



COSTA RICA

Experience the natural beauty and spirituality of this natural wonderland on a special "Voluntourism" holiday hosted by Dan Suarez of NAHN and Helen Ballestas, PhD, RN, ANP from Adelphi University!

August 7-13, 2011

Costa Rica offers you one of the world's greatest collections of rain forests, wild rivers, unspoiled beaches, wildlife, mountains and volcanoes. With its unique combination of beauty and spirituality, it's the ultimate refreshment for your body, mind and soul.

On this wonderful journey you will experience wildlife through inland water-ways, have a relaxing massage at a Spa, enjoy lunch and sip wine as you cruise on a deluxe Catamaran

Enjoy this unique "Vacation with a Reward"

Most of us look forward to our vacations and take a traditional holiday. But how much better would it be if you could combine great destinations, sightseeing, local cuisine and atmosphere with an opportunity to "give back?"



We are privileged to partner with **Fundacion Humanitaria** to create a combination of traditional touring with participating in Fundacion Humanitaria renowned "A Bed for Every Child" program that assists children and their families who live in poverty in Costa Rica.

Fundacion Humanitaria is an organization serving children and their families living in severe poverty. The renowned service program you will be participating in is called "**A Bed for Every Child.**" The children, typically sleeping on the floors of tiny dwellings made of tin and concrete

blocks, are susceptible to all sorts of parasites and illness. **Fundacion Humanitaria** treats them with medicines to purge the parasites and then gives them a bed of their own so they will not be infected again. **Fundacion Humanitaria** has a standard, simple design for the sturdy bunk beds that often have to be broken down and then reassembled on-site inside the tiny homes. The children and their families participate with us in these projects and the joy touches the hearts of all involved. The bed is typically the best piece of furniture the home.

Plus a program with the **The Clinica Biblica** is one of Costa Rica's finest hospitals that provide medical, deontological and psychological attention to lower-income families. In 1968, the Board of Directors, Councils and Commissions created a non-profit institution whose mission is to use the economic resources generated by **The Clinica Biblica** for social aid actions to benefit different sectors of those most in need.

Their Integral Health Program aims to provide health care services with a modern approach to low-income people, not based on the concept of health as "absence of disease" but as a vision of health from an integral bio-psycho-social perspective. It relies on an inter-disciplinary team, with social workers, doctors, dental assistants and dentists, many of whom work free of charge. The work is done by the Department of

Social Action at the facilities of **The Clinica Biblica**, with emphasis on the child population. Low-income patients are treated in the facilities of the **The Clinica Biblica** Hospital, as well as people referred by several institutions.

Included will be a Community International Nurses project that will feature three morning lectures earning up to three contact hours. These lectures are supported by visits to Clinical Biblica (San Jose's largest and most prestigious hospital), community outreach clinics in the mountains of San Jose (Ebais) and clinics throughout the San Jose area.

This program will be led by Helen Ballestas, PhD, RN, ANP. Helen is an Assistant Professor of Nursing at Adelphi University and is involved in research interests that include Migrant Population and Health Care Disparities, Student Nurse Mentoring Programs, Student Nurse Political Involvement and Professionalism, and Nursing Student Advocacy.

Please join us on this very special journey.

Regards, Dan & Helen

Tour Includes:

- Round-trip jet flights to Costa Rica
- Round-trip transfers between airport and hotels
- Accommodations in First Class Hotels and Lodges as indicated
 - Airline and hotel taxes
 - Service charges at hotels
 - Portage at hotels and airports
 - 6 Daily breakfasts
 - 3 lunches
 - 4 Dinners
- Sightseeing tour as per itinerary including entrance fees

Added Features:

- Full day Catamaran cruise including lunch
- Optional relaxing massage
- Fundacion Humanitaria "Bed for Every Child" program
- Special Sarapiquí Rain Forest Tour and Sarapiquí River Cruise
 - "Dream Pillow" program
- A visit with meetings & discussions at the Clinica Biblica Hospital

Our Itinerary

Day 1 – Sunday, August 7: TO SAN JOSE (D)

Depart on our flights for San Jose, Costa Rica. Meeting and assistance upon arrival at Juan Santamara International Airport. Transfer to our reserved accommodations and some free time to relax by the pool before our welcome dinner.

Day 2 – Monday, August 8: IN SAN JOSE (B/L/D)

Fundacion Humanitaria/ Bed Program/Dream Pillow Program

Breakfast will be followed by the start of the **Fundacion Humanitaria's** Program features beds that are a standard, simple design for building sturdy bunk beds that after constructing will be personally delivered to the children and their families. Experience the joy that touches the hearts of all involved. The bed is typically the best piece of furniture the proud family now owns. Box lunch. Also today, start of the "Dream Pillow" project, which will be an opportunity to teach the children the value of dreaming: how important it is to have dreams, to wish for things, to have goals in our lives, and how to visualize their dreams. Using fabric paints and markers, the children can create designs and affirmations, as well as put their names on cloth (in Spanish of course). Each child will leave with two pillows and a decoration that they can hang in their homes. So, bring your loving and creative self and let's give these children an experience that can affect them very positively for years to come. After completion of the beds, they will be delivered to the homes, where they will typically be the best piece of furniture the proud family now owns. Lunch provided again today. After completion of the bed deliveries we will return to the hotel for free time. Dinner at our hotel. Overnight San Jose.

