



Service Focused Itinerary

This itinerary focuses on a service project in Bocas del Toro, Panama, working with a local village to help provide clean drinking water with Operation Safe Drinking Water. The primary project depends upon the current needs of the community, but will likely be installing a water catchment system for the school in the community. Secondary projects could include collecting and distributing hygiene products (e.g. soap, hand gel, etc.) and educating the children on hygienic practices, teaching basic English lessons, donating athletic equipment and organizing a field day, among other possibilities.

We are happy to work with you to maximize your chosen itinerary. If you would like to see some of the activities moved around or altered, please let me know and I would be happy to see what we can do!

Day 1 activities have been curtailed due to a potential late arrival into San Jose. The schedule can be altered and/or expanded if the actual arrival time will allow.

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10-Day Itinerary

- ▶ **Day-1**
Fly in to Costa Rica via Juan Santamaría International Airport (SJO) and travel to the Costa Rica Outward Bound base in San Ramon de Tres Rios (transportation provided)
- ▶ **Day-2**
Morning whitewater rafting trip
Afternoon orientation and duffle shuffle
- ▶ **Day-3**
Transfer to Bocas del Toro
An early morning bus ride will take the group to Panama, then a water taxi will shuttle the group to the island of Solarte, The transfer will take the majority of the day
- ▶ **Day-4 thru Day-7**
Work on the service project with the community of Solarte
Spend free time snorkeling in the local coral reefs, spotting dolphins and wakeboarding
- ▶ **Day-8**
Transfer back to the Costa Rica Outward Bound base in San Ramon de Tres Rios. This will likely take the majority of the day, however if there is time, base activities like a tree climb can be done
- ▶ **Day-9**
Morning canopy zipline tour. Soar through the tree tops while seeing a wide array of animals such as tropical birds and sloths.
Spend the afternoon exploring San Jose, taking a look at artisan markets and some of the famous structures around town
- ▶ **Day-10**
Fly-out via Juan Santamaría International Airport (SJO) – transportation to airport provided, but please note that all passengers will need to pay a US\$26 international exit tax – this fee is not covered by the course tuition.

