



AmeriSpan Unlimited
THE BRIDGE BETWEEN CULTURES

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San Joaquin de Flores & Monteverde, Costa Rica Standard Group Program

San Joaquin de Flores

San Joaquin de Flores located a few miles from Heredia (a university town) and about 12 miles from the capital, San Jose, is perfect for those who want to avoid the daily traffic, pollution and stress of the city, but who will still want the easy access to the shopping and nightlife. There is excellent bus service to both Heredia and San Jose. Overall, this typical "Tico" town offers the language traveler a great opportunity to experience the local culture.

Monteverde

Monteverde is a small community located on the Tilarán mountain range. North American Quakers founded the community in the 1950's. Primarily a community of dairy farmers, the Quakers began conservation efforts of the cloud forest to protect the water shed. Today, the Monteverde Cloud Forest Preserve covers 10,500 hectares and receives thousands of visitors each year, making eco-tourism a big industry in this area. Despite the number of tourists, Monteverde and the adjoining town of Santa Elena (only 3 kilometers away) still maintain a small town community and a life that goes on outside of the busy tourism industry. This program is ideal for nature lovers.

Program Includes

- Round-trip airfare (USA-San José)
- Airport pick-up & return (San José)
- 4 hours daily instruction (20 hrs/week)
- Small group instruction (max 4)
- Private room with host family
- 2 meals daily (breakfast & dinner)
- All activities, lectures, trips, transportation
- Arrival orientation session
- Comprehensive travel insurance
- Enrollment in travel assistance plan
- "In-Touch" message service
- Pre-departure planning sheets

Group Leader Incentive

Group leaders receive a FREE program including airfare (excluding optional trips) for every 8 students enrolled.

Prices

For a price quote, contact us with your travel dates, departure city and estimated group size.

Optional Weekend Trips and Tours (described on a separate page)

San Jose Tour.....	\$25
Boat Tour of Sarapiquí.....	\$35
Community Service.....	\$17
ArenalVolcano/ Tabacon hot springs (2 days).....	\$150

Program Notes

1. Activities/tours include private transportation with guide or escort from school
2. All prices subject to change
3. Two meals a day: Breakfast 7:30-8:00 & Dinner 18:30-19:30. (lunch at a local eatery for about \$4-\$6)
4. Instruction from 8:00AM-12:00

5. Afternoon activities start Between 13:00-17:00PM.
6. All activities are subject to change and may be substituted with similar activities.

San Joaquin and Monteverde Standard Group Program

Activity Schedule for 1st week in San Joaquin

Day of Arrival

- Airport pick-up and transfer to homestay

Monday

- Morning classes
- Orientation session & welcome gathering at the school (walking tour of Heredia)

Tuesday

- Morning classes
- Latin dance classes

Wednesday

- Morning classes
- Latin cooking classes

Thursday

- Morning classes
- Tour of San Jose

Friday

- Morning classes
- Community service project or Sarapiquí boat trip

Saturday and Sunday

- See weekend options-
Saturday morning leave early for Arenal Volcano, hike along the base of the volcano and visit the Tabacon hot water springs. Spend the night in Arenal. On Sunday leave for Monteverde and meet new host families

Activity Schedule for 2nd week in Monteverde

Monday

- Morning classes
- Orientation
- Spanish movie night

Tuesday

- Morning classes
- Afternoon canopy tour/ Sky trek
- Latin dance class (evening)

Wednesday

- Morning classes
- Horseback riding trip

Thursday

- Morning classes
- Free time
- Night hike to the Finca Ecologica

Friday

- Morning classes
- Depart for Manuel Antonio

Saturday

Spend day at Manuel Antonio park (possibly spend another night) Late Saturday or early Sunday return to San Jose (airport) for flight home.

Sunday

Depart for USA

Activity & Tour Descriptions

Arenal Volcano National Park

This active volcano has not had any major eruption since 1968. However, there are three active craters and several fumaroles, which spew out red-hot lava and steam. The activity is especially impressive at night, with rumbles, crashes and intermittent roars. Visit the beautiful forest and relax in the Tabacón hot springs while enjoying the eruptions of the volcano.

Monteverde Cloud Forest

The privately owned reserve is located 4 hours west of San José. The reserve boasts a magnificent variety of wildlife, with over 400 species of birds, over 100 species of mammals and more than 2,500 varieties of plants.

Boat Trip - Sarapiquí

This tour takes the students through the Braulio Carrillo National Park, a rain forest famous for its rich flora and fauna. Once in the port of Sarapiquí the group boards a boat for a 3-hour jungle tour to observe the wildlife of the region - monkeys, iguanas, birds, sloths and more.

Horseback riding to the waterfalls of San Luis

About a two-hour ride from Monteverde, the waterfalls of San Luis are 300 feet tall. The views of the Gulf of Nicoya on the way down to the San Luis are almost as beautiful as the waterfall itself.

Horseback riding to El Mirador - San Gerardo

Here you will have a great view of Volcano Arenal. On a clear night it is possible to see volcanic eruptions. If you are interested it is possible to travel by horseback to El Mirador and spend the night in a small cabina located at the top of the mountain. Breakfast is included.

Canopy Tour

This is a guided tour that lasts two hours. You will have a bird's eye view of the forest as you travel from tree platform to tree platform on horizontal traverse cables with the constant assistance of a guide. You will see many different indigenous plants and animals. This is a major adrenaline rush.