

# Example Itinerary

## Conservation & Community in Costa Rica

\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the Middle School Specials.

DAY NO.	WEEKDAY	TIME	ACTIVITY
	Sunday	ALL DAY	ARRIVAL
1	Monday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Introduction to Costa Rica and Programme
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Participate in Bird Survey
		6:00pm – 7:00pm	DINNER
2	Tuesday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Trekking and Caving in Barra Honda National Park
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Participate in Bat Programme
		5:00pm – 7:00pm	Social: Cooking Class
3	Wednesday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Participate in Monkey Programme
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Painting at Local School
		6:00pm – 7:00pm	DINNER
4	Thursday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Participate in Caterpillar Programme
		12:00pm – 1:00pm	LUNCH
		1:00pm – 4:00pm	Painting at Local School
		4:00pm – 6:00pm	Social: Dance Lesson
		6:00pm – 7:00pm	DINNER
5	Friday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Participate in Butterfly Programme
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Work in the Nursery Garden and Environmental Education Class at Local School
		6:00pm – 7:00pm	DINNER
6	Saturday	ALL DAY	Swimming and Picnic at Nacascolo Beach
7	Sunday	ALL DAY	Beach Clean-up at Marino Las Baulas National Park

DAY NO.	WEEKDAY	TIME	ACTIVITY
8	Monday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Participate in Bird Survey and Animal Inventory
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Environmental Education Class at Local School
		6:00pm – 7:00pm	DINNER
9	Tuesday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Mural Painting
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Participate in Butterfly Programme
		6:00pm – 7:00pm	DINNER
10	Wednesday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Reforestation Work
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Visit Butterfly Farm
		6:00pm – 7:00pm	DINNER
11	Thursday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Participate in Butterfly Programme
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Inventory of Amphibians
		6:00pm – 7:00pm	DINNER
12	Friday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00am	Prepare for Journey to San Jose
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Travel to San Jose and Hotel Check-In
		6:00pm – 7:00pm	FAREWELL DINNER
13	Saturday	ALL DAY	DEPARTURE