



**SAMPLE 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

Optional group flight arrives in San José. Meet AIFS staff at the airport and transfer to local hotel for the first evening

Mon, Jan 13

AM Breakfast at the hotel with AIFS staff followed by an orientation session covering the program, life in Costa Rica and safety and security
PM Transfer to Tortuguero National Park.

Tues, Jan 14

AM Visit to the National Park and tour of the canals.
PM Hiking on the local trails

Wed, Jan 15

AM Visit to the local community followed by a departure for La Selva Reserve.
PM Check in at La Selva Biological Station
Eve Dinner followed by a night hike

Thurs, Jan 16

AM Workshop at the reserve on Climate Change Legacy
PM Transfer to San José and check in with your host family
Eve Dinner with the homestay family

Fri, Jan 17

AM Sightseeing tour of San Jose with a professional guide
Eve Dinner with the homestay family

Sat, Jan 18

AM Free day
Eve Dinner with the homestay family

Sun, Jan 19

Optional day excursion to go white water rafting
Eve Dinner with the homestay family

Mon, Jan 20

AM Free morning
PM Class at the Study Center
Eve Dinner with the homestay family

Tues, Jan 21

AM Free morning
PM Class at the Study Center
Eve Dinner with the homestay family

Wed, Jan 22

AM Class at the Study Center
PM Visit to the Museum of Popular Culture
Eve Dinner with the homestay family

Thurs, Jan 23

AM Class at the Study Center
PM Free afternoon
Eve Dinner with the homestay family

Fri, Jan 24

AM Class at the Study Center
PM Visit to the National History Museum
Eve Dinner with the homestay family

Sat, Jan 25

Weekend excursion to Arenal
AM Travel to Arenal with a stop for zip lining en route
PM Visit the hot springs
Eve Overnight in Arenal

Sun, Jan 26

AM Visit to La Fortuna Waterfall
PM Transfer back to San Jose with a stop en route in Sarchi time permitting

Mon, Jan 27

AM Class at the Study Center
PM Local speaker on health care in Costa Rica
Eve Dinner with the homestay family

Tues, Jan 28

AM Class at the Study Center
PM Free time
Eve Dinner with the homestay family

Wed, Jan 29

Full day excursion to Costa Rica Humanitarian Foundation in La Carpio for a presentation by the founder and time to work with the local families
Eve Dinner with the homestay family

Thurs, Jan 30

AM Class at the Study Center
PM Tropical fruit class
Eve Dinner with the homestay family

Fri, Jan 31

AM Class at the Study Center
PM Free time

Eve Dinner with the homestay family

Sat, Feb 1 & Sun, Feb 2

Free weekend to explore San José or independent travel and say good bye to your homestay family

Mon, Feb 3

AM Class at the Study Center

PM Free time to pack

Eve Dinner with the homestay family

Tues, Feb 4

AM Check out of homestay and travel by private bus to Punta Leona

PM Stop to visit the Quitirrisi indigenous community en route.

Eve Free time

Wed, Feb 5

AM Visit National Park Carara and Crocodile safari

PM Snorkeling at Playa Blanca

Eve Free time

Thurs, Feb 6

AM Transfer back to San José (Alajuela, airport area)

PM Check into hotel for last night

Fri, Feb 7

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