



# Costa Rica

## Turtles, Teenagers and Super-hero Teachers

11 Days

This school trip showcases the highlights of Costa Rica in just ten days including its diverse wildlife, imposing volcanoes and beautiful coastline. With two days of white water rafting, snorkelling in Cahuita on the Caribbean Coast, the impressive Arenal Volcanoes and zip lining at Monteverde cloud forest it's an action packed adventure all the way. No trip to Costa Rica would be complete without spending time viewing the prolific wildlife, so we include two days at the Pacuare Reserve conservation centre for students to experience hands on the efforts being spent on Turtle conservation



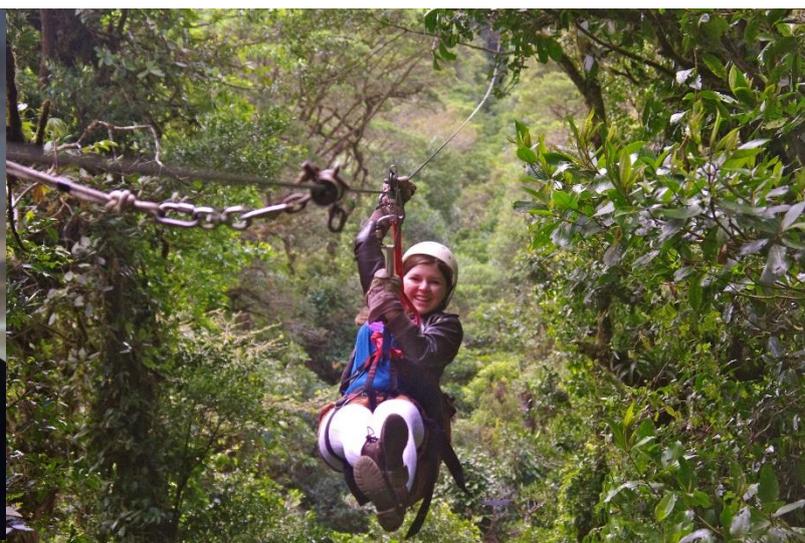
[Learn more about our Carbon Labels](#)

# Your Recommended Educational Journey

<b>Day 1</b>	<b>Depart UK, Arrive San Jose</b> Fly from the UK to San Jose, Costa Rica, where our local staff and vehicle will meet us at the airport. We then head straight to our hotel for drink, light snack and an early night in preparation for tomorrow.	LD
<b>Day 2</b>	<b>White water Rafting to El Nido del Tigre</b> After breakfast we depart for the white water rafting 'put-in' for our water adventure through pristine rainforest spotted with waterfalls. Fully qualified white water rafting guides will give us all the necessary training we need to undertake this activity safely. By afternoon we arrive at our comfortable riverside camp, El Nido del Tigre. Nestled between the sounds of the rainforest and the hum of the river, take time to explore this lush environment first hand, looking out for toucans overhead or simply relaxing in a hammock listening to the sounds of the river.	BLD
<b>Day 3</b>	<b>Waterfall trekking &amp; white water rafting part II</b> Today we spend some quality time exploring the trails and a waterfall at this unique location on the banks of the Pacuare River. Later, as we continue our rafting journey, the Pacuare River takes us through virgin rainforest, cascading waterfalls and river carved canyons. We manoeuvre through the exhilarating rapids and can observe the intricacies of the rainforest at the river's edge. Along the way, we take time out to do some hiking to spectacular waterfalls and have lunch on the shore. Reaching the end of our rafting trip, we transfer to vehicles and drive to our destination - Cahuita - for a wonderful night's rest at this beautiful Caribbean beach.	BLD
<b>Day 4</b>	<b>Snorkelling in Cahuita</b> This morning we go snorkelling in the most important Costa Rican Coral Reef. We have the opportunity to witness some of the most amazing sea species including 35 different species of coral, 123 species of tropical fish, sea turtles, sea cucumbers, ocean sponges, lobster, and shrimp! The rest of the day is free to enjoy the beach. We will also get stuck in with an 'Environment Clean Up' and help to clear waste from the coastline.	BLD
<b>Day 5</b>	<b>Pacuare Reserve / Beach patrol</b> Today we transfer to the Pacuare Reserve, a working reserve established by the Endangered Wildlife Trust, a British registered charity. Its 1050 hectares of tropical rainforest lies on the Caribbean coast where there is a high concentration of wildlife, the four mile stretch of deserted beach is the most important nesting site in the country for the giant Leatherback turtles.	BLD
<b>Day 6</b>	<b>Pacuare reserve activities</b> Activities for today may include: tagging nesting turtles, collecting and counting eggs from nests for incubation, releasing turtle hatchlings into the wild, learning about the importance of this conservation work and why the turtles are endangered, plus rainforest based activities that relate to education and conservation.	BLD



