



Dental Health Program to San José, Arenal, Granada & Managua City

Costa Rica / Nicaragua

9 days / 8 nights

October 1-9, 2016

\$4,299 (Based on double occupancy)

Enjoy the unique culture and traditions of Costa Rica & Nicaragua while you spend time with the locals. This includes a very special visit to Granada and Managua in Nicaragua, just across the border from Costa Rica!

BOOK NOW 888.747.7501

Costa Rica Highlights

- ✓ 9 days & 8 nights
- ✓ Zip line through the jungles of Costa Rica and soak in a volcanic hot spring.
- ✓ Spend 3 nights based in Granada, Nicaragua, the colonial town founded in 1524 next to the now dormant Mombacho volcano and freshwater Lake Nicaragua – a photographer's dream!

Community Connections

- ✓ Interact with the local people and have the chance to give back with a *community service activity*.

Professional Interaction

- ✓ Engage with higher education professionals at a local dental school such as the **Autonomous School of Dental Sciences** in Costa Rica and the **University of Managua** in Nicaragua.
- ✓ Learn about access to care issues as well as the role of non-profit organizations such as **Operation Smile** in Nicaragua.
- ✓ Meet with the **Health Foundation FUSADI** in Costa Rica to learn about their programs to assist patients in a holistic manner in their clinic. Meet with their dental care program team who work with local schools on prevention education in the marginal areas where access is limited or non-existent.
- ✓ Visit a **local school in Granada** for a unique medical mission. Give back to the local community while providing free **oral health exams and education** on the importance of dental care to the community.

What's Included:

- 5* accommodations in San José, Arenal & Granada
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from San Jose (gateway city set tentatively out of Houston)
- Local English speaking guide throughout
- Most meals and tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for maid/cleaning staff
- Passport and/or visa entry fees to Nicaragua at the border
- Domestic flight to gateway city
- Departure taxes where applicable



ITINERARY | DAY-BY-DAY



📍 San José, Costa Rica

DAY 1

Fly to San Jose today.

Depart from Houston and arrive in San José, Costa Rica this evening. The stunning beauty and friendly people alone are worth a visit!

Upon arrival the group will be met and transferred to your local hotel for check in. Relax this evening and settle into your lovely five star hotel located in the heart of Escazú, the most prestigious area of San José. Ideally located for business or leisure, the hotel is within Multiplaza, the city's most important mall, where you can find a variety of stores, bars and restaurants.

Time permitting you might make use of the four unique restaurants and lounges, interior and exterior Spa facilities, and beautiful pool area surrounded by tropical gardens.

Depending on flight arrival time, dinner is on your own tonight (if not provided in flight).

Overnight at Real Intercontinental Hotel
Included meals: N/A



📍 San José, Costa Rica

DAY 2

Downtown San José – City tour

Please Note: Breakfast is included daily in your program.

Start your morning with a group meeting and welcome orientation session at the hotel. Your local guide will go through your schedule, answer questions and provide some tips for travel in Costa Rica before you get started!

Make your way to lunch and then off to explore Costa Rica's capital city, San José. Visit some of its historic residential areas, **La Sabana Metropolitan Park**, and the **National Theater**, an icon of the San José of the late 19th century.

You will also visit the **Pre-Columbian Gold Museum**, one of the few that exists worldwide. The exhibition consists of 1,000 original pieces that date from 300 to 1500 A.C. The Pre-Columbian Gold Museum has an extraordinary collection of gold objects that reflect the gold working techniques of the Pre-Columbian people of Costa Rica.

Enjoy a welcome dinner at a local restaurant.

Overnight at Real Intercontinental Hotel
Included meals: Breakfast, Lunch & Dinner





📍 San José, Costa Rica

DAY 3

Introduction to dental healthcare in Costa Rica

Today's activities will focus on interaction with the team at the **Autonomous School of Dental Services**. Learn about the traditional strengths of scientific knowledge, technological advances and modern preventive approaches while you interact with the staff and students.

