



**Sample Itinerary**  
**13 days 12 nights**  
**Location: Costa Rica and Nicaragua**

Date/ Day	Activities	Lodging	Meals
Sat.	<b>Arrival Day</b> Welcome to Central America! Vida staff will be waiting for you at the <b>Juan Santamaría International Airport</b> . 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! <b>7:00pm Welcome Dinner</b> We will savor local cuisine to celebrate our first night in Costa Rica.	Hotel  Costa Rica	B: Home L: Plane D: Vida
Sun	<b>Orientation Day</b> <b>8:00am-3:00pm Orientation</b> Today We will be receiving all the important information we need to serve our communities. The <b>Medical Team</b> will review clinic set up, patient exams, clinical history, common diseases and conditions. The <b>Dental Team</b> will review clinic setup, role of volunteer, basic exam, manual cleaning procedures, extractions, pain management, instruments, as well as common diseases. The staff will advise us of morning and lunch breaks. <b>3:30pm</b> We travel to the border town of <b>Los Chiles</b> , in the Northern Lowlands.	Hotel  Costa Rica	B: Vida L: Vida D: Volunteer
Mon	<b>Clinic Day 1</b> Breakfast. <b>8:00am-4:00pm</b> Our first opportunity to help make this community a better place! Please remember to wear scrubs, nametags, a surgical cap (dental team) and bring a pen. <b>Evening</b> Free time to relax.	Hotel  Costa Rica	B: Vida L: Vida D: Volunteer
Tues	<b>Clinic Day 2</b> Breakfast. <b>8:00am-4:00pm</b> Now that we have the protocols down, our work will be easier and even more enjoyable! <b>Inventory and Case Discussions</b> During this session we will be able to discuss some of the more notable cases we have observed over the last clinic days. <b>Evening</b> Free time to have fun!	Hotel  Costa Rica	B: Vida L: Vida D: Volunteer
Wed	<b>Recreation and Travel Day</b> We head for <b>La Fortuna</b> to enjoy the hot springs and other natural resources surrounding the breathtaking Arenal volcano.	Hotel  Costa Rica	B: Vida L: Volunteer D: Volunteer
Thurs.	<b>Travel Day</b> <b>Morning</b> We travel to <b>Masaya</b> , Nicaragua, known as the Cradle of Nicaragua Folklore. Our now internationally renowned families will be eagerly awaiting our arrival. <b>Evening</b> Free time. It's time to practice our Spanish!	Homestays  Nicaragua	B: Vida L: Volunteer D: Vida
Fri	<b>Clinic Day 3</b> Breakfast <b>8:00am-4:00pm:</b> Another great day to learn while giving! <b>Evening Latin Dance Class</b> Join Us for an intro to Latin dance!	Homestays  Nicaragua	B: Vida L: Vida D: Vida

Sat	<b>Clinic Day 4</b> Breakfast <b>8:00am-4:00pm:</b> Volunteering may be one of the most valuable experiences of your life. <b>Case Discussions</b> We'll have another opportunity to present important cases we have seen in clinic. <b>Evening Homestay Farewell Party</b> A get together to say thank you and goodbye to our families.	Homestays  Nicaragua	B: Vida L: Vida D: Vida
Sun	<b>Recreation &amp; Travel Day</b> <b>Morning Canopy Mombacho</b> We're going to zip from tree to tree during this adventure! <b>Afternoon</b> We head for the university and colonial city of <b>León</b> .	Hotel  Nicaragua	B: Vida L: Volunteer D: Volunteer
Mon	<b>Clinic Day 5</b> Breakfast <b>8:00am-4:00pm</b> Let's do our best to impact this needy community! <b>Evening</b> Free time to explore.	Hotel  Nicaragua	B: Vida L: Vida D: Volunteer
Tues	<b>Clinic Day 6</b> Breakfast <b>8:00am-4:00pm</b> Our last day to promote what we know is important while helping others. <b>Inventory and Case Discussions</b> This will be our last opportunity to share our interesting cases with the rest of the team. <b>Evening</b> Free time to have fun!	Hotel  Nicaragua	B: Vida L: Vida D: Volunteer
Wed	<b>Recreation and Travel Day</b> <b>Morning León City Tour</b> We'll go inside of some of this colonial city's historical buildings including the <b>Cathedral of Leon</b> a significantly important and historic landmark in Nicaragua. <b>Afternoon</b> We depart for Managua to enjoy our <b>Farewell Dinner</b> A chance to share the highlights of our experience and to hug our new friends good bye!	Hotel  Nicaragua	B: Vida L: Volunteer D: Vida
Thurs	<b>Departure Day</b> 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.	Managua	B: Vida L: Plane D: Home

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.