



Where travel can change the world

COMMUNITY SERVICE IN COSTA RICA'S HIGHLANDS

ATENAS & THE CENTRAL VALLEY (1 night)

Arrive in the central valley of Costa Rica, home to 80% of the country's population and surrounded by mountains. This area boasts fantastic vistas and a perfect climate. You will spend your first night in a comfortable country setting and have a chance to get acquainted with your guides.

COMMUNITY SERVICE PROJECT IN CERRO DE LA MUERTE (4 nights)

Spend the next four nights in the coffee growing region of the highlands. Immerse yourself in life of the community as you participate in a local service project. While working you will have the chance to learn about important socio-economic issues, environmental conservation, and organic farming.

On your final day you will bid farewell to your new friends and head to the Extreme Forest Park for a day of adventure in the treetop canopy.

ATENAS & THE CENTRAL VALLEY (1 night)

You will end the trip right back where you started--in the Central Valley. This will be the night to celebrate your accomplishments and reflect on your experiences.