<b>June 14: Day 4</b>		
	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
	8:30 pm	Group check-in – reflection on Day 5
<b>June 15: Day 5</b>		
	7:00 am	Breakfast
	9:00am-8pm	This day is free for ecotourism activities. You may snorkel, rest an journal, or sea kayak (optional fees may apply) <b><i>lunch and dinner on your *</i></b>
<b>June 16: Day 6</b>		
	7:00 am	Breakfast
	9:00-12:30pm	Service learning & Exchange in Cahuita! TBA
	12:30-1:30pm	Lunch
	2:00-5:00pm	Community exchange
	6:00pm	Dinner
<b>June 17: Day 7</b>		
	7:00 am	Breakfast
	9:00-12:30pm	Visit to the Sloth Sanctuary .
	12:30-1:30pm	Lunch
	2:00-5:00pm	Community exchange at a local farm.
	6:00pm	Dinner
<b>June 18: Day 8</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 –8:30 pm	Group check-in – reflection on Day 5
<b>June 19: Day 9</b>		
	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
<b>June 20: Day 10</b>		
	8:00 am	Breakfast
	9:00-11:30am	Experiential learning with Yorkin community
	12-1 pm	Lunch
	1:30-5pm	Lecture on Bribri history and culture; activities by Stibrawpa Women Organization
	6:00pm	Dinner
	8:00pm	Group check-in – reflection on Day 9
<b>June 21: Day 11</b>		
	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	Dinner
	8:00pm	Group check-in – reflection
<b>June 22: Day 12</b>		
	7:00 am	Breakfast & leave the Yorkin
	9:00-12:30pm	Leave for the Monteverde Cloud Forest & Biological Reserve.
	12:30-1:30pm	Lunch
	2:00-5:00pm	Hike the forest & exchange with a local scientist from the Tropical Science Center.
	6:00pm	Check into the lodge & Dinner.
<b>June 23: Day 13</b>		
	7:00 am	Breakfast
	9:00 am	Ecotourism activities in Park . We leave at 11 am to return to San jose.
	1:00-2:00 pm	<b><i>Lunch on your own*</i></b>
	4:00pm	Check in to our hotel.
	6:00-8:00pm	Farewell Dinner and Reflection Circle
<b>June 24: Day 14</b>		
	am	Breakfast
	am	Check out of the hotel and transfer to the airport for departure
	am	Depart from San Jose for SJO