

George Mason University/Earth Education International

Costa Rica: Ecosystems, Conservation, & Community

January 2 -17, 2010

Saturday, January 2: Arrival

Time	Activity/Topic	Location
12:40pm	Flight arrival (Spirit Air Flight #336 from Ft. Lauderdale)	Alajuela
1:45pm	Meet at designated location in front of SJO airport	Alajuela
2:00pm	Depart airport	Alajuela
2:30pm	Arrival at hotel (check-in) & banking/snack time	Hotel El Sesteco, San José
4:00pm	<u>Discussion</u> --Introductions, itinerary, safety, Q&A (Miguel Karian/EEI)	Hotel El Sesteco, San José
6:30pm	Dinner (on your own)	Casona Típica, San José
8:00pm	Return to hotel	Hotel El Sesteco, San José

-- Designated Field Site: Hotel El Sesteco --

Sunday, January 3: San José Area

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel El Sesteco, San José
8:30am	Depart hotel	Hotel El Sesteco, San José
9:30am	<u>Video</u> --Biological Diversity in the Tropics	National Biodiversity Institute
10:00am	<u>Visit</u> --INBIO Park (Ted Bradley/GMU)	National Biodiversity Institute
11:30am	Depart INBIO	National Biodiversity Institute
12:00pm	Lunch (on your own)	San José
1:30pm	<u>Visit</u> --Central San José	San José
3:00pm	<u>Optional Visit</u> --National Museum	San José
4:00pm	Return to hotel & open time	Hotel El Sesteco, San José
6:30pm	Dinner (on your own)	San José

-- Designated Field Site: Hotel El Sesteco --

Monday, January 4: Poás/San Ramón

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel El Sesteco, San José
8:15am	Load bus & depart hotel (check-out, large bags to SR)	Hotel El Sesteco, San José
10:00am	<u>Visit/Hike</u> --Poás (Volcano) National Park--Montane Cloud Forest, 2800mts.	Poás National Park
12:00pm	Depart Poás & lunch enroute (on your own)	El Recreo
1:00pm	Depart lunch stop	El Recreo
3:00pm	Arrive San Ramón & hotel check-in	Hotel San Ramón
3:30pm	Depart hotel (walking)	Hotel San Ramón
4:00pm	<u>Presentation</u> --SINAC: National System of Conservation Areas (Victor Julio Quiros/MINAET, San Ramón)	Universidad de San José San Ramón Campus
5:30pm	Return to hotel & open time	Hotel San Ramón
6:30pm	Dinner (on your own)	San Ramón

-- Designated Field Site: Town of San Ramon --

Tuesday, January 5: La Guariá de San Ramón/Univ. of Costa Rica

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel San Ramón
8:15am	Load bus & depart hotel	Hotel San Ramón

9:00am	<u>Presentation & Visit</u> --Organic/Bird-Friendly Coffee Production at Finca Patriana (Gary Stenlund/Patriana)	Finca Patriana, San Ramón
11:30am	Depart Finca Patriana	Finca Patriana, San Ramón
12:00pm	Lunch (on your own)	San Ramón
1:30pm	<u>Visit</u> --University of Costa Rica: Biology laboratory & demonstration forest (Staff/UCR)	University of Costa Rica, Western Regional Campus
3:00pm	<u>Presentation</u> --Environment & Conservation in Costa Rica [& schedule planning] (M. Karian/EEI)	University of Costa Rica, Western Regional Campus
4:30pm	Return to hotel & open time	Hotel San Ramón
6:30pm	Dinner (on your own)	San Ramón

