

A photograph of three hikers with backpacks walking through a dense tropical forest. The hikers are seen from behind, walking along a rocky path. The forest is lush with green foliage and tall trees. The text 'YOUR EXPEDITION GUIDE' is overlaid on the top half of the image, and 'COSTA RICA' is overlaid on the bottom left. The 'OUTLOOK EXPEDITIONS' logo is in the top right corner.

YOUR

OUTLOOK
EXPEDITIONS

EXPEDITION GUIDE

COSTA RICA

16 DAYS

JULY 2020 - SOUTHEND HIGH SCHOOL FOR BOYS - £3495

ERN: 2020EQB01T1

EXTRAORDINARY EXPEDITION EXPERIENCES



Costa Ricans are officially the happiest people on Earth and you'll soon understand why! Costa Rica boasts perfect volcanic cones, pristine lakes and tropical rainforests that hide spider monkeys, sloths and parrots - all sandwiched between the surfing paradise of the Pacific and the white sands of the Caribbean. Work on an important turtle conservation project and trek through a stunning National Park before ending your expedition on a picture postcard beach!

The purpose of this brief is to introduce your expedition opportunity. It will give you a feel for the destination and the type of activities that you will be involved in.

We hope this brief snapshot will leave you feeling inspired and wanting more!

HIGHLIGHTS

- Trek through the volcanic Rincon de la Vieja National Park
- Work on an important sea turtle conservation project
- Relax on beautiful coastline

WHERE ARE YOU GOING?



WHAT IT'S LIKE...

PHYSICAL RATING: Moderate expedition.

CULTURE SHOCK: A definite difference to what you are used to.

ALTITUDE: The team will not exceed 2000m

VISA: Not required for British nationals*

* Please note requirements may change

DESTINATION FACTS

RELIGION/S: Catholic.

CULTURAL OR HISTORICAL INTEREST: Costa Rica is the only Latin American country of the world's '22 old democracies'.

LANGUAGES: Spanish.

GEOGRAPHY: Situated between the Pacific and the Caribbean, covered in lush rainforest with large areas of cleared farmland and a spine of mountains and volcanoes.

CLIMATE: Tropical. Hot and humid with high rainfall throughout the year.

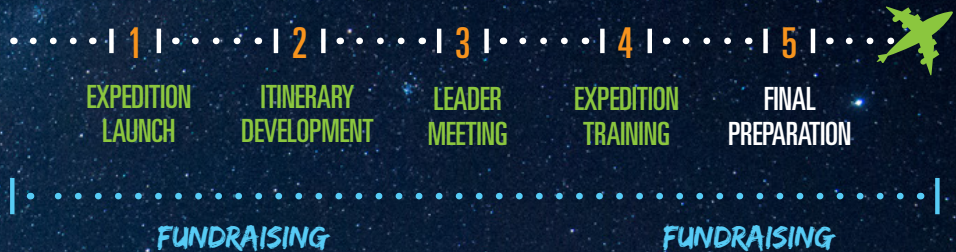
WHAT IS AN EXPEDITION?

Expeditions are a life-changing experience, a chance for young people to go on a fun and educational journey with their friends. Most expedition destinations are in developing countries, allowing students to not only experience stunning parts of the world but also witness a very different way of life, often with the chance to immerse themselves in the culture through project work.



HOW IT WORKS...

EXPEDITION TIMELINE



Our expeditions are made up of four main phases; acclimatisation, trekking, project and rest & relaxation. During the build-up we put students in the driving seat, allowing them to finalise their itinerary alongside our experts.



Acclimatisation

Arrive in country and spend some time getting used to the new culture whilst planning your next phase and changing currency.



Trekking

You may take part in a trek doing either a cultural trek through villages or an attempt to summit a nearby mountain!



Project

Dedicate some time to helping on a project - either community or environmental based, often working with local people.



R&R

Enjoy some R&R! This could involve a few days on a beautiful beach, reflecting on your expedition or an adrenaline adventure.



EXAMPLE ITINERARY

The below itinerary has been created by our Destination Managers as an example of what you may choose to do on expedition.

