



Costa Rica

Team Itinerary

Jul-19

Print this off and carry with you on arrival

Name and address	Jakera Costa Rica, Santa Teresa, Cobano Puntarenas, Costa Rica
In-country 24 hour phone number	Chris: 00 506 2640 0801 office: 00 506 8854 7086 Peggy: 00 506 8644-4717
Leap UK 24 hour phone number	00 44 (0) 7973 838 157
STA Emergency Number	00 44 (0) 151 559 3930
Project Leader	Peggy Muñoz

On arrival at the airport

One of our representatives will be at the airport to meet each student on their arrival, holding 'The Leap' sign. In the unlikely event that they are not there - stay in the airport and call the emergency numbers above.

In the event that your flight is delayed and you miss a connection, don't panic. The airline is responsible for you whilst you're in transit and will book you onto the next available flight and provide overnight accommodation if necessary. Once you have your onward flight arranged please contact the Leap to advise of your new arrival time so we can rearrange your pick-up.

Emiola Ajayi-Obe	Jamie Bradshaw
Inaki Asua	Catrin Owen
Eva Booner	Ella Saville
Sam Hewitt	Emma Yates
Camilla Wimpe	

Week	Date	Day		Location	Activity
Week 1	3rd July	1 Weds	Arrive	Santa Teresa	Depending on what time flights arrive drive to Santa Teresa in daylight or overnight at the Cala Inn in San Jose and travel down following morning.
	4th July	2 Thurs			Arrival and induction, Spanish and safety briefings with focus on water safety. Surf lessons included only in week 1.
	5th July	3 Friday			
	6th July	4 Saturday	Optional weekend river waterfall tour day		
	7th July	5 Sunday			
Week 2	8th July	6 Monday		Santa Teresa	Spanish lessons in the morning. Volunteering thereafter.
	9th July	7 Tuesday	Arrive		
	10th July	8 Weds			
	11th July	9 Thurs			
	12th July	10 Friday			
Week 3	13th July	11 Saturday		Santa Teresa	Optional weekend, Island tour
	14th July	12 Sunday			
	15th July	13 Monday			
	16th July	14 Tuesday			
	17th July	15 Weds			
Week 4	18th July	16 Thurs		Santa Teresa	Spanish lessons in the morning. Volunteering thereafter.
	19th July	17 Friday			
	20th July	18 Saturday			
	21st July	19 Sunday			
	22nd July	20 Monday			
Week 5	23rd July	21 Tuesday		Cirenas	Turtle week. CIRENAS / Turtle/ Permaculture project in Ario.
	24th July	22 Weds			
	25th July	23 Thurs			
	26th July	24 Friday			
	27th July	25 Saturday			
Week 6	28th July	26 Sunday		Santa Teresa	Weekend
	29th July	27 Monday			
	30th July	28 Tuesday	Depart		
	31st July	29 Weds			
	1st August	30 Thurs			
Week 7	2nd August	31 Friday		Santa Teresa	Spanish lessons in the morning. Volunteering thereafter.
	3rd August	32 Saturday			
	4th August	33 Sunday			
	5th August	34 Monday			
	6th August	35 Tuesday			
Week 8	7th August	36 Weds		Santa Teresa	Turtle Conservation at Playa Carmen. This is about 500 meters from our jungle camp at Santa Teresa.
	8th August	37 Thurs			
	9th August	38 Friday			
	10th August	39 Saturday			
	11th August	40 Sunday			
Week 9	12th August	41 Monday		Santa Teresa	Spanish lessons in the morning. Volunteering thereafter.
	13th August	42 Tuesday	Departure		

This is the planned itinerary for your program, but is subject to change due to the needs of the community and any unforeseen events, such as bad weather. We will email everyone on arrival and at the end of weeks 1, 3, 5 and 8 to check all is well. Any concerns please talk things through with your project leader and if needed contact us for help. Please check your email accounts.