The school is part of Veritas University and specializes in dental sciences. They are focused on the application of preventive odontology according to guidelines of the world's leading organizations in the field of health.

Lunch will be provided this afternoon with dinner by individual arrangement (own expense).

This afternoon meet with **FUSADI** staff (roughly translated to Health Foundation and Integral Development). Their clinic provides patient care with a holistic focus, covering all areas of care as needed. Their dental care program has an emphasis on education and prevention in Costa Rica's local schools in marginal areas of the metropolitan area, including communities in different parts of the country with little or no access to dental service.

Guest program:

Today, guests will visit a working coffee plantation. Costa Rica produces outstanding coffee and guests can learn about the roasting process as well as the history of this famous export, dating back to 1779. Of course the visit wouldn't be complete without sampling some coffee! After lunch, spend time shopping alongside locals at a bustling marketplace.

Dinner is by individual arrangement (own expense) this evening.

Overnight: Real Intercontinental Hotel
Included meals: Breakfast & Lunch



📍 San José, Costa Rica

DAY 4

This morning the group will participate in a **social service project to benefit a local organization** (this could be a local school, orphanage or NGO).

We are working with **Obras del Espiritu Santo**, a project lead by a Catholic priest who is in working on funds to build a huge shelter for abandoned children and teenagers, to arrange a project for the group.

Depart later today for Arenal. En route, see **La Fortuna Town**—a charming town located in the valley of the Arenal Volcano and nestled among lush vegetation and waterfalls.

This afternoon, relax and reflect in the mineral-rich waters of a local hot springs. **Volcanic hot springs** result when rainwater heated by magma in the Earth's interior rises to surface, bringing important minerals found in the earth's rocky crust with it.

Lunch and dinner will be provided today.

Overnight: Hotel Royal Corin
Included meals: Breakfast, Lunch & Dinner



📍 Arenal, Costa Rica

DAY 5

Adventure & animals

After breakfast, visit **Arenal Natura Ecological Park**. A local expert will guide the group to discover exotic frogs, birds, and reptiles living in a magnificent tropical rainforest at the base of the majestic Arenal Volcano. During this guided exploration, learn about the more than 30 species of Costa Rican diurnal and nocturnal frogs; see a reptile lagoon; and witness a snake exhibit.

Later, enjoy local wildlife living in the trees during a **gondola ride** rich with fantastic views of Arenal Volcano, a nearby lake, and the Tilarán mountain range. Next, **fly across the forest on zip lines** for a thrilling look at even more tree-dwelling creatures—or return to the bus via the slower-moving gondola!

Enjoy dinner at a local restaurant.

Overnight: Hotel Royal Corin
Included meals: Breakfast & Dinner

📍 Granada, Nicaragua

DAY 6

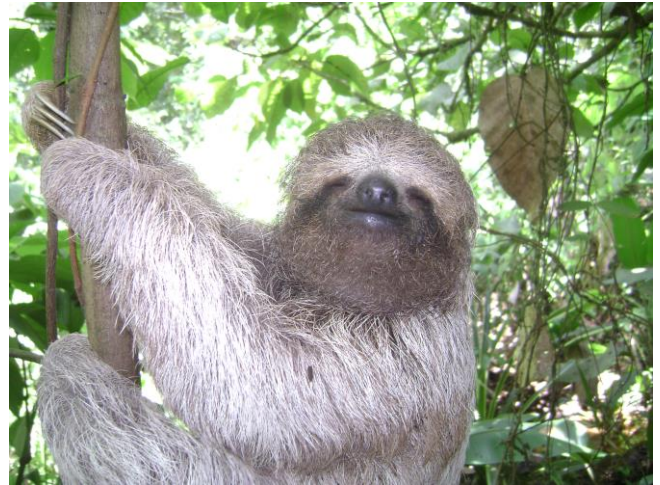
Cross the Peñas Blancas Border into Nicaragua

After an early breakfast, make your way by motor coach to the border (approximate 5 hour drive). After border procedures and payment of the visa fees (less than \$20 currently), enter Nicaragua and make your way to Granada. Lunch will be provided in route today.

