

<b>WEEK 1</b>	
<b>Monday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class San José city tour
<b>Tuesday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Costa Rican cooking class/ Yoga
<b>Wednesday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Latin dance class
<b>Thursday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Costa Rican cooking class
<b>Friday</b>	Free weekend to go on trips, take tours, or rest.
<b>Saturday</b>	
<b>Sunday</b>	

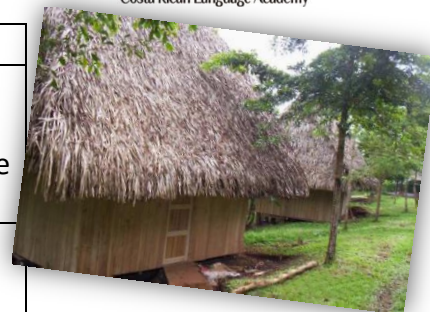


WEEK 2	
<b>Monday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Latin dance class
<b>Tuesday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Yoga class / Dancing class
<b>Wednesday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Latin dance class
<b>Thursday</b> 8:30 am 9:00 am - 12:00 pm 12:00 pm - 1:00 pm 1:00 pm - 3:00 pm 3:00 pm - 5:00 pm	Arrive at CRLA Spanish class Lunch Continue Spanish class Costa Rican cooking class





	<b>DAILY ACTIVITIES</b>
<b>FRIDAY</b>	Arrival and welcoming at El Descanso / Térraba Territory Dinner at El Descanso Talk about Térraba origins, culture and other villages in the area
<b>SATURDAY</b>	Breakfast Elaboration of wooden signs to set up throughout the village and ecological reserve Lunch Presentation about traditional jewelry created with native seeds Dinner and fellowship with villagers
<b>SUNDAY</b>	Breakfast Placement of wooden signs throughout the village and ecological reserve Lunch Creation of traditional crafts and art Dinner and fellowship with the Térraba elders' council
<b>MONDAY</b>	Breakfast Trip to ancestral sites on Térraba land, UNESCO World Heritage site, Térraba River, and waterfall Dinner and resting time.
<b>TUESDAY</b>	Breakfast Building of sports booth at the community sports plaza Lunch Continue working at the sports plaza Dinner and presentation of community videos
<b>WEDNESDAY</b>	Breakfast Design and create ecological mural at Térraba School Lunch Continue working on the mural at Térraba School Dinner and fellowship
<b>THURSDAY</b>	Breakfast Creation of diverse traditional crafts (Wood carving, necklaces, bracelets, pendants, gourds) Lunch Continue working on traditional crafts Dinner
<b>FRIDAY</b>	Breakfast Medicinal plant tour Lunch Cocoa tour Dinner and cultural fellowship



	DAILY ACTIVITIES
<b>SATURDAY</b>	Breakfast Installation of trash bins at the community sports center and school Lunch Continue installing trash bins at the community sports center and school Dinner and cultural activity
<b>SUNDAY</b>	Breakfast Trip to the Boruca community (visit to museum and talk at "doña Marina's" about boruca fabrics with natural dyes) Lunch at Boruca Tour of the waterfall at Boruca Return to El Descanso Dinner and discussion group with the community's leaders
<b>MONDAY</b>	Breakfast Repair a walkway to a petroglyph (stone engraving), make terraces, add wooden side rails and trail signs Lunch Continue working on the trail Dinner and fellowship
<b>TUESDAY</b>	Breakfast Creation of vegetable gardens at the Térraba School's greenhouse Lunch Tour to the natural pools of Quebrada Honda Dinner and cultural activity
<b>WEDNESDAY</b>	Breakfast Departure to San José Arrival at host families
<b>THURSDAY</b>	Transfer to the airport

