



CUSTOMIZED PROGRAM
DEVELOPED FOR:

Nebraska Community College Global Leadership Consortium

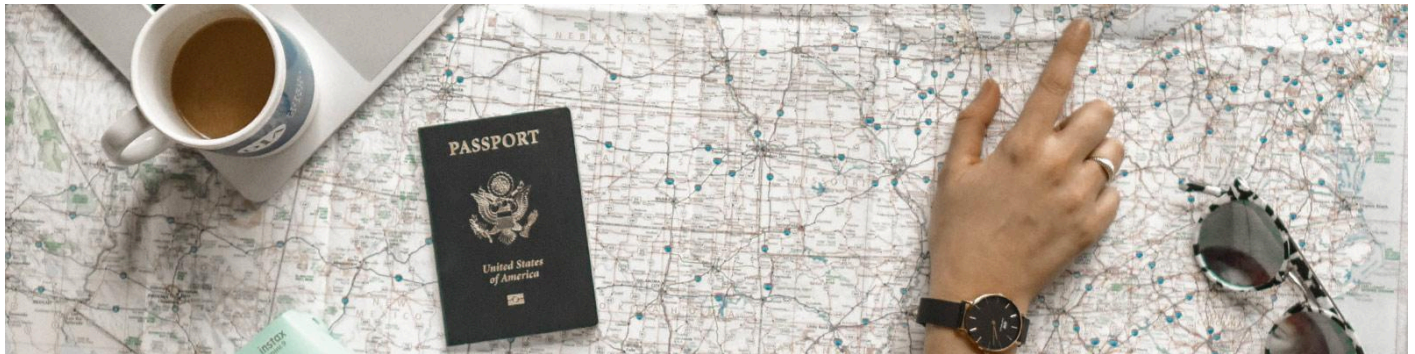
Student Outdoor Learning
Experience (SOLE) in Costa Rica
May 18 - 27, 2025

Version #2
Prepared for Southeast
Community College on
April 17, 2024



Experience the world with API

PROPOSED ITINERARY



Please note that this itinerary is subject to change.

Sunday, May 18, 2025

Afternoon	Arrival into San José API-organized airport reception and transfer to Hotel API cultural, health, and safety orientation with API Resident Director Neighborhood walking tour API organized group welcome dinner
Evening	<i>Overnight in San José</i>

Monday, May 19, 2025

Morning	Breakfast at accommodations Depart for Rescate (approx. 1 hr) Visit to Rescate Wildlife Rescue Center , an urban zoological park administered by a conservation nonprofit foundation that houses the country's largest animal rescue and rehabilitation center (approximately 3-4 hours)
Afternoon	Group Lunch included Service Learning Activity at Rescate with a naturalist guide focusing on conservation and the impact of wildlife in the environment. In the morning you will have the opportunity to explore the reserve, get to know the animals and their story, and why conservation is essential. In the afternoon, prepare enrichment toys and understand the importance of good nutrition in animal welfare, clean the paths, or support the Rescate team with their current projects.
Evening	Return to San Dinner on own <i>Overnight in San José</i>

Tuesday, May 20, 2025

Morning	Breakfast at accommodations
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10:00 AM Travel to Arenal (approximately 3.5 hours). Lunch on the road at a typical restaurant (not included)

Afternoon Hotel check-in
Visit the Hot Springs of Arenal, natural thermal pools, which are heated by the geothermal activity of the Arenal Volcano.

Evening Dinner on own
Overnight in La Fortuna

Wednesday, May 21, 2025

Morning Breakfast at accommodations
Arenal Hanging Bridges Natural Walking tour, an immersive experience that allows visitors to explore the lush rainforest surrounding the Arenal Volcano.

Afternoon Lunch on own
Guest Lecture - Indigenous Ecology & Entrepreneurship: Main physical and geographical characteristics of Costa Rica, its indigenous communities, and traditional farm-systems. Introductory concepts: Agriculture types, agroecology, indigenous ecology, ecological systems, sustainability & SDGs, resiliency, and interconnectedness.

Evening Dinner on own
Overnight in La Fortuna

Thursday, May 22, 2025

Breakfast at accommodations
Travel to indigenous community of Maleku. Prepare for the outdoors: long pants, closed toe shoes, and bug spray
 Participate in the traditional activities of mask carving, meal preparation, dances, and learn about their history and culture, and medicinal plants.
 Group lunch in the community (included)
 Travel back to hotel in La Fortuna

Evening Dinner on own
Overnight in La Fortuna

Friday, May 23, 2025

Early morning Breakfast at hotel & check-out
 Travel to Jaco (approximately 4-5 hours)
 Group lunch before Canopy Tour (included)

Afternoon **Canopy tour**. Zipline through the treetops of the area's lush rainforest. A unique opportunity to learn about the fascinating biodiversity, ecology, and culture of the rainforest while enjoying an exciting outdoor adventure.
 Check-in at hotel

Evening Dinner on own
Overnight in Jaco

Saturday, May 24, 2025

Morning Breakfast at hotel (included in program cost)
 Travel to Manuel Antonio (approximately 1.5-2 hrs)

Manuel Antonio National Park with local guide. Offering educational insights, the guide will interpret the park's flora and fauna, and help you spot animals such as white-faced capuchin monkeys, howler monkeys, sloths, coatis, and numerous species of birds

Afternoon

Lunch on own

Free afternoon to enjoy the park, the beaches, etc

Evening

Travel back to Jaco (approximately 1.5-2 hrs)

Dinner on own

Overnight in Jaco

Sunday, May 25, 2025

Morning

Breakfast at hotel (included in program cost)

All day

Catamaran to Isla Tortuga, includes snacks, lunch, snorkel and 5 hours at the beach

Evening

Dinner on own

Overnight in Jaco

Monday, May 26, 2025

Afternoon

Breakfast at hotel (included in program cost)

Depart Jaco for San José

Visit to local artisan market

Lunch on own

Free afternoon

API Farewell Dinner

Overnight in San José

Tuesday, May 27, 2025

Check out of accommodations

Group airport return

Depart Costa Rica for the United States