



Costa Rica

Team Itinerary

Apr-19

Print this off and carry with you on arrival

Program Management

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 together in the airport and call the emergency numbers above. If you have no reception go to one of the help desks and ask to make a call.

In the event that your flight is delayed and you miss a connection, don't panic! Please go to the airline desk. 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.

Week	Date	Day	Location	Activity
Week 1	4th April	1 Thurs	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. Arrival and induction, Spanish and safety briefings with focus on water safety.
	5th April	2 Fri		
	6th April	3 Sat	Santa Teresa	Weekend
	7th April	4 Sun		
	8th April	5 Mon		
Week 2	9th April	6 Tues		
	10th April	7 Wed	Santa Teresa	Surf and Spanish lessons in the morning. Volunteering in the afternoon.
	11th April	8 Thurs		
	12th April	9 Fri		
	13th April	10 Sat	Santa Teresa	Weekend
Week 3	14th April	11 Sun		
	15th April	12 Mon		
	16th April	13 Tues		
	17th April	14 Wed	Santa Teresa	17/4 Tabby, Angelica & Amber arrive for 4 weeks. Turtle Conservation at Playa Carmen. This is about 500 meters from our jungle camp at Santa Teresa.
	18th April	15 Thurs		
Week 4	19th April	16 Fri		
	20th April	17 Sat	Santa Teresa	Weekend
	21st April	18 Sun		
	22nd April	19 Mon		
	23rd April	20 Tues		
Week 5	24th April	21 Wed	Santa Teresa	Spanish and volunteer week. Spanish classes in the morning and volunteering in the afternoon.
	25th April	22 Thurs		
	26th April	23 Fri		
	27th April	24 Sat	Santa Teresa	Weekend
	28th April	25 Sun		
Week 6	29th April	26 Mon		
	30th April	27 Tues	Cirenas, Manzanillo	Turtle week. CIRENAS / Turtle/ Permaculture project in Ario.
	1st May	28 Wed		
	2nd May	29 Thurs		
	3rd May	30 Fri		
Week 7	4th May	31 Sat	Santa Teresa	Weekend
	5th May	32 Sun		
	6th May	33 Mon		
	7th May	34 Tues		
	8th May	35 Wed	Santa Teresa	Spanish and volunteer week. Spanish classes in the morning and volunteering in the afternoon.
Week 8	9th May	36 Thurs		
	10th May	37 Fri		
	11th May	38 Sat	Santa Teresa	Weekend
	12th May	39 Sun		
	13th May	40 Mon		
14th May	41 Tues			
Week 9	15th May	42 Wed	Santa Teresa	6 + 4 weekers depart.
	16th May	43 Thurs		16/5 Marina arrives for 3 weeks.
	17th May	44 Fri		
	18th May	45 Sat	Santa Teresa	Weekend
	19th May	46 Sun		
Week 10	20th May	47 Mon		
	21st May	48 Tues		
	22nd May	49 Wed	Monteverde	Visit Monteverde Adventure Cloud Forest (no Spanish lessons this week).
	23rd May	50 Thurs		
	24th May	51 Fri		Return to Jakera Camp
Week 11	25th May	52 Sat	Santa Teresa	Weekend
	26th May	53 Sun		

	27th May	54	Mon		
	28th May	55	Tues		
	29th May	56	Wed	Santa Teresa	Spanish and volunteer week. Spanish classes in the morning and volunteering in the afternoon.
	30th May	57	Thurs		
	31st May	58	Fri		
Week 9	1st June	59	Sat	Santa Teresa	Weekend
	2nd June	60	Sun		
	3rd June	61	Mon		
	4th June	62	Tues	Santa Teresa	Marina departs. Turtle Conservation at Playa Carmen. This is about 500 meters from our jungle camp at Santa Teresa.
	5th June	63	Wed		
	6th June	64	Thurs		
	7th June	65	Fri		
Week 10	8th June	66	Sat	Santa Teresa	Weekend
	9th June	67	Sun		
	10th June	68	Mon		
	11th June	69	Tues	Santa Teresa	Rest and Recuperation 'R & R' and finish off project work
	12th June	70	Wed		Time to head home.

This is the planned itinerary for your program, but is subject to change due 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 needs be contact us for help. Please check your email accounts.

NB. Please bring a head torch as well as other items on packing list