

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Costa Rica



Contents



- 3 Why go on an expedition?
- 4 The 'Outlook Programme'
- 5 The '4 Cornerstones of an Expedition'
- 6 Welcome to Costa Rica
- 7 Sample overview itinerary
- 8-13 Sample day-To-day itinerary
- 14 What's included, excluded & payment guide
- 15 About Outlook Expeditions
- 16 The 'Outlook Way'
- 17 How we create an expedition
- 18 Contact details & accreditations



Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS



EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Costa Rica

Costa Rica is a country of extraordinary natural beauty, where volcanic cones rise above mist-filled cloud forests, and lush tropical rainforests echo with the calls of spider monkeys, sloths and brightly coloured parrots.

This rich biodiversity is matched by dramatic landscapes, from roaring waterfalls and jungle-covered mountains to winding rivers and mangrove forests. All of this sandwiched between two stunning coastlines: the Pacific Ocean, famed for its world-class surf and golden beaches, and the Caribbean coast, with its laid-back atmosphere, white sands and turquoise waters. Combined with its strong conservation ethos and welcoming culture, Costa Rica offers an unforgettable blend of adventure, wildlife and relaxation.



WHY COSTA RICA FOR AN EXPEDITION?

- » Animal and other environmental conservation projects
- » Visit cloud forests, walk along the canopies above trees
- » Enjoy an amazing white water rafting adventure
- » Trek the volcanic Rincon de la Vieja National Park
- » Explore Tortuguero National Park- renowned for its animals and turtles

The Rich Coast

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 28 DAYS

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 & 2: Depart the UK and arrive in San José

Day 3: Orientation and time to acclimatise in the capital

Day 4: Travel north to a Volcanic National Park at Rincón de la Vieja

Day 5 - 7: Trek through volcanic landscapes & wildlife rich trails of Rincón de la Vieja
National Park

Day 8: Travel to service learning

Day 9 to 14: Service learning with local communities

Day 15: Travel to Monteverde

Day 16-17: Explore the cloud forest canopy of Monteverde

Day 18: Travel to Tortuguero National Park

Day 19 and 20: Explore the jungle canals and wildlife of Tortuguero

Day 21: Travel to Cahuita

Day 22-23: Relax at the idyllic Cahuita on the Caribbean coast

Day 24: Travel to San José

Day 25 to 26: White water rafting on the Río Reventazón and final team celebrations

Day 27 and 28: Depart Costa Rica and fly home





Your Expedition Starts



Day 1-2

Arrive in San José

Depart the UK and begin your journey to Costa Rica, the Rich Coast. After landing in San José, you will transfer to your accommodation, meet your expedition leaders and have time to rest after the long journey. These first days help you adjust to the tropical climate before the adventure begins.

Day 3

Orientation in San José

Spend today exploring Costa Rica's lively capital while acclimatising to the heat and humidity. You will also prepare for the first phase of your expedition by exchanging money, organising supplies and confirming in-country arrangements. This day sets a comfortable pace as you settle into life in Central America.

Begin Your Trek

Day 4

Travel to Rincón de la Vieja

Head north towards Rincón de la Vieja National Park, a region known for its volcanic energy, bubbling mud pools and dense rainforest. On arrival, settle into your camp and prepare for the trekking days ahead.



Day 5-7

Rincón de la Vieja Trek

Spend the next few days trekking through one of Costa Rica's most diverse landscapes. Your route will take you through lush jungle, past steaming volcanic craters, across hot springs and along colourful trails rich with exotic wildlife.

Keep your eyes open for toucans, monkeys, blue morpho butterflies and even tapirs as you explore the park's unique geological features. Evenings offer time to relax and enjoy the sounds of the rainforest.

Service Learning

Day 8

Travel to Service Learning

Today you will travel back through the northern region to meet your hosts of your service learning. This will be a community-based wildlife rescue and rehabilitation centre or a project focused on environmental sustainability. Settle into the project site and learn more about the work you will support over the coming days.



