



global learning for positive change

"What a fantastic time my team had! I have worked with companies in the past, but none have been as impressive as Global Action."

Head of Science, The Stephen Perse Foundation



Costa Rica

Summer 2026



Your Global Action Programme

At Global Action, we believe in engaging young people in Global Learning about poverty reduction, environmental issues and social justice. This develops Global Citizens, able to effect positive global change for the future.

Global Action programmes engage students with global issues, carefully designed around the UN agreed Sustainable Development Goals. Your trip will explore how these goals are being achieved on an international scale, and what still needs to be done.

Support Raising Funds



- ✓ Raising funds support
- ✓ Ideas and resources on webpage

Trip Preparation



- ✓ Destination Handbook
- ✓ Discount codes for kit
- ✓ Fitness advice

Global Learning



- ✓ Global Learning Workshop
- ✓ Resources and further reading on webpage

Trip Preparation



- ✓ Meet your Global Action Leader and kit preparation evening
- ✓ Leaders' Safety Management Workshop
- ✓ Training Day (if applicable)

Overseas Trip



- ✓ Exposure to local and global development
- ✓ Visits to international agencies
- ✓ Participation in practical projects

Alumni Community



- ✓ Empowered and engaged global citizens
- ✓ ASDAN Universities Award



"It's been a once in a lifetime experience and I enjoyed making friends, experiencing a new culture and learning to respect wildlife. Global Action beat my expectations – everything was amazing, and everyone was very friendly." Student, Langley School

"The turtle project was a paradise of a place with close encounters with many wonderful animals and plants. The rest and work schedule was well planned."
Head of Geography, The Lycée Français Charles de Gaulle

Why Costa Rica?

Home to spectacular cloud forests teeming with biodiversity, magnificent volcanoes, and pristine beaches bursting with marine life, Costa Rica offers a truly inspirational experience for students.

This stable and environmentally aware country is the perfect destination for: Biologists, Geographers, those interested in environmental issues and adventure!

Known as Central America's Garden of Eden, Costa Rica stands out from other Central American destinations as a stable country with highly developed health and education systems. Our Costa Rica Programme takes you from the cloud forest of Monteverde to the stunning Pacific Coast, via some of the most bio-diverse forests and breath-taking wildlife in the world! Few places on Earth offer as many life-changing educational experiences.

Learn about:

- **Conservation, Biodiversity, Ecosystems, Endangered Species**
- **Climate Change, Oceans, Tropical Forests**
- **Sustainable Development, Ecotourism, Renewable Energy, Recycling**

Support: Turtle Conservation Projects along the Pacific Coast and Sustainable Tourism initiatives across the country



Useful Facts

Geography: Bordering both the Caribbean and the Pacific Seas, Costa Rica has nearly 1300km of coastline. These coastal plains are separated by a rugged spine of mountains straddling the continental divide. Most of your trip will be located at low altitudes, reaching up to 1400m in the Monteverde Cloud Forest.

Climate: Situated just north of the Equator, Costa Rica has a tropical climate (23 - 30°C) enjoying over 12 hours of sunshine a day year-round. In summer months it can rain, although there is a mini-dry season in July and at the start of August on the western Pacific Coast.

Languages: Spanish is the official and most wide spoken language in Costa Rica, and there are at least five local indigenous languages. In many of the areas you visit, people will also speak English as a second language.

Culture: During the trip, you will learn about the rich Spanish influence on Costa Rica's culture and customs, and the Ticos (Costa Ricans) search to live the '*Pura Vida*'.

Physical rating: Physically this is a moderate trip. The ability to walk with a daysack (3-4 hours), is required.

Accommodation: You will stay in a mixture of comfortable hotels and lodge accommodation.

Sample itinerary

Build Up Day

The day before departure, all team members will meet at the school. Your Global Action Leader will check your kit and run through health and safety briefings.

Days 1 - 2: UK – Costa Rica

Your exciting adventure begins, as you fly from the UK to San Jose, the vibrant, modern capital of Costa Rica. San Jose is set in the middle of the central valley and surrounded by high mountains. The city enjoys an English summer like climate and high-quality cultural events year-round.

