



global learning for positive change



Costa Rica – Caribbean Coast

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 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 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?

There is so much to learn from this small but mighty country! Known for its incredible biodiversity, the country is home to a rich variety of wildlife that thrives in its lush ecosystems. It stands as a global leader in environmental solutions, paving the way for sustainability through innovative practices. Costa Rica's Indigenous cultures offer invaluable knowledge and traditions, deeply rooted in harmony with nature. Additionally, the nation's commitment to sustainable agriculture showcases how development and environmental conservation can go hand in hand. Costa Rica is a shining example of how small nations can make a significant global impact.

Biodiversity: Costa Rica is a global leader in environmental conservation, boasting about 5% of the world's biodiversity despite its small size. It has rainforests, cloud forests, and diverse wildlife such as sloths, toucans, and sea turtles.

Renewable Energy: The country generates nearly all of its electricity from renewable resources like hydro, wind, and geothermal power.

No Military: Costa Rica abolished its military in 1948 and has instead invested the money in education, healthcare, and environmental initiatives.

Indigenous Territories: Indigenous people make up about 2.4% of Costa Rica's population. There are 8 main indigenous groups residing in various territories across the country.

Costa Rica Provides an Unparalleled Opportunity to Learn About:

- Rural Socio-Economic Challenges, Reduced Inequalities
- Global Ecosystems, Biodiversity, Conservation
- Clean Energy, Resource and Land Management
- Cultural Preservation, Languages

Useful facts

Geography: Bordering both the Caribbean Sea and the Pacific Ocean, 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. March and April are the driest months - in summer months it can rain, usually with heavy downpours occurring in the afternoons or overnight on the Caribbean Coast.

Language: Spanish is the official and most wide spoken language in Costa Rica, and there are at least five local indigenous languages, including Bribri, which you will get to learn during your stay with the community. 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*'. Costa Rica is also home to diverse indigenous cultures, including the Bribri, Cabécar, and Boruca, who maintain unique traditions, languages, and social structures.

Physical rating: This is a moderate trip; due to the work at the project and the heat in the summer, you will need the ability to walk with a daysack (3-4 hours).

Accommodation: Hostels and lodges

Sample itinerary

Day 1: Arrival into San Jose

Your exciting adventure begins, as you fly into Costa Rica's capital City, San Jose. San Jose is set in the middle of the central valley and surrounded by high mountains. The city enjoys a temperate 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.

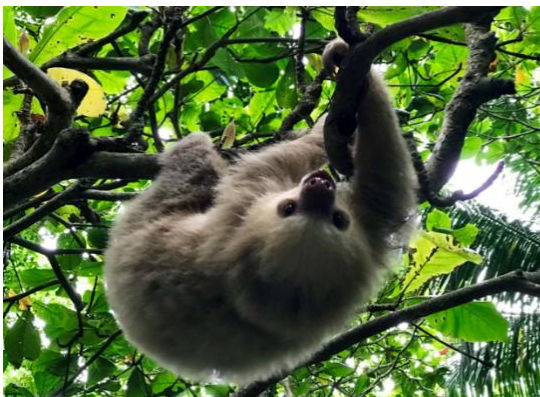
Day 2-5: Monteverde Cloud Forest and NATUWA

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.

En-route to Monteverde, you will make a stop at NATUWA wildlife sanctuary which 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 learn about animal conservation in Costa Rica, the illegal trade of animals, environmental protection, and how to rehabilitate animals. After an exciting introduction to Costa Rica's wildlife, you will continue your journey to Monteverde where you will settle into your accommodation for the night.



Over the following few days, 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.

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.



Day 6-7: Volcanoes and The Caribbean Coast

Leave the cool cloud forests of Monteverde and head for the tropical lowlands of the Caribbean coast! But first, you will drive around the great Lake Arenal - Costa Rica's largest landlocked body of water – soaking up the stunning views of forested hills with the Arenal Volcano on the horizon. Stop off for some lunch and a hike around the volcano before settling in for the night in La Fortuna. Most of the power produced in Costa Rica comes from this area, so it's a great opportunity to observe the volcanic landscape and discover how wind, hydro and geothermal energy are harnessed.



The next day, you will continue the long drive to the Southern Caribbean coast, passing by huge green forests where the trees seem to grow into the clouds! As you look out of the window, you will notice fincas (farms) and agricultural land with crops such as pineapples and bananas. You will begin to get an idea of what life looks like for rural communities and people living outside of Costa Rica's main cities and tourist spots. If you keep your eyes peeled you may even be lucky enough to spot some wildlife on the drive, such as howler or white-faced monkeys!

On arrival at your accommodation in Limon Province, it's time for an early night, ready to start your hike to the Bribri territory in the morning.

Day 8-12: Bribri Indigenous Territory and the Caribbean Coast

You will be up bright and early this morning to enjoy a hearty breakfast before beginning your hike to the remote Yorkin territory of the indigenous Bribri people, right on the border with Panama! You will pass through remote communities scattered alongside the Yorkin River, witnessing breathtaking views of the river and rainforest beyond.

On arrival in Yorkin, you will be greeted by smiling faces and some freshly prepared pancakes and fruit juice! You will receive an introductory talk from the one of the women who founded the Stibrawpa Association. This is a grass-roots project in which the women sought additional ways to build their local economy and provide realistic opportunities for members of the community to remain on their land, without having to leave home to find work. You'll begin to understand the history and culture of the indigenous people in this area and how the Stibrawpa Association has provided a vital lifeline.



