

14-DAY PROGRAM



COSTA RICA: OCEAN & WILDLIFE CONSERVATION ADVENTURE

Become a steward for wildlife and their habitats through sustainability, environmental protection and coastal conservation efforts in the biodiverse Puntarenas Province region of Costa Rica.



OVERVIEW

On this program, you will discover Costa Rica's Puntarenas Province, where you'll be amazed by the stunning beaches, thriving mangroves and abundant wildlife. Embrace the coastal 'Pura Vida' lifestyle as you live by the ocean and contribute to marine and wildlife conservation. Experience the beauty of the Pacific Ocean and the rich biodiversity of Costa Rica in one of the most unique places on the planet. You'll volunteer with local ecological groups to help conserve beaches and wildlife habitats, raise awareness about environmental protection or prepare and distribute food to support some of the country's most iconic species. This program combines two themes, Environmental Stewardship and Animal and Wildlife Conservation, making for a one-of-a-kind adventure.



HIGHLIGHTS

- Contribute to environmental restoration and conservation projects that protect vital habitats
- Support the well-being of rescued wildlife alongside a local organization
- Go on an epic boat excursion to spot marine wildlife
- Zipline through the forest canopy
- Visit world-famous Manuel Antonio National Park, home to 300 species of mammals and birds
- Learn from marine biologists and park experts about their vital conservation efforts



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.

<p>DAY 1</p>	<ul style="list-style-type: none"> • Arrive in San José and meet TEPA staff at the airport • Transfer to the hotel and settle in • Join orientation and meet fellow travelers and staff
<p>DAY 2</p>	<ul style="list-style-type: none"> • Travel by van to Uvita and stop to view crocodiles at a famous bridge • Arrive at Home Base and complete program orientation • Meet Mentor groups and build connections through activities
<p>DAYS 3-5</p>	<ul style="list-style-type: none"> • Participate in coastal conservation and community service projects • Learn and practice surfing with certified instructors • Explore local culture through a community walk and cooking class
<p>DAY 6</p>	<ul style="list-style-type: none"> • Hike park trails and spot wildlife in Manuel Antonio National Park • Relax on protected beaches inside the park • Return to Home Base to swim and unwind

<p>DAYS 7-9</p>	<ul style="list-style-type: none"> • Volunteer with a wildlife rescue center and support animal care • Learn from guest speakers about tourism, conservation, and plastic reduction • Visit a marine research center and connect local issues to global challenges
<p>DAYS 10-11</p>	<ul style="list-style-type: none"> • Continue hands-on conservation service with local partners • Hike to Uvita Waterfall and swim in natural pools • Zip-line through the forest canopy and join a restorative yoga session
<p>DAY 12</p>	<ul style="list-style-type: none"> • Take a boat tour to Caño Island and observe marine wildlife • Snorkel or explore coastal ecosystems (conditions permitting) • Help complete final service tasks and reflect on your impact
<p>DAY 13</p>	<ul style="list-style-type: none"> • Wrap up service projects and say goodbye to community partners • Enjoy a final surf session • Travel to San José for closing dinner and ceremonies
<p>DAY 14</p>	<ul style="list-style-type: none"> • Eat breakfast and say final goodbyes to Costa Rica and local staff • Travel to the airport with staff and receive support up to airport security • Depart Costa Rica. Buen Viaje!



TEPA HOME BASE

Your Home Base on this program is located in a coastal region of Costa Rica. Students will have access to a pool, outdoor spaces and covered areas with tables and chairs. Plus, a private beach just half a mile away! The group will stay in gender-segregated rooms with roommates, 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. It will be simple, but fresh and healthy and include delicious, locally-grown fruits.

CLIMATE

Uvita has a warm tropical climate all year with daytime temperatures generally in the mid-20s °C (mid-70s to low-80s °F) and mild nights. The dry season runs roughly from December to April, with more sunshine and less rain, while May through November brings more frequent showers.

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

