

Sample Volunteer Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrival in Bocas! Tour of Bocas & orientation	8:45-12:00 Volunteer with Give & Surf's Escuelita Preschool Program					Free Day*
	12:00-1:00 Help teach primary school English classes					
	1:00-1:30 Lunch in Bahia Honda	1:00-2:00 Lunch in Bocas	1:00-1:30 Lunch in Bahia Honda	1:00-1:30 Lunch in Bahia Roja	12:30-1:30 Lunch in Bocas	
	1:30-3:30 Lesson Planning	2:00-5:00 Surf Lesson*	1:30-6:00 Jungle Hike & Cave Tour*	1:30-6:00 Red Frog & Turtle Beaches*	1:30-6:00 Bike to Paki Point*	
	3:30-6:00 Up in the Hill Chocolate Farm*					
	Optional: Help with Adult ESL classes usually held from 4-6pm Mon-Fri					

*All afternoon/weekend activities are optional and based on your interests. The Give & Surf Volunteer Coordinator can help schedule your activities & excursions. One free surf lesson is included. All other excursions are at your own expense.

Free or nearly free activities: Hike from Bahia Roja to Red Frog Beach or Turtle Beach, bike to Paki Point or Bluff Beach (\$5 for bike rental), get dropped off at a local surf break (\$2-4 for a water taxi), hike to Up in the Hill Chocolate Farm (\$3-5 for snacks)

Cheap excursions: Jungle hike & bat cave tour (\$15), collective shuttle to Starfish Beach (\$5), snorkel at Blue Coconut Restaurant (\$5 water taxi ride + money for drinks/snacks)

High end excursions: Ziplining (\$45-55), ATVing (\$75 per ½ day), Sailing (\$50 full day), SCUBA (\$70-90), Isla Zapatilla Tour (\$35-40)