

COSTA RICA

Cloud Forest Conservation

An 8-Day Environmental & Wildlife Conservation Program



PROGRAM HIGHLIGHTS

- Assist Biologists with Vital Wildlife Conservation Projects in the Cloud Forests of Monteverde
- Zipline Through the Rainforest on a Cloud Forest Canopy Tour
- Track Endangered Jaguars and Ocelots Using Remote Camera Traps
- Help Cloud Forest Researchers Tag and Release Tropical Songbirds
- Visit a Local School and Participate in Educational Lessons Alongside Local Students
- Tour an Organic Cocoa and Coffee Farm and Learn About Sustainable Growing Practices
- Look For Rarely-Seen Nocturnal Animals During a Guided Rainforest Night Hike

SPOTLIGHT PROJECT: CLOUD FOREST CONSERVATION

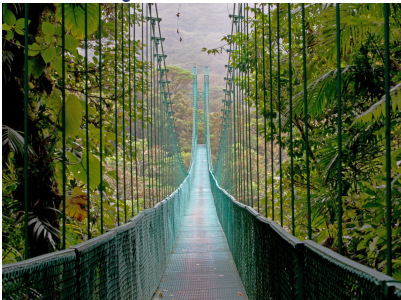
Called the “jewel in the crown of cloud forest reserves” by National Geographic and one of the Seven Natural Wonders of Costa Rica, the Monteverde Cloud Forest Reserve is home to thousands of species, including howler monkeys, gorgeous orchids, iconic red-eyed tree frogs and the sacred resplendent quetzal. The Monteverde cloud forests are some of the world’s most unique habitats, and the Monteverde Institute hosts scientists and students from around the world who travel to Costa Rica to study these amazing places. During our time at the center, we help rainforest ecologists set up mist nets to safely capture colorful tropical birds like parrots, parakeets, and many other species, then learn how to take measurements and attach a small leg band before releasing them back into the wild. The data we collect will help scientists create better conservation and management practices that benefit the unique animals that call these cloud forests home.

SAMPLE ITINERARY

DAY 1 ARRIVAL TO SAN JOSE

Participants are met by the ARCC leaders in the vibrant capital city of San Jose, Costa Rica on the first day of the program. Once the group is gathered, we travel together to a local bed and breakfast in the suburbs of San Jose. Together we have the opportunity to start connecting as a group and preparing for our adventures ahead!

Accommodations: San Jose Bed & Breakfast



DAY 2 MONTEVERDE INSTITUTE

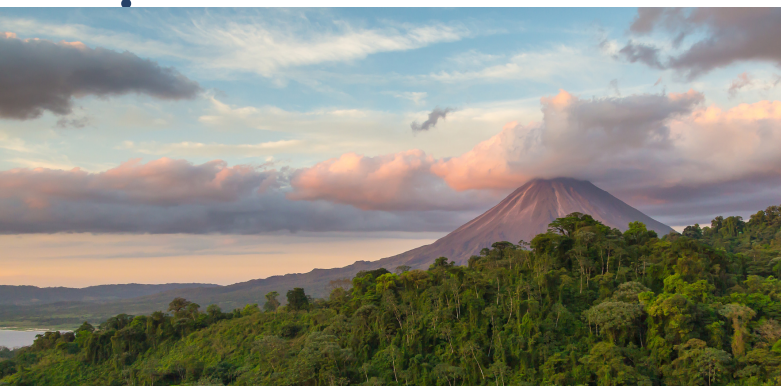
Our adventure continues as we travel to the lush northern highlands, where humid Pacific winds cool as they flow up the mountains, forming misty, fairytale-like cloud forests. Here we meet the dedicated staff of the Monteverde Institute, a community-based organization that works to promote sustainable living for the people of Costa Rica and the world. The world-famous Monteverde Institute's 38-acre campus forms part of the famous Monteverde Reserve Complex, an area of natural preserves that protect more than 65,000 acres of endangered tropical forest. Here we learn from the passionate staff how the institute is working to build an environmentally sustainable community. We help scientists catch and measure tropical birds, identify rainforest butterflies and insects, search for salamanders in rainforest streams, and go on a guided night hike to look for tree frogs, ocelots, owls, and other nocturnal animals.

Accommodations: Monteverde Dormitory

DAY 5 CLOUD FOREST ZIPLINE & CANOPY TOUR

Taking a break from our time at the institute, we see the cloud forest from a completely different perspective by taking to the skies to get a bird's-eye view of the rainforest canopy. Through a system of trails, suspension bridges, and zip lines we observe the rainforest from a variety of different points – above, below, and within the canopy itself. We feel the adrenaline rush of soaring over misty forests, while keeping our eyes peeled for iconic Costa Rican wildlife like sloths, Howler monkeys, toucans, and resplendent quetzals.

Accommodations: Monteverde Dormitory



DAY 6 ORGANIC FARM & LOCAL SCHOOL VISIT

In the morning we visit a local chocolate and coffee farm and learn about sustainable farming practices that help protect Costa Rica's valuable ecosystems while also providing a source of income for rural families. We also sample some of the delicious organic cocoa and coffee produced on the farm. In the afternoon, we visit a local elementary school to participate in a cultural exchange with local students and learn about the education system in Costa Rica.

Accommodations: Monteverde Dormintory



DAY 7 FINAL CELEBRATIONS IN SAN JOSE & DEPARTURE

For our final day and night in Costa Rica, we return to San Jose to celebrate our accomplishments with a closing ceremony and a final feast with our new friends. Eventually, all good things must come to an end and we head to the San Jose airport for our departures, ready to share our experiences and memories with family and friends back at home.

**Itinerary is subject to change based on weather conditions, partner availability, local COVID restrictions, or other unforeseen circumstances. All changes will be approved by Vermont Day School administration.*



WANT TO LEARN MORE? CONTACT THE ARCC DIRECTOR:

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