



*Discover*  
**Costa Rica**

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Costa Rica brochure, 2023

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# Costa Rica

## *in a nutshell*

From beach to jungle, Costa Rica constantly amazes

Costa Rica, located in Central America between the Pacific Ocean and the Caribbean Sea, is a stunning destination. This small country is marked by its varied landscape and mild climate. It's a fantastic place to explore, with some awesome attractions.

Although the country covers less than 0.3% of the globe's surface, it boasts an extraordinary 6% of the world's biodiversity. It is also a democratic and peaceful nation, without an army since 1949, investing instead largely in conservation. We work closely with students, encouraging them to do research and take ownership of the planning; their ideas combined with our experience and support create a trip of a lifetime.



# Wild exploration

Our trip seeks to discover many parts of this magnificent country. Its rainforests, coastlines and everything in between – maybe even a chance to trek to an active volcano.

Costa Rica has twenty national parks and eight biological reserves, filled with exotic birds, insects and animals. Dynamic Adventures will plan the trip together with the students, deciding the best places to explore and things to see along the way.



Cloud Forest, La Fortuna

# Real conservation

Conservation plays a vital role in our trips to Costa Rica; it is not only about visiting a stunning country, but also about the chance to actively make a difference while we are there. We get involved in the conservation of some of the world's most endangered animals and hope to be involved in a turtle project based on the Caribbean coast. Our projects help the wildlife, but crucially they also support the local community through promoting long-term links with the school, enabling them to continue their ongoing work.

We are also able to see first-hand the positive impact of the country's long-term biodiversity policy and experience the huge variety of wildlife in their national parks; ruby red poisonous frogs, giant anteaters, toucans, monkeys, parrots, crocodiles and sloths to name but a few.