After checking into your lovely hotel, get settled before taking a short walk to dinner.

Hotel Real La Merced in a renovated mansion and has 18 rooms that are fully equipped for the comfort of any business or leisure traveler. The hotel has a private pool, gym, and onsite restaurant. Each guest room has cable television, WiFi and air conditioning.

Overnight: Real la Merced Granada
Included meals: Breakfast, Lunch & Dinner



📍 Granada, Nicaragua

DAY 7

Overview of dental health systems of Nicaragua

This morning you will visit a **local medical school** to gain an overview of the oral healthcare system in Nicaragua and to learn about their dental education programs.

Later this morning visit with the staff at **Operation Smile** to learn about their projects in the area.

Guests:

This morning guests will explore Managua, the capital of Nicaragua. Stops will include the old city center which was destroyed by an earthquake in 1972, and the new downtown area where the city is continuously rebuilding and investing for the future. Get to know the story behind their national hero Augusto Cesar Sandino and the Somoza dictatorship. See the ruins of the old presidential palace, also destroyed by the earthquake that leveled the city. Continue your drive down to the old city center to visit the "Park of Peace", a very important symbol of the peace Nicaraguans now enjoy.

After lunch the group will visit **Masaya Volcano National Park** to learn about the influence the volcanic activity in the region had in shaping the local area.

Dinner is by individual arrangement this evening (own expense).

Overnight: Real la Merced Granada
Included meals: Breakfast & Lunch



📍 Granada, Nicaragua

DAY 8

Community Project and Granada tour

This morning **visit a local school in Granada** for a unique medical mission. Give back to the local community while providing free **oral health exams and education** on the importance of dental care to the community.

Note: You will need to bring some basic supplies to provide these exams, including gloves and dental tools.

Guests:

This morning guests will visit the Cacao Museum where you will learn about the process to make chocolate from fermented organic cacao beans. You will also learn about how to roast, winnow, grind, mix, conch, refine and mold the chocolate. At the end of your workshop you will leave with a sample of your very own handmade Nicaraguan chocolate.

After lunch the group will explore the Colonial Town of Granada and their Islets. Founded by Captain Francisco Hernandez de Cordoba in the year 1524, it was built next to the Mombacho Volcano and the great lake of Nicaragua. Named after the city of Granada in Spain, this city has plenty of colonial churches, narrow streets and large homes with beautiful indoor patios, tiled roofs and pretty colonial colors. Explorations will include the main plaza for a walking tour of the surrounding area. You will see “La Merced” church, the famous “Casa de Los Tres Mundos” and the San Francisco convent.

You will have the opportunity to take pictures of mysterious idols made by their ancestors, an impressive collection of genuine pre-Columbian sculptures in human and animal shapes. During the tour we will learn about the history of the city, and the adventures of filibuster William Walker, who invaded the city in the year 1855. Learn about the civil wars that basically destroyed the city in the past.



Then, continue to Lake Nicaragua for a relaxing boat ride around some of the islands formed by the impressive Mombacho volcano. See the volcanic evidence and influence of the area. Enjoy great landscape views and wildlife and of course have a chance to take pictures.

Enjoy a farewell dinner at a local restaurant.

Overnight: Real la Merced Granada
Included meals: Breakfast, Lunch & Dinner

📍 Granada, Nicaragua

DAY 9

Depart for home

Say farewell to Nicaragua today as your board your flight back home early this afternoon.





📍 San Jose, Costa Rica

Real Intercontinental Hotel

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Excazu, San Jose, Costa Rica

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📍 Arenal, Costa Rica

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📍 Granada, Nicaragua

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