

COSTA RICA INTERNSHIP: CAREER EXPLORATION IN ENVIRONMENTAL STEWARDSHIP

Explore the wilds and wonders of the Osa Peninsula, where you'll collaborate with field researchers, study wildlife, and help protect Costa Rica's natural habitats.

OVERVIEW

Embark on a journey through Costa Rica, beginning at an IB college with orientation, workshops, and leadership activities. Travel to the Osa Peninsula to collaborate with a local environmental foundation, contributing directly to conservation projects that protect rainforests, wildlife habitats, and coastal ecosystems. Enjoy a two-day beach excursion before returning to the Central Valley for final presentations reflecting your personal growth, environmental insights, and career aspirations. This immersive experience combines hands-on environmental impact, adventure, and cultural exploration.

HIGHLIGHTS

- Conduct hands-on wildlife assessments, biodiversity surveys, and habitat restoration projects under expert mentorship
- Collaborate with local staff to learn sustainable conservation practices that balance ecosystem preservation with community engagement
- Experience the Osa Peninsula's rainforests and forge connections with nature and fellow interns
- Earn 60 internship hours throughout the program

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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.

DAY 1	• Arrive in Costa Rica and meet program staff • Settle in, orient to your surroundings, and participate in a welcome session
DAYS 2-6	• Attend workshops and leadership activities at an IB college in the Central Valley • Explore local culture, sustainability themes, and community engagement • Day trip to Poás Volcano for geological and ecological learning • Participate in a traditional Costa Rican dance class
DAY 7-11	• Begin internship with a local environmental foundation • Conduct research, biodiversity surveys, and conservation projects • Collaborate with conservationists and gain hands-on experience • Participate in a Costa Rican cooking class • Engage in community-focused environmental initiatives

DAYS 12-13	• Relax on Costa Rica's beaches and enjoy coastal scenery • Boat tour of Gulfo Dulce to observe dolphins and marine life
DAYS 14-17	• Return to Osa Peninsula for further conservation and community work • Advance research projects and deepen engagement with local ecosystems
DAYS 18-20	• Return to Central Valley for final workshops and reflections • Prepare and present personal growth and learning outcomes • Celebrate achievements and connections made throughout the program
DAY 21	• Say farewell to fellow interns and Costa Rica • Depart with lasting memories, conservation experience, and personal insights.







INTERNSHIP FOCUS AREA

The 2030 United Nations Agenda for Sustainable Development serves as the framework for discussions and the self-study coursework. During this travel internship, you will focus on three SDGs.



CURRICULUM & MERITS

Complete a core curriculum with your peers and through the guidance of your internship supervisor. Build your personal competitive edge as part of a cohort of student interns working in partnership with our local partner. Create a portfolio from completed project work to enhance your college application or future career resume.

OPTIONAL COLLEGE CREDIT

Student interns can optionally earn college credit for completing the internship. Earning credit offers benefits like strengthening college applications and potential scholarship opportunities. Participation in the credit program is completely optional.

DESTINATION DETAILS

GLA's Home Bases include eco-lodges, small hotels, and academic institutions, providing immersion in the unique flora and fauna of each region. Accommodations offer basic amenities such as pools and air conditioning, where available. Meals reflect traditional Costa Rican staples such as rice, beans, meat, and fresh local fruits, prepared healthily and sustainably.

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.

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