Day 9-14

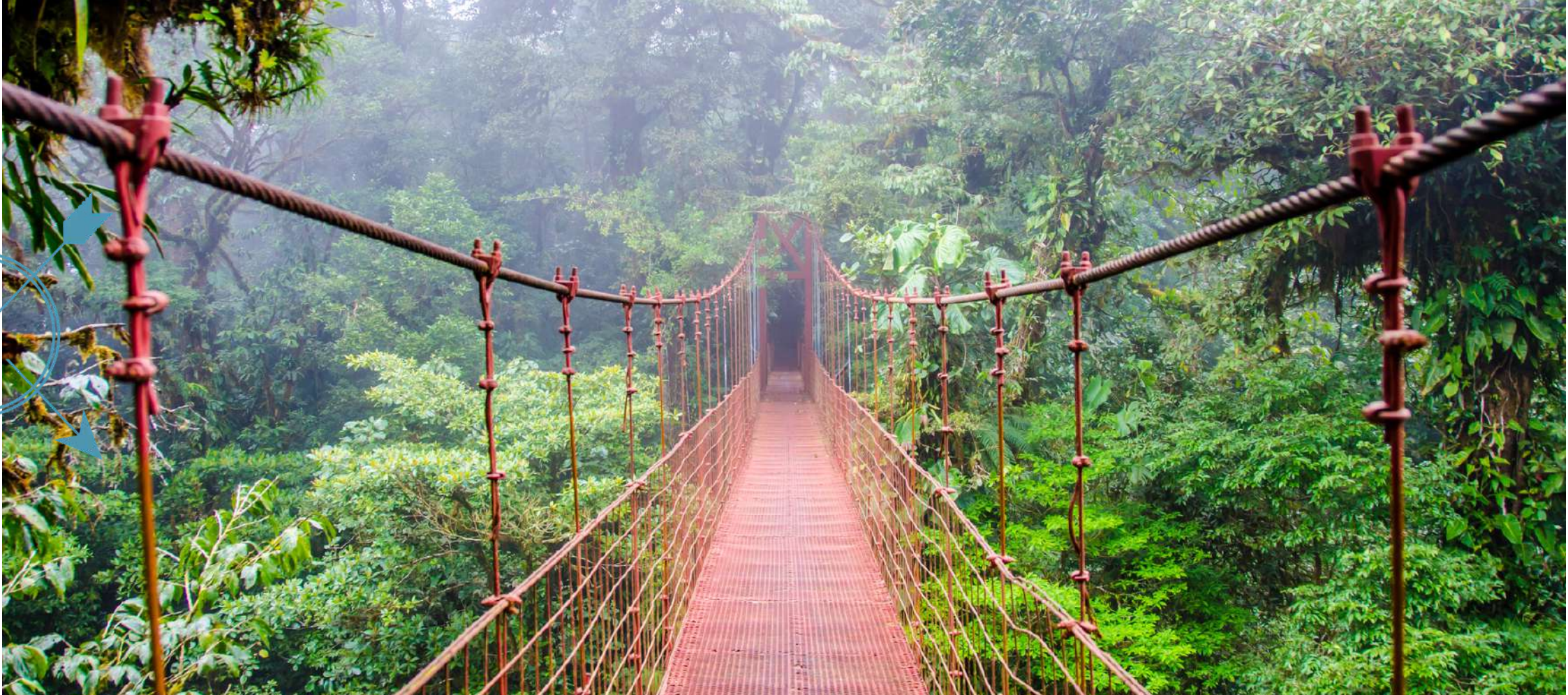
Service Learning project

Spend the next few days living in the community and supporting the essential work of the animal conservation or environmental project your team is involved in.

Your tasks may include building and maintenance projects, preparing enrichment for rescued animals, assisting with feeding routines and helping the team with ongoing conservation initiatives.

This phase offers a meaningful insight into wildlife welfare, conservation efforts and the real challenges facing communities in Costa Rica.





Day 15

Travel to Monteverde

Today you will journey into the mountains, travelling to Monteverde, one of the most famous cloud forest regions in the world. On arrival, settle into your accommodation and enjoy the cooler climate.

Day 16-17

Explore the Monteverde Cloud Forest

Explore Monteverde at your own pace. You may choose to walk along suspension bridges high above the canopy for sweeping views of the forest, or take to the ground paths to experience the rich biodiversity up close. This is a peaceful and magical day amongst mist-shrouded trees and vibrant wildlife.

Day 18

Travel to Tortuguero

Travel across the country to Tortuguero National Park, a remote paradise of canals, rainforest and Caribbean coastline. Reach your lodge by boat as you enter the heart of the jungle.