Day 3 – Tuesday, August 9: IN SAN JOSE (B/D)

Community Project at Clinica Biblica and Free Afternoon

This morning visit to the Clinica Biblica to meet with Administrators, Doctors and Nurses as they provide services for Costa Rican lower-income families. Discussions will center on the Clinic's Integral Health Program that aims to provide health care services with a modern approach to low-income people, not based on the concept of health as "absence of disease" but as a vision of health from an integral bio-psycho-social perspective. Return to the hotel for a free day for relaxing by the pool or taking a taxi into San Jose. San Jose is a wonderful city to tour. There is La Sabana Metropolitan Park, a green space known as the "lungs of San José." Rohmoser, which is a residential area that houses the President's home and several embassies. You can enjoy several areas of the city such as the National Museum, which was a base for the former disappeared army; the National Theater, which is a cultural jewel built at the end of the 19th century; and the Plaza de la Democracia, where you can browse through stalls selling all kinds of handicrafts. Lunch on your own. Dinner and overnight at our hotel.



Day 4 – Wednesday, August 10: IN SAN JOSE Sarapiquí Rain Forest Tour & Sarapiquí River Cruise (B/L)

Meet in the lobby as it's a day of FUN as we learn about the region's environment. The journey affords an excellent opportunity to view Costa Rica's ever-changing panorama. Arrival at the Hacienda Pozo Azul, to start our

tour of the Sarapiquí rain forest. The tour will feature 12 cables (that you are hooked into) and 17 platforms that are built from 60 to 90 feet above ground as you "fly" through a canyon and over the Sarapiquí River. Continue on your full-day excursion as you board your Rover boat and navigate through the Sarapiquí River, with its beautiful scenery surrounded by lowlands of tropical rain forests and quiet farmland. As the boat passes through green waters and lush vegetation, we will also see a variety of Costa Rican plants, animals and birds. Lunch will be served during the cruise. Afternoon return to the hotel where we will have some time to relax. Evening on your own to explore dining at one of the local San Jose restaurants.

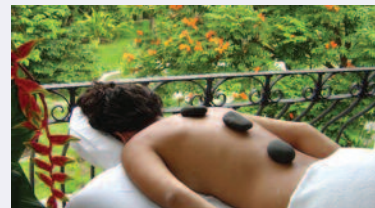


Day 5 – Thursday, August 11: TO MANUEL ANTONIO (B/L)

Early departure for Manuel Antonio, one of the most beautiful spots in Costa Rica. Along the way, we will have a special day of cruising onboard the Calypso's super catamaran Manta Raya. With its expansive deck area that includes 2 deck pools, we will enjoy a level of cruising luxury and comfort in 100% Calypso style. Sip cold wine in the shade of white umbrellas at tables covered with white linen and be served the midday feast. A sumptuous delight featured in Gourmet Magazine, starts with a ceviche appetizer and followed by a medley of salads. The main dish is a delightful bar-b-que breast of chicken covered in a mouthwatering tropical sauce accompanied with julienned vegetables all cooked fresh on the grill by Calypso's expert crew. Upon our return to the dock, we continue to our hotel after a day of sunbathing, swimming, eating drinking, optional tours and relaxing. Dinner on your own at the Spa. Overnight in Manuel Antonio.

Day 6 – Friday, August 12: IN MANUEL ANTONIO (B/D)

Today it's a full day of relaxing, taking in the Spa or lounging by the pool. With the relaxing views of the tropical forest and the sense of the calm breeze rising up from the Ocean, the newly opened "Pacifica Spa" provides an atmosphere that insures total inner peace and relaxation. The elegant boutique Spa has been designed with tranquility in mind. You can swim in the pool or enjoy the fitness center or book an Optional Massage (\$100). Enjoy an optional manicure & pedicure, relax in the steam room, Swiss shower, whirl pool, plunge pool, lockers, bathrobes and a relaxation and yoga area. Surrounding the spa, you can enjoy a relaxing walk on the trails that lead through the forest and along the cliff with spectacular views to the Manuel Antonio National park and beaches. Dinner and Overnight in Manuel Antonio.



Day 7 – Saturday, August 13: TO NEW YORK (B)

Transfer to the Juan Santamaria International Airport and our flight back home. Same day arrival.

YOUR HOTELS



SAN JOSE: The Hotel Best Western Irazu

The 325 room Best Western Irazu is located only 10 minutes from Downtown San Jose. "The prestige of a great name and the experience of a hotel... to those who deserve nothing less than the very best" is the promise of quality, friendly service and value in lodging accommodations to all its visitors. All air-conditioned rooms offer 25" color TV, in-room ironing board, hair dryer and full-length mirror. Guests can enjoy complimentary coffee served 24-hours a day in the lobby. Happy Hour from 5pm to 6pm at the "La Cantina Bar," free local calls and Internet access. The hotel facilities include: Denny's Restaurant,

La Cantina Bar, Pizza Hut, and Burger King "touch button" for delivery service, lit tennis courts, outdoor swimming pool, laundry service, room service, exercise room, landscaped gardens. The hotel also has a 24-hour casino. A shopping center is located next door to the hotel with souvenir shops, bank, grocery store, pharmacy and much more. All this and more from the most comfortable atmosphere of the happiest and entertaining hotel in San Jose.

