

## 9-DAY PROGRAM



## COSTA RICA: BEACHSIDE SERVICE ADVENTURE

*Discover an unforgettable adventure and experience what locals call “Pura Vida” , the pure life, while contributing to a meaningful service project in a rural beach community.*



### **OVERVIEW**

Escape to Costa Rica’s Pacific coast for a transformative program combining service, leadership, and adventure. Contribute to community-led projects, such as beach clean-ups, ecosystem restoration, or infrastructure improvements, while developing teamwork, problem-solving, and leadership skills. Explore local culture and natural landscapes, then unwind at Home Base or enjoy activities like river tubing, ziplining, and a catamaran snorkeling tour with fellow participants.



### **HIGHLIGHTS**

- Live in a coastal village near a beautiful beach
- Volunteer on community development or environmental conservation projects
- Go tubing down the spectacular Rio Negro river
- Engage with locals and practice some Spanish
- Zip line through the forest canopy
- Enjoy a catamaran boat excursion and snorkel among marine wildlife



## **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"> <li>• Arrive at Liberia Guanacaste Airport and transfer to Home Base</li> <li>• Orientation, settle in, meet fellow interns, and enjoy welcome dinner</li> </ul>                                                                                           |
| DAY 2    | <ul style="list-style-type: none"> <li>• Team-building activities on the property and beaches</li> <li>• Learn about service sites, local community, and environmental context</li> <li>• Evening mentor session and leadership activity</li> </ul>                                           |
| DAYS 3-4 | <ul style="list-style-type: none"> <li>• Beach cleanups, school playground renovations, and community resource projects</li> <li>• Cultural workshops: Costa Rican cooking and traditional dances</li> <li>• Evening reflection, leadership sessions, yoga, or soccer on the beach</li> </ul> |
| DAY 5    | <ul style="list-style-type: none"> <li>• Zipline through the forest canopy on eleven cables</li> <li>• Afternoon river tubing on Rio Negro, with scenic pools and rapids</li> </ul>                                                                                                           |

|            |                                                                                                                                                                                                                                          |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAYS 6 - 7 | <ul style="list-style-type: none"> <li>• Turtle conservation: track identification, hatchery work, egg relocation, beach cleanup</li> <li>• Complete final touches on community and environmental projects</li> </ul>                    |
| DAY 8      | <ul style="list-style-type: none"> <li>• Catamaran ride to snorkeling spots with clear waters, coral, and tropical fish</li> <li>• Swim, relax on white-sand beaches, enjoy lunch on board, and watch for dolphins or turtles</li> </ul> |
| DAYS 9-11  | <ul style="list-style-type: none"> <li>• Closing reflections and ceremonies</li> <li>• Travel to Liberia Airport for departure and farewells</li> </ul>                                                                                  |



## **TEPA HOME BASE**

Home Base is a coastal hotel in Costa Rica with ocean views, a pool, and spacious outdoor areas, offering dorm-style rooms with 6–8 students, private bathrooms, and air conditioning.

## **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, with lots of typical Western options blended in. It will be simple, but fresh and healthy and include delicious, locally-grown fruits.

## **CLIMATE**

Guanacaste enjoys a tropical climate year-round, with a dry season from December to April and a rainy season from May to November. Even during the rainy season, sunny periods are common, with warm temperatures and occasional evening showers. Weather can change quickly, so be sure to follow the packing list.

## **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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## TERRA EDUCATION'S PORTFOLIO OF TRAVEL PROGRAMS

