



Sample Itinerary
13 days 12 nights
Location: Costa Rica

Date/ Day	Activities	Lodging	Meals
Sat.	Arrival Day Welcome to Central America! Vida staff will be waiting for you at the Juan Santamaría International Airport . Depending on your arrival time, we will exchange money and have lunch. After getting settled into our hotel, we'll hold our General Orientation where we'll go over the plan, guidelines and the code of conduct to ensure our safety and an enjoyable trip! 7:00pm Welcome Dinner We will savor local cuisine to celebrate our first night in Costa Rica.	Hotel Costa Rica	B: Volunteer L: Volunteer D: Vida
Sun	Orientation Day 8:00am-3:00pm Orientation Today we will be receiving all the important information we need to serve our communities. The Medical Team will review clinic set up, patient exams, clinical history, common diseases and conditions. The Dental Team will review clinic setup, role of volunteer, basic exam, manual cleaning procedures, extractions, pain management, instruments, as well as common diseases. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, sutures, injections, catheter placement, common diseases and conditions. The staff will advise us of morning and lunch breaks. 3:00pm We travel to the town of Turrialba .	Hotel Costa Rica	B: Vida L: Vida D: Volunteer
Mon	Clinic Day 1 Breakfast. 8:00am-4:00pm Our first opportunity to help make this community a better place! Please remember to wear scrubs, nametags, a surgical cap (Vet and Dental Team) and bring a pen. Evening Free time.	Hotel Costa Rica	B: Vida L: Vida D: Volunteer
Tues	Clinic Day 2 Breakfast. 8:00am-4:00pm Now that we have the protocols down, our work will be easier and even more enjoyable! Evening Latin Dance Class Join us for an intro to Latin dance!	Hotel Costa Rica	B: Vida L: Vida D: Volunteer
Wed	Clinic Day 3 Breakfast 8:00am-4:00pm Another great day to learn while giving! Case Discussions During this session we will be able to discuss some of the more notable cases we have observed over the last clinic days. Evening Free time to have fun!	Hotel Costa Rica	B: Vida L: Vida D: Volunteer
Thurs.	Recreation Day Morning Rafting in Pacuare River Warning! You will get wet. This is a truly exhilarating experience lead by some of Costa Rica's finest rafting guides. Afternoon Free time to explore Turrialba and get some souvenirs.	Hotel Costa Rica	B: Vida L: Vida D: Volunteer
Fri	Recreation and Travel Day Morning Irazú Volcano We will travel up to the top of this beautiful volcano to enjoy the view of its crater. Midday We will visit the most important religious and historic icon in Cartago: la Basílica de Nuestra Señora de Los Angeles . Home of the National Patron. Evening Free time to meet our family. It's time to practice Spanish!	Homestays Costa Rica	B: Vida L: Volunteer D: Vida

Sat	Clinic Day 4 Breakfast 8:00am-4:00pm: Volunteering may be one of the most valuable experiences of your life. Evening Community Soccer Game Let's burn some calories while interacting with the community.	Homestays Costa Rica	B: Vida L: Vida D: Vida
Sun	Clinic Day 5 Breakfast 8:00am-4:00pm Let's do our best to impact this needy community! Evening Free time.	Homestays Costa Rica	B: Vida L: Vida D: Vida
Mon	Clinic Day 6 Large animal day Breakfast 8:00am-4:00pm Just maybe today you might find something you'd like to do for the rest of your life. Work hard to find out! The Vet Team will be working with large animals in a local farm Inventory and Case Discussions We'll have another opportunity to present important cases we have seen in clinic. Evening Homestay Farewell Party A get together to say thank you and goodbye to our families.	Homestays Costa Rica	B: Vida L: Vida D: Vida
Tues	Recreation Day Morning We will visit Guayabo , Costa Rica's biggest and most important archaeological site. Afternoon We will get wet at the Aquiaries Waterfall Everyone will be free to enjoy the cool water and the beautiful landscape!	Hotel Costa Rica	B: Vida L: Volunteer D: Volunteer
Wed	Recreation and Travel Day Morning Espino Blanco Biological Reserve We will walk through this impressive primary forest where we will observe different species of animals. Afternoon Travel to Alajuela . Evening Farewell Dinner A chance to share the highlights of our experience and to hug our new friends good bye!	Hotel Costa Rica	B: Vida L: Volunteer D: Vida
Thurs	Departure Day Our adventure together in Central America has come to an end. We hope you will stay in touch with the staff and volunteers with whom you worked and shared this experience over the last few days, and we hope you will fondly remember the beautiful sights, tastes and sounds of the towns and cities you visited while here. Most importantly, we hope you will remember the people you've helped, their smiles, their handshakes and their hugs. Our staff will be with you until you depart to make sure you arrive safely to the airport. Although you must leave Central America, may this experience stay with you forever.	Home	B: Vida L: Volunteer D: Volunteer

Notes: This itinerary is subject to change anytime due to unforeseen circumstances. Upon arrival, you will receive a printed copy. Volunteers are asked to be punctual for all activities and meals. We will have lunch at the clinics from 12:00pm to 1:00pm. During clinic time, curfew is set at 12:00am, unless otherwise stated by staff. Please remember that volunteers are not allowed to drink the nights before clinics or in homestays. When apart from the group, we ask that volunteers please travel in groups of 3 or more and leave valuables at hotel/home stay. Meals: B=Breakfast, L: Lunch, D= Dinner, Volunteer means that the meal is not included & you pay for your meal separately.