



Costa Rica Geography trip 2026

Overview

1. Where & when?
2. Why Costa Rica?
3. Itinerary
4. Why STC?
5. Cost & important information
6. Who's the trip for?
7. Any questions?



Where?
Central America



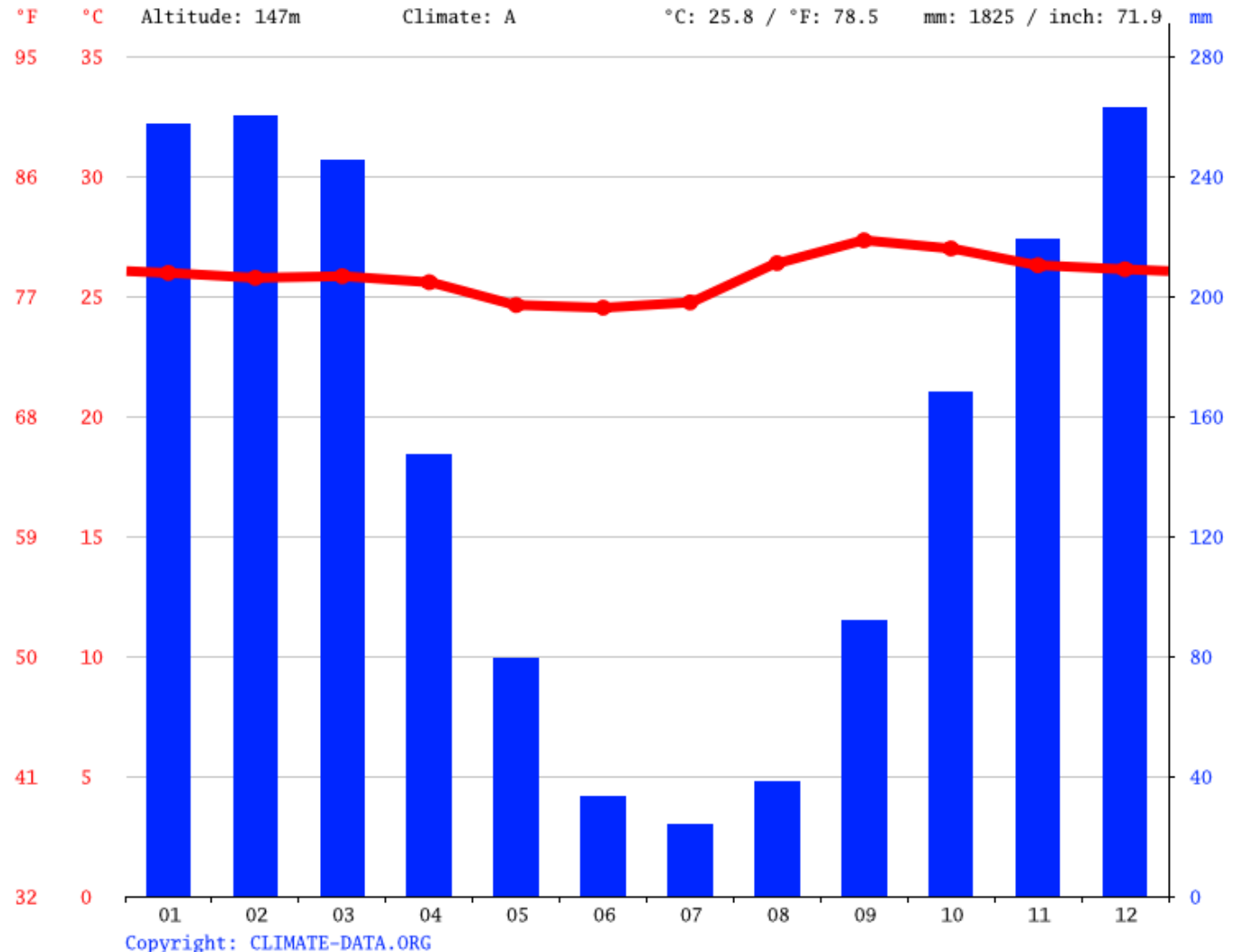
When? 12 days at Easter 2026



Costa Rica - Key Facts (1)

Climate: Tropical

- Hot and humid
- Two seasons – wet and dry
- Dry season = December to April





Costa Rica – Key Facts (2)

- Capital: San Jose
- Population: 5 million
- Language: Spanish
- Religion: Catholic
- Politics: Stable democracy
- Level of development: Upper middle-income country
- Time zone: +7 hours

Rationale (1)

KS3 curriculum links:

Ecosystems: tropical rain forests

Species' adaptations

Volcanoes

KS4 curriculum links:

Paper 1:

Natural hazards – tectonics

Living World – rain forests (climate, features, adaptations,)

