

SUMMER PROGRAM FOR HIGH SCHOOL STUDENTS IN COSTA RICA 2013

(Spanish classes are from Monday to Friday from 2:45-5:45 PM)

Week	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10-16	Morn	Cooking	Dancing Lesson	Service-Learning	Zip-Line	Barbecue	Tortuga Island Beach Cruise	Activity with Host Family
	Ev.	Indoor soccer		Movie				
June 17-23	Morn	Physical Activity	Handy Crafts	Service-Learning	Country Club	Shopping	Arenal Volcano & Hot Springs	
	Ev.		Traditional Night		Roller Skating			
June 24-30	Morn	Dancing Lesson	City tour	Service-Learning	Cooking	Barbecue	Beach Resort & Surf Lessons	Activity with Host Family
	Ev.	Indoor soccer		Getting Together				
July 1-7	Morn	Physical Activity	Country Club	Service-Learning	Coffee Tour	Shopping	INBiO Park	Poás Volcano & La Paz Waterfall
	Ev.		Bowling		Traditional Night			
July 8-14	Morn	Cooking	Dancing Lesson	Service-Learning	Zip-Line	Barbecue	Tortuga Island Beach Cruise	Activity with Host Family
	Ev.	Indoor soccer		Movie				
July 15-21	Morn	Physical Activity	Handy Crafts	Service-Learning	Country Club	Shopping	Arenal Volcano & Hot Springs	
	Ev.		Traditional Night		Roller Skating			
July 22-28	Morn	Dancing Lesson	City tour	Service-Learning	Cooking	Barbecue	Beach Resort & Surf Lessons	Activity With Host Family
	Ev.	Indoor soccer		Getting Together				
July 29 Aug 4	Morn	Physical Activity	Country Club	Service-Learning	Coffee Tour	Shopping	INBiO Park	Poás Volcano & La Paz Waterfall
	Ev.		Bowling		Traditional Night			
Aug 5-10	Morn	Cooking	Dancing Lesson	Service-Learning	Zip-Line	Barbecue	Tortuga Island Beach Cruise	Activity With Host Family
	Ev.	Indoor soccer		Movie				

* Some tours might be changed according to situations out of our control

SERVICE LEARNING

Participants have the opportunity to volunteer once a week at public schools in economically depressed area; help in orphanages, in nursing homes, in recycling projects or protecting the environment. We choose the project depending on availability and need.

Activities include: teaching Basic English to the children, singing songs in Spanish and English, maintaining the school's facilities, and working in the school's vegetable garden with the children.

PLANTING TREES

This project takes part in a national park close to San José.

Students help park staff with reforestation, building and maintaining trails, and protecting wildlife. Students participate in seminars about park ranger's jobs, problems they face, resources they have to protect the environment, and the efforts the national parks system makes to preserve Costa Rican nature.



NURSING HOME

This is a nursing home where senior citizens go for the day only. Students help with recreational activities, such as playing cards and bingo, singing songs, and helping women with their make-up. Further activities include helping the staff to clean and serve meals.



SUMMER CAMP ACTIVITIES

ARENAL VOLCANO & HOT SPRINGS

Two days - one night. (Transportation, hotel accommodations, and meals included)

Visiting an active volcano is an experience students will never forget. The best time to see it is at night when the lava flows from the volcano can be seen. Participants also visit a natural hot springs spa close to the volcano.



CITY TOUR

Students actively learn about the history of San José and visit the main points of interest in the capital of Costa Rica. Participants visit architecturally historic buildings and learn about Costa Rica during Pre-Colombian times. They also dine at a typical Costa Rican restaurant to get an authentic "taste" of Costa Rica's history and culture.



DANCING LESSON

Dancing is very important in the Latin culture. Students will learn Salsa, Merengue as well as other traditional rhythms.



COFFEE TOUR

Students visit the Café Britt "finca" (coffee farm) where an entertaining bilingual presentation describes the historical importance of coffee to Costa Rica. The tour also shows parts of the production process and ends with a coffee-tasting session.



SHOPPING

Students are taken to Moravia, famous for handcraft stores and other shops where they can get Costa Rican products.



COOKING

Students will prepare some typical Costa Rican dishes and learn the vocabulary of the main ingredients used in Costa Rican cuisine.



CANOPY

Canopy Tour is the most popular adventure tour in the mountain. The students can enjoy a lot about the life of the forest from the top of the trees.



TORTUGA ISLAND BEACH CRUISE

It is an unforgettable experience with blue water, white sand, and green mountains, located in Pacific Coast. Good for sunbathing, diving, exploring, swimming, eating and relaxing.



ROLLER SKATING

Students will be taken to a Roller Skating ring which is open to the public and this is an opportunity to have fun, relax and do some exercise. It is a place where they meet locals and practice their Spanish.



POAS VOLCANO & LA PAZ WATERFALL

This field trip includes a visit to the Poás volcano and La Paz Waterfalls. They will see along the way huge coffee plantations, dairy farms and big cultivations of strawberries, black berries, ferns and ornamental flowers. Also students will see a butterfly garden.

