

Sustainability and Spanish in Costa Rica

Week 1: Arrival, program orientation and rainforest exploration: Chilamate, 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. During this time we'll also get to hike in the beautiful and incredibly biodiverse rainforests in the Chilamate area, as well as take a dip in some of the local swimming holes.

Week 2: Spanish language study: Turrialba, Costa Rica

Dive into your study of Spanish in the charming town of Turrialba, in Costa Rica's Central Valley. With nearby rivers, volcanoes, and rainforests, you'll spend the mornings studying Spanish in small groups and the afternoons hiking, swimming, and exploring. On the weekend, we'll have the chance to go rafting in the world renowned Pacuare river!

Weeks 3-4: Turtle Conservation and Sustainable Farming: Manzanillo, Costa Rica

Next we head to the beautiful Nicoya Peninsula. We'll spend about 10 days helping with turtle conservation efforts through night patrols on the beach to watch for nesting sea turtles. 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 support wildlife monitoring projects in the nearby national wildlife refuge and help with local reforestation efforts. And of course we'll catch some sunsets on the beach.

Week 4 - 4.5: Final retreat: Orosi, Costa Rica

Spend your last few days back in Costa Rica's central valley, at a lovely retreat. We'll take a few days to reflect and celebrate together as a group before we head back home.

**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.*