



Costa Rica

Spanish Language & Culture

7 days

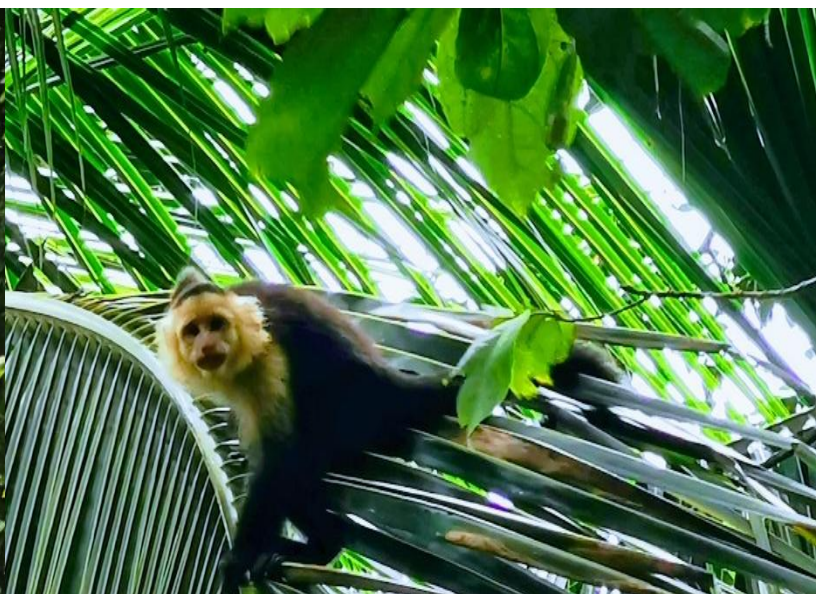
This seven-day itinerary offers a well-balanced introduction to Costa Rica through Spanish-language culture, nature and adventure. Beginning in San Jose, the programme combines daily Spanish classes with immersive experiences such as local dining, cooking lessons and meaningful volunteer work at an animal rescue centre. We explore iconic landscapes including Poás Volcano and the lush Arenal region, where highlights include a chocolate tour and an exhilarating zip-line canopy experience.



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1	Depart UK, arrive San Jose On arrival in San Jose, we are met by our local Costa Rican leader and board the buses to our accommodation. The rest of the day's schedule will depend on the arrival time of our flight.	LD
Day 2	Spanish Lessons and Poás Volcano National Park After a good night's rest, we eat breakfast at the hotel and attend our first Spanish classes of the week. We have lunch at a local restaurant, before visiting Poás Volcano National Park and stretching our legs on a short hike. After a busy day, we return to the hotel for dinner.	BLD
Day 3	Spanish Lessons and Cooking Class We start the day with two hours of Spanish classes to build up a good appetite. We then put on our chef's whites and participate in a hands-on cooking class, learning to make traditional Costa Rican cuisine. We return to the hotel in the evening for dinner and an early night.	BLD
Day 4	Spanish Lessons and Volunteering We have our final Spanish classes today and then head out to enjoy lunch at a local restaurant. We spend the afternoon volunteering at an animal rescue centre, learning about different species and the efforts being made to protect wildlife in Costa Rica.	BLD
Day 5	Transfer to Arenal Volcano National Park After breakfast at the hotel, we travel to stunning Arenal, the volcanic region in Costa Rica. On arrival in Arenal we have lunch, before taking part in a chocolate tour. We will learn about how chocolate is produced and have the opportunity to try some of this tasty treat.	BLD
Day 6	Rainforest zip line On our penultimate day in Costa Rica, we enjoy a morning of adrenaline on a zip-line tour. We will be zipping through the treetops and may catch a glimpse of some of the ample wildlife in Costa Rica. We have lunch at a local restaurant and travel back to San Jose for our final evening.	BLD
Day 7	Depart San Jose We bid goodbye to Costa Rica after an amazing adventure. Depending on flight schedules, there may be time to buy some last-minute souvenirs.	B



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 2



Some low-level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western-style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

