



## ITINERARY FOR CITRUS COLLEGE COSTA RICA

*Jan 12 to Feb 7, 2020*

*The following itinerary is just a suggestion as to the order of events and cannot be confirmed at this stage. After discussion with the faculty this can be rearranged.*

### **Sun, Jan 12 – Arrival in Costa Rica**

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Optional group flight arrives in San José. Meet AIFS staff at the airport and transfer to local hotel for the first evening. You'll be staying at:

*Hotel Boutique Jade*

*Address: 250 metros Norte de Grupo Q, Barrio Dent. Los Yoses, San Pedro*

*San Jose, Costa Rica*

Night in San José

### **Mon, Jan 13 – AIFS Orientation Session & San José City Tour**

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7:00 Breakfast at hotel (included)

9:00 AIFS Orientation session.

12:00 Take the public bus to San José downtown for lunch and City Tour

12:30 Welcome lunch (included)

1:30 Sightseeing tour of San José with a professional guide

4:00 Return to the hotel

Night in San José

### **Tues, Jan 14 – Museum of Popular Culture and Heredia**

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7:00 Breakfast at hotel (included)

8:30 Transfer to Heredia

9:30 Visit to the Museum of Popular Culture

12:00 Lunch break (not included)

1:00 Visit the local market of Heredia and historical landmarks

3:30 Return to the hotel

Night in San José

### **Wed, Jan 15 – San José & Tortuguero**

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6:30 Depart for Tortuguero

8:00 Stop for breakfast at Rest. Selva Tropical (included)

10:45 Arrive at La Pavona port to take the boat

11:00 Boat transfer to hotel

12:30 Arrival at Laguna Lodge, check-in

12:45 Lunch at hotel (included)

3:00 Tortuguero village visit

5:00 Return to hotel

7:00 Dinner at hotel (included)

Night in Tortuguero

### **Thurs, Jan 16 – Tortuguero**

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- 7:00 Breakfast at hotel (included)
  - 8:30 Tortuguero National Park - Boat tour of canals
  - 12:30 Lunch at hotel (included)
  - 3:00 Free time. Optional activities (not included): Frog Pond and Botanical Garden. Kayaking
  - 7:00 Dinner at hotel (included)
- Night in Tortuguero

### **Fri, Jan 17 – Tortuguero & Sarapiquí**

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- 7:00 Breakfast at hotel (included)
  - 9:00 Depart Tortuguero for San José. Transfer by boat to La Pavona port
  - 10:45 Arrive at La Pavona port
  - 11:00 Transfer to Selva Tropical in Guápiles
  - 12:30 Lunch at Rest. Selva Tropical (included)
  - 1:30 Depart to La Selva Biological Station, Sarapiquí
  - 2:30 Arrive in La Selva
  - 3:00 Lecture “Natural History of La Selva” by on-site staff
  - 6:00 Dinner
  - 7:00 Night hike (2 hours). BRING CLOSED SHOES and FLASHLIGHT
- Night in Sarapiquí

### **Sat, Jan 18 – Sarapiquí & San José**

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- 7:00 Breakfast at lodge (included)
  - 8:00 Workshop at the reserve on “Trees and Carbon”
  - 12:00 Lunch at lodge (included)
  - 1:00 Transfer to San José
  - 3:00 Check in with your host family
- Dinner with the homestay family  
Night in San José

### **Sun, Jan 19 – Optional Excursion: Pacuare River White Water Rafting**

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This day your host family will teach you how to take the public bus from your homestay to/from the AIFS Study Center (CRLA).

*Optional day excursion to go white water rafting at Pacuare River*

- 6:30 Meet at AIFS Study Center. Your host family will show you how to get there
- 5:30 Approximate return time to the AIFS Study Center. Your host family will take you back home to show you how to return

***This tour includes:*** transportation, bilingual guide (English/Spanish), breakfast and lunch along the river

***What to bring:*** camera, water shoes, sunscreen, towel, towel, extra clothing

Dinner with the homestay family

Night in San José

### **Mon, Jan 20 – Class at AIFS Study Center**

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- 7:30 Take the public bus to AIFS Study Center
- 9:00 Class at AIFS Study Center
- 12:15 Lunch break

1:00 Class at AIFS Study Center  
4:15 Class ends  
Dinner with the homestay family  
Night in San José

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**Tues, Jan 21 – Class at AIFS Study Center**

7:30 Take the public bus to AIFS Study Center  
9:00 Class at AIFS Study Center  
12:15 Lunch break  
1:00 Class at AIFS Study Center  
4:15 Class ends  
Dinner with the homestay family  
Night in San José

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**Wed, Jan 22 – Class at AIFS Study Center**

7:30 Take the public bus to AIFS Study Center  
9:00 Class at AIFS Study Center  
12:00 Lunch break  
1:00 Class at AIFS Study Center  
4:00 Class ends  
Dinner with the homestay family  
Night in San José

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**Thurs, Jan 23 – Class at AIFS Study Center**

7:30 Take the public bus to AIFS Study Center  
9:00 Class at AIFS Study Center  
12:15 Lunch break  
1:00 Class at AIFS Study Center  
4:15 Class ends  
Dinner with the homestay family  
Night in San José

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**Fri, Jan 24 – Class at AIFS Study Center & National History Museum**