Day 19-20

Explore Tortuguero National Park

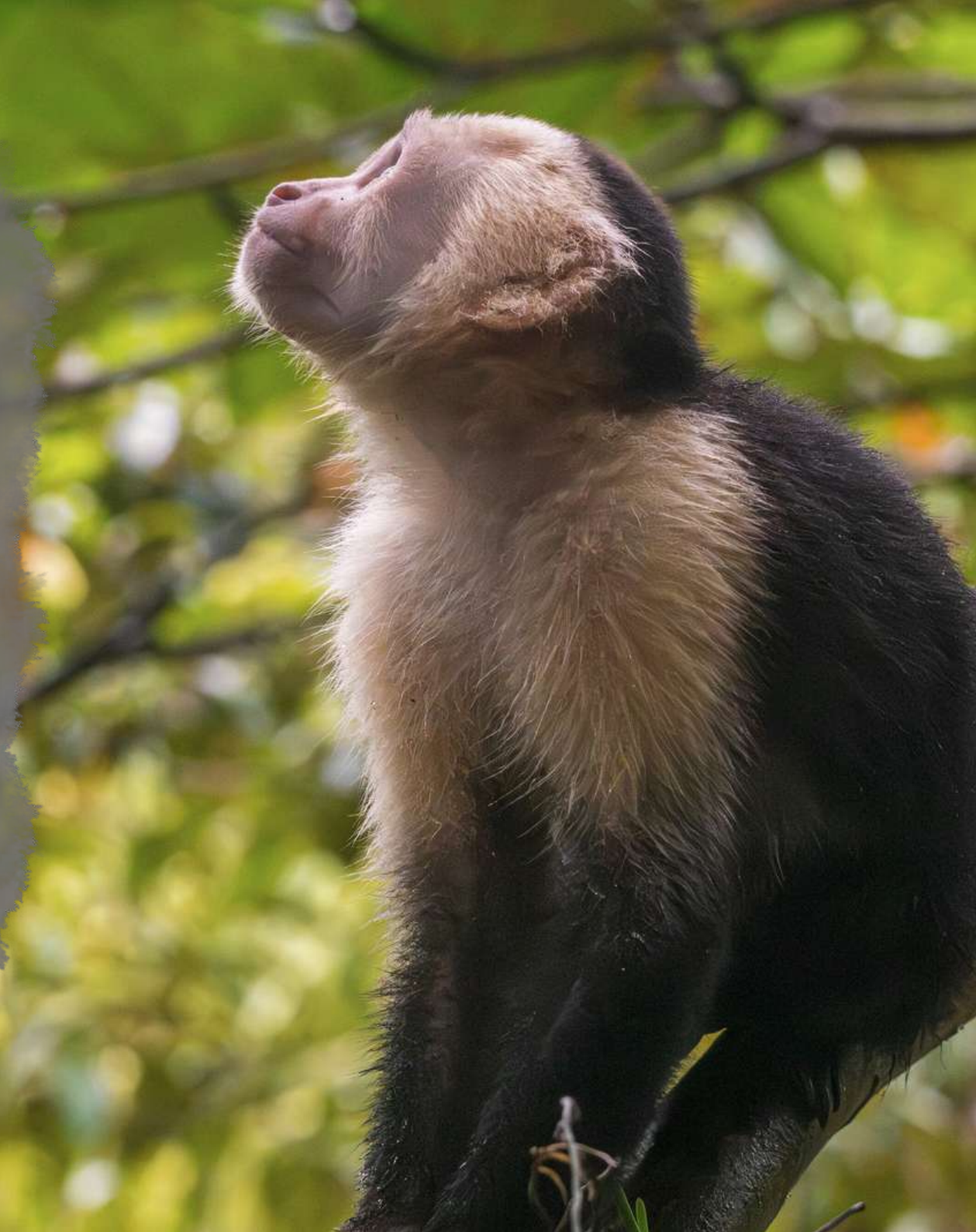
Spend two days exploring Tortuguero's winding waterways by boat or kayak. This region is alive with wildlife, and you may spot monkeys, sloths, caimans, river turtles and vibrant birdlife as you glide through the canals.

The combination of rainforest, river and ocean makes Tortuguero one of Costa Rica's most unique wildlife destinations.

Day 21

Travel to Cahuita

Travel to your next Costa Rican destination, Cahuita, a small community on the Caribbean coast.



Day 22-23

Relax and explore Cahuita

Set on the Caribbean coast of Costa Rica, Cahuita is a relaxed coastal town that has retained its traditional, easy-going way of life despite the growth of tourism in the region.

With its Afro-Caribbean culture, colourful houses and unhurried pace, Cahuita is an ideal place to slow down, unwind and enjoy the rhythm of local life. Spend the next 2 days exploring the area and visiting the Caribbean beaches.

Day 24

Travel to San José

Say farewell to the coast and begin your journey back to San José for your final few nights.



Day 25-26

White Water Rafting and Final Celebrations

Spend one day tackling the thrilling rapids of the Río Reventazón, a fun and exhilarating white-water adventure through beautiful river gorges.

