

Costa Rica 7 week Expedition

- How It All Comes Together...

This sample timeline is an overview of a 7 week Expedition in Costa Rica, the structure of your programme and what to expect. We hope it gives you a sense of life on Expedition. The exact order of the phases will vary for volunteers so we can ensure greater sustainability and you get the opportunity to work with a range of people in different locations.

Bienvenido! Welcome to Central America!

Join an Expedition here and put your Spanish to the test in Costa Rica: home to volcanoes, tropical rainforest and some of the friendliest people on earth. After your flight, you'll be met at San Jose Airport, in Costa Rica, by our in-country team.

First stop, Raleigh Training Centre

Our Costa Rica base is in Turrialba, about an hour and a half from the airport. Start getting to know your fellow volunteers as you get stuck into induction. This is an action-packed few days to get you prepared for Expedition life. You'll find out which project you'll be working on first, who you'll be working with and take part in a mini-trek.



Environment, Community or Adventure

As a volunteer on a 7 week Expedition you will have the chance to do two of the three Expedition phases. You can let us know your preferred choices in advance. We'll do everything we can to arrange this for you but we can't promise everyone their first choice so we ask you to be flexible. Your first phase could be a community, environment or an adventure project. You'll find out which phase you will be doing during the allocation day at induction; an exciting time where you will also discover who will be in your team. (In this timeline we start with the community project first but it could be any of the three phases).

Journey to your project

This is where your adventure really begins. Leaving training camp with your team, you'll travel by bus through towns and villages. You catch glimpses of local life as you journey to your project. Our community projects take place in rural Costa Rica.

Joining a community

Arriving into your village is an exciting time for everyone. You'll be welcomed by the family you will be living for the following 19 days. This is your chance to discover a totally new way of life. Make yourself at home as you get to know the community. There's bound to be much curiosity from the local children who will be keen to meet you.



Your community project

Your days will be spent working on a community led project, contributing to the Global Goals. You and your team will be working to build schools for indigenous communities in central Costa Rica, helping to improve their access to education. You will be working with our local partners and the community themselves to create lasting change together. It will be both challenging and extremely rewarding.



Village life

You'll be staying in a communal building in the heart of the community, giving you a unique insight to daily life for Costa Ricans. You'll be cooking and eating with the locals; expect lots of rice, beans and eggs. In your spare time, get to know the local community by sharing stories and playing games or sports. If you are lucky, your stay will coincide with a local celebration or festival and you'll be able to join in the festivities. Time in the community will fly by and don't be surprised if there are tears when you leave.

Review, reflect, prepare

At the end of each phase, everyone returns to Turrialba for a couple of days before moving on to a new project. It's a busy but exciting few days as you catch up with everyone on your Expedition, reflect on your achievements and share experiences with one another. You'll brief the next team on your project before preparing for your next phase. We value your ideas and views so we'll ask for your feedback so we can review and learn more about the project, community and its progress. This is also your chance to get in touch with friends and family. Once recharged and energised you'll be ready for the next challenge with a new team.

What's next

If your first phase was a community project, you will either be doing the environment project or adventure phase next. (We have included an overview of both phases below).



It could be...

Trek

Preparation is key for trek! Before you leave Turrialba you and your team will pack the kit and supplies you need for your 19-day adventure. We have a variety of trek routes in Costa Rica, including the Dragon trek and Baricífico trek where you can walk 280km from one side of Costa Rica to the other. ¡Que chiva!

Real adventure

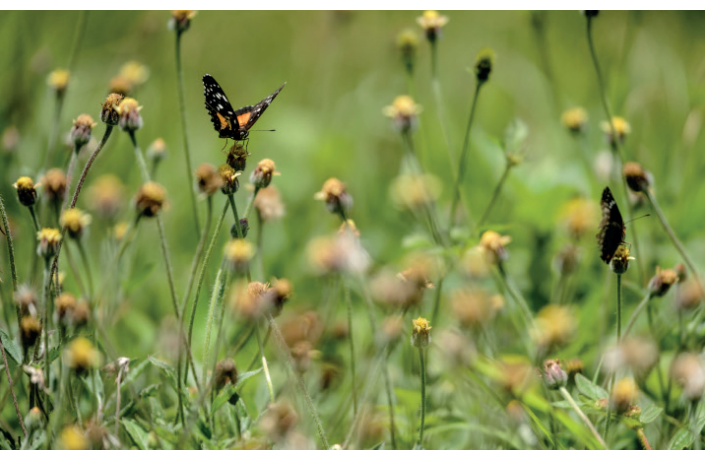
You and your team will navigate the trek with the support of our Volunteer Managers. Terrain will be varied; you could be walking along the stunning Caribbean coast one day or trekking through thick jungle or rainforest the next. Each night you and your team will set up camp and take turns to cook for one another. You might stay in a local community or out in the wilderness.

Doing it together

Everyone starts and finishes trek together, come rain or shine and no matter what trekking experience you have beforehand. It requires courage to do something beyond your normal experiences and there are highs and lows. Supporting one another through these moments, not giving up and sharing your achievements together will be some of the defining moments of your Expedition. The friendships formed on trek, whether through laughter, sweat or tears, are often some of the strongest on Expedition because of all that you have shared and learnt.

Leadership

Throughout your Expedition, everyone takes it in turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, to learn about the power of team effort and the strength of working together to achieve your goals. Whether it's singing in the rain, scrambling up hills, lighting a fire or going to sleep in your tent, after a long day of trekking, these are some of the memories that will stay with you forever.



Or perhaps it will be...

Environmental protection and conservation

Our environmental work is focused on national resource management. You will get to work in one of the country's stunning national parks, home to flora, fauna and some pretty spectacular wildlife; red eyed frogs, white headed capuchin monkeys and macaws to name but a few. You'll stay in the park itself. Home will either be in a park building or you'll to set up camp in the park itself.

Access all areas

You and your team will be working with our local partners to protect and conserve the diverse wildlife and woodland habitat within the sub-tropical rain forest. You'll be supporting wildlife rangers or researchers in their valuable work. The relationships developed with our partners over many years, gives you the chance to discover parts of Costa Rica ordinarily inaccessible to tourists.

Coming to a close

Two phases, 7 weeks, lots of new friends and amazing experiences. All Expeditions end with everyone coming together for a final few days in Masaya. This is a chance to catch up with friends and celebrate all you have achieved together. We'll round everything off with a celebration and final farewells.

Unique memories to last a lifetime...

Whether you are travelling on after your Expedition to explore the wonders of the wider region, returning to study or work or something else, Expedition isn't the end of your Raleigh journey. You're joining our 44,000 strong alumni community, a group of people where everyone involved has shown courage and determination to help create a more sustainable future. You will come away with a different outlook of the world, having developed new skills and played an important role in helping to meet the sustainable development goals.

The nature of our work means that timings and locations do occasionally change at the last minute. We ask you to be as flexible as possible. We don't take decisions to change things lightly, they are based on improving the long-term outcomes of our work and ensuring the safety of our volunteers.