- | | |
|------------------|--|
| DAY 1 | Depart the UK and arrive in San José, Costa Rica's capital city. |
| DAY 2 | Spend a day exploring whilst acclimatising to the heat and humidity. The group will need to exchange money and prepare for the next phase of the expedition. |
| DAY 3 | Catch a bus to the Nicoya Peninsula. Settle into your new surroundings with an introduction from the project staff, before your work begins the following day. |
| DAY 4-7 | Spend time working on a turtle conservation project, learning all about the threats facing these amazing creatures. |
| DAY 8 | Travel to the bustling town of Liberia before heading on to the start of your trek. |
| DAY 9-10 | Spend two days trekking in Rincon de la Vieja National Park. There will be a choice of day treks or hikes and an abundance of wildlife to be spotted! |
| DAY 11-12 | Return to San José and then on to the coast. |
| DAY 13 | Spend a day in Manuel Antonio, relaxing on beautiful beaches. |
| DAY 14 | Travel back to San Jose to pick up any last minute souvenirs and enjoy a final team meal to celebrate the successful end to your expedition. |
| DAY 15-16 | Depart Costa Rica and fly back to the UK for your homecoming. |

Due to the changing nature of the world over the build up period, Outlook may be required to change aspects of, or the order of the itinerary. Outlook will consult with the Link Teacher/Group Leader and all participants if this is the case.



ADVENTURE

At the Itinerary Development Session, with guidance from one of our destination experts, the team will be able to choose from options to finalise their itinerary. The choices may include the project they work with, the challenge level and type of trek and where they go for some rest and relaxation!

Costa Rica's capital city, San José, is known for its colonial Spanish architecture. Explore this exciting city and indulge in some Costa Rican food - perhaps some Gallo Pinto (Costa Rica's twist on rice and beans!), before setting off on the next part of your adventure.

Your trekking will take place in the Rincon de la Vieja National Park, famous for its volcanoes, hot springs and bubbling mud pools, in the Guanacaste province of northern Costa Rica.

You can choose from a series of day treks or embark on a two day hike, taking in the summit rim of a volcano. The trails also explore the forests which cover the lower flanks of the volcano. Here you can look out for armadillos, peccary (wild pigs), deer, monkeys and some of the 300 species of bird.

Take some time to soak your tired legs in one of the many hot springs, some of which are reported to have therapeutic properties!

After your trekking, it's time to head to the coast for some relaxation.

Manuel Antonio, home to one of Costa Rica's most famous national parks, can be compared to a scene you will see on a postcard. Home to a host of wildlife, golden beaches and giant palm trees, this is a great place to relax and soak up the sun at the end of your action packed expedition.



