Tentative Itinerary:

Week 1 Heredia	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	July 5	July 6	July 7	July 8	July 9	July 10	July 11	July 12
Meals included	B,D	B, L, D	B, L, D	B,D	B, L, D	B,D	B, L, D	B,D
Breakfast	Travel Day Airport pick-up by homestay families	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family
Morning activities		Full Day Excursion: **Manuel Antonio**	Excursion: **Manuel Antonio**	Placement test; 8:30 - 12:30 Spanish class	8:30am-12:30pm: Spanish class	8:30am-12:30pm: Spanish class	8:30am-12:30pm: Spanish class	8:30am-12:30pm: Spanish class
Lunch				Heredia City Walking Tour and Lunch Cultural Activity: 3:00pm Dance Class	La Paz Waterfalls	Half Day Excursion: **Doka Café Plantation Tour w Lunch**	Dance class at 3	Weekend Excursion: **Arenal Volcano and Monteverde Rainforest** (lunch en route)
Afternoon activities								
Dinner	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner and swimming in **Baldi Hotsprings**

Week 2 Samara	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 13	July 14	July 15	July 16	July 17	July 18	July 19	July 20
Meals Included	B	B, D	B, D	B, D	B, D	B, D	B, D	B
Breakfast	Hotel	Hotel	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family	Breakfast w/ family
Morning activities	Weekend Excursion: **After exploring the Arenal Volcano area, travel by boat across Lake Arenal to the Monteverde Rainforest.**	Weekend Excursion: **Monteverde Rainforest and Canopy Zip-line tour**	8:30am-12:30pm: Spanish class	**Volunteer Project: Buena Vista Turtle Care with lunch at the refuge**	8:30am-12:30pm: Spanish class	**Kayak Tour**	8:30am-12:30pm: Spanish class Graduation!	Return to San Jose Departure & Airport Drop off, Lunch en route
Lunch			Lunch		Lunch	Lunch	Lunch	
Afternoon activities		Afternoon Travel to Samara	**Cultural Activity: Latin Cooking class & Volunteer Project: Community Beach Clean-up**	1:00pm-5:00pm: Spanish class	**Surf Lessons**	1:00pm-5:00pm: Spanish class	**Cultural Activity: Choice of: Latin Dance/Zumba or yoga class**	
Dinner	Dinner included	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner with family	Dinner with family	