



UCA in Costa Rica May 5 - 15, 2026

Itinerary below is a working document and subject to change.

Date	City	Meal(s)	Description
Tuesday, May 5	San Jose	Lunch, Dinner	<p>Air Travel</p> <p>Afternoon: Arrive in San Jose, Lunch in Alajuela, Check in to Hotel Barcelo</p> <p>Evening: Group discussion, Dinner at Hotel</p> <p><i>Transportation: Public</i></p>
Wednesday, May 6	San Jose	Breakfast, Lunch, Dinner	<p>Morning/Afternoon: Clinical rotations</p> <p>Evening: Debrief session, Dinner with Ohana residents or at hotel</p> <p><i>Transportation: Private</i></p>
Thursday, May 7	San Jose	Breakfast, Lunch, Dinner	<p>Morning/Afternoon: USP or Clinical rotations</p> <p>Evening: Debrief session, Dinner at hotel</p> <p><i>Transportation: Public</i></p>
Friday, May 8	San Jose, La Paz, San Carlos	Breakfast, Lunch, Dinner	<p>Morning: Hotel checkout, visit La Paz Waterfall Gardens</p> <p>Afternoon: Travel to Sarapiquí, White water rafting and/or canopy tour</p> <p>Evening: Check in at Tilajari Resort Hotel, Dinner at hotel</p> <p><i>Transportation: Private</i></p>
Saturday, May 9	San Carlos, Nicoya	Breakfast, Lunch	<p>Morning: Hotel checkout, Optional: Sloth or Chocolate/Coffee</p> <p>Afternoon: Travel to La Fortuna, Lunch, Shopping, Travel to Hotel El Regalo</p> <p>Evening: Travel stop in Limonal, Check in to Hotel El Regalo, Dinner (not provided)</p> <p><i>Transportation: Private</i></p>



Sunday, May 10	Nicoya	Breakfast, Lunch, Dinner	<p>Morning: Visit with Centenarians Afternoon: Lunch at Jorge Vindas', Tortilla making class, visit with Centenarians Evening: Plan for Hojancha visits, free time at hotel, Dinner</p> <p><i>Transportation: Private</i></p>
Monday, May 11	Nicoya, Santa Cruz	Breakfast, Lunch, Dinner	<p>Morning: Travel to Hojancha Day Care Center for OT/Nursing assessments with elderly Afternoon: Lunch at Rancho Elena, Tour of downtown Nicoya, Return to hotel, Debrief session Evening: Folklore dance activity in Santa Cruz with Flor de Caña, Dinner in Santa Cruz</p> <p><i>Transportation: Private</i></p>
Tuesday, May 12	Nicoya	Breakfast, Lunch, Dinner	<p>Morning: Travel to Hojancha Day Care Center for OT/Nursing interventions with elderly Afternoon: Lunch at Rancho Elena, Nicoya Elementary School Visit Evening: Debrief session, Dinner in Nicoya</p> <p><i>Transportation: Private</i></p>
Wednesday, May 13	Nicoya, Playa Hermosa	Breakfast	<p>Morning: Hotel checkout, Travel to La Paz Community School for Teddy Bear Clinic Afternoon: Travel to El Coco, Lunch on your own, Time to explore El Coco, Check in to Hotel Bosque del Mar, Occupational balance leisure time at hotel pool or beach Evening: Dinner on your own at hotel</p> <p><i>Transportation: Private</i></p>



UNIVERSITY OF
CENTRAL
ARKANSAS™

Thursday, May 14

Playa Hermosa

Breakfast,
Dinner

**Full day for occupational balance
leisure activities/self-organized
excursions**

Afternoon: Lunch on your own

Evening: Farewell Dinner on the
beach

Transportation: Public

Friday, May 15

Playa Hermosa,
Liberia

Breakfast

Morning: Hotel checkout, Travel to
airport
Air Travel

Transportation: Private & Public

Questions? Contact studyabroad@uca.edu for assistance.