



INTERNATIONAL VOLUNTEER HQ

The World's Most Trusted & Affordable
Volunteer Abroad Programs For Groups

9 night Custom Itinerary – Costa Rica

Day 1 Saturday Airport pick-up

Group is picked up from the airport and taken to their hotel where you'll have time to settle in and relax. Meals will be at your own arrangements.

Day 2 Sunday Free Time

Breakfast is provided at the hotel. Relax or explore San Jose - you'll have the option to do one of your full day sightseeing tours today. Lunch and dinner at own arrangements.

Day 3 Monday Orientation, Volunteer & explore

Check out of your hotel. You'll start the day with your program orientation before your introduction to your placement. Volunteering activities typically last around 3 to 4 hours. After volunteering has finished for the day, You'll meet your homestay hosts and the group will have free time to relax and explore their surroundings. Dinner is provided at your homestay.

Day 4 Tuesday Volunteer & Explore

Volunteering activities typically last around 3 to 4 hours. After volunteering has finished for the day, join your Ziplining tour for the afternoon. Breakfast and dinner are provide at the homestay.

Day 5 Wednesday Volunteer & Explore

Start your day with a coffee tour in the morning then join your volunteer project in the afternoon. Volunteering activities typically last around 3 to 4 hours. Breakfast and dinner are provide at the homestay.

Day 6 Thursday Volunteer & Explore

Volunteering activities typically last around 3 to 4 hours. After volunteering has finished for the day, spend the afternoon visiting a local hospital to learn more about the Costa Rican Health Care System. Breakfast and dinner are provide at the homestay.

Day 7 Friday Volunteer & Explore

Today you'll be leaving your homestay to return to the hotel. Volunteering activities typically last around 3 to 4 hours. You'll have a free afternoon to relax or explore San Jose. Dinner at own arrangements.

Day 8 Saturday Full Day Tour

Breakfast is provided at the hotel (subject to tour departure timing). Join the Full day Volcano or Tortuga Island Tour

Day 9 Sunday Full Day Tour

Breakfast is provided at the hotel (subject to tour departure timing). Join the Full day Volcano or Tortuga Island Tour

Day 10 Monday Return home

Check out of your accommodation, transfer to the airport and return home.

* Arrival on Saturday and departure on Tuesday. Your specific itinerary will be determined closer to your start date and is subject to change.

Sightseeing

Ziplining Canopy Half Day Tour:

Fast and fun ziplining just outside of San Jose at Hacienda La Chimba. 'La Chimba' is a magical place surrounded by mountains and Costa Rica's exotic flora and fauna.



Coffee Farm Half Day Tour:

Enjoy a half-day tour of the Britt Coffee Plantation, a working coffee farm, led by your own expert guide. You'll have the opportunity to learn about the coffee production from plant to cup, and enjoy a coffee tasting at the end of your tour.

Arenal Volcano Full Day Tour: Depart approximately 7am and return to San Jose around 7pm. 2-3 hours driving each way.

Arenal Volcano, one of Costa Rica's most famous natural features, is a must see while you are in the country. The Arenal Volcano National Park being home to varied wildlife and impressive flora is a treat for nature lovers, as is the Arenal Botanical Gardens. The volcano is a stunning sight itself, surrounded by rainforest at its base, but the local area also boasts a wide range of activities such as white water rafting, waterfall rappelling, caving, canopy tours, horseback rides and hiking. Nearby Lake Arenal also offers a variety of water sports including canoeing, fishing and kite surfing. Make sure to leave time for a visit to the incredible hot springs in the area and La Fortuna Waterfall too!

En route, participants stop at Sarchi, a town known for its beautiful and intricate Costa Rican arts and crafts. At La Fortuna, participants enjoy a traditional lunch overlooking Arenal volcano and relax in the Hot Springs Resort & Spa--wade and swim in mineral pools filled with naturally hot water from volcanic springs. Lunch and dinner included.

Tortuga Island Full Day Tour: Depart around 5am and return approximately 5 - 6 pm. The drive is 3-4 hours each way and is recommended for the breathtaking scenery en route.

Tortuga Island is located 22.2 km (12 miles) off Puntarenas on the Pacific Coast of Costa Rica and is recognized as an "Ecological Blue Flag site" due to its pollution-free, crystal clear waters that are free of pollution. On the trip out to the island, participants may spot dolphins, sea turtles, and aquatic birds. On the island, participants bask on the white sand beaches, take a swim in the ocean, hike the nature trails, and enjoy lunch. Optional snorkeling and other water sports are available.

Medical Campaign Project

9 nights

Inclusions:

- Registration Fees
- Program Fee
 - 1 week Medical Campaign
 - Hospital Visit including group transportation
- Accommodation
 - 4 nights homestay (Monday/Tuesday/Wednesday/Thursday)
 - 5 nights 3 star hotel (Saturday/Sunday/Friday/Saturday/Sunday)
- Sightseeing as detailed
 - Zipline (half day)
 - Coffee Tour (half day)
 - Volcano Tour (full day)
 - Tortuga Island Tour (full day)
- Meals
 - Breakfast and dinner at homestay
 - Breakfast only at hotel
- 24/7 in-country support
- In-country program orientation
- Pre-departure support from Program Manager
- Airport pick up & drop off
- Private transportation to placement daily
- Transportation to dinner

What to expect & how you'll make an impact

Being underfunded and lacking resources, Costa Rica's medical system struggles to provide quality healthcare to many of the country's people, especially those who live outside of the main centers.

Volunteers make an important contribution by visiting these disadvantaged communities and providing them with care and education that can help improve their health and wellbeing.

Who is this program suited to?

Volunteers at all levels of study and qualified professionals.

Possible specialties include:

- Dentistry
- Physical therapy
- Nursing
- General medicine

