



Please note that this itinerary is subject to change

# JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2	3
	4	5	6	7	8	9	10
					<b>Leave USA</b> Central Valley Arrive San Jose Meet Host Families Orientation - 3 pm Walking Tour SB Welcome Dinner	<b>Meet at School:</b> Central Valley 9am Tour of Santa Barbara and Heredia 2 pm - Explore School 1st L & C Class Intro to Costa Rica	<b>Day Field Trip:</b> Central Valley <b>Morning:</b> InBio <b>Afternoon:</b> Café Britt Evening Lecture Ecology Geology and Weather
	11	12	13	14	15	16	17
<b>WEEK 1</b>	<b>Overnight Field Trip:</b> <b>Cloud Forest</b> Poas Volcano LaPaz Drive to La Selva Evening Free <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Caribbean Rain Forest</b> Sarapiqui River Boat Tour Afternoon Free Evening Hike La Selva <i>Stay the night</i>	<i>Return to Santa Barbara</i> <b>Caribbean Rain Forest</b> La Selva Morning Hike After Lunch 2 hours freetime Return to Santa Barbara Evening Free	<b>Meet at School:</b> Central Valley <b>10:00 AM</b> <b>Tropical Fruits Class</b> <b>2 pm Dance Class</b> <b>Early Evening Lecture</b> <b>CR Insects - night hike</b>	<b>Optional Day Trip:</b> <b>FREE DAY</b> <b>or Optional Trip</b> Canopy Tour San Jsse de la Montana <b>Cost: \$55</b> <b>or Volunteer</b>	<b>Overnight Field Trip:</b> <b>Caribbean Rain Forest</b> Tortuguero Afternoon Free Night Hike <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Caribbean Rain Forest</b> Tortuguero Morning Boat Tour Afternoon Beach Tour <i>Stay the night</i>
	18	19	20	21	22	23	24
<b>WEEK 2</b>	<b>Overnight Field Trip:</b> <b>Caribbean Rain Forest</b> Tortuguero Morning Long-Hike Afternoon Free <i>Stay the night</i>	<i>Return to Santa Barbara</i> <b>Caribbean Rain Forest</b> 9:00 AM Leave Tortuguero Evening Free	<b>Meet at School:</b> Central Valley <b>10:00 AM</b> <b>L &amp; C Class</b> <b>Ecotourism</b> <b>2 pm Dance Class</b> <b>Evening Free</b>	<b>Optional Day Trip:</b> <b>FREE DAY</b> <b>or Optional Trip</b> White Water Rafting Canopy Tour <b>Cost: \$115</b> <b>or Volunteer</b>	<b>Day Field Trip:</b> <b>Pacific Rain Forest</b> Carara National Park Crocodile Safari Boat Ride Travel to Ensenada Night Driving <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Pacific Dry Forest</b> Morning Island Boat Ride Afternoon Ensanada Area Night Driving <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Pacific Dry Forest</b> Morning Hike Palo Verde National Park Return to Ensenada Nightdriving <i>Stay the night</i>
	25	26	27	28	29	30	31
<b>WEEK 3</b>	<i>Return to Santa Barbara</i> <b>FREE DAY</b> <b>Optional Trips</b> Isla Tortuga - Boat/Beach <b>Cost: \$\$\$\$</b> or Carara National Park <b>Cost: \$10</b>	<b>Meet at School:</b> Central Valley <b>10:00 AM</b> <b>L &amp; C Class</b> <b>Agriculture and Ind.</b> <b>2 pm Dance Class</b> <b>Evening Free</b>	<b>Optional Day Trip:</b> <b>FREE DAY</b> <b>or Optional Trip</b> Rain Forest Aerial Tram Braulio Carrillo National Park <b>Cost: \$\$\$</b> <b>or Volunteer</b>	<b>Overnight Field Trip:</b> <b>Cloud Forest</b> Monte Verde Cloud Forest U of G Facilities <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Cloud Forest</b> Monte Verde Cloud Forest U of G Facilities Optional Zip-lining <i>Stay the night</i>	<b>Overnight Field Trip:</b> <b>Caribbean Rain Forest</b> Arenal Lake Arenal Volcano Baldi Hot Springs <i>Stay the night</i>	<i>Return to Santa Barbara</i> <b>Caribbean Rain Forest</b> Volcano Hike La Fortuna Return to Santa Barbara
	1	2	3	4	5	6	7
<b>WEEK 4</b>	<b>Final Day w/ Host Family</b> <b>Central Valley</b> Pack for Home 5:00PM Farewell Dinner	Return Home 					

# FEBRUARY