



Costa Rica: Inspiring Leadership Through Service



LEARN SERVE INSPIRE

5 DAYS

COSTA RICA: Inspiring Leadership Through Service

INCLUDED IN PROGRAM FEE:

- 24/7 Tour Manager
- Air/Coach transportation (with seatbelts)
- Quad accommodations in double rooms
- All Gratuities
- All activities
- On-site security guard
- Professional liability insurance
- Illness and accident coverage for all students
- Flexible payment plans
- 24 hour phone support
- Meals (excluding 1st and last lunch)
- T-shirts



Costa Rica has the landmass equal to half that of the state of Florida, yet it contains twelve zoographical ecosystems compared to just a handful in Florida. Each of these unique habitats is rich in plant and animal biodiversity containing up to 7% of the world's flora and fauna. Appleseed's science and language programs in Costa Rica are meant to solidify a student's knowledge with regards to tropical ecology and the Spanish language. Students will learn about sustainable ecology with regards to preservation of tropical ecosystems, as well as aid communities that we serve in Costa Rica such as Nicaraguan Refugees, impoverished people in need, orphaned children, and scientists heading up conservation projects. We are committed to ongoing projects that provide relief and hope to communities in need.

Day 1 • Arrive in San Jose and Volunteer in La Carpio

Arrive in San Jose, Costa Rica and meet your Appleseed Expeditions guide. If time allows we will volunteer in La Carpio. Here your students will mentor and assist Nicaraguan refugee children in the town of La Carpio.

Day 2 • La Fortuna - Volunteer at a Local School

- This morning your group will head to La Fortuna home of the famous Volcano Arenal. The students will be involved in serving at a local school in the town of Fortuna. Students can help by tutoring and mentoring Costa Rican children and using Spanish as a bridge to aid others in need. This involves teaching students how to use Word, helping students develop their web research skills, and helping them with

reading comprehension. The group will then travel to La Fortuna waterfall where they will see this 300-foot wall of water dropping out of the rainforest.

Day 3 • Volunteering at a Local School and Zip Lines

- This morning the group will go back to the school to finish any projects and spend time with the children. In the afternoon the group will go to Ecoglide and take a zip line tour through the canopy of the rainforest. At the end of the zip line course students will have the opportunity to try out the Tarzan swing if they dare! In the evening the group will visit the hot springs

Day 5 • Alajuela and Head Home

If time allows we will visit some of the cultural centers near Alajuela and then fly home.



“A life isn’t significant except for its impact on other lives.”
Jackie Robinson

of Arenal.

Day 4 • ASIS Wildlife Center

Following breakfast your group will travel ASIS Wildlife Rescue Center. Many endangered animals have been displaced due to over development of certain areas in Costa Rica. Your group will help with cage enlargement, animal rehabilitation, and a variety of other projects that aid endangered animals. After your time here the group will head to San Jose stopping for lunch along the way. Dinner and a time of reflection will wrap up the day.

Add a day and go rafting.

Optional day of rafting; Whitewater Rafting the Pacuare This will be a day of unforgettable white water rafting! The Pacuare River provides an adventurous ride filled with stunning beauty along the entire length of its twisting and turning rapids. The river runs from the country’s highest mountain range to the coastal lowlands of the Atlantic. This is a safe and very exciting experience! Along the way we will stop and explore the riverbanks and collect poison arrow frogs for analysis.



"Seeding a Revolution of Change Through Service"



www.appleseedexpeditions.com

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