

COSTA RICA

YOUR DAY-BY-DAY ADVENTURE

DAY 1

Arrive by plane to **San José**. Meet your WorldStrides representative before embarking on your once-in-a-lifetime experience!

Orientation Course Leaders provide an overview of the program's key concepts you'll learn, as well as the sites you'll visit throughout the program.

Hotel check-in and dinner. Overnight in San José.

DAY 2

Breakfast and hotel check-out. Depart for **Sarapiquí Region**.

Tirimbina: Color Challenge Participate in a team challenge where you'll search for beautiful and exotic species of plants and animals of a specific color. You'll be amazed by the vibrant hues of the birds, flowers, and frogs that call Costa Rica home.

Lunch

Tirimbina: Rainforest Center Get a glimpse of what it's like to be a field ecologist by going out into the field and constructing ecological hypotheses, collecting data, and analyzing the results both quantitatively and qualitatively using microscopes. Learn how bats are farmers of the tropics by viewing their interaction with rainforest habitats.

Hotel check-in and dinner. Overnight in Sarapiquí.

Tirimbina: Nighttime Bat Observations Learn what it takes to be a field researcher in the tropical rain forest, by working with researchers to set up mist nets and catch individual bats for identification and documentation. When possible, observe the process for bats being released from the nets.

DAY 3

Breakfast

Costa Rican Bird Activity & Hike Under the direction of your Course Leader, start your day with a discussion about native bird species. Then, take a hike and complete an activity to identify basic bird physical characteristics, behaviors, and birdwatching skills. Student will learn about and use binoculars to observe birds in their natural habitat.

Seed Traps Check seed traps and evaluate the material collected from the previous night's bat tour activities.

Tirimbina: Macroinvertebrate Survey Spend time looking carefully at the macroinvertebrate population in the rainforest. Learn to measure and count, analyze the biodiversity of a sample, and report the findings. If time permits, gather water samples from the river and perform water quality tests.

Lunch

Sarapiquí River: White-Water Rafting Adventure Paddle the rapids through the lower Sarapiquí and its tributaries from the Braulio Carrillo National Park. View the stunning scenery and wildlife at the river's edge!

Dinner

DAY 4

Breakfast and hotel check-out. Depart for **Arenal**.

Experience Costa Rican Culture Gather for a cooking lesson and learn to make a traditional Costa Rican dish. Enjoy lunch! Then take a Cultural Excursion with a short walk through town to grab a snack or souvenir and get a taste of typical Costa Rican life.

Arenal Volcano National Park: Hike the Lava Flows Hike the lava fields of this 4,000-year-old volcano and learn how plants and animals have become reestablished after volcanic activity.

Natural Hot Springs Relax at the base of the volcano and enjoy the geothermal energy of Baldi Hot Springs.

Dinner and hotel check-in. Overnight in Arenal.

DAY 5

Breakfast and hotel check-out.

Scenic Tour Around Arenal Lake to Tilaran

Lunch

Service Project Lend a hand to the local Costa Rican community by volunteering. Projects will vary based on the needs of the ecological communities.

Monteverde Cloud Forest Biological Reserve Explore the most well-known cloud forest in the world and learn how the variable climate and large altitude changes helped produce an extremely high degree of biodiversity.

Monteverde Frog Pond Students will experience many species of Costa Rican frogs up close (including poison dart frogs, glass frogs and toads). They will learn about the species that are unique to the tropics of Costa Rica.

Dinner. Overnight in **Monteverde**.

DAY 6

Breakfast and hotel check-out

Monteverde: Canopy Tour Hooked to a zip line, soar through the forest treetops and see jungle life in the Costa Rican rainforest from a bird's eye perspective!

Lunch. Return to San José. Stop along the way and pick up a souvenir in one of Costa Rica's local shops.

Farewell Costa Rica Dinner. Gather with community members to have a dance lesson and experience vibrant, tropical Latin dance.

Hotel check-in. Overnight in San José.

DAY 7

Breakfast and hotel check-out. Depart San José for home

**AN ALL-
INCLUSIVE
EXPERIENCE**



ROUND TRIP
TRANSPORTATION



ADMISSIONS & FEES FOR
SCHEDULED ACTIVITIES



HOTEL
ACCOMMODATIONS



EXPERTLY TRAINED
COURSE LEADERS



THREE MEALS DAY
(UNLESS OTHERWISE STATED)



24-HOUR
EMERGENCY SUPPORT



TRANSPORTATION TO /
FROM ALL ACTIVITIES



ACADEMIC CREDIT