-- Designated Field Site: Town of San Ramon --

Wednesday, January 6: San Ramón/Alberto Brenes Biological Reserve

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel San Ramón
8:15am	Load bus & depart hotel (check-out)	Hotel San Ramón
10:00am	Arrive at drop-off point	Los Lagos
10:30am	Rustic transport (or muddy hike) into reserve	Los Lagos
11:30am	Arrive at field station & early lunch (provided)	A. Brenes Biological Field Station
12:15pm	<u>Visit</u> --Micro-Hydro plant (M. Karian/EEI)	A. Brenes Biological Field Station
12:45pm	<u>Introductory Hike</u> (Staff/UCR & Faculty/GMU)	A. Brenes Biological Field Station
3:00pm	Return to field station & break	A. Brenes Biological Field Station
3:30pm	<u>Presentation</u> --Alberto Brenes Biological Reserve: Pre-Montane Rain Forest, 800mts. (Ronald Sanchez/UCR)	A. Brenes Biological Field Station
4:30pm	<u>Presentation</u> --Introduction to Deep Ecology (M. Karian/EEI)	A. Brenes Biological Field Station
5:30pm	<u>Field Activity Preparations</u>	A. Brenes Biological Field Station
6:30pm	Dinner (provided)	A. Brenes Biological Field Station
7:30pm	<u>Presentation</u> --Sustainable Development & Ecological Footprints (M. Karian/EEI)	A. Brenes Biological Field Station
9:00pm	<u>Night Field Activity</u> --Insect collection/Night exploration	A. Brenes Biological Field Station

NOTE: Be prepared for hiking in very wet and muddy conditions at the Biological Reserve. Bedding is provided at the station in bunk beds, but conditions are rustic (e.g., cold showers).

-- Designated Field Site: Field Station --

Thursday, January 7: Alberto Brenes Biological Reserve

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	A. Brenes Biological Field Station
8:15am	<u>Field Activities</u> --TBA (Birding/Plants--R. Sanchez/UCR)	A. Brenes Biological Field Station
11:30pm	Early lunch (provided)	A. Brenes Biological Field Station
12:00pm	<u>Optional Waterfall Hike</u>	A. Brenes Biological Field Station
3:00pm	Return to field station	A. Brenes Biological Field Station
3:30pm	<u>Field Activities</u> --TBA (Aquatic Insects--Manuel/MINAE; Deep Ecology--Miguel Karian/EEI)	A. Brenes Biological Field Station
6:30pm	Dinner (provided)	A. Brenes Biological Field Station
7:30pm	<u>Discussion</u> --Sustainable Living (M. Karian/EEI)	A. Brenes Biological Field Station
8:30pm	Volunteer service planning/preparations	A. Brenes Biological Field Station
9:00pm	<u>Extra Night Field Activity Time (Optional)</u>	A. Brenes Biological Field Station

-- Designated Field Site: Field Station --

Friday, January 8: Alberto Brenes Biological Reserve/La Fortuna

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	A. Brenes Biological Field Station
8:15am	<u>Volunteer Service</u> : A. Brenes Biological Reserve	A. Brenes Biological Field Station
11:00am	Return to station	A. Brenes Biological Field Station

11:30am	Early lunch (provided)	A. Brenes Biological Field Station
12:00pm	Departure preparations	A. Brenes Biological Field Station
12:30pm	Depart field station (rustic transportation or hike out)	A. Brenes Biological Field Station
3:00pm	Depart drop-off point for La Fortuna	Los Lagos
4:30pm	Arrive hotel & settle-in (check-in)	La Catarata Ec lodge, Fortuna
6:30pm	Dinner at hotel (on your own)	La Catarata Ec lodge, Fortuna

-- Designated Field Site: La Catarata Ec lodge --

Saturday, January 9: La Fortuna       

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	La Catarata Ec lodge, Fortuna
8:15am	Depart hotel (walking)	La Catarata Ec lodge, Fortuna
9:00am	<u>Visit</u> --Community Sustainable Development: Cottage Industry Medicinal Agriculture (Cristina Berrocal/GEMA)	La Fortuna
12:00pm	Return to hotel & lunch (on your own)	La Catarata Ec lodge, Fortuna
1:00pm	Preparations for afternoon hike	La Catarata Ec lodge, Fortuna
1:30pm	Depart hotel	La Catarata Ec lodge, Fortuna
2:00pm	<u>Hike</u> --Hanging Bridges: Tropical rain forest, 400mts. (Bring rain gear & flashlight)	Hanging Bridges/Arenal
4:00pm	Finish hike	Hanging Bridges/Arenal
4:30pm	<u>Meeting</u> --Group check-in	Hanging Bridges/Arenal
5:30pm	Volcano/lava viewing (si Dios quiere!)	Hanging Bridges/Arenal
6:30pm	Dinner at Hanging Bridges Reserve (on your own)	Hanging Bridges/Arenal
8:00pm	Return to hotel	La Catarata Ec lodge, Fortuna
8:30pm	Volunteer service planning/preparations	La Catarata Ec lodge, Fortuna