On arrival at Juan Santamaría international airport, you will meet our local guides, and travel to your accommodation. The city is named in honour of Joseph of Nazareth.

Days 3 - 5: Monteverde Cloud Forest

Conservation, Biodiversity, Ecology and Protection of Endangered Species

You travel to the spectacular Monteverde Cloud Forest, described by National Geographic as **“the jewel in the crown of cloud forest reserves”**. Cloud forests are associated with high biodiversity and endemism.

Resting at 1,400 metres (4,600 feet) above sea level, The Monteverde Cloud Forest is an internationally protected conservation area of vital importance: it has the largest number of orchids in the world, over 100 species of mammals, 400 species of birds and many endemic species from North and South America.



In the afternoon you will visit Santa Elena, where you will have a chance to buy local souvenirs. Your guide will explain about the changes in Monteverde over the past 45 years and the creation of the Cloud Forest Reserve.

The following day you will explore Monteverde Cloud Forest's well-marked trails and see how climate change is affecting this world-famous cloud forest with its amazing variety of flora and fauna species. If you are lucky you might spot a sloth, or hear a howler monkey roaring, or a resplendent Quetzal, one of the most beautiful birds in the world. You will learn about animal behaviour, biodiversity, ecotourism and sustainability.

“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 Geography, Lancing College



Monteverde is a great example of sustainable tourism at its best. You can even step on the Continental Divide, where one foot will be on the Caribbean side and the other on the Pacific side!

You will have a talk from **The Monteverde Cloud Forest Biological Reserve** learning about the importance of international conservation efforts and the management and monitoring of natural resources. This will include learning about measuring the impact of climate change, endangered species monitoring, and the economic and social impact of the Monteverde Reserve on neighbouring communities in Costa Rica.

Days 6: NATUWA Wildlife Sanctuary

NATUWA wildlife sanctuary provides refuge and protection to the wild animals that have been affected by humans, due to hunting, removal from their environment, and deforestation. The sanctuary works with the **Ministry of Environment and Energy** under the Costa Rica's conservation law. The projects and programmes run here look after Jaguars, tapirs, sloths, Macaws and monkeys.



The sanctuary is run by volunteers, and is popular with university students to gain work experience. They also have an outreach programme which aims to educate the local community about their work, and the benefits of ecotourism. Their conservation programme includes a captive breeding programme with Costa Rica's Macaws - rescuing, rehabilitating, and releasing Macaws back to the wild.

On arrival, you will meet the volunteers who run the centre, have a tour, and enjoy a presentation on animal conservation in Costa Rica, the illegal trade of animals, environmental protection, and how to rehabilitate animals.

Days 7 - 12: Nicoya Peninsula

Permaculture, Sea Turtle Conservation, and Blue Flag Project

You'll travel over land, ferry and walk along a beach to your project, located in the Nicoya Peninsula on the stunning Pacific Coast. You will be hosted by a national wildlife centre which connects people to the environment and provides hands-on learning about sustainable development and environmental conservation.

On arrival, you will meet the inspiring team of researchers who you will be living and working alongside for the next four days, and settle into your accommodation. There are three sections to your project: permaculture, turtle conservation and the blue flag programme.

You will be fully immersed into life on the research project, learning the practical skills needed to make a real contribution during your stay, as well as learning about the history and long-term impacts of the project.

You will join the researchers in activities which include:

- **Permaculture:** participating in: composting, tree planting, work in the greenhouse and tree nursery, learning about sustainable farming methods, and living with minimal impact
- **Blue flag Project:** beach clean, making signs to educate local about environment & conservation in the area
- **Sea Turtles:** Night beach patrols for nesting turtles and hatchling nests; Collecting, counting eggs and relocating eggs to the protection of the hatchery; A tour and work in the baby turtle hatchery; Release of new hatchling turtles



The Nicoya Peninsula comprises northern Guanacaste Province and southern Puntarenas Province, and the area's beaches are an important nesting site for turtles. In July and August **Olive Ridley Sea Turtles** (*Lepidochelys olivacea*) nest on the beaches in the area. Classified as a vulnerable species by the International Union for Conservation of Nature (IUCN), conservation efforts along this coast are extremely important.