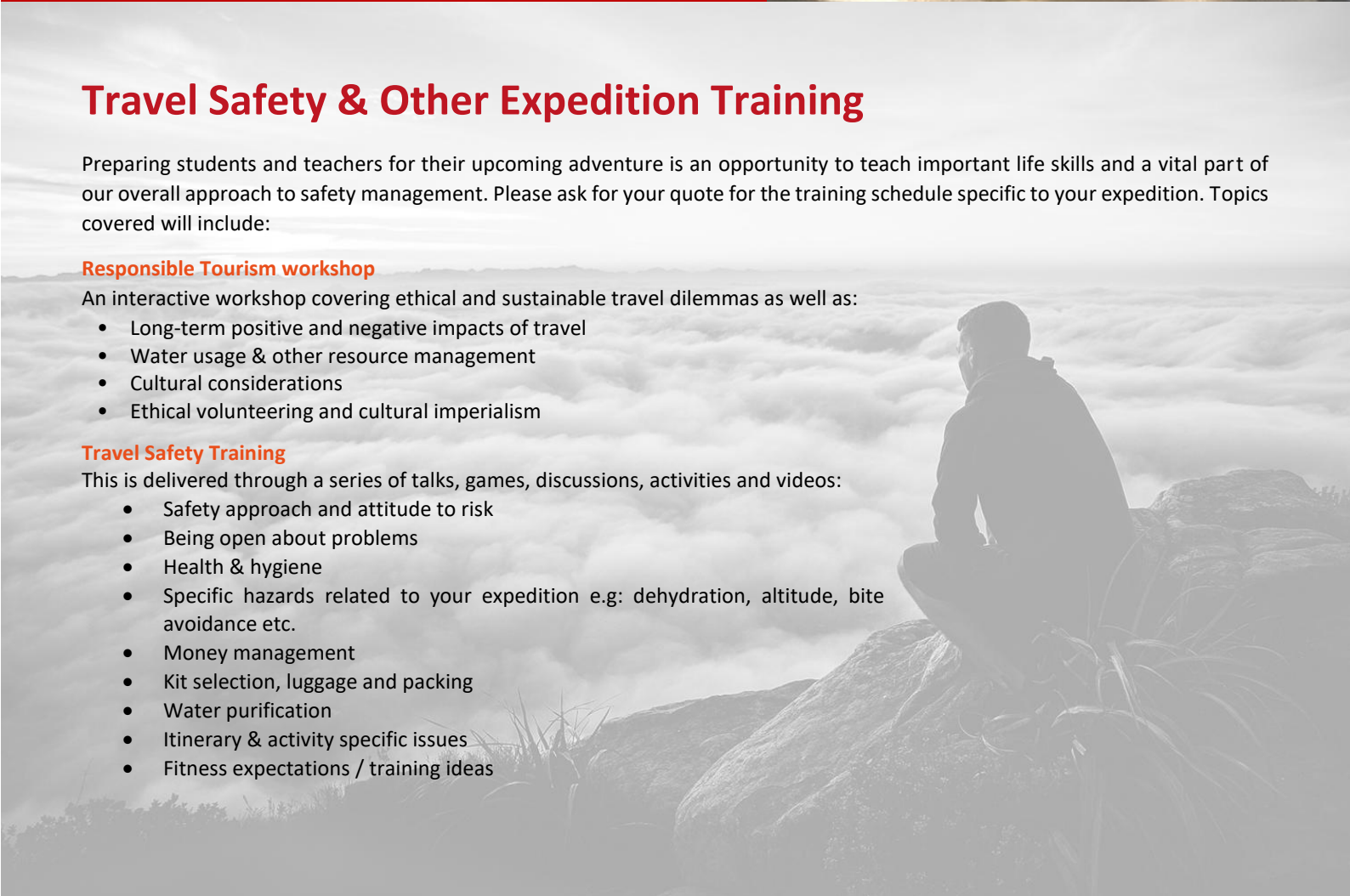
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long-term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life-enhancing adventure.

"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

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Trees for Life