-- Designated Field Site: La Catarata Ec lodge --

Sunday, January 10: La Fortuna       

Time	Activity/Topic	Location
5:30am	<u>Optional Volunteer Service</u> --Farm/Medicinal Plants	La Fortuna
7:30am	Breakfast (provided)	La Catarata Ec lodge, Fortuna
8:15am	<u>Volunteer Service</u> --Pro-Env. Assoc. for Sustainable Development (community cleanup, recycling, etc.)	La Catarata Ec lodge, Fortuna
11:00am	Return to hotel	La Catarata Ec lodge, Fortuna
12:00pm	Lunch (on your own -or- provided by Pro-Env. Assoc. for Sustainable Development)	La Catarata Ec lodge, Fortuna
1:30pm	<u>Optional Visit</u> --Hot Springs (on your own)	La Fortuna
6:30pm	Dinner in town (on your own)	La Fortuna
8:00pm	Return to hotel	La Catarata Ec lodge, Fortuna

-- Designated Field Site: La Catarata Ec lodge --

Monday, January 11: La Fortuna/San Ramón   

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	La Catarata Ec lodge, Fortuna
8:15am	<u>Presentation</u> --Albergue La Catarata: A Community Ecotourism Project (Inez Vargas/La Catarata)	La Catarata Ec lodge, Fortuna
9:30am	<u>Presentation</u> --Solar Cooking in Action (M. Karian/EEI)	La Catarata Ec lodge, Fortuna
10:00am	<u>Visit</u> --Paca Breeding Project (M. Karian/EEI)	La Catarata Ec lodge, Fortuna
10:30am	Depart hotel (check-out)	La Catarata Ec lodge, Fortuna
11:00am	<u>Tentative Visit</u> --Rural Family Farm (if owner available)	San Francisco de Peñas Blancas
12:00pm	Lunch (on your own)	La Tigra
1:30pm	Depart La Tigra	La Tigra
3:30pm	Arrive San Ramón (check-in)	Hotel San Ramón

6:30pm Dinner (on your own) San Ramón
 -- Designated Field Site: Town of San Ramon --

Tuesday, January 12: Palmares ☔ ☀️ 🧳 🏠 📺

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel San Ramón
8:15am	Load bus & depart hotel	Hotel San Ramón
9:00am	<u>Welcome/Presentation</u> --Madre Verde Watershed Conservation Reserve (Arelis Chaverria/Madre Verde)	Madre Verde, Palmares
10:00am	<u>Hike</u> --Madre Verde Reserve & Montes del Aguacate Biological Corridor: Pre-montane moist forest, 1,300mts. (Arelis Chaverria/Madre Verde)	Madre Verde, Palmares
11:30am	Return to Environmental Education Center	Madre Verde, Palmares
12:00pm	Lunch (provided)	Madre Verde, Palmares
1:00pm	<u>Volunteer Service</u> --Madre Verde Reserve	Madre Verde, Palmares
3:00pm	<u>Activity</u> --Reforestation at Madre Verde	Madre Verde, Palmares
4:00pm	Depart Madre Verde	Madre Verde, Palmares
4:30pm	Arrive San Ramón	Hotel San Ramón
6:30pm	Dinner (on your own)	San Ramón

-- Designated Field Site: Town of San Ramon --

Wednesday, January 13: San Ramon/Playa Langosta 🧳 ☀️ 🚻 🌙

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel San Ramón
8:15am	Load bus & depart hotel	Hotel San Ramón
12:30am	Arrive Playa Langosta & late lunch (provided)	Langosta/Las Baulas Nat'l Park
1:00pm	Settle-in/open time	Langosta/Las Baulas Nat'l Park
3:00pm	<u>Presentation</u> --Marine Ecology (J. O'Bryhim/GMU)	Langosta/Las Baulas Nat'l Park
3:30pm	<u>Presentation/Training</u> --Volunteer sea turtle work at Playa Langosta (Las Baulas Staff)	Langosta/Las Baulas Nat'l Park
4:30pm	Open time (return to camp by 6:00pm)	Langosta/Las Baulas Nat'l Park
6:00pm	Dinner (provided)	Langosta/Las Baulas Nat'l Park
7:00pm	<u>Volunteer Work</u> --Begin beach patrols in shifts: 1) 7-10pm; 2) 10pm-1am; 3) 1-4am	Langosta/Las Baulas Nat'l Park

NOTE: Be prepared for very rustic/camping conditions (but a gorgeous beach) here. A trailer is available for women. Men must sleep on the ground (tent or mosquito netting recommended). There is one shared toilet & a simple shower. Also, NO alcohol consumption is permitted at this site, and volunteers MUST be in camp by 6:00pm daily as designated by National Park rules.

