



**Sample Itinerary**  
**Study Abroad 4711**  
**San Jose, Costa Rica – March 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Date	Date	Date	Date	Date	Date	Date
Morning					Arrival	Aerial Tram Tour	Tortuga Island Tour
Afternoon					Orientation		
Evening							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Date	Date	Date	Date	Date	Date	Date
Morning						Arenal Volcano Tour	Departure
Afternoon	Volunteering, Teaching English						
Evening	Salsa Class						

*\*This is a sample itinerary. The order of activities and timing may change depending on the current conditions.*



### Project:

Volunteer English teachers are placed at projects in impoverished communities where students come from low-income families and cannot afford to study at private institutes. Most students are children (of all ages), however we occasionally have placements with projects that teach to adults. Typically, classes are held in small community centers, public schools, or churches.

As volunteer teachers, participants have the opportunity to:

- Create lesson plans or prepare materials in advance
- Engage in games and cultural activities with students
- Provide general support for all activities on site

Participants do not necessarily teach in front of large classes or in formal classroom settings. Often, teaching is done in one-on-one format or in small groups. Volunteers may also be assisting a non-native English teacher with their lessons.

### Housing:

Participants stay with a pre-approved middle class Costa Rican family. For shared rooms, volunteers are placed with 1-3 other people of the same gender and age group. Breakfast and dinner are included daily.

### Activities:

- Salsa Class:** Learn how to dance salsa and other Latin American dances with other program participants.
- Aerial Tram Tour:** Get first-hand experience of watching the Braulio Carrillo rain forest from the treetops.
- Tortuga Island Tour:** Spend a funny day on a boat to/from Tortuga Island, and experience the gorgeous white beach of the Tortuga Island.
- Arenal Volcano Tour:** An unforgettable experience of hot springs under the volcano.