

**Middlesex Community College – SUMMER STUDY ABROAD PROGRAM IN
COSTA RICA 2015 CALENDAR**

May 30th, 2015- June 13th, 2015

<i>Sat</i>	<i>Sunday</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p align="center">Day 1-May 30th</p> <p><u>1:13 p.m</u> Flight AA1592 Arrival at San Jose</p> <p>Airport pick-up and transfer to the hotel Las Orquideas</p> <p>Lunch at the hotel- included</p> <p><u>4:30 p.m</u> Meeting with a ILISA staff member at the hotel.</p>	<p align="center">Day 2- May 31st</p> <p><u>6:30</u> Combo tour</p> <p>Excursion to Poas Volcano, La Paz Waterfall Gardens Coffee plantation. Excursion includes breakfast and lunch. ~<u>5:30 p.m</u> Return to the hotel Dinner (own arrangements)</p>	<p align="center">Day 3- June 1st</p> <p><u>7:00</u> Breakfast <u>9:00–10:30</u> Orientation and introduction at ILISA</p> <p><u>11:00</u> City tour in San Jose with visit to Gold Museum ~<u>12:00</u> Lunch^{\$} <u>3:00 p.m</u> Return to the hotel. Dinner (own arrangements)</p>	<p align="center">Day 4-June 2nd</p> <p><u>7:00</u> Breakfast at the hotel <u>7:30</u> Pick up to go to Parque La Libertad <u>8:30 -12:00 am</u> Working on reforestation <u>12:00</u> Lunch <u>1:30 p.m</u> Visit to Central Market <u>4:00 p.m</u> Return to the hotel Dinner (own arrangements)</p>	<p align="center">Day 5-June 3rd</p> <p><u>6:00</u> Pick up at the hotel. <u>8:00</u> Breakfast Transfer to Playa Buena Vista, Sámara. ~<u>1:00</u> Lunch ~<u>2:00</u> Introduction to the Turtles protection project, roles and responsibilities inside the project. ~<u>6:00</u> Dinner</p>	<p align="center">Day 6- June 4th</p> <p>Buena Vista Samara</p> <p>Care and protection turtles project</p> <p>Breakfast, lunch and dinner. Care and protection turtles project provided by the organization</p>	<p align="center">Day 7-June 5th</p> <p>Buena Vista Samara Breakfast at Samara <u>8:30</u> Transfer to Buena Vista, Lodge Rincon de la Vieja <u>11:00</u> Lunch at Liberia^{\$} ~<u>1:30</u> Check-in at Buena Vista Lodge and introduction to the facilities <u>2:00</u> Optional Horses and hot springs^{\$} <u>6:30 p.m</u> Dinner</p>
<p align="center">Day 8- June 6th</p> <p><u>7:00</u> Breakfast</p> <p><u>8:00</u> Service learning project ~<u>12:00</u> Lunch</p> <p><u>1:30 p.m</u> Optional Ziplining and waterslide^{\$}</p> <p><u>6:30 p.m</u> Dinner</p>	<p align="center">Day 9- June 7th</p> <p><u>7:00</u> Breakfast</p> <p><u>8:00</u> Service learning project ~<u>11:00</u> Leaving from Buena Vista Lodge ~<u>12:00</u> Lunch at Liberia^{\$} <u>1:00</u> Transfer to Manuel Antonio ~<u>5:30 p.m</u> Arrival at Manuel Antonio. ~<u>6:00 p.m</u> Dinner(included)</p>	<p align="center">Day 10-June 8th</p> <p><u>7:00</u> Breakfast at the hotel</p> <p>Free activities for the day.</p> <p>~<u>12:30 p.m</u> Lunch^{\$} ~<u>6:00 p.m</u> Dinner^{\$}</p>	<p align="center">Day 11-June 9th</p> <p><u>7:00</u> Breakfast at the hotel</p> <p><u>9:00 -12:00</u> Visit to Manuel Antonio National Park- entrance fee included. ~<u>12:30 p.m</u> Lunch^{\$} ~<u>6:00 p.m</u> Dinner^{\$}</p>	<p align="center">Day 12- June 10th</p> <p><u>7:00</u> Breakfast at the hotel Morning of leisure. <u>12:00</u> Lunch^{\$} <u>2:00 p.m</u> Transfer to San Jose ~<u>5:30 p.m</u> Check –in at Las Orquideas ~<u>6:00 p.m</u> Dinner \$</p>	<p align="center">Day 13-June 11th</p> <p><u>7:00</u> Breakfast</p> <p>FREE DAY</p> <p>Shopping, relaxing, own arrangements</p> <p>Lunch and dinner – own arrangements</p>	<p align="center">Day 14-June 12th</p> <p><u>7:00</u> Breakfast at the hotel</p> <p><u>9:00 a.m</u> Orosi Valley trip ~<u>12:00</u> Lunch^{\$} Cartago and Ruins. ~<u>6:00 p.m</u> Dinner^{\$}</p>
<p align="center">June 13st</p> <p><u>7:00</u> Breakfast</p> <p><u>8:30</u> Airport shuttle</p>						



§ meals or activities with an extra cost included.

May 31st: Combo tour: This part of the program includes a visit of the Cloud Forest, impressive Poas Volcano and the Botos Lagoon. Lunch, after which there is a hike through the gardens of the La Paz Waterfalls.

What to bring: Camera, sunglasses, sunblock, comfortable shoes, repellent, raincoat

June 2nd Parque La Libertad: This will be your first service learning station where you will work in reforestation and cleaning of trails and garden areas, schedule 8:30 – 12:00. Please bring old clothes because you might get really dirty after this activity. A lunch will be provided by ASVO after the service learning activities.

What to bring: Camera, sunglasses, sunblock, comfortable shoes, mosquito repellent, hat and a raincoat.

June 3rd to June 8th: Service learning activities at Playa Buena Vista and Buena Vista Lodge, for both stations you will need to do a lot of hands on working with the turtles, turtles nest, cleaning, etc. and it is important that you have clothes that can get really dirty and even been discarded if necessary. For Playa Buena Vista you will need to separate your luggage in 2 parts, only take a backpack with you to the station since it will be necessary to walk around 45 minutes to get there. The rest can remain in the bus. The bus will not be accessible from the moment you get to Playa Buena Vista Sámara and until you leave to Buena Vista Lodge on June the 6th.

At Buena Vista Lodge you will get a special discount for the package of adventure activities including hot springs, horseback riding, zip lining and waterslide. The cost of the package is \$65.

What to bring: Camera, sunglasses, sunblock, comfortable shoes, repellent, pillow, pillow case, bed sheets, mosquito net (these are cheap and easy to buy at a supermarket in CR, even on the way to the project)

June 8th – June 9th: You will be spending 2 nights at Manuel Antonio, which is one of the most beautiful national Parks in Costa Rica. On June 9th there is a visit to the National Park included. The only meal included will be breakfast at the hotel.

What to bring: Camera, sunglasses, sunblock, comfortable shoes, repellent, swimming suite, hat, towel, sandals.

June 12th Orosi valley: A nice tour through the valley, with a stop for lunch (not included).

What to bring: Camera, sunglasses, sunblock, comfortable shoes, repellent

§ meals not included.