Paper 2:

Changing economic world – sustainable tourism

Paper 3:

Fieldwork: data collection and interpretation skills

KS5 curriculum links:

Paper 1:

Ecosystems: Biomes

Paper 2:

Global systems & global governance – global commons

Changing economic world – sustainable tourism/ ecotourism

Paper 3:

Fieldwork: data collection and interpretation skills

Rationale (2)

Cross-curricular links:

Science (tectonics and ecosystems)

Maths (data collection skills and analysis)

SMSC/ Life Skills – cultural capital

Meets all MA key drivers



opportunity of a lifetime

GO ON A ROAD TRIP AROUND COSTA RICA



Day 1 San Jose



Day 2
White-water rafting
Pacuare River - am



Day 2
Rafting
Pacuare River - pm



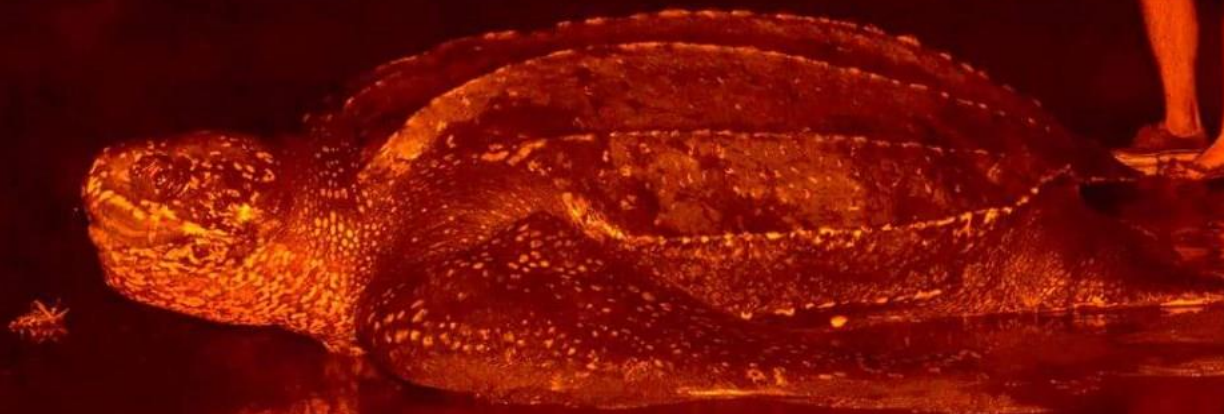
Day 3 Snorkelling Cahuita



Days 4-6
3 days at The Pacuare
Reserve



Days 4-6
3 days at The Pacuare
Reserve



Carry out conservation work with turtles during their egg
laying season



Day 7

La Fortuna, Arenal
volcano & Los Laureles hot
springs



Day 8

La Fortuna waterfall swim &
Arenal hanging bridges



Visit the rain forest canopy to see the wildlife from
from the Arenal hanging bridges



Day 9 zip line over the cloud forest and Tarzan swing through it



TARZAN JUMP
MONTEVERDE, COSTA RICA

Day 10 Monteverde cloud forest



Monteverde cloud forest sloth tour & forest night walk



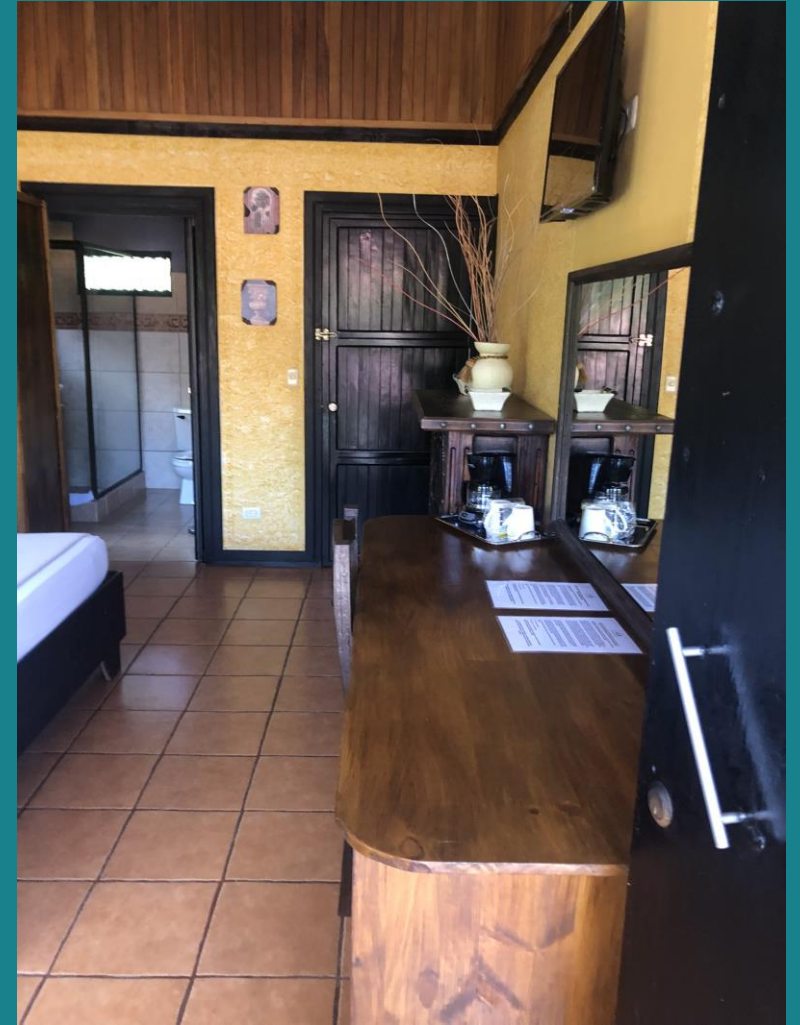
Day 11
Return to San Jose for our return flight

