

Example Itinerary

Conservation in Costa Rica

*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, needs of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:00am-12:00pm	Travel to Barra Honda National Park
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Waterfall Hike
		7:00pm-8:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Introduction and Tour of Park
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Bat Lecture
		6:00pm-7:00pm	DINNER
		7:00pm-10:00pm	Bat Project
4	Wednesday	8:00am-12:00pm	Check Sensor Cameras
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Trail Maintenance
		7:00pm-8:00pm	DINNER
5	Thursday	8:00am-12:00pm	Bird Identification
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Park Cleanup
		7:00pm-8:00pm	DINNER
6	Friday	8:00pm-10:30pm	Night Walk
		8:00am-12:00pm	Ecology Tour
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Butterfly Project
7	Saturday	7:00pm-8:00pm	DINNER
		8:00pm-10:30pm	Night Walk
8	Sunday	ALL DAY	Trip to Rincon de la Vieja Volcano

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-12:00pm	Environmental Workshop with Local Children
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Trail Maintenance
		7:00pm-8:00pm	DINNER AND DANCE LESSONS
10	Tuesday	8:00am-12:00pm	Bird Identification
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Butterfly Project
		6:00pm-7:00pm	DINNER
11	Wednesday	7:00pm-10:00pm	Bat Project
		8:00am-12:00pm	Check Sensor Cameras
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Trail Maintenance
12	Thursday	7:00pm-8:00pm	DINNER
		8:00am-12:00pm	Planting Trees
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Park Cleanup
13	Friday	9:00am-12:00pm	Final Nature Walk
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Departure to San Jose
		EVENING	ONE NIGHT AT HOTEL SANTA MARIA
14	Saturday	ALL DAY	Departure