MANUEL ANTONIO: Parador Resort & Spa www.hotelparador.com

The Parador Resort & Spa, is located on Punta Quepos in the most pristine and tranquil area of Manuel Antonio, yet within minutes from the World Famous Manuel Antonio National Park, the small sport fishing town of Quepos. It's elegant Mediterranean – style architecture, modeled after the Traditional Spanish Paradores and quaint European "boutique hotels", has made the resort one of a kind. With 129 rooms and suites, we offer all the expected amenities of a Deluxe Resort, with European refinement and a warm tropical touch! The entire Parador experience is limitless... wildlife, tropical gardens, four infinity pools, one pool and a Jacuzzi at the Spa, expansive views, excellent service, delicious meals, relaxing massages, romantic settings, exciting tours, and much more!



PRICE PER PERSON

Double room: \$1,799

Triple room: \$1,740

Children under 12 sharing room with parents: \$1,099

PLUS

Airline taxes & Fuel Surcharge: \$109

Prepaid Gratuities: \$70 (\$50 for children)

Single Room Price: \$499

Notes:

- a) Gratuities for Escorts, Guides, Drivers, wait staff and maids.
- b) An airport tax of approximately \$29 is due on departure and has to be paid locally in Costa Rica.
- c) Current fuel and taxes are \$109 but are subject to change by carrier.

COSTA RICA WITH NAHN

APPLICATION: Please make the following reservations.

**Make travel deposits checks payable to RMC and mail to:
NAHN/RMC Travel at PO Box 448, Montauk, NY 11954**

**Need assistance or have questions? Call Dan at 516 984-4342 or
E-mail: DSUAREZ@gannetting.com**

Name(s): 1: _____ 2: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: () _____ Evening Phone: () _____

E-Mail Address _____

Please reserve: () Double () Single Room () Triple Room

I will be sharing a room with _____

DEPOSITS (Note: \$100 of initial \$300 deposit is non-refundable airline deposit)

[] Enclosed is my deposit of \$300 per person for () passengers.

I understand that the balance of the trip must be paid as per Terms & Conditions.

\$300 upon signing up for the tour

I will pay the balance in one payment on or before June 7, 2010.

[] Please book the Optional Massage at the Spa at \$100

[] Please charge my credit card as follows:

Card Number _____ Expiration Date _____

Note: credit card payments will have the 4.75% charge added.

Signature _____ Date _____

Note: Make a copy and keep one for yourself.

TERMS & CONDITIONS

Reservations & Payments: A completed application must be submitted with your reservation including a deposit of \$300 per person to RMC by December 8 to ensure your place on this great tour. After that date, reservations are on request. Final payment due on or before June 7, 2011.

Cancellations & Refunds: Cancellation fees are as follows — \$100 nonrefundable airfare fee. Additional 25% if cancellation is between 70 and 60 days; From 59 to 45 days, there is a 50% charge. Under 45 days, the charge is 100% of the tour price.

Revisions/Changes: There will be no charge for an initial revision. There will be a charge of \$20 for each additional revision. This charge is over and above any charges imposed by airlines, hotels and/or ground operators unused transfers, meals and sightseeing tours cannot be refunded. Unused hotels nights are refunded only if they cover a minimum of three nights and only to the extent the operator receives refund from the hotels, after deducting cancellation charges levied by the hotel, if any. Requests for refund must be submitted in writing along with written proof from the hotel, to RMC within 30 days after return from trip.

Accommodations: The tour operator reserves the right to substitute hotels of similar category.

Air: All airline tickets are subject to each carrier's Terms & Conditions as to passage and cancellation fees. Tours are sold in conjunction with these approved carrier.

NOTE: Tour based on a minimum participation of 32 participants. If the tour falls below the 32 traveler rate, a supplemental invoice of approximately \$95 for 27-31 travelers or \$135 for 22 to 26 travelers.

Consumer Disclosure Notice: RMC and NAHN or their agents act only in capacity as agents for the passenger in all matters connected with hotel accommodations, sightseeing tours and transportation, whether by air, rail, bus, motorcar, boat or any other means and as agent holds itself free of responsibility for any damage occasioned from any cause. RMC and NAHN or its agents will not be responsible for any damages or expenses or inconveniences caused by late departures or change of schedule of or strikes or to their conditions, nor will we be responsible for loss or damage to baggage or any of the passenger's belongings. All prices quoted are correct at time of brochure printing. Rates are subject to currency and airfare changes. Any disputes arising out of these tours will be settled via arbitration through the American Arbitration Association. Valid October 1, 2010 – September 13, 2011 and subject to change without notice.

Trip Cancellation/Interruption Insurance: Trip Cancellation /Interruption /Medical insurance is NOT included in the package. A brochure with insurance information will be sent with your confirmation.