Indigenous people in Costa Rica, such as the Bribri, face significant challenges due to limited support from the government. Although Costa Rica has backed international agreements such as the UN Declaration on the Rights of Indigenous Peoples, the reality on the ground often falls short of these commitments. Minimum standards for human rights and fundamental freedoms are not always tailored to address the unique circumstances and needs of indigenous peoples.

Some key issues faced include:

- **Land Rights Violations:** Indigenous territories are frequently encroached upon by non-indigenous settlers.
- **Poverty and Inequality:** Indigenous communities experience disproportionately high poverty rates.
- **Environmental and Cultural Threats:** Indigenous land is often threatened by mining, petroleum exploration, and other activities that degrade the environment and disrupt traditional ways of life.

During your stay in Yorkin, you will have the opportunity to experience a variety of activities firsthand, such as: roof weaving, bow and arrow shooting, making sugar cane juice, creating traditional handicrafts, taking a Bribri language lesson, identifying medicinal plants, and making chocolate.

Your visit not only provides additional income for these rural and often marginalized communities but shows support and gives them a voice and a chance for their culture and knowledge to be preserved and shared for future generations both in Costa Rica, and globally.



As your visit to Yorkin comes to an end, you will hike back out of the territory and travel back to the Caribbean coast for a final day exploring the Gandoca Manzanillo National Wildlife Refuge. This is an amazing area for spotting wildlife in its natural habitat, as the refuge is home to a wide variety of species and covers approximately 23,000 acres including rainforests, wetlands, lagoons, coral reefs and beaches. It serves as a hub for ecotourism and environmental education, offering visitors a chance to learn about the cultural and ecological importance of the area. The land has historical ties to indigenous communities and the Afro-Caribbean culture, adding a rich cultural layer to its natural beauty.



Day 13-14: Travel back to the city, and return home

You will travel back to San José and have a relaxed final meal before checking into Juan Santamaria International Airport, with time to reflect on your unique adventure in a Global Learning Review: from exploring spectacular cloud forests, to learning from the indigenous communities and wildlife organisations preserving Costa Rica's future. You will arrive home with memories to last a lifetime, and the ASDAN Universities Award!

"The project was amazing because it helped us connect with nature and get away from technology. They were very careful about what they did to help the environment."

Student, Langley School

Organisations we support in Costa Rica



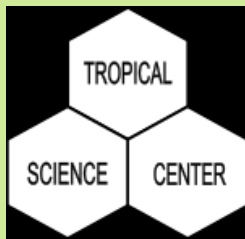
Stibrawpa Association is a community-led ecotourism initiative working to preserve cultural heritage of the Yorkin community while using resources in a sustainable way.

Check Out: <https://enstibrawpayorkin.wordpress.com/>



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.



Natuwa is a 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/>

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

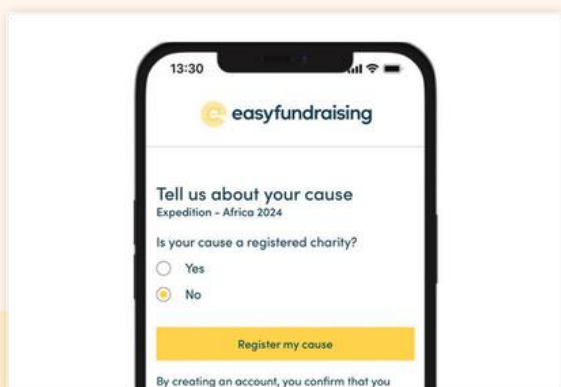
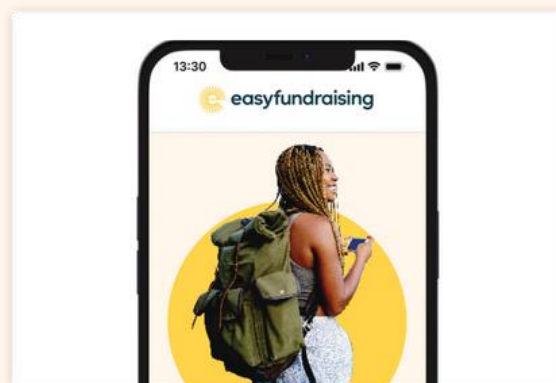
+7,500
Others

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

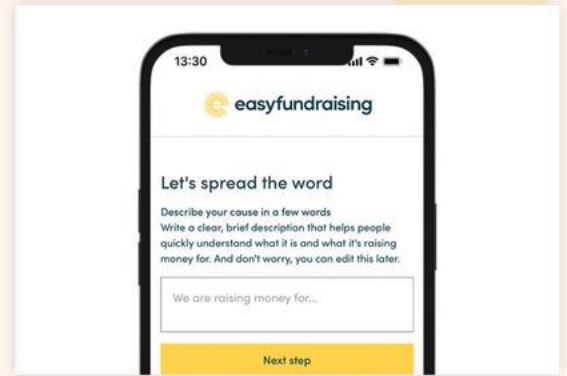


Step 2

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.



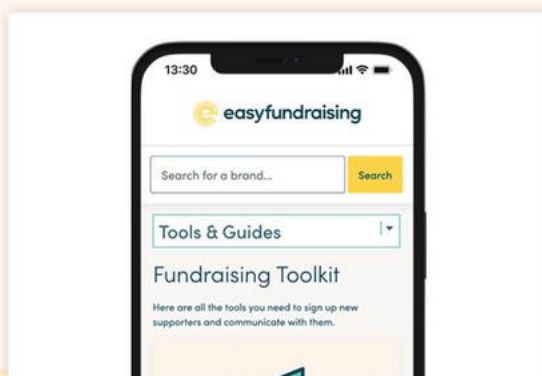
Step 5

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: <https://global-action.co.uk/for-parents-students/safety/>

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

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