In July if you see turtles, they will probably be nesting. There is a better chance of seeing sea turtles in August for hatching. To increase your chance of seeing a sea turtle, it is important to stay quiet while doing the patrols. The patrols are done in 2 shifts late at night or early in the morning and involves a few hours walking on sandy beaches - so you need relatively good fitness. While on patrols, keep your eyes open for tracks of mother turtles coming onto the beach to lay eggs!

While here, you will also participate in the **blue flag programme** overseen by the charity **Nicoya Peninsula Waterkeeper**, get involved in a beach clean, learning about why beach pollution is so harmful, and the negative impact of microplastic.

After completing your beach clean you will see first-hand how the local community created and set up their own small scale recycling system with collection points and educational signs about best practice. You will get to take the rubbish and recycling you collected from your beach clean to a local recycle depot to see the whole recycling cycle. We've been really inspired to see how this local community work with a company, **Bionics**, who process the recycling into alternative products, such as clothing and shoes.

You will also have a chance to enjoy your incredible surroundings and the people in it, from relaxing on the pristine beach to volleyball games, shopping and even Salsa dancing!



Days 13 - 14: Relax in San José, and return home

We travel back to San José and have a relaxed final dinner and a Global Learning Review, with time to reflect on your unique adventure: from exploring spectacular cloud forests, to learning from the environmental organisations preserving Costa Rica's future.

You will arrive back in the UK with memories to last a lifetime, and the ASDAN Universities Award!

"An amazing, life-changing experience for students and staff. The most organised, beneficial educational trip you could ever experience – I have never come across a company with such an extensive programme, where you feel you are positively making change in the world. The learning that took place throughout the programme was beyond outstanding"

School Leader, Bede's Senior School

"Global Action were really well organised - they picked guides and Leaders well, and our safety was always their priority. The projects gave me a huge sense of satisfaction and reminded me of how little others have, and to appreciate what I do have."

Student, La Sainte Union School

Charities and Conservation agencies we support in Costa Rica

Through the trip's activities, Global Action are delighted to be supporting the following organisations. Each has been established to provide local income-earning opportunities while promoting conservation and sustainable use of resources.



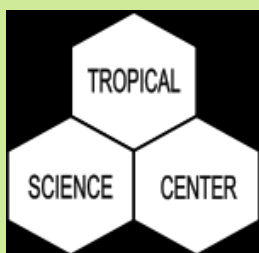
CIRENAS is an independent academic programme whose aims are to create transformative connections between the environment and people in Costa Rica through education, research, innovation and integration.

Check Out: <http://cirenas.org/>



Monteverde Cloud Forest Biological Reserve (MCFBR) is a private protected area with high scientific and economic value. Since 1973 the 5000-hectare Reserve has been a living laboratory for hundreds of scientific researchers.

Check Out: <http://reservamtv.com/>



Tropical Science Centre (TSC) is a non-governmental scientific and environmental organisation established in Costa Rica in 1962. The organisation is dedicated to the acquisition and application of knowledge related to the lasting relationship of human beings with the physical and biological resources of the tropics.



Waterkeeper Non-profit NGO, their aim is to preserve the water quality in the south of the Nicoya Peninsula, Costa Rica. They are part of the Waterkeeper Alliance, a global network of more than 300 Waterkeeper organizations in 40 countries around the world.

Check out: <https://www.nicoyawaterkeeper.org>



Natuwa is Macaw conservation programme & wildlife sanctuary. They look after animals confiscated by the Ministry of Environment & Energy. It provides refuge and protection to the wild animals that have been affected by humans, such as hunting, removal from their environments, and deforestation.

Check out: <https://www.natuwa.com/homepage/>

"It met my expectations and more! I've loved every minute of it!"

Student, Queen Elizabeth Grammar School

Raising Funds towards your trip

You're about to embark on a life-changing trip abroad and support communities in need. Fundraising will give you a fantastic sense of achievement. Apart from raising cash for your trip, this will give you **increased self-confidence, and develop your life-skills in: budgeting, creativity, independence and entrepreneurship** – great for university and your careers.

