

10-DAY PROGRAM



COSTA RICA: SURF & SPORTS ADVENTURE

Experience Pura Vida — or the pure life — while becoming a true steward for the ocean through surf culture, environmentalism and conservation efforts.



OVERVIEW

Discover Costa Rica's Guanacaste Province, where golden beaches and lush jungles set the stage for nonstop adventure. Learn to surf with skilled instructors, hike to hidden waterfalls, and soar above the treetops on a thrilling zipline. Paddle through mangrove forests by kayak and explore the region's incredible biodiversity up close. Stay active with daily yoga sessions and pick-up sports on the beach. Along the way, join in local eco-activities like reforestation or a beach clean-up for a hands-on connection to the environment. Embrace the "Pura Vida" lifestyle as you spend two unforgettable weeks exploring one of the world's ultimate adventure destinations.



HIGHLIGHTS

- Stay active by surfing warm friendly waves and playing pick-up sports
- Learn about sustainable farming techniques and local green initiatives
- Zip line, go tubing down a river through lush canyons, and relax in thermal hot springs
- Explore the coast by catamaran boat and snorkel amongst diverse marine life



ITINERARY

The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.

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| DAY 1 | <ul style="list-style-type: none"> • Fly into Liberia (LIR) in Guanacaste • Meet TEPA staff and transfer to Home Base • Orientation and group introductions • Settle in and enjoy first Costa Rican dinner |
| DAY 2 | <ul style="list-style-type: none"> • Morning orientation and team-building games • Introduction to local ecological and sustainability initiatives • First surf lesson at Playa Avellanas with certified instructors |
| DAY 3 | <ul style="list-style-type: none"> • Morning surf session to improve skills • Afternoon kayak through mangrove forests, spotting birds and marine life • Eco-activity: learn about mangrove ecosystems and plant native seedlings • Relax in hammocks and group reflection |
| DAY 4 | <ul style="list-style-type: none"> • Visit a family-run organic farm • Learn sustainable farming practices and artisan cheese making • Hands-on Costa Rican cooking class with a local chef • Evening soccer match with friends |

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| DAY 5 | <ul style="list-style-type: none"> • Morning surf session focusing on ocean safety and wave reading • Afternoon soccer, basketball, and volleyball scrimmages with local youth • Sunset beach games and reflection |
| DAY 6 | <ul style="list-style-type: none"> • Cruise along the Pacific coast by catamaran • Snorkel tropical reefs, spotting rays, turtles, and colorful fish |
| DAY 7 | <ul style="list-style-type: none"> • Morning yoga session to stretch and recharge • Final surf lesson to perfect skills with instructors • Afternoon leadership workshops and reflection |
| DAY 8 | <ul style="list-style-type: none"> • Travel to Rincon de la Vieja National Park • Hike through tropical dry forest with wildlife spotting • Experience Guanacaste culture through food and marimba music |
| DAY 9 | <ul style="list-style-type: none"> • Zipline through jungle canopy • River tubing adventure (weather permitting) with professional guides • Volcanic mud bath and soak in thermal hot springs |
| DAY 10 | <ul style="list-style-type: none"> • Breakfast at Home Base • Group reflection • Transfer to airport for departure flight |



TEPA HOME BASE

Home Base is a rustic ecolodge on Costa Rica's coast, steps from beaches and protected natural areas. Students stay in shared, gender-segregated cabins with fans and have access to a pool, outdoor spaces, and covered seating areas. Comfortable and communal, it's the perfect hub for adventure and relaxation.

FOOD

Costa Rica is known for its simple diet of rice, beans and a side of meat. The food at Home Base will reflect the traditional dietary staples of the people in Costa Rica. It will be simple, but fresh and healthy and include delicious, locally-grown fruits.

CLIMATE

Costa Rica enjoys a warm, tropical climate year-round, with temperatures typically ranging from the mid-70s to mid-90s °F (24–35°C). Coastal regions are sunny and breezy, perfect for surfing, hiking, and outdoor adventures, while brief rain showers may occur any time of year.

ABOUT TERRA EDUCATION PROGRAMS ABROAD

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Education, TEPA delivers transformative experiences for young leaders worldwide.

GET IN TOUCH!

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