



# COSTA RICA ITINERARY

DAY 1

**10 July**

## **Arrival and Welcome in Monteverde**

The adventure begins in San Jose, where you will meet with the participants who attended the UPeace Conference. You'll head to the Monteverde area, arriving at an eco lodge, a serene resort nestled in the rainforest with breathtaking views of the mountains and volcanoes. The lodge offers meals, natural pools, and plenty of opportunities to unwind. In the evening, a welcome dinner will be served, and you'll have an opportunity to meet fellow educators and review the week's itinerary.

DAY 2

**11 July**

## **Relaxation and Adventure at the Resort**

Spend the day rejuvenating at the eco lodge with optional activities such as yoga, hiking at the Arenal Volcano National Park, or optional horseback riding to Arenal Lake and waterfalls. All meals are included, allowing you to fully relax and immerse yourself in the tranquil environment.

DAY 3

**12 July**

## **Resort Day**

Another day at the resort offers more opportunities for relaxation and exploration. Start the day with yoga and optional activities like kayaking or a visit to the on-site organic farm. Enjoy the peaceful surroundings and take in the natural beauty of the region, with all meals included.

DAY 4

**13 July**

## **Monteverde Cloud Forest and San José Arrival**

Leave the resort and visit the breathtaking Monteverde Cloud Forest Park, where you'll explore the biodiversity of the tree canopy and forest floor. For the adventurous, there's an option to zip line through the forest. In the afternoon, you'll head to San José, settling in at our hotel. The evening will include a welcome dinner and a chance to unwind after your journey.

DAY 5

**14 July**

## **UPeace and San José Exploration**

The day begins with a visit and welcome to the United Nations University for Peace (UPeace), where you'll learn about the university's mission and its global significance. A workshop on "Unpacking Happiness" will delve into positive psychology, focusing on the five areas of life that contribute to flourishing. After lunch on campus, enjoy a scenic hike to the Peace Monument, followed by a walking tour of San José's cultural landmarks, including the Teatro Nacional and Museo Nacional de Costa Rica. The evening is yours to explore the city or relax.

DAY 6

**15 July**

## **UPeace and Journey to Nicoya Peninsula**

The morning will feature an in-depth session with a member from the Happiness Sweet Spot Team learning how national policies in Costa Rica support happiness through healthcare, education, and environmental protection and what are some proven strategies that can improve happiness for individuals in addition to communities? After lunch, the group will leave for the Nicoya Peninsula, where you'll enjoy a provided dinner upon arrival and settle in for the night at your hotel.

DAY 7

**16 July**

## **Exploring Nicoya Peninsula and "Pura Vida"**

Today, you'll explore the Nicoya Peninsula, with discussions centered on community projects that nurture sustainability and well-being. You'll also take part in a "Pura Vida" cultural immersion activity, learning about Costa Rica's values of simplicity, happiness, and community. The afternoon will be spent visiting the Ostional National Wildlife Refuge and enjoying the beach.

DAY 8

**17 July**

## **Learning About Blue Zones and Well-being**

Learn about the concept of Blue Zones—regions known for longevity and well-being. You'll visit an indigenous community and a local school, exploring how happiness and well-being are integrated into the curriculum. Classroom observations and discussions with school leadership will highlight Costa Rica's approach to holistic education. The afternoon will be spent relaxing at the beach, with another evening in the peaceful Nicoya Peninsula.

DAY 9

**18 July**

## **Return to San José and Changemaker Lecture**

After leaving Nicoya and returning to San José, the afternoon will feature a Changemaker Lecture, focused on community well-being and youth empowerment. Hosted by a local impactful NGO, you'll learn about how these organizations foster resilience, belonging, and identity in underserved communities. The evening will culminate with a farewell dinner, featuring traditional Costa Rican cuisine, live music, and folkloric dance performances.