



COSTA RICA

10, 21 or 28 Days
Community service
& adventure program

SERVICE PARTNERS

Everybody participates together in each project.

- Costa Rica Humanitarian Foundation
- Habitat for Humanity
- Playa Flamingo Community Project

ADVENTURE HIGHLIGHTS

- Rafting Reventazón River
- Waterfall rappelling & canyoning
- Horseback riding in Rincon
- Hot springs and mudbaths
- Pacific Ocean surfing lessons
- Zipline over the Canopy

WELCOME TO 'LA PURA VIDA'!

Upon arrival, you are quickly struck by this small country's natural beauty and the warmth of its people. Whether you are working hard for Habitat for Humanity and running an eco-camp for the children of La Carpio or learning to surf and zip-lining over the canopy, you are certain to return home with a love for all things Costa Rican.



10 Days | \$2999

+ AIRFARE TO SAN JOSE & FROM LIBERIA

- June 27 to July 6
- July 9 to July 18
- July 19 to July 28

21 Days | \$5599

+ AIRFARE TO & FROM SAN JOSE

- June 28 to July 18
- July 6 to July 26
- July 20 to August 9

28 Days | \$6599

+ AIRFARE TO & FROM SAN JOSE

- June 30 to July 27
- July 6 to August 2

ACCOMMODATIONS

- Bed & Breakfast
- Hotels

CERTIFICATE FOR COMMUNITY SERVICE

- **10 day:** 30 hours service
- **21 & 28 day:** 60 hours service

Specific projects are confirmed in late spring and are similar to those described.

OPTIONAL COLLEGE CREDIT

The 21 & 28 day programs may be completed for an option of 3 University credits. Optional credits have a fee of \$550 and are transferable to many Colleges and Universities. This decision is ultimately made by the school you attend.

GOOD TO KNOW...

- All prices include lodging, 3 meals daily, activities, gratuities & taxes.
- This program requires an open mind to experience a different culture, new food and modest hotels. Embrace these differences and you will be rewarded!
- Please call us or visit www.360studenttravel.com to learn more about the differences between our 10, 21 & 28 day itineraries and the respective highlights included.



CENTRAL VALLEY

SERVICE

In 1978, Gail Nystrom left New Jersey for a Peace Corps assignment in Costa Rica. After a brief return to the States, she knew she had to head back and founded the Costa Rica Humanitarian Foundation (CRHF) to improve quality of life for special-needs populations. From her vision and drive, and the efforts of many volunteers, the CRHF has grown to more than fifty projects focusing on education and community development. Our groups have helped build a high school for the youth of Picagres, and run programs such as sports, reading, dance, crafts and face painting for the children of La Carpio and from the schools of Palenque and Concepción. We also constructed and delivered bunkbeds to help reduce overcrowding and provide children with their own bed for the first time, as well as participated in a beautification and local development project by painting murals on the walls of the community and the outside of people's homes.

ADVENTURE

Kick off the summer whitewater rafting the thrilling Reventazón River! After full days volunteering, relax poolside at our hotel. Taste famous and delicious Costa Rican coffee while learning how it's grown by the comic troupe at Café Britt. Experience a waterfall rappelling adventure (21 day trip only) and join a Latin dance class!

RINCON DE LA VIEJA

ADVENTURE

Zipline over the canopy, cover yourself in mud at soothing baths, hike to a beautiful waterfall, horseback ride, and yes, enjoy downtime too by the pool at our eco-resort.

FLAMINGO & TAMARINDO BEACHES

SERVICE

Flamingo is the quintessential beach community. The impact of tourism and development has created economic and environmental challenges for the locals. Our groups have helped in beach preservation, painting local homes for underprivileged residents, and beautifying the local school.

ADVENTURE

Get set for professional surf lessons at Tamarindo Beach – you'll be hanging ten in no time! Relax on the beach and experience local nightlife at a disco.

OUR 10 DAY TRIP INCLUDES THE CENTRAL VALLEY, RINCON & FLAMINGO ONLY AS DESCRIBED ABOVE.

ARENAL

ADVENTURE

Visit La Fortuna waterfall for a refreshing swim, and relax in thermal hot springs on our visit to Arenal where our hotel offers some of the best views of this active volcano and the chance to watch lava flow. Experience a canyoning adventure in Arenal Volcano National Park.

CENTRAL VALLEY

SERVICE

Habitat for Humanity (HFH) has provided homes for over 1.5 million people. HFH Costa Rica has built over 1,000 homes. Roughly 35% of the population of Costa Rica lives in sub-standard housing. We help build homes and work alongside the local family who will soon be living in one of them. Our volunteer labor significantly cuts the costs of these homes and you will see it much appreciated.

ADVENTURES BELOW ARE FOR 28 DAY PROGRAM ONLY

Visit the Poas Volcano and spot wildlife such as monkeys, sloths, birds and turtles.

DOMINICAL

Ride horseback through the beautiful forest and along the beach. Our hotel is just steps from this famous beach where you can chill, play volleyball or cool off in the clear blue water.

MANUEL ANTONIO

Enjoy a guided tour with your close friends at this incredibly beautiful National Park. Relax on sandy beaches, hike through lush rainforest, cool off banana boating in the ocean, and view iguanas and the rare white faced monkeys!

"I had a great time on this trip! I really enjoyed The Costa Rica Humanitarian Foundation because I felt like I made a direct impact to the lives of the kids I got to know."

BRADEN FINEBERG, DALLAS TEXAS