At Global Action we care about your success. We provide:

- ✓ 1-2 fundraising workshops for you and your team
- ✓ Regular online fundraising webinars with our partners at easyfundraising
- ✓ A 17 page fundraising guide packed with ideas, plans and resources to get you started

Did you know?

Most students raise £600 - £1000 towards their trip - and many even earn their whole trip cost!



Here's our five step plan to getting started:

1. Set a target! Are you aiming to raise the whole amount yourself, or part of this cost?
2. Break down your target into milestones – base this around monthly or termly targets, or think about when you can dedicate the most time to it – especially over summer holidays
3. Make a mind map of your network, and the different ways in which they might be able to help you - and how you might be able to help them!
4. Put together the plan to reach your target – use the Global Action Fundraising Planner from your fundraising pack.
5. Pick your first event and get planning! Once you have your first contribution, reaching your target will feel much more achievable.

Your fundraising will probably be split between **individual fundraising and team fundraising** – we've included some ideas below to get you thinking...

Individual

- 🌐 Part-time work/Summer job
- 🌐 Sponsored event
- 🌐 Selling art and crafts
- 🌐 Selling unwanted items
- 🌐 Odd jobs in the community
- 🌐 Donations from local businesses and rotary clubs

Team Fundraising

- 🌐 School event – film night, disco, battle of the bands
- 🌐 Parents evening refreshments
- 🌐 Christmas stall
- 🌐 Raffle or auction of promises
- 🌐 Quiz night

And, see overleaf for a great way to get **free** money!

” Doing your own fundraising gives you a sense of achievement and means that whilst you are out on the trip you engage more in the activities as you paid for them yourself. ”

James, Saffron Walden High School, Zanzibar



easyfundraising

global action

6 easy steps to getting started with easyfundraising

Fundraising for your trip just got easier. Sign up to easyfundraising and start earning free cashback on all online purchases. easyfundraising partners with over 8,000 well-known online brands, so whenever anyone you know shops online, you receive free cashback you can use towards your trip target. The selection of brands to shop with is endless...

amazon.co.uk

ebay

JOHN LEWIS

JUST EAT

ASOS

Booking.com

M&S

SCREWFIX

moonpig

TESCO

trainline

Boots
Let's feel good

skyscanner

Argos

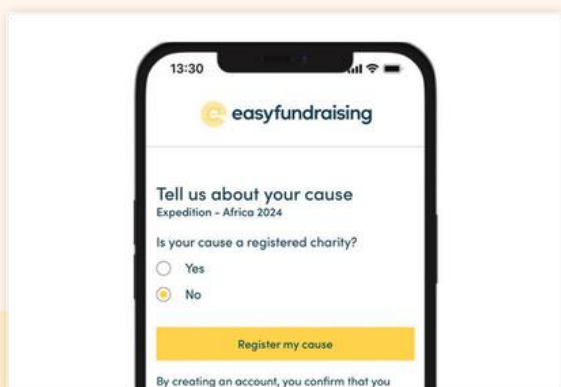
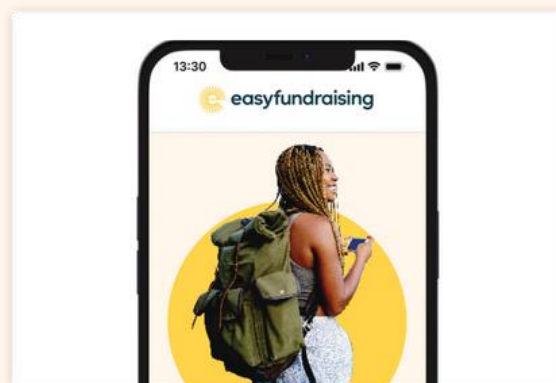
+7,500
Others

Step 1

Scan the QR code or use the link to get started. Tell us your name and where you are going to travel.