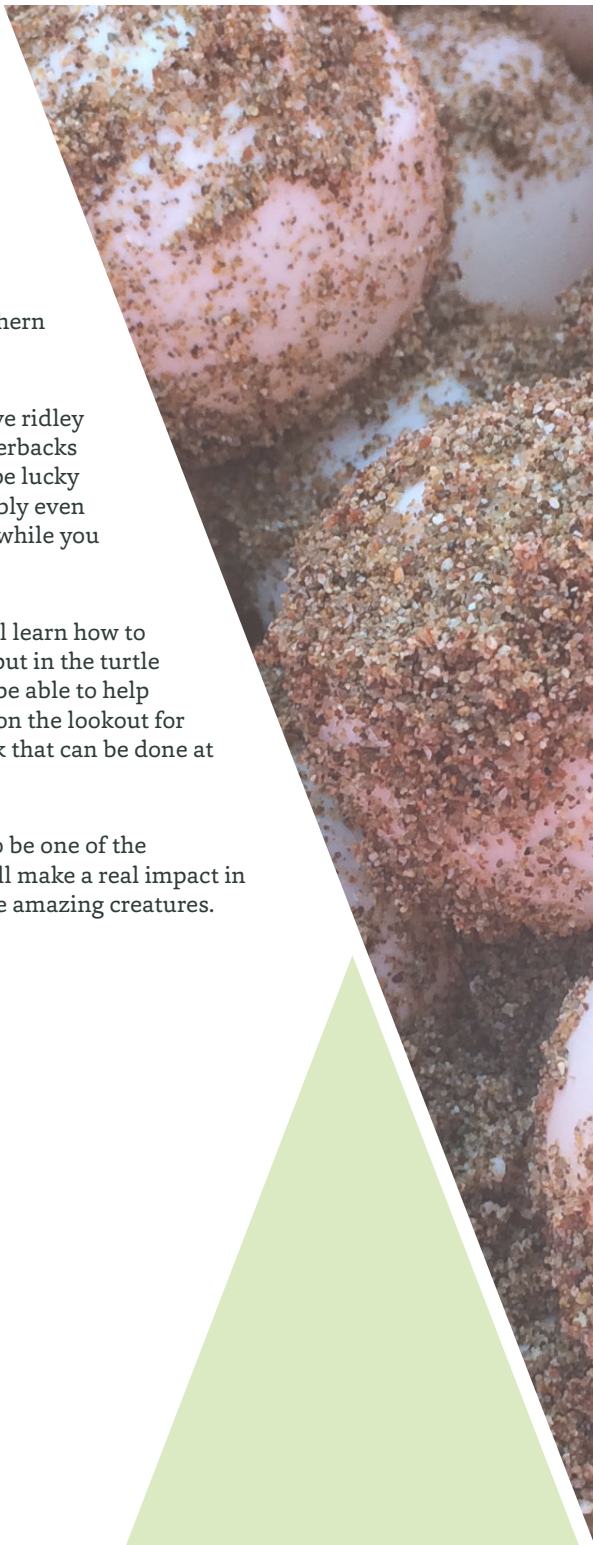
PROJECT

Work on a conservation project with 'Turtle Trax' - an organisation which helps to monitor and protect the sea turtles around the coastline of the southern part of the Nicoya Peninsula.

The area is a nesting site for mainly olive ridley turtles, but also green turtles and leatherbacks later on in the season. You might even be lucky enough to see a turtle laying, and possibly even baby turtles hatching from their nests, while you are there!

During your time at the project, you will learn how to monitor the turtles and collect eggs to put in the turtle hatchery, safe from predators. You will be able to help staff with evening patrols of the beach on the lookout for turtles. There is also maintenance work that can be done at the camp.

Your time spent on the project is sure to be one of the highlights of your expedition as you will make a real impact in the fight to preserve the habitat of these amazing creatures.





WHAT'S INCLUDED?

UK BUILD UP*

Itinerary Development Session.
Expedition Leader Meeting.
Final Preparation Day.

TRAINING

Expedition Training event in the UK with your Expedition Leader.

LINK TEACHER TRAINING

Leader Team Training (first aid as required).

LEADER TEAM COMPOSITION

2 Link Teachers and an Outlook Expedition Leader.

FLIGHTS

International flights.

INSURANCE

Comprehensive overseas medical insurance.

TRANSPORT

All overseas transport.

IN DESTINATION

All food and accommodation.

All group activities including any entrance fees.

All rest and relaxation activity.

WHAT'S NOT INCLUDED?

- Spending money for gifts / souvenirs whilst on expedition.
- Inoculations, prophylaxis and personal medicine. (All participants based in England and Wales receive 10% discount at Nomad Travel).
- Visas and passports – please refer to page 3 to see if a visa is required.
- Personal belongings insurance (this may be covered by your household / contents insurance).
- Loss of passport.
- Cancellation insurance (contact our Customer Service Team for more information).
- Personal equipment (e.g. rucksack, sleeping bag, waterproof clothing); all participants receive 15% discount at 'Cotswold Outdoor'.
- Transport to and from UK-based training courses, to the Final Preparation Day venue and from the airport.
- Food and accommodation in the UK, unless specified.

HOW TO APPLY

- Visit our website and click on the 'Go to Basecamp' button. Enter the ERN code from the cover of this brief.
- Read the information on Basecamp including the Booking Terms & Conditions. When you are ready click 'Apply for Expedition'. Follow the instructions to set up your Basecamp account.

YOUR EXAMPLE PAYMENT PLAN

Direct Debit:

Your payments will be spread evenly and collected monthly, up to the final balance date.

Deposit: 02/07/18	Remaining Balance:
£250.00	21 instalments of £154.52

Debit/credit card, bank transfer or cheque:

Payments can be made via Basecamp or by contacting our Customer Support Team.

Deposit: 02/07/18	Payment 1: 02/12/18	Payment 2: 01/09/19	Final Balance: 01/04/20
£250.00	£974.00	£974.00	£1297.00

Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants for the expedition.

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