



COSTA RICA EXPLORATIONS

Hill Freedman World Academy

9-Day - Service & Cultural Immersion Program Itinerary

Day 1 -- Arrival and Introduction Day

- Students arrive in SJO - Juan Santamaria Airport
- Transfer to Turrialba - Enjoy meal on the way
- Arrive to hotel in Turrialba (2 hour transfer)
 - Check into rooms & unpack
- Active Activity - **Hike to Waterfall** by hotel
- **Group Introductory Meeting**
 - Goals, Fears and Expectations for trip
 - Students are encouraged to write in journals
- Dinner & Night in hotel



Day 2 - Visit to Turrialba & 1st Day at Homestays



- Breakfast at hotel
- **Group Meeting & Teambuilding Activity**
 - Service Project Overview and goals
- Introduction to homestay families
- Start on **Service Project** within homestay community
- **Community Welcome Dinner**
- Evening Group meeting - Reflections
- Night in homestays

Day 3 - Service Project Day & Dance Classes

- Breakfast at homestays
- Transfer to **Service Project** site
 - Students to work together on the service project
- Transfer back to homestays for lunch
- Afternoon to continue work on the Service Project
- Evening Activity: **Dance Lessons**
- Dinner & Night in homestays



Day 4 - White-water Rafting & Costa Rican Cooking Lessons



- Breakfast at homestays
- **White-Water Rafting Trip**
 - Lunch on river
- Afternoon to relax at homestays
- Evening Activity: **Costa Rican Cooking Lessons**
- Dinner & Night in homestays

Day 5 – Organic Farm Tour & Reforestation Project



- Breakfast at homestays
- **Tour of Local Organic Farm**
 - Tour of local farm
 - Volunteer project on farm
 - Reforestation project
 - Help prepare lunch with products from farm
- Transfer back to homestays
- Afternoon Activity: **Soccer Game**
- Dinner & Night in homestays



Day 6 - Excursion to Indigenous Reserve

- Breakfast at homestay
- **Tour Indigenous Reserve**
 - Guided hike through Indigenous Reserve
 - Picnic Lunch at Indigenous Reserve
 - Visit a local waterfall



- Evening Activity: **Pizza Dinner & Ice Cream in Town**
- Night in homestays

Day 7 -- Zip-lining and Rappelling Tour & Evening Reflection



- Breakfast at homestays
- **Morning Zip-line Tour**
 - Lunch included with tour
- Explore Town of Turrialba in afternoon
- **Group Reflection of Program**
- Dinner and Night in homestays



Day 8 -- Last Day Service Project & Final Celebration Dinner



- Breakfast at homestays
- **Finish Service Project**
 - Lunch at service site
- Shopping in town
- **Final Celebration Dinner**
- Final night in homestays

Day 9 - Departure Day

- Breakfast at homestays
- Leave for airport TBD
- Flight # TBD



***This customized program itinerary includes the following:**

- The above highlighted, 9-day customized program itinerary
- 2 CRE bilingual guides for duration of the program
- Individualized and personal pre-planning with CRE
- Private transportation throughout entire trip
- All meals throughout the program
- Authentic Homestay accommodations with reputable families
- Hotel rooms as indicated in above itinerary
- All adventure excursions and educational field trips as indicated above
- Int'l health insurance for each participant

*Details of this trip must still be finalized in follow-up conversations.