



Costa Rica: From the Tropics to the Wild Pacific



LEARN SERVE INSPIRE

8 DAYS

**COSTA RICA:
TROPICS TO THE WILD PACIFIC**



**INCLUDED IN
PROGRAM FEE:**

- Full Time Tour Guide
- Flights and Ground Transportation
- Accommodations
- All Taxes
- Fees For All Activities Not Listed As Optional
- 20 Meals
- T-shirts
- 1 Free Chaperone For Every 8 Paid Students

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, CR - Transfer to the Pacific Coast

Arrive in San Jose, Costa Rica and meet your Appleseed Expeditions guide. Once you pass through customs and immigration you will transfer by bus to the hotel in Jaco along the Pacific. Our group should arrive just in time to see the crocodiles in Rio Tarcoles and the sunset over the Pacific Ocean.

Day 2 • Tortuga Island via Catamaran

Your group will set out this morning for a full day science adventure on a Catamaran to Tortuga Island. Your group will visit the white sandy island of Tortuga, where you will learn about inter-tidal pools, reef ecology and Pacific marine biodiversity. We will then continue on to the mountainous scenery to the Monteverde (Green Moun-

tain) Reserve. In 1972, the area became the Monteverde Cloud Forest Reserve, a private nonprofit reserve with six distinct ecological zones containing a wide range of spectacular flora and fauna.

Day 3 • Monteverde - Bridges in the Sky

Explore the spectacular Santa Elena Cloud Forest, a paradise rich in diverse plant and animal life and situated near the Continental Divide. The cloud forest averages 12 feet of rain annually! Exploring the hanging bridges we will look for bromeliads and orchids as well as brightly colored quetzals among

orphanage to finish any projects and spend time with the children. This afternoon the students 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! This evening the group will visit the hot springs of Arenal and may get to see the pyroclastic bombs of the volcano depending on the weather.

Day 6 • The Abraham Project

Following breakfast the group will head towards San Jose to the Abraham Project. Dur

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

the lush flora. In the afternoon we will mentor and read to Costa Rican children at their school. Here we will have the opportunity for a cultural exchange between students.

Day 4 • La Fortuna - Orphans, Waterfalls and Volcanoes

This morning your group will head to La Fortuna where Volcano Arenal can be seen emitting red pyroclastic bombs. The students will be involved in aiding an orphanage in the town of Fortuna. Students can help by tutoring and mentoring Costa Rican children and using your 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 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. In the evening we will discuss volcanic geology while watching Volcano Arenal explode from an Arenal observation point.

Day 5 • Orphanage and Zip Lines

This morning the group will go back to the

ing the afternoon the group will be involved in aiding with construction projects at the Abraham Project. This organization uses recycled materials to build facilities for needy children from local Nicaraguan squatters’ villages. Students will be involved in a variety of projects from helping with light painting, treating and cutting wood, to building centers.

Day 7 • 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. Afterwards, the group will head back to the hotel for dinner and time to share the day’s events.

Day 8 • Shopping and Then Head Home

This morning we will head to some shopping areas near Heredia and then fly home.



“Seeding a Revolution of Change Through Service”



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