

Green Week 2016

Host School: SEK Costa Rica International School

Program Coordinators: -Victoria Mata (victoria.mata@sekcostarica.com)

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Dates: April 11th to 15th

Price: 1.380 US Dollars

Including:

- ✓ Shuttle to all destinations
- ✓ A specialist in each of the subject fields for every 20 participants
- ✓ 24 hr- in-site paramedic
- ✓ CD picture gallery for every student

Day 1. Adventure and Leisure

- ✓ Rafting at the Sarapiquí River (categories II & III)
 - Required gear
 - Briefing on safety
 - One specialist for every raft
 - Backup kayak
- ✓ Sailing boat tour on the Sarapiquí River
 - Tour to the Biological Corridor Sarapiquí- Barra de Colorado
 - Safety vest for every student
 - Species of the Rivera Forest watching: monkeys, basilisks, sloths, alligators, etc.
- ✓ Horseback riding at Pozo Azul Ranch
 - Required gear
 - Specialized assistant throughout the riding
- ✓ Lunch at Sarapiquí
- ✓ Night-time walk at the Tirimbina Reserve
 - Tour of the Bats on site (bat-related watching and studies)



- ✓ Lodging at Pozo Azul Hotel
(Tent –Camp System, double room, bathroom, ducha, inside-tent fans)

- Dinner

Day 2. The North Huetar Region

- ✓ Brekafast at Pozo Azul
- ✓ Entrance to Venado Caverns
 - Gear for the walk inside the Caverns (face masks, helmet)
 - Local Tour guide
- ✓ Lunch at San Carlos
- ✓ Visit and leisure time at Baldi Spa
 - Dinner
- ✓ Lodging at La Fortuna de San Carlos (four-person rooms



Day 3. Arenal Volcano National Park

- ✓ Entrance to the Arenal Volcano Park
 - Guided tour at Las Coladas Trail
 - Watching of Colada Antigua
- ✓ 02 night lodging at El Establo hotel
 - Dinner
- ✓ Lunch at Monteverde
- ✓ Visit to the Ranarium (frog exhibit)



Day 4. Aventura Monteverde

- ✓ Breakfast at the Establo Hotel
- ✓ Canopying
- ✓ Suspension Bridging
- ✓ Visit to the Serpentarium
- ✓ Lunch & Dinner

Day 5. A Day at the Beach: Manuel Antonio

- ✓ Breakfast at Monteverde
- ✓ Lunch at Rancho León Restaurant
- ✓ Admittance to the Manuel Antonio National Park
- ✓ Guided explanation while on tour



Notes:

- ✓ Visiting students will be hosted by SEK Costa Rica families on both the arriving and the departure weekends
- ✓ Higher ages to take part in the program: 16 year and 10 months old by April 11, 2016.