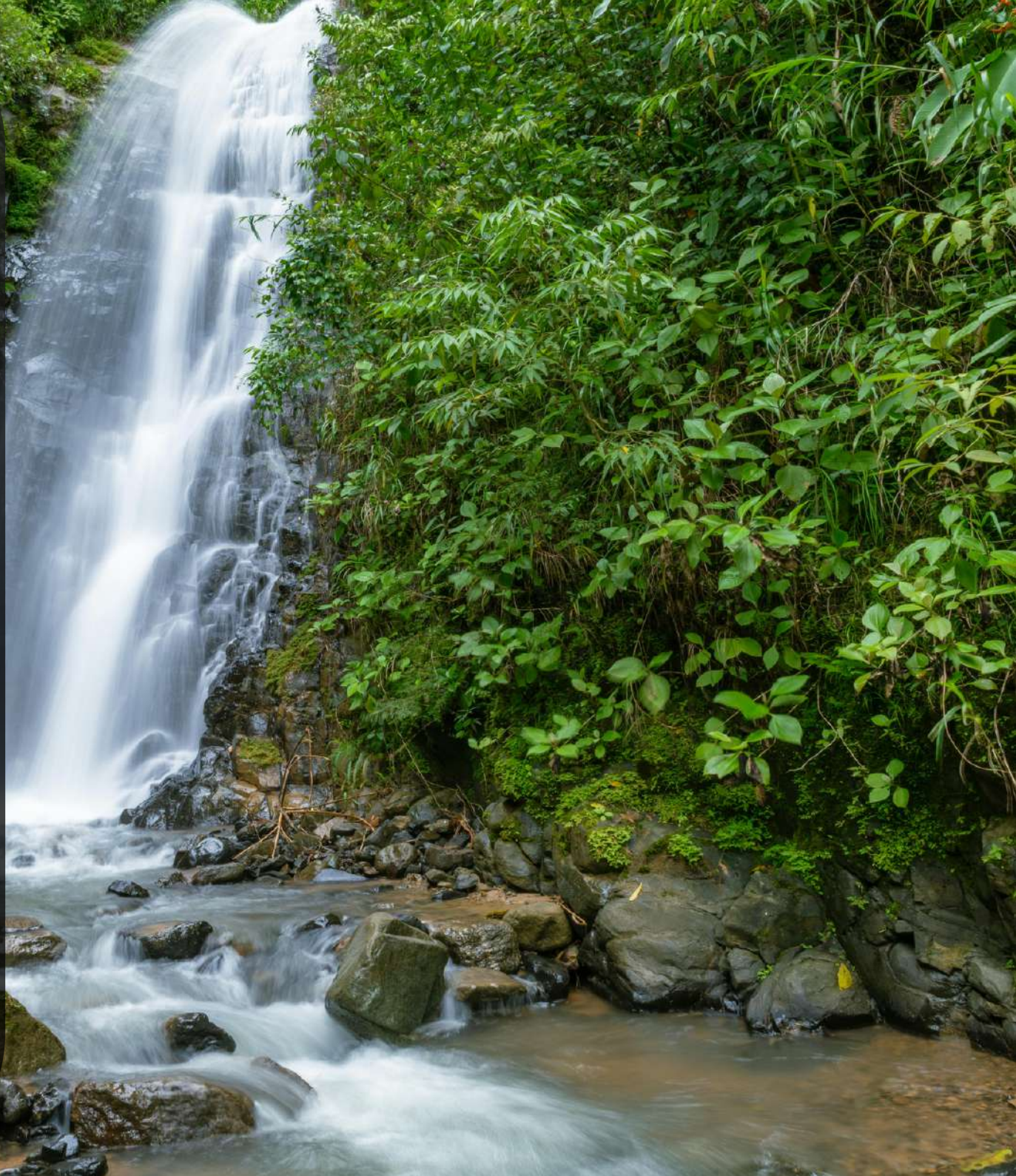
On your final full day, enjoy time exploring San José, shopping for last-minute souvenirs and celebrating your achievements with a final team meal.

Day 27-28

Depart Costa Rica

Say farewell to Costa Rica and begin your journey home to the UK. After an expedition filled with wildlife, rainforest, culture and adventure, you will arrive back home with unforgettable memories and new skills.

 Home...



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

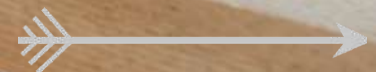
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

CONTACT US

PHONE | 01248 672 760

EMAIL | customer.service@outlookexpeditions.com

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award