

# University Program

## 11 Days in Costa Rica

### Description of activities



#### Proyecto Asis Wildlife Rescue Center

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

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



#### Sea Turtle Project

You will have the opportunity to learn about the ecology and conservation of sea turtles, in order to help these animals which come to nest by the seashore.

Awesome! This project will be in a place ranked as the 4th place in turtle nesting around the world.



#### 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.

# University Program

## 11 Days in Costa Rica

### Itinerary



| DAY | TIME      | ACTIVITIES                                                                      | WHERE                                | MEALS                                              |
|-----|-----------|---------------------------------------------------------------------------------|--------------------------------------|----------------------------------------------------|
| 1   | Morning   | Arrive to Costa Rica.                                                           | San José International Airport (SJO) | Lunch <i>(Not included)</i>                        |
|     | Noon      | Transfer to Hotel                                                               | Alajuela                             | Dinner (Included)                                  |
| 2   | Morning   | Transfer to: Sea Turtle Project                                                 | Caribbean Area                       | Lunch on the way (Included)                        |
|     | Afternoon | Arrive, welcome and introduction about the project.                             | Sea Turtle Project                   | Dinner (Project)                                   |
| 3   | Morning   | Volunteer activities                                                            | Sea Turtle Project                   | Breakfast, Lunch, Dinner (Project)                 |
|     | Afternoon | Volunteer activities and beach patrol *                                         |                                      |                                                    |
| 4   | Morning   | Volunteer activities                                                            | Sea Turtle Project                   | Breakfast, Lunch, Dinner (Project)                 |
|     | Afternoon | Volunteer activities and beach patrol *                                         |                                      |                                                    |
| 5   | Morning   | Departure to: Proyecto Asis. Wild Animal Rescue Center.                         | Javillos (Arenal Area)               | Breakfast (Project)<br>Lunch on the way (Included) |
|     | Afternoon | Arrive, welcome and introduction about the project.<br>Meeting with Host Family |                                      | Dinner (Host Family)                               |
| 6   | Morning   | Volunteer activities                                                            | Proyecto Asis                        | Breakfast, Lunch, Dinner (Host Family)             |
|     | Afternoon |                                                                                 |                                      |                                                    |
| 7   | Morning   | Volunteer activities                                                            | Proyecto Asis                        | Breakfast, Lunch, Dinner (Host Family)             |
|     | Afternoon |                                                                                 |                                      |                                                    |

# University Program

## 11 Days in Costa Rica

### Itinerary



| DAY | TIME      | ACTIVITIES                                                                                 | WHERE                                   | MEALS                                                                |
|-----|-----------|--------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------|
| 8   | Morning   | Departure to: La Fortuna<br>Adventure Activities:<br><i>Zip line canopy tour</i>           | La Fortuna<br>(Arenal Area)             | Breakfast (Host Family)                                              |
|     | Afternoon | Time for shopping<br>Adventure Activities:<br><i>Arenal Volcano hike &amp; Hot Springs</i> |                                         | Lunch & Dinner<br>(included, La Fortuna)                             |
| 9   | Morning   | Visit & Volunteer Orphanage                                                                | La Fortuna<br>(Arenal Area)             | Breakfast & Dinner<br>(Host Family)                                  |
|     | Afternoon | Free time to enjoy La Fortuna                                                              |                                         | Lunch (Orphanage,<br>included)                                       |
| 10  | Morning   | Visit & Volunteer: Local School                                                            | Santa Clara area                        | Breakfast (Host Family)<br>Lunch (Colegio<br>Agropecuario, included) |
|     | Afternoon | Transfer to Hotel<br>(near to the airport)                                                 | Alajuela                                | Dinner ( <i>not included</i> )                                       |
| 11  | Morning   | Transfer to Airport and departure<br>to USA                                                | San José International<br>Airport (SJO) | Breakfast: Hotel<br>(Included)                                       |

### ***Trip information***

**Group size:** Minimum group size is 10 participants

**Available date:** This trip is available March through mid July (during the turtle nesting and hatching seasons)

**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

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

**Price per participant: \$1450.**

**Free Travel for Trip Leaders:** With 10 participants a trip leader travels free.

PROYECTO ASIS PARA EL DESARROLLO HUMANO S.A.  
Cédula Jurídica 3-101-234547  
Tel. (506) 2475-9121 | Fax. (506) 2475-6696  
[www.volunteeringcostarica.com](http://www.volunteeringcostarica.com) | [info@institutoasis.com](mailto:info@institutoasis.com)  
P.O.Box: 117- 4400 Ciudad Quesada - Costa Rica