

ENCOUNTER COSTA RICA

Travelling with an impact

A JOURNEY
THROUGH
COSTA RICA'S
CULTURE &
CONSERVATION



ENCOUNTER
MyWay

ENCOUNTER COSTA RICA



This 17-day journey offers an enriching blend of thrilling adventure, deep cultural immersion, and impactful conservation work in the heart of Costa Rica. Start by immersing yourself in the vibrant local culture in Quepos with Spanish lessons, cooking, dance, and surfing classes. Explore Costa Rica's rich biodiversity in Manuel Antonio National Park and engage in a transformative cultural exchange with the indigenous Boruca/Térraba communities. The adventure culminates with a meaningful volunteer experience at the COPROT sea turtle conservation project, where you'll contribute to protecting one of the world's most biodiverse ecosystems. Perfect for travelers seeking adventure, cultural discovery, and a chance to make a positive impact.



Costa Rica



17 days



No Spanish
Needed



No experience
needed



minimun 18
years old

THE ITINERARY



DAY 1

ARRIVAL IN QUEPOS



Your adventure will start by meeting up with your local tour leader in the town of Quepos. Today, you'll embark on a journey to the vibrant coastal town of Quepos, just a short 10-minute drive from the famous Manuel Antonio National Park. Quepos, with its laid-back atmosphere and close-knit community, offers a perfect base for your cultural immersion experience. Upon arrival, you'll settle into your local homestay in Quepos, where the warmth and hospitality of your hosts will embrace you. This homestay will be your home for the next week, with breakfast included each day.

The program includes some planned activities to enhance your experience, but you'll also have the flexibility to choose optional Spanish courses, adventure activities, and cultural experiences. You can enjoy the beautiful beaches and natural surroundings at your own pace, making this an ideal balance of structure and free time.

To kick things off, there will be a welcome dinner where you'll get to know your group and tour leader, setting the tone for the exciting days ahead.

Included: Welcome dinner, overnight in homestay shared room, guide.

SOFT LANDING EXTRA PACKAGE

If you are willing to arrive one day before the program starts and you would like us to take care of your arrival you can book an extra Airport pick-up with a night in Selina Hostel on a shared dorm.. On the following morning, you can take the bus/shuttle to Quepos on your own (you get from us the information how to get there)

DAY 2

SURF LESSON



Your mornings in the cultural immersion in Quepos will start with a mindfulness session guided by your local tour leader offering a peaceful and grounding way to begin the day. Set in a tranquil natural setting, this session invites you to connect with your surroundings through deep breathing, gentle stretches, and guided meditation. The tour leader, knowledgeable about the local environment, blends cultural insights with calming techniques, helping you focus on the present moment while immersing yourself in the beauty of nature. This mindful start sets a positive, relaxed tone for the day, fostering a deeper connection with both the destination and yourself.

In the afternoon, hit the waves with a surfing lesson. Whether you're a beginner or have some experience, this lesson will guide you through the basics or help you refine your technique. It's a fantastic way to enjoy Costa Rica's beautiful beaches and get a taste of the local surf culture.

Included: Breakfast, mindfulness session, surf lesson, overnight in homestay shared room, guide.

DAY 3

MANGROVE EXCURSION



After your daily mindfulness session, you can choose how to spend your morning. Whether it's sharpening your language skills in a fun and interactive Spanish class or diving into the vibrant cultural scene of Quepos, the choice is yours. In the afternoon, get ready for an exhilarating boat adventure along the scenic shores of the Manuel Antonio area. This guided tour will take you through some of Costa Rica's most diverse and beautiful ecosystems, offering a unique perspective on the lush landscapes, rich wildlife, and serene waters that make this region so special.

Included: Breakfast, mindfulness session, kayak tour, overnight in homestay shared room, guide.



