

## Costa Rica Itinerary

**Day 1:** We will be leaving camp bright and early. With counselors from camp, we will fly Continental non-stop to San Jose, Costa Rica. Upon arrival at the San Jose airport, a Rustic Pathways staff member will greet our group. From here, we will head over to our hotel in Fortuna where we will have a welcome dinner and a detailed orientation of what to expect over the coming weeks.

**Day 2:** We will spend the morning relaxing at the Arenal Hot Springs. The local active volcano naturally heats these waters. In the afternoon we will be going on a zip-line tour above the canopy of the rainforest. In the evening we will start our programming for the camp we will be starting.

**Day 3 :** Today we will be spending the day rafting the Pacure river. The Pacuare is considered one of the most beautiful rivers to raft in the world due to the lush greenery, the narrow canyons and above all, the exciting class III and IV rapids. This will be a perfect chance for the campers to solidify their bonds as friends and teammates and prepare us for the big adventure that is still to come – leading a camp for Costa Rican children. After the day on the river, its time to head back to the hotel and get ready for some serious planning and preparation!

**Day 4 :** After breakfast we will be traveling to our base camp, La Catalina, which is a hotel/nature preserve dedicated exclusively to us for the time we're there! After checking in and getting comfortable, we will participate in intensive training sessions which will give us strategies and ideas for working together and turning our ideas into a real summer camp for Costa Rican children. We will then spend the afternoon working to plan the agenda for the next week and creating the itinerary and activities that will make this summer camp a success!

**Day 5:** Today will start a short visit to the town of Turrialba. Here we will get a chance to visit a local school and you will have your first experience working with children in a nearby village. We will continue our planning for the camp and practicing our Spanish. Remember the children do not speak English, so we will have to practice breaking the language barrier.

**Day 6 through Day 12:** The next seven days will be a dream come true for the Costa Rican children joining what for some may be their first ever “summer camp.” Wake up early and have breakfast with your fellow counselors, before receiving the Tico kids every day at around 8:30am. Spend the day with the children, running various games and activities, coordinating lunch and snack times, and then saying goodbye to them at around 4:00pm each afternoon. On some days, after the camp, we will have the chance to participate in different activities in the La Fortuna area. In the evenings, the group will evaluate the day and prepare for the next one. Eat dinner together and enjoy a relaxing evening. On the final day there will be a chance to meet the parents and have a barbeque to celebrate the accomplishments of the week.

**Day 13:** After fun filled, challenging week of running a summer camp for Costa Rican children, we will take off for the beautiful and peaceful beaches of the Costa Rican Pacific. The next few days will give everyone a chance to enjoy the down time.

**Day 14:** In the morning we will be kayaking the Mangroves of the Pacific. The afternoon will consist of downtime at the beach where you can take a surf lesson or throw around a Frisbee.

**Day 15:** Today we will be exploring the natural wonders of Manuel Antonio National Park. We will see Howler and Spider Monkeys, Sloths and many amazing sites in this beautiful coastal rainforest preserve. In the evening we will celebrate all of our achievements at our final banquet.

**Day 16:** Time to say goodbye to Costa Rica and enjoy the upcoming excitement in store for us at camp.

### **Information about Vaccinations**

We have been getting many questions about vaccinations for the trip. We cannot give any recommendations except to check with your Pediatrician.

You could go onto the Center for Disease Control website which is <http://wwwn.cdc.gov/travel/destinations/costa-rica.aspx>

The Regions of the country we will be traveling in are

North Alajuela  
Heredia  
Puntarenas  
Alajuela