

TRAVEL & TOURS

At Casa Yemaya, exchange travel stories with the other residents and use the womens' travel-info library to plan self-created trips and Yemaya-sponsored tours

MOST POPULAR CHOICES SINCE '92:

Round trips: San José-> San José

ONE WEEK Via:

-> Monteverde: *nature reserves/ cloud forests*

-> Arenal: *volcano*

-> Tamarindo: *Pacific beaches/ turtles seasonally*

ONE WEEK Via:

-> Puerto Viejo/ Punta Cocles/ Cahuita/ Manzanillo: *Caribbean beaches/ wildlife refuge/ Afro-Caribe culture*

-> Tortuguero: *turtles & canal wildlife*

ONE-THREE DAYS

-San José: *market/ museums/ serpentarium/ Peace University [1 day]*

-Rio Tram: *one hour-plus aerial tram to view jungle flora in Braulio Carrillo National Park [1 day]*

-Poas/Irazu: *volcanos [1 day]*

WE ESPECIALLY RECOMMEND:

ONE WEEK: San José-> San José

-> Corcovado/Golfito: *nature/ wildlife/ Pacific beaches/ snorkeling*

YEMAYA sponsors tours to this area December-January; June-July

[1-3 DAYS]

-> San Gerardo de Dota: *bird watching/ mountain solitude/ fishing*

You can rent basic camping equipment such as tents & sleeping bags.

CONTACT CASA YEMAYA FOR DETAILS

FOR MORE INFORMATION:

e-mail: yemaya @ ~~expreso~~ ^{eo.cr}

Web page:

<http://cybershock.com/cyber/friends/yemaya>

GETTING IN TOUCH WITH YEMAYA

After 9/96
TEL: Costa Rica 506-257-8529; 223-3652
FAX: 506-223-3652

CORRESPONDENCE ADDRESS:

Ana Zamora + Lee Karlovic
Apartado 372-2050
San Pedro Montes de Oca
San Jose, Costa Rica

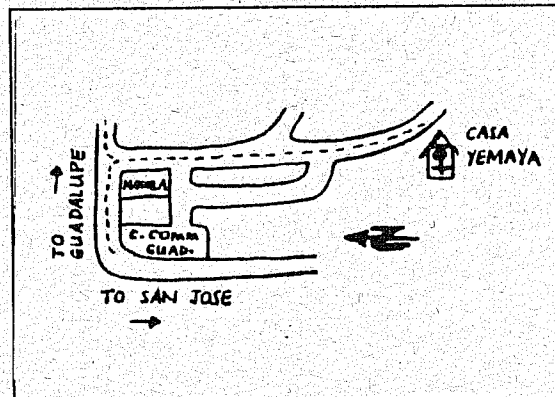
GETTING TO CASA YEMAYA

(about 10 minutes by taxi from downtown San José):

From the Pizza Hut in Centro Comercial de Guadalupe, 100 meters east to Monza gas station;

From there 300 meters south to the guards' station, then 150 meters east;

Yemaya is the first house on the right, with black and purple gates.



San José, Costa Rica
Centroamerica

- ▶ **LODGING BY & FOR WOMEN**
- ▶ **INTERCULTURAL LEARNING ACTIVITIES / PROGRAMS**
- ▶ **VOLUNTEER & INTERNSHIP OPPORTUNITIES**
- ▶ **SPANISH TUTORING & CLASSES**
- ▶ **TRAVEL & TOURS**

After 3/96
TEL: Costa Rica 506-223-3652; 257-8529
FAX: 506-223-3652

1: all rates in US \$ and subject to change

LEARN/IMPROVE YOUR SPANISH ACCORDING TO YOUR LEVEL & TIME

- ▶ Basic survival Spanish; intermediate and advanced skill development.
- ▶ Two-three week classes (more/less as needed)
- ▶ Small group intensive Spanish classes (Mondays-Thursdays - 3 hours daily for two weeks or more) can be arranged ahead of time.
- ▶ Individual and group tutoring
- ▶ Ten-week language-cultural program for groups focusing on womens' & sustainable development issues

BRILLIANT IDEAS !!

- ▶ Combine your Spanish training with a long-weekend (Friday-Sunday) Yemaya-sponsored tour!
- ▶ Learn, then practice while traveling on your own.

- ▶ Arrange individual Spanish classes or tutoring on a flexible schedule basis according to your language needs.

EXAMPLE SPANISH RATES¹

Basic Survival Spanish

(Mon-Thurs: 3 hrs/day-2 wks)
\$300 (individual)
\$250 (2-5 women)

Tutoring

\$13 per hour (individual)
\$11 per hour (2-5 women)

ALSO....
PLAN YOUR CLASSES and TUTORING...
...when you contact us

LODGING

Stay -- for one night or longterm -- at Casa Yemaya, a pleasant, safe, three-story, multi-bedroom house for women.

Facilities and Features:

- ▶ Laundry room, library, kitchen, porches with hammocks facing a river and trees.
- ▶ Shop at the women-created arts and crafts gift center.
- ▶ We can arrange to pick you up at Santamaria (the only) International Airport in Costa Rica.
- ▶ Quickly access local, regional, and national buses and taxis as well as other Central American countries.
- ▶ Use as a base to store your stuff; and for stopovers between trips.

LODGING RATES¹

Private & Shared rooms
(Nightly = N; Monthly = M)

REGULAR SEASON¹

- ⊛ Shared room/bath \$18/N; \$300/M
- ⊛ Private room, shared bath \$20/N (1 p); \$30/N (2 persons)
M: *Negotiable*
- ⊛ Private room, private bath \$25/N (1 p); \$35/N (2 persons)
M: *Negotiable*

Quarterly Rates Negotiable

HIGH SEASON

late November-late March
High season rates increase 10-30%
RESERVATIONS RECOMMENDED !

VOLUNTEER & INTERNSHIP OPPORTUNITIES

POPULAR EDUCATION

WOMENS' ISSUES

HUMAN SERVICES

ECOLOGY & SUSTAINABLE
DEVELOPMENT

CASA YEMAYA can connect you with organizations and groups in your areas of interest and in a setting that matches your directions. Women have worked at the following sites:

- ▶ San José-and-vicinity health clinic intergenerational programs with economically marginalized teen mothers, single parents & children.
- ▶ San José-based internationally broadcast daily womens' radio programs
- ▶ Southern/northern rural Costa Rica - English skills, program support to rural Costa Rican women developing tourist & organic agricultural projects.

Costs to arrange, coordinate, supervise and monitor project & site details are negotiated according to individual and organizational needs.¹

Projects outside of San José and vicinity cost more, due to higher communication costs as well as transportation and time requirements.¹