DAY 4-6

QUEPOS AS A LOCAL



Begin your day with a calming mindfulness session, allowing you to reconnect with yourself in the serene beauty of your surroundings. Afterward, the day is yours to shape, with a variety of exciting adventures awaiting. You could embark on a refreshing waterfall hike through lush forests, take part in a lively dance class to immerse yourself in local rhythms or explore the natural wonders of Manuel Antonio National Park, home to stunning beaches and wildlife. If you're in the mood for something different, why not try a Costa Rican cooking class or join one

of the many guided tours designed to enrich your experience? Of course, there's always the option to wander on your own or simply relax on the beach, letting the sounds of the waves soothe your soul. All the above mentioned optional activities can be combined with your daily Spanish course.

As the sun sets, cap off your day with a surprise group activity, led by your knowledgeable tour leader, creating memories and bonding with fellow travelers in this tropical paradise.

Included: Breakfast, mindfulness sessions, overnight in homestay shared room, guide. .

DAY 7

BORUCA/ TERRABA COMMUNITY

Today, you'll say farewell to Quepos and embark on a journey to the Boruca/Térraba community, located in Costa Rica's South Pacific region. This indigenous community, rich in cultural heritage, offers a unique opportunity for a deep cultural immersion.

Upon arrival in Térraba, you'll be greeted by your guide in the town center at around 2:00

PM. Here, you'll receive an introduction to the history and contemporary issues of the Térraba Territory. The Térraba, also known as the Brörán, are an indigenous group who have lived near the Río Grande de

Térraba for centuries. Their survival has been closely tied to their deep knowledge of agriculture and the land. Despite the encroachment of modernity, the Térraba have maintained their cultural practices and continue to fight for the preservation of their traditions.

After this initial briefing, you'll head to your accommodation at El Descanso, a serene retreat within the community, where you'll settle in before enjoying a traditional dinner. In the evening, you'll have the chance to engage with community members, learning more about their way of life, beliefs, and customs.

Included: Breakfast, dinner, transportation Quepos to Térraba, cultural exchange Térraba community, overnight in homestay shared rooms, guide.



DAY 8

WEAVING AND MASK-MAKING LESSONS



After breakfast, you'll embark on a cultural journey to the nearby indigenous village of Boruca, located about 20 minutes from Térraba. Accompanied by your guide, you'll immerse yourself in the traditional arts of the Boruca people, who are renowned for their intricate weaving and vibrant mask-making.

In the village, skilled artisans will teach you the techniques behind creating the iconic Boruca masks, which play a crucial role in their cultural celebrations and are symbols of their rich heritage. You'll also have the chance to learn about the weaving process, a craft that has been passed down through generations. This hands-on experience will

only give you a deeper appreciation for the artistry but also for the cultural significance these crafts hold within the community.

Lunch will be served within the Boruca community, providing you with a taste of traditional cuisine. Afterward, you'll return to El Descanso to relax and enjoy a quiet evening, reflecting on the day's experiences over dinner. **Included:**

Breakfast, lunch, dinner, weaving and mask making lesson, transportation to/from Boruca, overnight in homestay shared room, guide.



DAY 9

CACAO EXPERIENCE



Start your day with a hearty breakfast before diving into the world of cacao, one of the most significant plants in indigenous cultures. You'll receive an in-depth presentation on the traditional process of cacao roasting and grinding, is This experience offers a fascinating glimpse into the history and cultural importance of cacao within the community.

Following the cacao presentation, you'll visit a nearby site to observe ancient petroglyphs, where you can carefully study the symbolic carvings that have been preserved for centuries. These petroglyphs offer a window into the spiritual and cultural beliefs of the indigenous people, making this visit a profound and enriching experience.

After a final lunch in the community, your time with the Boruca/Térraba comes to a close. You'll then embark on your journey to Puerto Jiménez, the gateway to your upcoming volunteering project, where new adventures and meaningful work await.

Included: Breakfast, lunch, cacao presentation and petroglyph visit, transportation Térraba to Puerto Jiménez, overnight dorm, guide.



