



Western University – Indigenous Studies

with Costa Rica Global Learning Programs

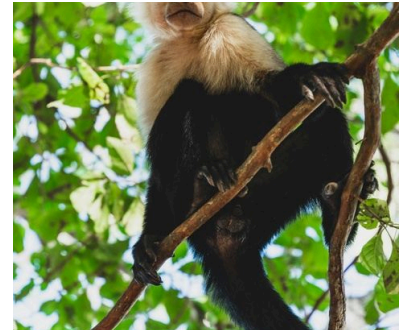
 Costa Rica

View booking and trip details [here](#)

Itinerary

Day 1 Let the adventure begin!

Arrival at Juan Santamaría International Airport, where a member of the GLP team will be waiting for you, who will accompany you in the transfer to the accommodation **Hotel Isla Verde**



Day 2 Cultural Immersion in San José

7AM **Breakfast** and **Safety & Health Orientation** at Hotel Isla Verde

8:30AM **San José Walking Tour**: Explore the vibrant streets of San José on a guided walking tour. Visit historical landmarks, bustling markets, and significant cultural sites to gain a deeper understanding of the city's rich heritage and contemporary life.

10:30AM **Jade Museum Tour**: Take an interactive tour of the Jade Museum, where you will learn about the historical and contemporary social movements of Indigenous Peoples in Costa Rica. The museum showcases a remarkable collection of jade artifacts and provides insights into the country's pre-Columbian history.

12:30PM **Lunch included**

2PM **Indigenous Crafts Workshop**: Participate in a hands-on workshop led by an Indigenous artisan. Learn traditional craft techniques and create your own piece of art. This workshop not only provides cultural insights but also supports local Indigenous artists by promoting their crafts.



View booking and trip details [here](#)

Itinerary

Free evening. **Dinner not included (at your own expense)**

Day 3 Cultural Immersion in the Boruca Community

To-Go Breakfast at Hotel Isla Verde

6AM **Transfer to So Cagrú, Boruca Community**

12:30PM **Lunch included** at So Cagrú

1:30PM **Visit to Comunal Museum:** Explore the communal museum to learn about the history, traditions, and cultural artifacts of the Boruca people. The museum provides a deep insight into the Boruca's way of life and their enduring cultural practices.

3PM **Gastronomic Boruca Experience:** Participate in a hands-on culinary experience where you will learn about traditional Boruca cuisine. Engage in the preparation of traditional dishes using locally sourced ingredients, guided by community members who will share their culinary knowledge and cultural stories.

6PM **Dinner included** at So Cagrú



View booking and trip details **here**

Itinerary

Day 4 Hands-On Cultural Workshops in the Boruca Community

8AM **Breakfast** at So Cagrú

9AM **Painting Boruca Masks Workshop:** Participate in a workshop where you will learn the traditional art of painting Boruca masks. Guided by local artisans, you'll discover the significance of these masks in Boruca culture and create your own unique mask to take home as a souvenir.



12PM **Lunch included** at So Cagrú

2PM **Weaving Demonstration:** Attend a demonstration on traditional Boruca weaving techniques. Observe skilled weavers as they craft intricate textiles, and learn about the cultural importance and symbolism behind their patterns and designs.

6:30PM **Dinner included** at So Cagrú

Day 5 Nature and Cultural Exploration in the Boruca Community

7AM **Breakfast** at So Cagrú

8AM **Waterfall Tour:** Embark on a guided tour to a nearby waterfall. Enjoy the natural beauty of the region, learn about the local ecosystem, and perhaps take a refreshing swim. This tour offers a perfect blend of adventure and relaxation, surrounded by the stunning scenery of the Boruca lands.



12PM **Lunch included** at So Cagrú

View booking and trip details [here](#)

Itinerary

2PM **Historic Lecture about the Boruca Culture:** Attend an informative lecture delivered by a local historian or cultural leader. This session will delve into the rich history of the Boruca people, covering topics such as their origins, traditions, customs, and the challenges they face today. This will provide a deeper understanding of the cultural context you've been exploring through hands-on activities.

630PM **Dinner included** at So Cagrú

Day 6 Transfer and Relaxation in Quepos

6:30AM **Breakfast** at So Cagrú

7:30AM Transfer to Quepos

Explore Quepos at Your Leisure: Enjoy a free day to explore Quepos and the surrounding area at your own pace. You can visit local beaches, enjoy different [activities](#), wander through the town, or relax at your accommodation.

3PM Check-in at **Villas Jacqueline**

Lunch and dinner not included (at your own expense)



View booking and trip details [here](#)

Itinerary

Day 7 Exploring Manuel Antonio and Departure Preparation

7AM **Breakfast** at Villas Jacqueline

8AM **Manuel Antonio National Park Guided Tour:** Embark on a guided tour of Manuel Antonio National Park, renowned for its stunning beaches, diverse wildlife, and lush rainforests. Your guide will help you spot various animals such as monkeys, sloths, and colorful birds, while sharing insights about the park's ecology and conservation efforts.



Free time for **lunch (not included - at your own expense)**

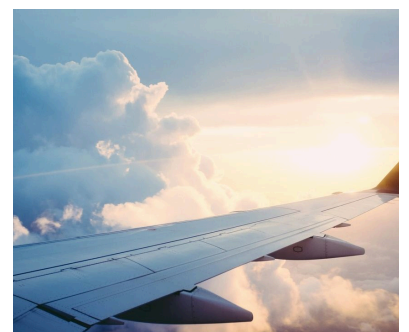
2PM Transfer to San José

Check-in at **Hotel Aeropuerto**

7PM **Departure Dinner:** Gather for a special farewell dinner at the hotel, celebrating the conclusion of your study abroad program. Reflect on the experiences, knowledge gained, and friendships formed during your time in Costa Rica.

Day 8 Everything comes to an end

Transfer Out to Airport: Participants will depart from Hotel Aeropuerto for their onward journeys. Transportation arrangements will be made to ensure timely arrival at the airport for departure.



View booking and trip details **here**