-- Designated Field Site: Field Station --

Thursday, January 14: Volunteer Work at Playa Langosta ☀️ 🚻 🌙

Time	Activity/Topic	Location
8:00am	Breakfast (provided)	Langosta/Las Baulas Nat'l Park
9:00am	Training Activity	Langosta/Las Baulas Nat'l Park
10:00am	<u>Field Activity</u> --Tropical Dry Forest & Mangrove Ecology (Jason O'Bryhim/GMU)	Langosta/Las Baulas Nat'l Park
12:00pm	Lunch (provided)	Langosta/Las Baulas Nat'l Park
1:00pm	Open time--Return to camp by 6:00pm	Langosta/Las Baulas Nat'l Park
6:00pm	Dinner (provided)	Langosta/Las Baulas Nat'l Park
7:00pm	<u>Volunteer Work</u> --Begin beach patrols in shifts: 1) 7-10pm; 2) 10pm-1am; 3) 1-4am	Langosta/Las Baulas Nat'l Park

RECOMMEND ITEMS: Snacks (for in-between meals), water bottle, warm clothes/sheets for sleeping on beach, mosquito netting/repellent, other hot weather gear to avoid dehydration (hat, sunscreen, etc.)

-- Designated Field Site: Field Station --

Friday, January 15: Volunteer Work at Playa Langosta ☀️ 🌙 🕒

Time	Activity/Topic	Location
8:00am	Breakfast (provided)	Langosta/Las Baulas Nat'l Park
8:30am	Field Activity--Inter-Tidal Zone Species ID (Jason O'Bryhim/GMU & Miguel Karian/EEI)	Langosta/Las Baulas Nat'l Park
10:00am	Beach cleanup	Langosta/Las Baulas Nat'l Park
12:00pm	Lunch (provided)	Langosta/Las Baulas Nat'l Park
1:00pm	Open time--Return to camp by 3:30pm	Langosta/Las Baulas Nat'l Park
3:30pm	Assignment Presentations (Jason O'Bryhim/GMU)	
6:00pm	Dinner (provided)	Langosta/Las Baulas Nat'l Park
7:00pm	Volunteer Work--Begin beach patrols in shifts: 1) 7-10pm; 2) 10pm-1am; 3) 1-4am	Langosta/Las Baulas Nat'l Park

-- Designated Field Site: Field Station --

Saturday, January 16: Playa Langosta/San Ramón 📅 🗃️ 📖

Time	Activity/Topic	Location
8:00am	Breakfast (provided)	Langosta/Las Baulas Nat'l Park
9:00am	Discussion--Debrief session: Summary & evaluation	Langosta/Las Baulas Nat'l Park
10:30am	Preparations for departure & final open time	Langosta/Las Baulas Nat'l Park
11:30am	Early Lunch (provided)	Langosta/Las Baulas Nat'l Park
12:00pm	Depart Playa Langosta (check-out)	Langosta/Las Baulas Nat'l Park
4:30pm	Arrive San Ramón & hotel check-in	Hotel San Ramón
6:30pm	Dinner (on your own)	San Ramón

-- Designated Field Site: Town of San Ramon --

Sunday, January 17: Departure 📅 🗃️ 📖

Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel San Ramón
8:30am	Final departure time	Hotel San Ramón
9:30am	Load bus & depart hotel (check-out)	Hotel San Ramón
11:00pm	Airport drop-off (NOTE: Required \$26 departure tax)	Alajuela
1:30pm	Flight departure (Spirit Air #756 to Ft. Lauderdale)	Alajuela

ICON KEY

Typical Weather	Necessary Gear	Services Available	Other
Rain/Wet: ☔	Enclosed Shoes: 👢	Internet: 📶	Change of Lodging: 🗃️
Sun/Heat: ☀️	Food/Snacks: 🍌	Change Cash: 💵	Time-Sensitive Day: 🕒
Cold Conditions: ❄️	Night Activity (flashlight): 🔦	ATM/Bank: 🏧	Safety Alert: ⚠️

NOTE: Always recommended: Repellent, drinking water, sunscreen/hat, notebook, Spanish dictionary