



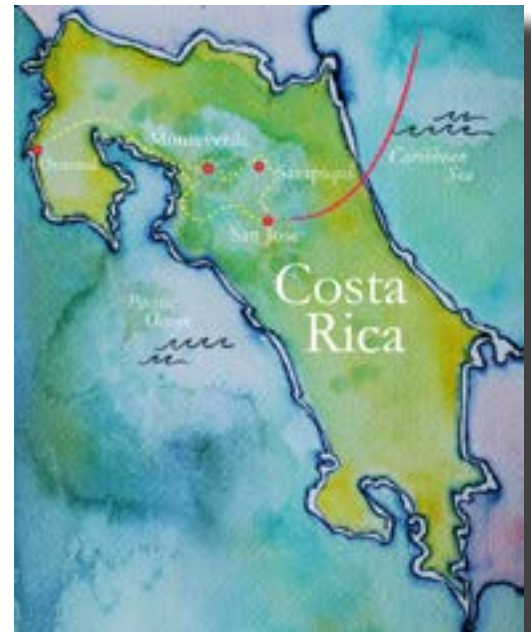
NO BARRIERS
YOUTH

NBY EXPEDITIONS: COSTA RICA

The lush mountains and thick humidity surround you as the city's hustle and bustle catches you by surprise. You notice traces of familiarity of home, but blanketed in new flavors. You see smiling faces and hear the phrase "pura vida" around every corner. You wonder what the "pure life" even means but in your bones you feel it: You sense the harmony, the simplicity, the contentment. You're welcomed into communities with open arms. You witness richness of spirit amongst the most dire of living conditions. Stories of social injustice cause you to ponder why you'd never heard of this side of Costa Rica before. You see beauty beyond landscapes in the eyes of orphaned children and selfless volunteers. You feel unexpected compassion, conviction and curiosity... and you've only just arrived. You decide you want to understand. You decide you're ready to unleash your potential and discover the power you have to make a difference.

- **UNPARALLELED BIODIVERSITY**
- **SUSTAINABLE DEVELOPMENT**
- **SOCIAL JUSTICE**
- **INNOVATIVE SOLUTIONS TO COMPLEX CHALLENGES**

Full of adventure, beauty, captivating culture and rich biodiversity, Costa Rica provides the perfect venue to explore your passions and connect them to your potential to make a difference. Classroom science lessons turn into honed career ambitions while searching for sloths and observing the complexities of leaf cutter ants. Comfort zones are stretched and personal growth opportunities abound through zip-lining and trying new food. Simple farm visits turn into lifelong habit changes when the power of interconnectedness is realized. Perspective gained through exposure to challenges of the developing world follows participants home. Service projects result in an understanding and appreciation of differences. Thoughtful, informed, passion-infused personal visions emerge as the expedition comes to a close. **NO ONE COMES HOME UNCHANGED.**



**Dates:****Program Fee:****Contact:****Day 1: Travel & In-Country Orientation**

You depart the U.S. for San Jose, Costa Rica. Depending on arrival time, you may head directly to the coast for an introduction to the wealth of biodiversity Costa Rica has to offer. While navigating across the three different ecosystems you begin to understand the interconnectedness of systems while being amazed by the unique flora and fauna.

Day 2: Service in San Jose and travel to Sarapiquí

Today you spend the majority of the day with the Costa Rican Humanitarian Foundation (CRHF). You spend the day learning about Latin American history, participating in service projects and playing games with the children. In the late afternoon you drive a couple hours to your next stop, the Sarapiquí region. Tonight, you spend the night at a lodge in the heart of the rainforest.

Day 3: Rainforest Exploration

Today begins with an introduction to tropical ecology through a walk in La Selva, one of the most important sites in the world for research on tropical rainforest. (More than 240 scientific papers are published yearly from research conducted at the site!) Here you are likely to see many species that call the forest home, including mammals such as monkeys and coatimundi. After a walk through the rainforest, you continue your exploration as you float down the Puerto Viejo River by boat. You spend the night at the same lodge as last night.

Day 4: Sustainable Agriculture

Before departing Sarapiquí, you visit a pineapple plantation and learn about the complexities of fair-trade, organic farming. In the afternoon, you travel a short distance to the Arenal/La Fortuna region where you get up close and personal with organic agriculture at Don Juan's Educational Farm. Here, you learn about composting, help harvest items for meals, tour the farm and even get to try your hand at pressing sugar cane. You spend the night in a comfortable bunkhouse on the farm.

Days 5-6: Cloud Forest, Cross-Cultural Exchange

Before departing the La Fortuna region, you stop at a local market and purchase donation items for a local orphanage (included in program fee.) You drop off items and have the chance to play with the kids before taking off on your next adventure: a boat ride across Lake Arenal to the Monteverde Cloud Forest region. In Monteverde, you participate in a service project, share dinner in a local family's home, tour a coffee farm, and experience the majestic Cloud Forest. Your home in Monteverde is the University of Georgia San Luis campus.

Days 7-8: Ziplining and Travel

Today begins with a bang as you experience the forest as the birds do, zipping through the canopy! In the afternoon, you travel back to San Jose and participate in a closing ceremony where you make your No Barriers Pledge. On day 8, travel home.

**Pacific Coast extension itineraries travel to the coast after ziplining and spend 2 nights on the beach observing sea turtles.*



This is a SAMPLE of some activities your group may be doing. Each itinerary is constructed with care and intention for all students to have the best possible experience. Your final itinerary may not match exactly what's described here, but you will certainly have an incredible experience.