www.easyfundraising.org.uk/global-action

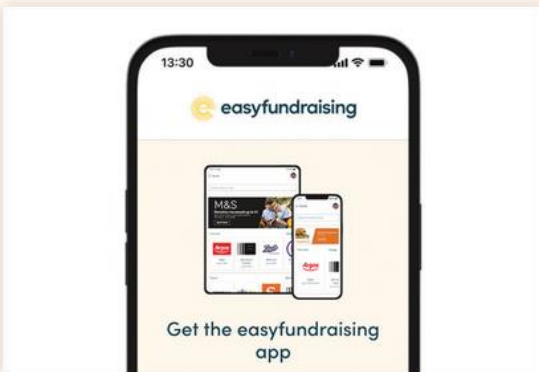
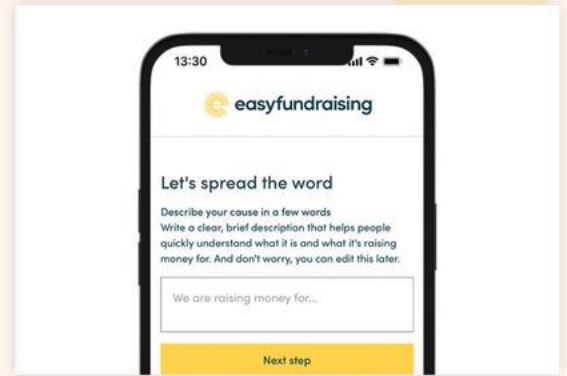


Step 2

Fill in your details and click 'Register my cause'.

Step 3

We'd love to know more about you and what you're up to; tell us a bit about your expedition.

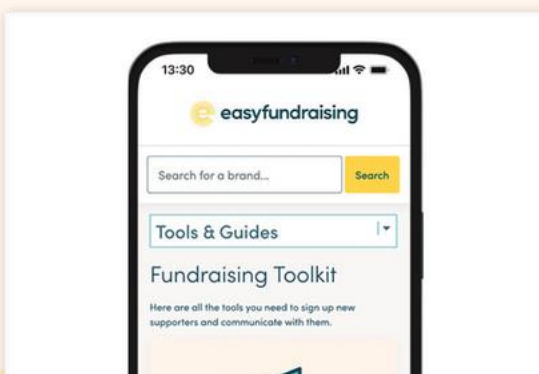


Step 4

Downloading the easyfundraising app is the easiest way to earn free cashback, do this now while you remember.

Step 5

Book a free call with one of the fundraising experts for the best advice on how to get family and friends registered and earning cashback toward your target.



Step 6

Visit 'Account' then 'Promote my Cause' for ready-made social media text, images, and WhatsApp messaging you can download and share to encourage family and friends to support you.

Why book with Global Action?

The Specialists

Travel with the UK's leading provider of Global Learning programmes. Global Action is managed by international development professionals, who have over 15 years' experience in organising school trips worldwide. You'll get full support, start to finish, from our experienced operations team, who have travelled to all our trip destinations. You will benefit from their first-hand knowledge and their wealth of experience from organising inspirational trips.

High Educational Value

Our Global Action programmes are designed to strengthen students' **employability skills** in leadership, teamwork, and communication. All students completing a Global Action trip qualify for the widely recognised **ASDAN Universities Award**. The ASDAN Universities Award is highlighted by UCAS for applicants to mention in the personal statement of their UCAS form. Students have found that the Universities Award has made a significant difference to their UCAS Application.

Safety First

On a Global Action trip, the health and safety of all our participants is our top priority. We have a full and comprehensive **Safety Management System**, including detailed risk assessments for each activity, and extensive itinerary planning with our trained in-country partners. We provide each team with highly qualified and experienced UK Global Action Leaders, supported by school staff, 24-hour safety backup, communication equipment and comprehensive First Aid Kits. Read more at: www.global-action.co.uk

Financial Protection

Once you have booked you will enjoy financial security, as Global Action is a **fully-bonded UK tour operator** with the Civil Aviation Authority's Air Travel Organisers Licence (ATOL) Number 10624. So your trip is in safe hands, and monies paid to us are fully protected.



How to apply for this trip

1. Complete online application: see school letter for the link to your portal page
2. Send deposit to Global Action (or the school) – see your portal page



Contact us

info@global-action.co.uk

01285 641 875

www.global-action.co.uk