

## **Spanish and Sustainability Studies in Costa Rica**

### **Weeks 1 - 2: Arrival, program orientation and Spanish study: Turrialba, Costa Rica**

Hola Costa Rica! Our semester starts with a mini-quarantine and orientation with your group. You'll spend the first 4-5 days setting the foundations for an incredible journey ahead. You'll learn more about the program and fellow group members, and discuss strategies for staying safe and healthy while traveling. Following orientation, you'll dive into your study of Spanish in the charming town of Turrialba in Costa Rica's central valley. With nearby rivers, volcanos, and rainforests, you'll study Spanish in the mornings, and have afternoons to explore Costa Rican culture, take rainforest walks, and visit local botanical gardens.

### **Weeks 3 - 4: Environmental Conservation: Monteverde, Costa Rica**

Leaving Turrialba, we'll head to the cloud forest of Monteverde! We'll stay in biological stations while learning about conservation efforts, local food systems, and of course take time for hiking and exploring this amazingly beautiful and biodiverse eco-system.

### **Weeks 5-6: Natural Building and Food systems: Mastatal, Costa Rica**

From the cloud forest we'll head to an eco-retreat and education center to continue our studies in sustainability. We'll learn about natural building, food harvesting and processing, and organic farming. There will also be opportunities for hikes to local waterfalls, visits to the neighboring national park, bird watching, and relaxing in hammocks.

### **Week 7-8: Turtle Conservation and Sustainable Farming: Manzanilla, Costa Rica**

Spend your final weeks on the beautiful Nicoya Peninsula. We'll help with turtle conservation efforts through night patrols on the beach to watch for nesting sea turtles. Perhaps we'll even see baby sea turtles making their way to the ocean! We'll also continue our studies in organic agriculture as we work on the permaculture farm where we'll be staying. There will also be opportunities to explore the nearby national wildlife refuge and catch some sunsets on the beach as we celebrate the successes and learning of the semester.

***\*Carpe Diem reserves the right to make changes to the program at any time, and indeed has the responsibility to do so in some instances; changes may be required to provide the best possible experience, protect the safety of participants, or respond to changes in weather or political conditions.***