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 © expres.net
Web page: http://cyberhouse.com/cyber friends/yemaya

GETTING IN TOUCH WITH YEMAYA

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.

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

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 women's & sustainable development issues

BRILLIANT IDEAS II
- 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 RATES

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)

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

- Regular Season
  ○ 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
WOMEN'S 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 women's 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.

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