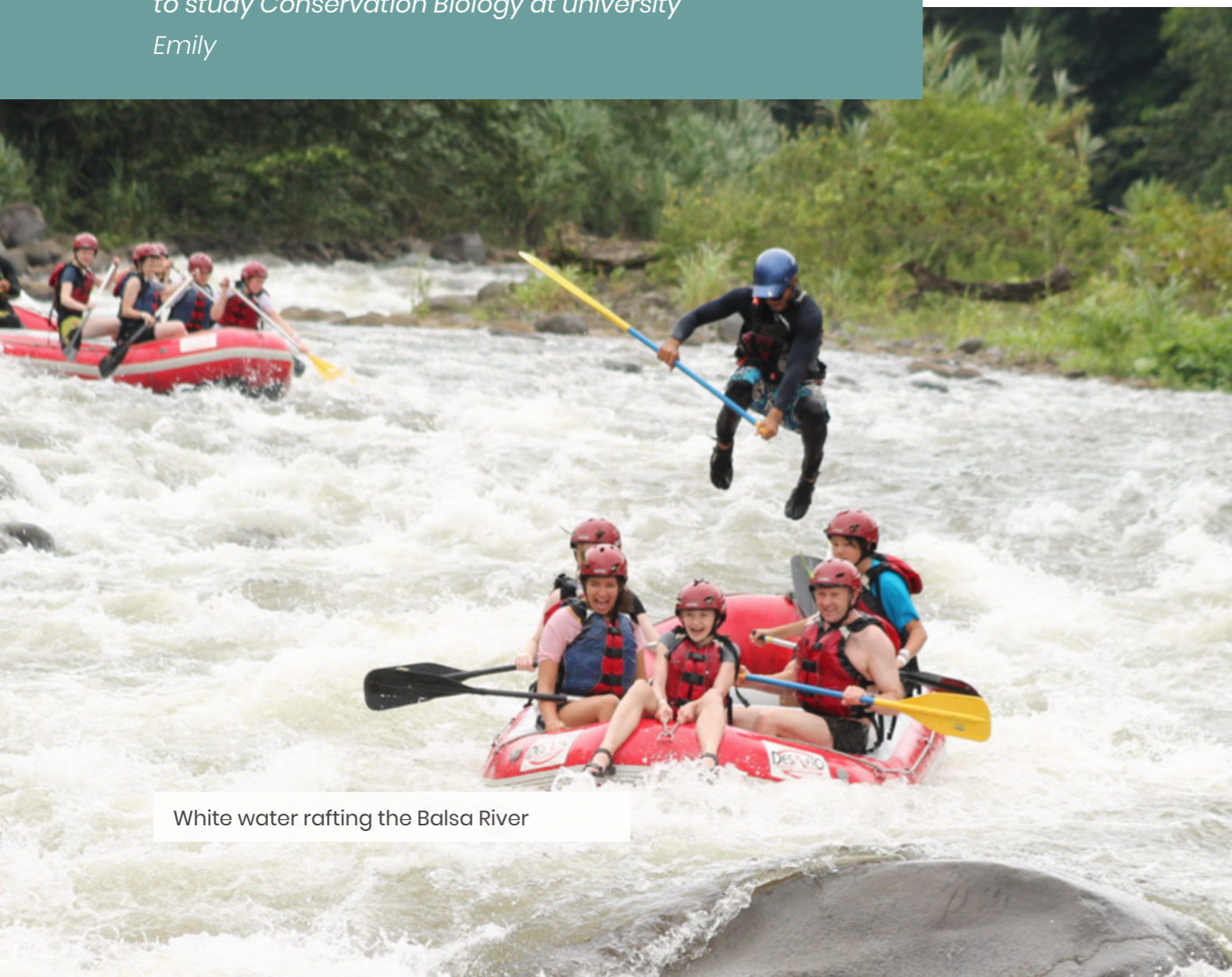
Turtle conservation, Parque Tortuero

# Epic adventure

Action-packed Costa Rica is the perfect playground for the students to explore – it's a country full of adventures which we plan to take full advantage of. Trekking through the rainforest to discover an active volcano, exploring the rainforest canopy to get a monkey's-eye view of its environs, surfing the Pacific Ocean, white water rafting, zip-lining through the jungle, visiting hot springs, enjoying night safaris and numerous wildlife expeditions.

*"My experience in Costa Rica inspired a decision to study Conservation Biology at university"*

*Emily*



White water rafting the Balsa River

# Pure relaxation

After all the excitement, there is ample time to unwind, swim and relax on the beaches of the Pacific Ocean. Building sand sculptures, snorkeling in the sea, surfing, enjoying fresh tropical fruit salads, and cups of *real* Costa coffee, before heading home.



Wild swimming in Parque Manuel Antonio

# Plan

Part of the value of a one-off trip like this is the chance to develop planning skills and take ownership of an involved and complex project. The preparation focuses on:

- Budgeting decisions
- Researching and planning activities
- Contacting in-country charities to set up project work

# Fundraise

Over the next year, we facilitate get-togethers to plan various fundraising events so that the trip expenses stay manageable. Past groups have raised as much as 70% of the cost themselves, and have even been able to donate additional funds to in-country charities.

# Be inspired

Costa Rica is a stunning and exciting country with lots to be discovered. This is a genuine once in a lifetime opportunity to experience a spectacular part of the world, assist in crucial wildlife preservation projects, and support wonderful local communities. We know from experience that this will have a lasting positive effect on the group, as well as the people they visit.



Red-eyed Tree Frog, spotted in Monteverde Cloud Forest

# Example itinerary – *Costa Rica*



## Day 1

Depart the UK, flying to Costa Rica. Your airport transfer will be waiting to take us to the hostel in the fascinating and colourful historic downtown of capital city San José.



## Day 2–8

Travel east to the Caribbean coast, working with a leading conservation charity on protecting leatherback and hawksbill turtles, and local communities clearing and recycling rubbish from beaches. Characterful and rustic accommodation located on the beautiful palm fringed beaches.



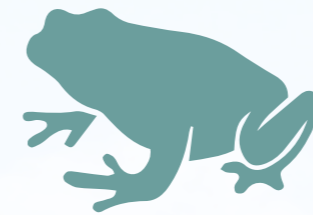
## Day 9–15

Adventure begins, with activities including white water rafting, jungle zip-lining, hot springs, volcanoes, day and night safaris in Monteverde Cloud Forest Reserve to name a few possibilities. Come face to face with hummingbirds, monkeys, sloths, frogs and so much more.



