

Costa Rica 4 week Expedition

- How It All Comes Together

This sample timeline is an overview of a 4 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.

Bienvenido! Welcome to Central America!

Join an Expedition in Costa Rica and put your Spanish to the test in this incredible part of the world. Rich history, volcanic landscapes, lakes and forests await you. After your flight, you'll be met at San Jose Airport by our in-country team.

First stop, Raleigh Training Centre

Our Costa Rica base is in Turrialba, about a 2-hour drive 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, and who you'll be working with.



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'll catch glimpses of local life as you journey to your project.

Environment or Community

As a volunteer on a 4 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 do ask you to be flexible. Your first phase could be a community or an environment 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.

You'll either be...

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 three weeks. 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 aim to increase educational opportunities for indigenous children and young people. 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.

Or perhaps it will be...

Environmental protection

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.

In the heart of a community

Similar to the Community project, volunteers on an Environment project also have the chance to experience village life. You will live with a local family in their home. It's a unique opportunity to get to know a totally new way of life and an amazingly immersive experience.

Review, reflect, prepare

At the end of your first phase, you will return to Turrialba before moving on to your final phase, trek! It's a busy but exciting few days as you catch up with everyone on your Expedition. 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.

Trek

Preparation is key for trek! Before you leave Turrialba you and your team will pack the kit and supplies you need for your 4-day adventure.

Real adventure

You and your team will navigate the trek with the support of our Volunteer Managers. Terrain will be varied, you could be in thick jungle or rainforest one day or walking along the ridge of a volcano with far reaching across the landscape, 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.



Coming to a close

Two phases, 4 weeks, lots of new friends and amazing experiences. All Expeditions end with everyone coming together in Turrialba. 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.