



## 2010 Costa Rica Eco-Volunteer Experience!

Individuals or Groups Invited for One Week Summer Dates:  
(June 27- July 4) (July 4- July 11) or (July 11- July 18)

**Trip Fee: Only \$695!**

Limited to 16 *volunteers* per week.

**Apply now! [www.culturalembrace.com](http://www.culturalembrace.com)**

**Or call: +1.512.469.9089**

**At Cultural Embrace we specialize in connecting individuals with international experiences.** This summer, join us on a pre-arranged *Eco-Volunteer Experience to Costa Rica!* **Cultural Embrace** wants you to be more than a tourist; we want you to fully interact with the local culture and communities you are visiting!

### **Sustainable Agriculture and Green Education Volunteer Projects**

**Volunteer projects include:** preparing soil, planting seeds, using and producing organic fertilizer, maintaining spring-water wells, harvesting crops, drying medicinal herbs in the solar dryer, constructing a terrace system to slow erosion, building bio-gas production as alternative energy, termite proofing structures, tending to the frog and fish ponds, feeding animals, collecting eggs, riding horses to monitor the 12 acres and furthering the creation of a butterfly garden. Optional Spanish lessons in the evening are available for \$10/hour. Pura Vida!

#### **What's Included:**

- Accommodations, shared lodging in Eco Houses
- Organic meals (B/L/D: breakfast, lunch, dinner)
- CE Staff Trip Leader
- Travel insurance
- Pre-departure & Local Support
- 24-hour emergency contact numbers
- Local English Speaking Guides
- Local Ground Transportation and Transfers
- Volunteer and Recreational Activities as per itinerary

**WANT TO GO BUT NEED AN ALTERNATIVE DATE?**

*Discounted Rates for Groups Available*

*Cultural Embrace can customize group travel arrangements to fit your needs, budget and schedule!*



## **Itinerary**

### **Day 1: Sunday (D)**

Meet and greet with your local English-speaking guide and driver outside of San Jose's airport customs. Transfer to San Isidro del General. Enjoy a typical dinner (all organic ingredients grown on farm), settle into Eco houses and sleep to the beautiful tunes of nature.

### **Day 2: Monday (B, L, D)**

Get started with a gallo pinto breakfast and a hot cup of café con leche (straight from the cow!). Tour the farm and learn about different projects and initiatives. Work hard before eating a well-deserved lunch, and then get your hands dirty again back on the farm before heading to the local waterfall to swim and relax.

### **Day 3: Tuesday (B, L, D)**

Wake up to the smell of huevos rancheros and then dive into your farm projects. Teams will divide and

conquer to learn and experience different projects. Work hard before eating a well-deserved lunch then get your hands dirty again before enjoying a mejenga (casual soccer game) and dinner.

### **Day 4: Wednesday (B, L, D)**

Learn how to cook "a lo tico." Enjoy cooking classes and continue with farm projects. Teams will participate hands-on with each meal and farm project so that everyone shares the ground to plate experience. Enjoy the fruits of your labor! Visit a local school in the afternoon. Serve as a conversation partner and play games with the students. Return to the farm for dinner.

### **Day 5: Thursday (B, L, D)**

Work hard to finish the projects! Enjoy today's meals at the farm and a fun excursion to nearby hot springs to relieve your muscles. Pack and be

ready for an early departure to the beach.

### **Day 6: Friday (B, L)**

Early departure for the beach! Visit the pacific coast to enjoy the sand, sun and surf. Enjoy lunch with great views for whale watching. Continue to beach hop your way to Manuel Antonio. Enjoy the night life with some salsa dancing or rest to the sound of the waves. Overnight at local hotel.

### **Day 7: Saturday (B)**

Opt to take surf lessons, boogie board, build a sand castle, collect shells or relax in a hammock with your favorite book. Visit the National Park right on the beach, famous for its fauna and flora, just don't feed the rainforest animals! Overnight at local hotel.

### **Day 8: Sunday (B)**

Return to the airport and hasta la vista!

