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global learning for positive change

14 days in...

Costa Rica

Turtle Conservation and
Monteverde Cloud Forest





Costa Rica at a glance

Highlights:

- Sea turtle conservation
- Monteverde Cloud Forest - a global biodiversity hotspot
- Spectacular, diverse scenery
- Hands-on project work with world-class researchers

Need to know:

Language: Spanish (English widely understood)

Climate: Hot (23-30° C) and sunny, occasional rain

Accommodation: Hostels and lodges

Physical Rating: Moderate

Support:

- **Monteverde Biological Reserve**
- **Tropical Science Centre**
- **Waterkeeper** - Water quality NGO in the Nicoya Peninsula
- **Cirenas** - Fieldwork connecting people and environmental protection

Learn:

Subject links:

Biology • Geography • Spanish

Curriculum links:

Conservation, Biodiversity, Ecosystems, Endangered Species

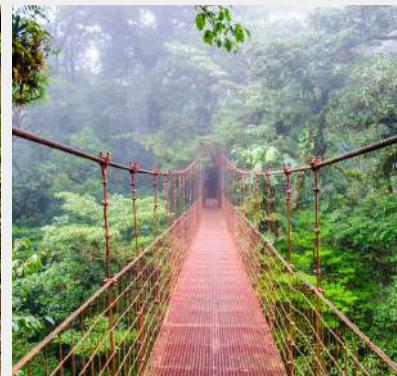
Sustainable Development; Ecotourism, Renewable Energy, Recycling

Climate Change; Oceans, Tropical Forests

Days 1-5

Touch down in the vibrant capital of Costa Rica, **San José**. Acclimatise to your new surroundings as you meet up with your local guides and take in the spectacular architecture and **buzzing markets** of the city. Try some '*comida típica*' - expect rice, beans and an array of tropical fruit and veg!

Head north to the stunning **Monteverde Cloud Forest**. Meet up with **expert conservationists** at the **Tropical Science Centre** who will give unique insights into their role in preserving this unique habitat, described by National Geographic as the '**jewel in the crown** of cloud forest reserves'.



At 1,400m above sea level, this special ecosystem is a **global biodiversity hotspot**. Hit the trails and keep your eyes (and ears!) peeled for howler monkeys, sloths, the resplendant Quetzal birds and a spectacular array of flora and fauna.

Days 6-12

Travel south by land and sea to the beautiful beaches of the **Nicoya Peninsula**. Meet an inspiring team of researchers from the Cirenas programme - join them on beach patrols searching for vulnerable **sea turtle** eggs and hatchlings, and help out back at the hatcheries.



Learn about the **Blue Flag** project run by local NGO **Waterkeeper**, which aims to reduce harmful plastics which threaten the turtles through community outreach and beach cleans. Meet a local initiative, **Bionic**, who will recycle the waste you collect into new products such as clothing and shoes.

And try your hand at **permaculture**, planting seeds and **nurturing saplings**, contributing to the protection and restoration of valuable ecosystems.

Soak in your surroundings - the beach is a great spot for a game of volleyball with your hosts, or even try your hand at some **salsa**!





Days 13-14

Say goodbye to your hosts as you return to San José for your flight home. You've explored **diverse landscapes**, observed **amazing wildlife**, immersed yourself in a **new culture**, and made a real impact on **conservation projects** across the country.

Reflect on the incredible experience you've had - the places you've been, the friends you've made, and the things you've learnt as a **global citizen**. Arrive back home with memories to last a lifetime!

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Global Action really did provide us with a world class experience which will be remembered by our pupils for the rest of their lives!

Head of Biology, St Felix School

An amazing, life-changing experience for students and staff. The most organised, beneficial, educational trip you could ever experience.

School Leader, Bede's Senior School

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Say hello!



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