



# Proyecto Asís

## Spring Break in Costa Rica

### Day 1

Arrive and transfer to the hotel in Alajuela (breakfast included).

### Day 2

Morning: Transfer to Proyecto Asís with a stop at La Paz Waterfall Gardens Park, where you will begin your Costa Rican experience by not only seeing five breathtaking waterfalls, but also by interacting with nature in La Paz's various wildlife exhibits.

Afternoon: Welcome to Proyecto Asís and transfer to the home stay families, where you will begin your cultural immersion.



### Day 3

Morning: Introductory Spanish lesson in order to learn key phrases or to brush up on your Spanish.

Afternoon: Canopy tour. See the rainforest from a new perspective, from a bird's eye view! Canopy tours offer an adventurous alternative to ecological exploration by soaring from tree to tree in the rainforest.

Evening: Free time in La Fortuna, a great town for souvenir shopping, grabbing a bite to eat, checking your email, withdrawing money from the ATM, or simply relaxing in the town park.

### Day 4

Morning: Volunteer community project.

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.

Evening: Afterwards you will be able to relax and enjoy the local hot springs and the magnificent view of the volcano. Dinner is in the town of La Fortuna.

### **Day 5**

Morning: Depart to BEN (Bosque Eterno de Los Niños / Children's Eternal Rainforest), where you will be given an introduction to BEN.

Afternoon: Eat lunch at the ranger's station. Go on a guided hike in the rainforest. But don't forget your bathing suit because you can go for a swim in the lake.

Evening: Return from BEN.

### **Day 6**

Morning: Volunteer work at Proyecto Asis.

Afternoon: La Pechuga River – a great way to cool off after working hard! La Pechuga is a local swimming spot that is popular with the Ticos. Enjoy the river and tranquility of the countryside. Pack a lunch and have a picnic or bring a book and relax.

### **Day 7**

Morning: Pack and say farewell to your Tico family.

Afternoon: Leave for the hotel in Alajuela.

Evening: Spend the night at hotel.

### **Day 8**

Fly home

### **Notes:**

After 10 participants, the tour leader travel free.

Home stay includes laundry service, meals\* and room.

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## **Proyecto Asís**

Spanish School and Volunteer Center

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Costa Rica