

Conservation

High School Special Schedule Costa Rica - Camaquiri

Welcome to our High School Special Conservation Project in Costa Rica! Are you ready for a once-in-a-lifetime experience working in and exploring this beautiful country?

Discover the energy of the tropical rainforest at the Camaquiri Conservation Initiative (CCI) and explore the remote Barra del Colorado Wildlife Refuge on the Caribbean coastline.

These locations are critical for many endangered species, as ongoing conservation work plays a key role in preserving Costa Rica's rich natural heritage.

Throughout your trip, you'll practise a range of new skills, such as setting up camera traps, collecting data, and analysing your findings. You'll also monitor monkeys, sea turtles, and birds and participate in reforestation and beach cleanups.

Your help is crucial, as by collecting real data and supporting conservation actions, you directly contribute to protecting local wildlife and fragile ecosystems.

Learn about the values and culture of the people that live in the region. Immerse yourself in a different way of life as you try new food and give back to the local community.





Highlights

- ▶ Participate in night turtle patrols
- ▶ Care for hatchlings and protect nests
- ▶ Conduct primate surveys and camera traps
- ▶ Learn about biodiversity through data collection
- ▶ Plant native trees: combat climate change
- ▶ Engage with locals through sports and dance
- ▶ Visit the popular volcano and national park
- ▶ 50 Volunteer Service Hours

Accommodation

Conservation Lodge

Transport

Bus, Boat, By Foot

Meals

All meals will be served at the Conservation lodge - breakfast, lunch and dinner.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 1

Sunday

Arrival in San Jose

On arrival day, a Projects Abroad staff member will be waiting to collect your group from San Jose International Airport (SJO).

Our staff members are easy to spot because they're by the airport exit holding a sign.

A bus will then collect you, taking you to the hotel, Hotel Aeropuerto, where you will spend your first night. Rest well for the busy week ahead.



Day 2

Monday

Morning:

The adventure begins! Students will begin their journey to the Camaquiri Conservation Initiative (CCI) by bus. The ride will take approximately 3.5 hours. You will stop for lunch on the way as you take in the landscape and enjoy the sights. On arrival at the Conservation Lodge, you will be introduced to your rooms and have the chance to settle in.

Afternoon:

In the late afternoon, the group will have their cultural orientation as well as placement and project introduction. Here you will learn about the reserve and how you will help to make a difference over the next couple of days.

Evening:

Relax with dinner at the accommodation followed by your first engaging lecture on Wildlife Monitoring methods and protocols.

Day 3

Tuesday

Morning:

After breakfast, you'll take part in a guided natural history hike, exploring CCI's trail system and learning about the local flora and fauna. This is a great way to develop your knowledge of the area's biodiversity and ecosystems while exploring your home for the next few days!

Afternoon:

Field Work: Following lunch at CCI, you'll participate in a bird survey contributing to ongoing research by documenting bird species along established transects.

Evening:

After a day of hiking and research, you'll enjoy dinner at CCI.

You'll then listen to a lecture about community ecology, using camera traps, and the presentation of recent wildlife findings from CCI's camera trap programme.

Day 4

Wednesday

Morning:

Start the day with a workshop introducing you to camera trapping for wildlife research. Reflect on the lecture from last night and the recent findings from camera traps.

Afternoon:

Remember how we talked about animals and their homes this morning? Well, now it's time to become wildlife detectives! We're going to set up special "trail cameras" in two different parts of the forest: the forest edge and the interior to help us understand how the animals live.

Evening:

After dinner, you'll listen to a lecture about the fascinating world of primate behaviour and ecology, with a special focus on the diverse primate species found in Costa Rica.



Day 5

Thursday

Morning:

Get ready to spot and watch primates as you engage in the primate survey. Surveying primates helps the reserve to track the health of the population and identify if there are any issues with behaviour within the groups.

Afternoon:

Continue the exciting primate survey as you move on to data collection and management. You'll learn how to tell different primate species apart by how they look (size, fur, faces) and what sounds they make.

