

**Day 1** **Friday, May 15** **San José - San Ramón de Alajuela**

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- Depart for San José, Costa Rica (airfare not included)
- Arrive at Juan Santamaría International Airport San José (SJO)
- Transportation by private bus from the airport to your hotel in San Ramón de Alajuela
- 7 nights in twin or triple rooms with private bathrooms incl. breakfast at a 3-star hotel in San Ramón de Alajuela
- Welcome dinner at a restaurant in San Ramón de Alajuela to kick off the program

**Day 2** **Saturday, May 16** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Orientation session by your on-site coordinator at the hotel
- Guided walking tour of San Ramón de Alajuela. Exploring this interesting city will provide insight as to why so many important literary and political figures of Costa Rica have chosen San Ramón as their home at one time or another. For this reason, it is referred to as 'the city of presidents and poets'. The tour includes a visit to a traditional market (la feria).
- Group lunch at a restaurant in San Ramón de Alajuela
- Transportation by private bus in the afternoon
- Visit to the reserve Las Musas for a guided hike. Las Musas is a collection of five different waterfalls. During the hike, you will also have the possibility to swim.

**Day 3** **Sunday, May 17** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Zip-lining tour to enjoy the flora and fauna of the environment from a different perspective
- Visit to a lagoon to fish your own lunch
- Visit to a traditional sugar cane plantation

**Day 4** **Monday, May 18** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Transportation by private bus during the day
- 4-hour Spanish language session to get an introduction to the language
- Group lunch at a restaurant in San Ramón de Alajuela
- Community service at a project working with handicapped individuals

**Day 5** **Tuesday, May 19** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Visit to a clinic that deals with chronic pain patients and does research on cancer
- Group lunch at a restaurant in San Ramón de Alajuela
- Visit to an assisted care facility incl. a talk on various conditions affecting senior citizens in Costa Rica

**Day 6** **Wednesday, May 20** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Visit to Samgar family clinic to learn about their work
- Visit to a local clinic incl. a short lecture on the Costa Rican health system, which has some of the best healthcare in Latin America

**Day 7** **Thursday, May 21** **San Ramón de Alajuela**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Visit to a low-income community center for volunteer work with children and renovation tasks
- Lunch at the project

**Day 8** **Friday, May 22** **San Ramón de Alajuela - Manuel Antonio**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Salsa dance lesson
- Group lunch at a local restaurant
- 2 nights in twin, triple or quadruple rooms with private bathrooms incl. breakfast at a 3-star hotel in Manuel Antonio

**Day 9** **Saturday, May 23** **Manuel Antonio**

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- Breakfast at the hotel
- Transportation by private bus during the day
- Visit to the Manuel Antonio National Park which is often considered among the most biodiverse parks in the world. Spanning several natural habitats, this gem boasts more than 109 different species of mammals and 184 species of birds.
- Free afternoon to explore Manuel Antonio Beach

**Day 10** **Sunday, May 24** **Manuel Antonio - San Ramón de Alajuela**

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- Breakfast at the hotel
- Free morning to enjoy Manuel Antonio Beach
- Transportation by private bus to San Ramón de Alajuela
- 1 night in twin or triple rooms with private bathrooms incl. breakfast at a 3-star hotel in San Ramón de Alajuela
- Farewell dinner at a restaurant in San Ramón de Alajuela to wrap up the program

**Day 11** **Monday, May 25** **San Ramón de Alajuela - San José**

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- Breakfast at the hotel
- Transportation by private bus from the hotel to the airport in San José
- Departure from Juan Santamaría International Airport San José (SJO) to the USA (airfare not included)