## Day 16–20

Travel to the white sand and turquoise waters of the Pacific coast, relaxing, surfing and soaking up the local culture.



## Day 21–22

Visit the paradise of Parque Nacional Manuel Antonio for more spectacular wildlife, with dinner inside an old American bomber plane. From here, a final day in San José, with time for gift shopping and exploring one of the coolest cities in Central America.



## Day 23

Depart Costa Rica, flying back to the UK.



Arenal volcano, La Fortuna

## What's included?

### UK build-up

- Itinerary development session
- Expedition leader meeting
- Final preparation day

### Training

- Expedition training weekend in Devon with your leaders
- One place included for school staff member
- Two or more expedition leaders from Dynamic Adventures

### Flights

- International return flight

### Insurance

- Comprehensive overseas medical insurance

### Transport

- All overseas transport

### At destination

- All food
- Accommodation
- Activity fees
- Park entrance fees

## What's not included?

### UK build up

- Transport to all pre-expedition meetings and training
- Food and accommodation during all pre-expedition meetings and training (unless otherwise specified)

### Insurance

- Personal belongings insurance (this may be covered by your existing contents insurance)
- Cancellation insurance
- Passport loss

### Medication

- Inoculations
- Prophylaxis
- Personal medicine

### Documentation

- Passport related fees
- Country entry visa

### Souvenirs

- Spending money for gifts/souvenirs
- Optional expedition photo album available for £30





# Safety policy

1

**License:** We operate under an AALA license (Adventurous Activities Licensing Authority), which has strict guidelines for all the activities we provide. Please see website for further details: [aala.org](http://aala.org)

2

**NOB guidelines:** We operate under national governing bodies such as the British Mountaineering Council, and operate strictly within their guidelines. Please see website for further details: [thebmc.co.uk](http://thebmc.co.uk)

3

**Risk Assessment:** Whilst we cannot eliminate all risk, the expedition to Costa Rica will be carried out in a manner that staff and participants are exposed to the minimum risk possible. Specific risk assessments will be carried out for each section of the expedition.

4

**Instructors and leaders:** All Dynamic Adventures staff on the expedition are fully qualified. Leaders will be equipped with comprehensive first aid equipment and medication appropriate to all locations visited.

5

**In-country experience:** We have run expeditions to Costa Rica on a number of occasions, so are experienced in the locations we use as well as the in-country staff we employ.

6

**In-country staff:** The companies we use are local, and experts in their fields, ensuring the best and safest possible experience of the country.

7

**In-country emergency contact:** The expedition is equipped with a designated phone for contact with emergency services, as well as back to the UK.

8

**UK contact and emergencies:** Dynamic Adventures operate a 24 hour staffed office for the duration of the expedition.

9

**Group insurance:** Dynamic Adventures operate with a comprehensive group travel insurance, covering minor illnesses and injury, through to air evacuation and repatriation.

10

**Doctor service:** During the expedition, there is a 24 hour doctor phone service for advice and information.

# About

## Dynamic Adventures

Over the last twenty years, we have run expeditions for schools all over the world: Norway, Slovenia, Borneo, Iceland, Alaska, Canada, Peru, Morocco, Spain, and so many more locations. More than one thousand students have been on one of our bespoke trips, aged from ten to nineteen.

Our expeditions are run by individuals, for individuals; we pride ourselves on collaborative trip planning and recognise the importance of flexibility.

**We inspire · We empower · We care · We explore**

### Adventure

We encourage a sense of adventure, helping people achieve their goals and push beyond their limits.

### Community interest

We are a not-for-profit CIC whose main aim is to positively impact the lives of those we work with.

### Social justice

Access to adventure for all is at the heart of everything we do.



Paul Mitchell  
Director & Expedition Leader

A handwritten signature in black ink, appearing to read 'Paul Mitchell'.

“The team at Dynamic  
are so brilliant”

Michelle, St Teresa’s School