Evening:

Enjoy dinner with the rest of the group.

Day 6

Friday

Morning:

This morning, get ready for a delicious adventure as we dive into making our own Costa Rican breakfast! You'll learn to make fresh tortillas, tasty quesadillas, and other local favorites. By the end of it, you'll have transformed simple ingredients into a fantastic meal and learned some great Costa Rican cooking secrets!

Afternoon:

Enjoy a relaxing day at the pulperia, where you can play games and then learn basic salsa steps.

Evening:

Enjoy dinner with the rest of the group.



Day 7

Saturday

Morning:

Get ready for an incredible journey as you transfer to and embark on a breathtaking scenic tour to Barra de Colorado! Prepare to be amazed by the lush rainforest, winding canals, and the chance to spot diverse wildlife like monkeys, sloths, crocodiles, colorful birds, and even the elusive manatee!

Afternoon:

Unpack and settle in then get ready for teamwork and fun! It's time for a friendly game of soccer with the locals. Afterwards you can unwind and rest for the next week of intense activities.

Day 8

Sunday

Morning:

As you wake up at Barra del Colorado, your focus will be on sea turtles. You'll help set up a special measuring line on the beach at Laguna 9 to study sea turtles.

Afternoon:

Listen attentively to your first lecture on research and monitoring procedures as you will need these skills for the upcoming beach patrol and survey in the night.

Day 9

Monday

Morning:

Get ready to plant native trees to combat climate change and restore habitats with local community involvement.

Afternoon:

Let's hit the beach for an epic clean-up, clearing out trash to make sure our amazing wildlife stays safe and sound.

Evening:

Enjoy a delicious dinner before getting some rest for the nightly turtle patrol and survey.



Day 10

Tuesday

Morning:

Get ready to work alongside scientists to conduct a coastal bird survey, identifying and counting incredible bird species that live around the water.

Afternoon:

Let's patrol the beach to find sea turtle tracks and identify their nests, helping us protect these amazing creatures..

Evening:

Dinner will be served at the accommodation. Rest and prepare for the nightly patrol.

Day 11

Wednesday

Morning:

After a delicious breakfast, let us head to the beach and then the town for a fulsome clean up campaign- restoring our spaces one clean up at a time.

Afternoon:

Participate in your final beach patrol as you follow their tracks and protect their nests.

Evening:

Dinner will be served at the accommodation followed by an exciting Salsa dancing session.

Day 12

Thursday

All Day:

Get ready for an exciting journey as you depart Barra del Colorado and travel to Cartago, Costa Rica's historic former capital! Once there, you'll embark on a fascinating city tour, exploring its rich history, significant landmarks like the stunning Basilica, and the vibrant local culture before settling into your hotel.



Day 13

Friday

Morning:

Prepare for an awe-inspiring visit to Irazu Volcano, Costa Rica's tallest active volcano, where you'll explore its unique, lunar-like landscape. On clear days, you might even witness the incredible sight of both the Pacific and Atlantic Oceans from its towering summit!

Afternoon:

For the final afternoon of the trip, the group will be able to buy awesome souvenirs and unique keepsakes for your family and friends at the SyS souvenir shop!

Evening:

The group will enjoy a farewell dinner. This is a chance to say goodbye and thank you to the local staff.

Day 14

Saturday
Departure

The group members will likely be departing at different times, therefore day 13 and 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

You will have the continued support of Projects Abroad staff right until you are safely at the airport.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

Want to learn more?

We'd be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Social Media

-  [@projectsabroadglobal](https://www.instagram.com/projectsabroadglobal)
-  [@projectsabroad](https://www.facebook.com/projectsabroad)
-  [@projectsabroad](https://www.tiktok.com/@projectsabroad)
-  [@projectsabroad](https://twitter.com/projectsabroad)

Personal Achievements



- ▶ Completed a total of 50 service hours.
- ▶ Contributed to protecting the sea turtles and maintaining the biodiversity of Costa Rica
- ▶ Planted native trees to combat climate change and restore natural habitats



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.