Day 12
Arrive in the UK

Examples of our accommodation (1)



Examples of our accommodation (2)



Why STC?

- Established 2006
- Strong emphasis on sustainable tourism
- Only provider providing conservation work
- Will provide a parents' information session - including Q&A



Included:

- All accommodation, activities, entrance fees and transportation as per itinerary, unless marked 'optional'.
- Meals as described in the day-to-day itinerary
- International airfares and pre-paying taxes
- Bi-lingual, first-aid qualified STC Tour/Expedition Leader whilst in Costa Rica with further local guides at sites as required
- Parent and student trip launch information evening
- Pre-expedition training programme as detailed on the following page
- ATOL financial protection
- Medical Emergency, Repatriation and Cancellation Travel Insurance
- Group First Aid Kit & Medications Pack
- 24-hour emergency response and management
- Carbon Mitigation of flights for the whole group
- Drinking water

For students: Pre-departure evening and Ethical Travel Workshop Three to six months prior to travel. This is a chance for us to prepare the students for the trip and ensure that everyone is happy, with questions answered and minds put at ease.

Session 1: Responsible Tourism and Ethical Travel We start our afternoon / evening of training with a session of approximately 1 hr 30 mins on the ethics of travel, responsible tourism and group communications / dynamics.

The session is delivered through a mix of games, debates, discussion and workshops.

Topics include:

- Water usage
- Cultural considerations
- Ethical volunteering
- Positive and negative impacts of travel

Session 2: Health & Hygiene, Safety, Kit and more This session is for teachers, parents and students and involves a pre-trip information evening.

During this evening, we cover the following elements:

- Passports and visas
- Safety approach and attitude
- Being open about problems
- Health & hygiene
- Personal safety
- Specific hazards related to your itinerary, e.g.: dehydration, altitude, bite avoidance etc.
- Money management
- Packing and kit

STC Trip Grading

We grade all our trips so teachers, school leaders and parents can gauge whether the trip is appropriate to their requirements and objectives.

Physical Rating for this trip: Grade 3

Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days.

The trip may contain other activities such as rafting which also require physical effort and a reasonable level of fitness.

Some steady preparation and an increase in your underlying fitness levels would help you get the most from this grade trip.

STC Trip Grading

Grade 3

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip.

We're likely to visit remoter locations on this tour where access to western style services may be sporadic.

Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Cost & other important information

26-30 students - £3,700 per person approximately

Deposit - £400 per person

No visa required for UK citizens

Passport expiry date at least 1 day after leaving the Costa Rica (3 months preferable)

Vaccinations – all students require the following:

- MMR
- tetanus
- hepatitis a
- rabies?

Suggested – anti-malaria



Who's the trip for?

- Easter 2026 (dry season)
- Up to 30 current Y8, Y9 and Y11 students with a 'can do' attitude, good behaviour and attendance
- The 'right' students (due to climate, level of fitness & comfort/discomfort)
- A commitment to fund raising for the trip

If you'd like to explore the activities we're going to do and the places we're going to visit, below are some links that should give you a good idea (these are **not** necessarily the providers we will use, but give you a flavour of Costa Ric, some of the locations we will visit and what the activities entail):

[Pacuare Lodge Rafting | National Geographic Lodges \(youtube.com\)](#)

[Snorkeling Cahuita National Park, TERRAVENTURAS, \(youtube.com\)](#)

[Explore Pacuare Reserve \(youtube.com\)](#)

[100% Aventura - Zipline and Tarzan Swing, Costa Rica HD with GoPro \(youtube.com\)](#)

If you have any questions, please contact Mr. Clarke by email - info@maltbyacademy.com

