

## Educational Travel Experience Designed Especially for St Michael's Catholic Academy



## **Service Week in Costa Rica - 84483** January 9 - January 16, 2022












### ITINERARY OVERVIEW

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- DAY 1 DEPARTURE FROM YOUR AIRPORT - ARRIVE SAN JOSÉ -  
HEREDIA (5 NIGHTS HOMESTAY)
- DAY 2 HEREDIA - ORIENTATION & FIRST DAY OF VOLUNTEERING
- DAY 3 SECOND DAY OF VOLUNTEERING
- DAY 4 THIRD DAY OF VOLUNTEERING
- DAY 5 FOURTH DAY OF VOLUNTEERING
- DAY 6 HEREDIA - ARENAL EXCURSION (1 NIGHT)
- DAY 7 ARENAL - HEREDIA (1 NIGHT HOMESTAY)
- DAY 8 DEPARTURE FROM SAN JOSÉ







## ITINERARY

Investigate the World: Heredia is a refreshingly pleasant and relaxed Costa Rican city filled with enjoyable parks, lively plazas and a surprising history, Heredia is a great location for the student looking for a truly unique Costa Rica experience. Heredia is a city that is emblematic of the Costa Rican lifestyle and makes for a perfect study abroad destination. The city showcases pleasant plazas, lush green spaces and parks, and friendly people enjoying their days. Some people say life in Heredia really is la pura vida.




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|--|---|---|---|
|  Educational Tour/Visit |  Cultural Experience |  Festival/Performance/Workshop | Tour Services   |
|  Recreational Activity  |  LEAP Enrichment     |  Match/Training Session        |      |





### DAY 1 Sunday, 09 January 2022

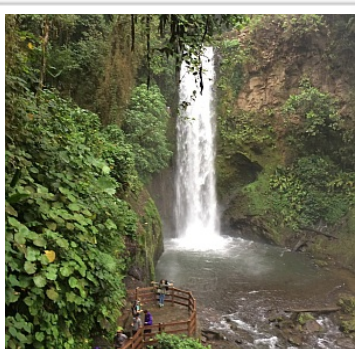
-  Relax and enjoy our scheduled flight from Austin to San Jose, Costa Rica
-  Our International Studies Abroad Program Director will meet us at the airport, and our private coach will be waiting to transfer us to Heredia.
-  Upon arrival, we will have an orientation session with our International Studies Abroad staff about the week ahead.
-  Take an introductory walking tour of Heredia; a refreshingly pleasant and relaxed Costa Rican city which is a great location for anyone looking for a truly unique Costa Rica experience. The city is emblematic of the Costa Rican lifestyle and makes for a perfect study abroad destination, showcasing pleasant plazas, lush green spaces and parks, and friendly people enjoying their days. Some people say life in Heredia really is la pura vida.
-  Our home for the next five evenings will be with our homestay families in Heredia, where three meals will be provided daily.
-  Daily Reflection and Group Discussion  
"We do not learn from experience, we learn from reflecting on experience" - John Dewey  
On every evening of the program, we will set time aside to update our Reflection Journal and share thoughts and impressions that have come to the fore in the course of the day.

### DAY 2 Monday, 10 January 2022





-  We will participate in a short Spanish class at the Universidad Latina ahead of our service project.
-  Today marks the beginning of the service phase of the program and will begin with a short orientation and a visit to a vibrant neighborhood known as La Carpio. The volunteers will participate in various service projects including tutoring children, constructing or repairing homes, assembling and delivering bunk beds, and installing concrete floors.
-  Enjoy a pizza party at the hotel.

### DAY 3 Tuesday, 11 January 2022



-  Spend the morning volunteering in La Carpio.
-  Enjoy a tour of the Doka Coffee Plantation. Visiting the largest coffee plantation in Costa Rica will allow you to learn everything about the process related to cultivation, processing and good practices, as well as your natural and cultural environment.









#### **DAY 4      Wednesday, 12 January 2022**

-  Spend the morning volunteering in La Carpio.
-  You will have some free time to explore the area.
-  Enjoy a dance lesson conducted by professional instructors at the Universidad Latina.
-  We will have use of a private coach and driver while touring for the next four days.





#### **DAY 5      Thursday, 13 January 2022**

-  Spend the morning volunteering in La Carpio.
-  Spend some time in the Artisan open-air market that sells everything from handcrafted jewelry elaborate woodwork and Guatemalan sarongs. Then enjoy an afternoon excursion with the children of La Carpio. We may visit the zoo, a dairy farm, a pottery factory, an animal rescue shelter, or the children's museum. After our visit, we will return to La Carpio or organize donations and enjoy a play by the Costa Rica Humanitarian Foundation staff.

#### **DAY 6      Friday, 14 January 2022**

-  We will have use of a private coach and driver for our overnight excursion to Arenal this weekend.
-  Our International Studies Abroad staff will accompany us on our excursion.
-  Arenal is famous for its Volcano, an unavoidable presence while traveling within this part of the country. It is tall and imposing and has a reputation that precedes itself. Arenal's perfectly symmetrical shape makes it a sightseer's dream.
-  Our accommodation for the next night will be in Arenal. While here, we will enjoy breakfast at the hotel.
-  Visit the Baldi Hot Springs and take the opportunity to submerge yourself in the natural medicinal waters. The springs include several pools of varying temperatures, all surrounded by nature. While here, we will enjoy a traditional Costa Rican lunch or dinner.
-  This evening we will enjoy a traditional Costa Rican dinner. Traditional Costa Rican meals can include: Gallo pinto, cheese tortilla, salad, sweet plantains, and a Costa Rican refreshment.

#### **DAY 7      Saturday, 15 January 2022**

-  Enjoy an exhilarating bird's eye view of the rain forest canopy while flying through one of the world's largest zipline systems.
-  This afternoon we will return to Heredia.
-  Our home for the next one evenings will be with our homestay families in Heredia, where three meals will be provided daily.
-  Final Reflection and Discussion Session  
This evening we make the final entries in our Reflection Journal and share some of the most significant observations and perspectives that have taken shape in the course of our travel experience and how these may be most relevant for us all as we return home.





**DAY 8 Sunday, 16 January 2022**



Our rewarding and enjoyable tour comes to an end as our Program Director accompanies us to the airport on our final day.



Recognize Perspectives and Communicate Ideas:

3 College Preparatory Credits

As a result of participating on this program, all high school students are eligible to take an online Global Perspectives course through a learning management system, where all the grading and assessment will be undertaken by the WorldStrides Curriculum and Academics team.

Credit will be awarded upon successful completion of the online coursework with all costs associated with the course covered by WorldStrides.

