

# Senior Program 8 Days in Costa Rica Description of activities



## Projecto Asis Wildlife Rescue Center

Help take care of the wild animals by feeding them, assisting in cleaning, repairing or building their enclosures.

Projecto Asis has become a haven for wild rescued animals unable to release back into the wild.



## Orphanage

Volunteer at a local orphanage for children who have been abandoned, example: play games, read stories, help with homework, and improve the orphanage's buildings.

A wonderful experience full of love!



## Elementary rural school

Share, play and learn with local children. Improve the schools' building and gardens.

Have the desire of sharing with children who are longing to know about the volunteer's country and language.



## Host Family

Staying with a host family is a wonderful cultural and educational experience. Get involved into the family culture and traditions.

Live a natural home setting with the hospitality for which Costa Ricans are famous.



## Full day of adventure

Start counting the minutes to enjoy of the pure adrenaline activities! See the rainforest from a new perspective in **Canopy**, walk through a private reserve at the base of Central America's most active volcano hiking on the **Arenal Volcano National Park**, and be able to relax and enjoy the local **Hot Springs** and the magnificent view of the volcano.

# Senior Program

## 8 Days in Costa Rica

### Itinerary



DAY	TIME	ACTIVITIES	WHERE	MEALS
1	Morning	Arrive to Costa Rica	San José International Airport (SJO)	Stop for Lunch (Included)
	Afternoon	Transfer to Proyecto Asis Wildlife Rescue Center: Introduction Meeting with Host Family	Javillos (Arenal Area)	Dinner (Host Family)
2	Morning	Volunteer work	Proyecto Asis	Breakfast, Lunch, Dinner (Host Family)
	Afternoon			
3	Morning	Visit & volunteer work: Local School	Javillos (Arenal Area)	Breakfast, Lunch, Dinner (Host Family)
	Afternoon	Free time to enjoy with the Host Family		
4	Morning	Volunteer work	Proyecto Asis	Breakfast, Lunch, Dinner (Host Family)
	Afternoon			
5	Morning	Adventure Activities: <i>Zip line canopy tour</i>	La Fortuna (Arenal Area)	Breakfast (Host Family)
	Afternoon	Time for shopping Adventure Activities: <i>Arenal Volcano hike &amp; Hot Springs</i>		Lunch & Dinner (La Fortuna, included)
6	Morning	Visit & volunteer work: Orphanage	La Fortuna (Arenal Area)	Breakfast & Dinner (Host Family)
	Afternoon	Free time to enjoy Fortuna Town		Lunch (Orphanage)
7	Morning	Volunteer work	Proyecto Asis)	Breakfast & Lunch (Host Family)
	Afternoon	Transfer to: Hotel (near to the airport)	Alajuela	Dinner ( <i>No included</i> )
8	Morning	Transfer to Airport and departure to USA	San José International Airport (SJO)	Breakfast: Hotel (Included)

## **Senior Program** **8 Days in Costa Rica** **Trip information**



**Available date:** All around the year

**What it includes:**

- Accommodations based in triples
- Private in - country transportation
- Meals as indicated in the itinerary
- Activity and entrance fees
- 24/7 Support

**What it does not include:**

- Travel Insurances  
(Highly recommended a travel insurance)
- Exit taxes
- Flight tickets

**Price:**

-\$1150

Insurance: All our local providers as transportation, canopy tour, etc. are officially certificate by the Costa Rican government and have insurances.