



Proyecto Asís

10 Days in Costa Rica 2008

Day 1

Arrive and transfer to the hotel in Alajuela (breakfast included).

Day 2

Morning: Leave Alajuela and enjoy the beautiful scenic ride through the mountains. Welcome and brief orientation to Proyecto Asís. Transfer to host families, where you will begin your cultural immersion.

Afternoon: Introductory Spanish class to help enhance your vocabulary. Afterwards enrich your cultural experience here in Costa Rica by taking advantage of a Salsa class that is offered here on site.



Day 3

Morning: Depart to BEN (Bosque Eterno de Los Niños / Children's Eternal Rainforest).

Afternoon: Lunch is provided at the ranger's station and then there is an introduction to BEN. Remember to bring your bathing suit so that you can take a dip in the lake!

Evening: Return to Proyecto Asís.

Day 4

Morning: La Pechuga River – a local swimming spot that is popular with the Ticos. Enjoy the river and tranquility of the countryside. Pack a lunch and have a picnic or bring a book and relax.

Afternoon: Free time. You can choose to spend time with your host family, leisurely read or relax here at Proyecto Asís, watch a local soccer game, or be adventurous and take a local bus and explore nearby towns like Ciudad Quesada or La Fortuna.

Evening: Spend time with your host family and experience the Tico way of life.

Day 5

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Afternoon: Canopy tour. See the rainforest from a new perspective, from a bird's eye view! Canopy tours offer an adventurous alternative to ecological exploration by soaring from tree to tree in the rainforest.

Evening: Spend time with your host family. Remember to bring pictures and share your world with your Tico family.

Day 6

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Afternoon: Liquid lava tour – Arenal Volcano Hike & Hot Spring: Guided walk through a private reserve at the base of Central America's most active volcano, where you can see wildlife in its most natural habitat. On clear nights you can witness the lava flow.

Evening: Afterwards you will be able to relax and enjoy the local hot springs and the magnificent view of the volcano. Dinner is in the town of La Fortuna.

Day 7

Morning: Volunteer at Proyecto Asís from 8 to 12pm.

Afternoon: Rafting tour – A great way to cool off after working hard! This tour is a great combination of adventure and relaxation with its rolling rapids and tranquil river pools.

Evening: Meet at Asís to review and reflect upon your experience here in Costa Rica.

Day 8

Morning: Visit a local school and market in Ciudad Quesada.

Afternoon: Eat lunch in Ciudad Quesada and afterwards visit Amureci, where banana paper and other handicrafts are made.

Evening: Pack

Day 9

Morning: Farewells to your host families and set out for Alajuela.

Afternoon: Stop at La Paz Waterfall Garden, where you will complete your Costa Rican experience by not only seeing five breath-taking waterfalls, but also by interacting with nature in La Paz's various wildlife exhibits.

Evening: Stay the night in a hotel in Alajuela.

Day 10

Fly home.

Notes:

After 10 participants, the tour leader travel free.

Home stay includes laundry service, meals and room.

Net fee: \$1150 per person

Proyecto Asís

Spanish School and Volunteer Center

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Costa Rica