- Day 7**      **Transfer to La Fortuna**      BLD  
This morning we transfer to the town of La Fortuna, which lies at the foothill of Costa Rica's most famous and until recently, most active volcano, Arenal. The eruptive cycle, which began with the infamous eruption of 1968, continued to produce enormous amounts of lava, gas and ash on an almost daily basis until 2012 when Arenal entered into an indeterminate resting phase. For the time being, there are no eruptions but that could change within a matter of months! In addition to the volcano, Arenal plays an important role in Costa Rica's power production. Lake Arenal, which rests at the base of the Arenal Volcano, supplies twelve percent of the country's hydroelectric energy. In the afternoon we can explore down town La Fortuna.
- Day 8**      **Waterfall, volcano and springs**      BLD  
We start the day by having an early breakfast and later head to the famous La Fortuna waterfall for a refreshing swim. The trail runs through pasture and rainforest, offering chances to spot toucans, monkeys, and other tropical creatures. It takes about 15 minutes to hike down to the base of the waterfall. Later we will be led on a guided hike into the volcanic national park to learn about the explosive history of Arenal and its 'big brother', Cerro Chato Volcano. The hike takes us through trails in the secondary forest around the base of the volcano, past lava fields from previous eruptions. Later in the evening we discover the geothermal activity in this region by enjoying a soak in the Baldi hot springs, with over thirty spring-fed pools of various temperatures.
- Day 9**      **Zip line & hanging bridges**      BLD  
After breakfast we transfer to Monteverde, set atop the spine of Costa Rica's continental divide. Monteverde is a high altitude region in the north of the country that is best known for its private reserves and canopy zip lining. Prepare for an extreme day of adventure, flying through 12 cables and 18 platforms with an optional Tarzan Swing at the end of the tree-top adventure. If this were not enough, we later continue to the hanging bridges. Each bridge has a width of five feet, the widest bridges in Costa Rica, and also a capacity of up to 80 people per bridge making them both the longest and strongest bridge systems in the Monteverde Cloud Forest.
- Days 10 - 11**      **Return home**      BL  
This morning we drive back to San Jose and transfer to Juan Santamaria International Airport for our overnight flight back to the UK. We arrive back into the UK the following day (Day 11).



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- 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

## 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 or Covid tests
- 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. While we are far from perfect, 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 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase in your underlying fitness levels would help you get the most from this grade trip.

## 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 Pre-Travel 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 this educational journey. Topics covered will include:

### Responsible Tourism workshop

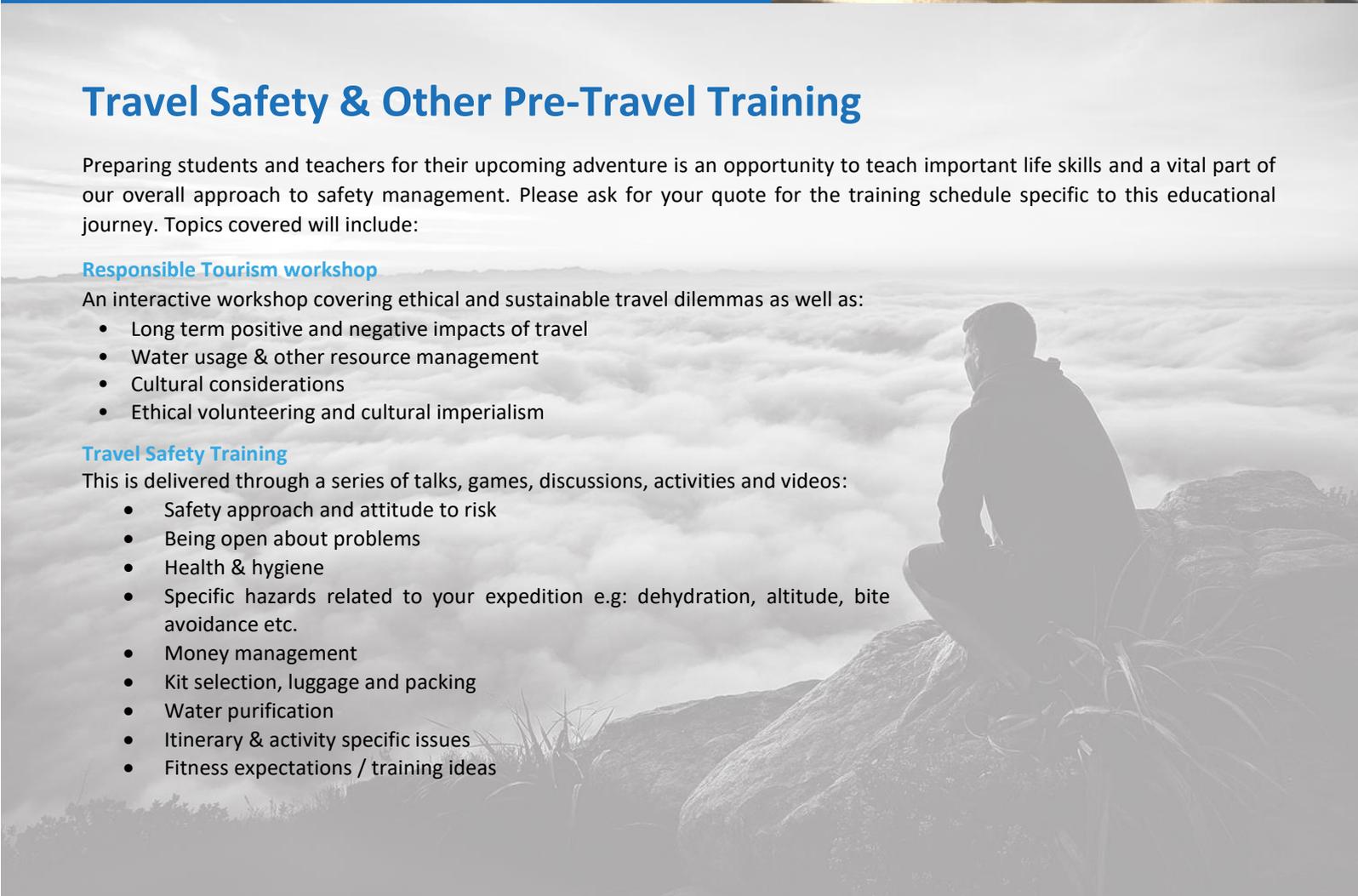
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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 educational journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure 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 trip approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information 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.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



*"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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