DAY 10

COPROT CONSERVATION PROJECT



Your conservation journey begins as you arrive at the COPROT research camp in the pristine wilderness of the Osa Peninsula. The camp is nestled near the remote beaches of Carate, one of the most critical sea turtle nesting sites in the South Pacific. After settling into the research camp, you'll receive an orientation about the project's mission and activities. The COPROT project focuses on protecting sea turtle nesting habitats, reducing poaching, and increasing hatchling survival rates. You'll learn about the various ways the project engages with the local community, from providing jobs to promoting environmental education.

Included: Breakfast, lunch, dinner, transportation Puerto Jimenez- COPROT project, overnight in volunteer camp, guide

DAY 11 TO DAY 16

VOLUNTEERING AT COPROT



During your stay at COPROT, you'll immerse yourself in hands-on conservation work. Your days will be filled with activities like beach patrols to monitor and protect sea turtle nests, exhumations to collect data on hatchling success rates, and night patrols to register nesting turtles. You'll also participate in jungle hikes, attend lectures from researchers, and engage in community-based initiatives aimed at sustainable development. Your efforts contribute directly to the preservation of one of the world's most biodiverse regions, and your experience will leave you with a deep understanding of the challenges and rewards of conservation work.



Included: Breakfast, lunch, dinner, conservation activities and guided experiences, overnight in volunteer camp, volunteer coordinator.

DAY 17

DEPARTURE FROM COPROT



As your conservation adventure comes to a close, you'll be transferred back to Puerto Jiménez. Here, you have the option to either return to San José or extend your stay with a visit to Corcovado National Park, one of Costa Rica's most iconic natural reserves. Whether you choose to continue your journey or head home, you'll leave with unforgettable memories and a deep connection to the natural world.

Included: Breakfast, transportation COPROT to Puerto Jimenez.



- WELCOME MEETING IN QUEPOS
- BILINGUAL GUIDE DAY 1 TILL DAY 10
- ENGLISH SPEAKING VOLUNTEER COORDINATOR DAY 10 TILL DAY 17
- PRIVATE TRANSPORT DAY 7, 9 AND 17
- CULTURAL IMMERSION DAY 1 TILL 6
- LEARN FROM THE INDIGENOUS PEOPLE DAY 7 TILL DAY 9
- VOLUNTEERING WITH TURTLE PROJECT DAY 10 TILL DAY 16
- 16 NIGHTS BASED IN A DORM/ SHARED ROOMS WITH BREAKFAST
- INCLUDED LUNCH FROM DAY 8 TILL 16
- DINNER FROM DAY 7 TILL 16
- 6 HOURS MINDFULNESS
- SURF LESSON
- MANGROVE EXCURSION
- WEAVING & MASK WORKSHOP
- CACAO EXPERIENCE

WHAT IS INCLUDED

WHAT IS NOT INCLUDED

- OTHER MEALS THAN MENTIONED AT THE PROGRAM
- BEVERAGES
- OPTIONAL SPANISH CLASSES DAY 1 TILL DAY 6
- OPTIONAL TOURS DAY 1 TILL DAY 6
- TIPS
- OTHER EXPENSE



DATES 2025

• 25 JUNE

• 17 SEPTEMBER

• 22 OCTOBER

WHAT TO CONSIDER

- **Arrival Airport:** San Jose
- Starting point: Quepos
- Ending point: Puerto Jimenez
- **Insurance:** Travel/health insurance is highly recommended
- **Weekly Budget:** We recommend \$100 USD per week for additional meals and additional tours.



WHAT TO BRING

- A small backpack to carry around your personal belongings
- Comfortable clothing (shorts, T-shirts, shirts)
- Long sleeve shirts and t-shirts
- Quick drying trousers.
- A fleece/jumper for the evenings.
- Rain jacket.
- Towel.
- Hiking shoes for various activities
- A hat for sun protection
- Sunscreen with a minimum factor of 50
- A bathing suit for swimming
- Sunglasses
- Insect repellent to keep bugs at bay
- Power converter for 110v sockets
- Pocketknife
- Flashlight/headlight
- Travel documents (passport, copy of medical insurance, personal medication information)



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