7:30 Take the public bus to AIFS Study Center.  
9:00 Class at AIFS AIFS Study Center  
12:00 Lunch break  
1:00 Visit the National History Museum  
4:00 Return to AIFS Study Center  
Eve Dinner with the homestay family

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**Sat, Jan 25 – Weekend Excursion: Arenal Volcano**

6:30 Meet at AIFS Study Center  
8:30 Arrive in Parque San Luis – Zipline & Lunch  
1:00 Depart to La Fortuna, Arenal  
2:30 Arrive in Baldi Hot Springs (entrance included)  
6:00 Dinner at Baldi's restaurant (included)  
9:00 Transfer to the hotel and check in

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**Sun, Jan 26 – Weekend Excursion: Arenal Volcano**

7:00 Breakfast at the hotel restaurant (included)  
8:00 Transfer and visit La Fortuna Waterfall

- 10:00 Back to the hotel and get ready
- 11:00 Depart to Sarchí
- 1:30 Arrive in Sarchí. Lunch (not included)
- 2:30 Visit the Oxcart Factory
- 3:30 Transfer to San José
- 5:30 Approximate return time to AIFS Study Center

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#### **Mon, Jan 27 – Class at AIFS Study Center & Universidad Hispanoamericana (UH)**

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- 7:30 Take the public bus to AIFS Study Center.
- 9:00 Class at AIFS Study Center
- 12:00 Lunch break
- 1:00 Transfer to Universidad Hispanoamericana for lecture
- 1:30 Lecture: Health care in Costa Rica
- 3:00 Return to AIFS Study Center
- Eve Dinner with the homestay family

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#### **Tues, Jan 28 – Class at AIFS Study Center**

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- 7:30 Take the public bus to AIFS Study Center
- 9:00 Class at AIFS Study Center
- 12:15 Lunch break
- 1:00 Class at AIFS Study Center
- 4:15 Class ends
- Dinner with the homestay family.
- Night in San José

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#### **Wed, Jan 29 – volunteer project at CRHF**

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- 7:00 Breakfast at hotel (included)
- 7:30 Meet at the AIFS Study Center. Transfer to La Carpio community.
- 8:15 Presentation of Costa Rican Humanitarian Foundation (CRHF)
- 9:30 Work with the children from La Libertad. It will be learning activities in circle, including chants, reading, didactic materials, recess and snacks.
- 12:00 Lunch (included)
- 1:00 Continue with CRHF and visit La Carpio community and meet residents and women of the community.
- 3:30 Theatre performance by the ladies of the community
- 4:00 End of the visit. Return to AIFS Study Center.
- Dinner with the homestay family.
- Night in San José

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#### **Thurs, Jan 30 – Class at AIFS Study Center**

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- 7:30 Take the public bus to AIFS Study Center
- 9:00 Class at AIFS Study Center
- 12:00 Lunch break
- 1:00 Class at AIFS Study Center
- 4:00 Tropical Fruit class
- Dinner with the homestay family.
- Night in San José

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#### **Fri, Jan 31 – Class at AIFS Study Center**

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- 7:30 Take the public bus to AIFS Study Center

9:00 Class at AIFS Study Center  
12:15 Lunch break  
1:00 Class at AIFS Study Center  
4:15 Class ends  
Dinner with the homestay family.  
Night in San José

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### **Sat, Feb 1 & Sun, Feb 2 – Free weekend**

Free weekend to explore San José or independent travel

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### **Mon, Feb 3 – Class at AIFS Study Center**

7:30 Take the public bus to AIFS Study Center  
9:00 Class at AIFS Study Center  
12:15 Lunch break  
1:00 Class at AIFS Study Center  
4:15 Class ends  
Dinner with the homestay family.  
Night in San José

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### **Tues, Feb 4 – Check out of homestays, Huetar Reservation and travel to Pacific Coast**

7:00 Check out of homestay and say good bye to your family. Travel by private bus to Hotel Punta Leona (beach)  
9:00 Stop en route to visit the Huetar Indigenous community.  
11:00 Continue to the beach  
1:30 Check into hotel Punta Leona. Lunch at hotel Rest. Carabelas (included)  
Free time to explore  
6:00 Dinner at hotel Rest. Carabelas (included))

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### **Wed, Feb 5 - Nature Hike and Crocodile Boat Tour**

6:30 Breakfast at hotel Rest. Carabelas (included)  
7:30 Depart to Carara National Park  
8:00 Guided hike in Carara National Park  
10:00 Transfer to Tarcoles River  
10:30 Crocodiles boat tour in Tarcoles River  
1:00 Lunch at the tour (included)  
2:00 Return to hotel  
Free time to explore  
6:00 Dinner at hotel (included)

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### **Thurs, Feb 6 – Free time at Punta Leona & return to hotel in Alajuela by the airport**

7:00 Breakfast at hotel Rest. Carabelas (included)  
Free time to explore.  
12:00 Check-out from Hotel Punta Leona  
Lunch at hotel Rest. Carabelas (included)  
1:00 Depart to Alajuela  
3:00 Check-in at hotel by the airport  
6:00 Dinner (not included)

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### **Fri, Feb 7 – Return to the U.S.**

Program ends. Transfer to airport for students on the group flight.