



# Proyecto Asís

## 10 days in Costa Rica 2009

### Day 1

Hotel in Alajuela (Included)

Breakfast (Included).

### Day 2

Transfer Hotel – Proyecto Asis. (Included)

Stop to visit coffee tour. (Included)

Stop for lunch (No included)

Welcome and brief orientation to Proyecto Asís.

Transfer to host families, where you will begin your cultural immersion.

### Day 3

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Lunch with the home stay family.

Afternoon: AMURECI is a rural women's association who specializes in recycling project, works with banana paper and makes handy craft and jewelry.

### Day 4

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Lunch with the home stay family.

Afternoon: Rafting tour – A great way to cool off after working hard! This tour is a great combination of adventure and relaxation with its rolling rapids and tranquil river pools (Included).

### Day 5

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Afternoon: Liquid lava tour – Arenal Volcano Hike & Hot Spring: Guided walk through a private reserve at the base of Central America's most active volcano, where you can see wildlife in its most natural habitat. On clear nights you can witness the lava flow. (Included)

Evening: Afterwards you will be able to relax and enjoy the local hot springs and the magnificent view of the volcano. (Included)  
Dinner is in the town of La Fortuna (No included).

### **Day 6**

Morning: Volunteer work at Proyecto Asís from 8 to 12pm.

Lunch with the home stay family.

Afternoon: Costa Rica cooking classes (tamales).

### **Day 7 Overnight tour (All Included)**

Morning: Depart to BEN (Bosque Eterno de Los Niños / Children's Eternal Rainforest).

Afternoon: Hiking on the Rainforest and swim on the lake.

### **Day 8**

Morning: Volunteer work

Afternoon: Back to the homestay.

### **Day 9**

Morning: Time to Pack

Lunch with the homestay family.

Afternoon: Transfer Proyecto Asis – Hotel in Alajuela. (Included)

Hotel (Included)

### **Day 10**

Fly home.

### **Note:**

Home stay includes laundry service, meals and room.

### **Proyecto Asis**

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