

# Costa Rica

## SCHEDULE 2025

### 15 November

Shuttle 11am SJO airport, exact pick-up time to be confirmed one month prior the event

Check-In: 3pm

Training: 4pm - 6pm

**6:30 Welcome dinner**

### 16 November

7:00 Breakfast

Training: 8:00 am - 11:00 pm group A

10:30 am - 13:30 group B

13:00 to 14:30 Lunch

*Free time to enjoy the surrounding*

Training: 3pm - 5 pm group A

5pm - 7 pm group B

**7pm dinner**

### 17 November

7:00 Breakfast

Training: 8:00 am - 11:00 pm group A

10:30 am - 13:30 group B

13:00 to 14:30 Lunch

*Free time to enjoy the surrounding*

Training: 3pm - 5 pm group A

5pm - 7 pm group B

**7pm dinner**

### 18 November

#### **Rest Day!**

*Many activities can be done around the site, and be reserved upon arrival.*

### 19 November

7:00 Breakfast

Training: 8:00 am - 11:00 pm group A

10:30 am - 13:30 group B

13:00 to 14:30 Lunch

*Free time to enjoy the surrounding*

Training: 3pm - 5 pm group A

5pm - 7 pm group B

**7pm dinner**

### 20 November

7:00 Breakfast

Training: 8:00 am - 11:00 pm group A

10:30 am - 13:30 group B

13:00 to 14:30 Lunch

*Free time to enjoy the surrounding*

Training: 3pm - 5 pm group A

5pm - 7 pm group B

**7pm dinner**

### 21 November

7:00 Breakfast

8:30 am - 11:00 am Training all

11:30 check-out

12:00 shuttle back to SJO airport