



Day One

Morning	Transportation from CRO Airport to location, get settled into accommodations.
Mid-Day	Welcome Lunch and On-Site Orientation, discuss goals and itinerary.
Afternoon	Tour of permaculture farm. Time to see what you are about to get yourself into!
Evening	Dinner and free time.

Day Two

Morning	Breakfast at accommodations.
Mid-Mornig	Start permaculture farm work.
Mid-Day	Lunch and guided tour of the surrounding jungle.
Afternoon	Continue permaculture farm work.
Evening	Dinner and then down to the beach to watch the sunset.

Day Three

Morning	Breakfast at accommodations.
Mid-Mornig	Project at the local school- TBD.
Mid-Day	Lunch- picnic on the beach and the tour of Jaguar Conservation facilities.
Afternoon	Continue with project at school.
Evening	Dinner and free time.

Day Four

Morning	Breakfast at accommodations.
Mid-Mornig	Depart on dugout canoe down the Sinaloa for the BriBri village.
Mid-Day	Lunch in the village.
Afternoon	Begin Estufa Finca project.
Evening	Dinner and meeting with local AWAPA medicine men to learn about ethno-botanical medicines.

Day Five

Morning	Breakfast at camp in village.
Mid-Mornig	Continue Estufa Finca project.
Mid-Day	Lunch in village.
Afternoon	Continue Estufa Finca project, guided hike through the jungle.
Evening	Dinner- special indigenous BBQ- and free time.

Day Six

Morning	Breakfast at camp in village.
Mid-Mornig	Travel back to Puerto Viejo.
Mid-Day	Pizza lunch in town.
Afternoon	Beach excursion, surf lessons available.
Evening	Dinner followed by a bonfire night with a special cacao and cuadrado banana roast.

Day Seven

Morning	Breakfast at accommodations.
Mid-Mornig	Work on permaculture farm.
Mid-Day	Lunch
Afternoon	Work on permaculture farm.
Evening	Special farewell dinner, shaman ceremony, program debriefing.

Day Eight

Morning	Breakfast at accommodations.
Mid-Day	Depart for airport.