



the
leap

GAP YEAR PROGRAMME

Leap to Costa Rica

WILDLIFE. ADVENTURE. SURF CULTURE.

Pura Vida, *With Purpose*

Most people visit Costa Rica for its incredible wildlife, lush rainforests and world-famous beaches. You'll experience all of that, but you'll also go far beyond the tourist trail.

Over four unforgettable weeks you'll travel across four completely different regions, working alongside wildlife conservationists, environmental organisations and community projects before finishing your adventure on Costa Rica's spectacular Pacific coast.

From caring for rescued wildlife and protecting endangered sea turtles to zip-lining through cloud forests, surfing Pacific waves and discovering hidden waterfalls, every week brings new experiences, new friendships and new opportunities to grow.

LOCATIONS:

MANUEL ANTONIO + MONTEVERDE +
NATUWA + SANTA TERESA

ACCOMMODATION:

MIX OF HOSTELS + FINCA

ENVIRONMENTS:

RAINFOREST + CLOUD FOREST +
WILDLIFE SANCTUARY + PACIFIC COAST

TEAM SIZE:

UP TO 22

SOCIAL:

SURF CULTURE + BEACH
LIFE + SUNSETS + TEAM
ADVENTURE

STAY LENGTH:

4 WEEKS

No Two Weeks Feel The Same.

Costa Rica is famous for adventure. But what makes this programme different isn't simply where you'll go - it's what you'll do when you get there.

One week you could be helping children at a community project on the Pacific coast. The next you'll be walking across suspension bridges high above a cloud forest canopy listening to the vast array of bird life.

Before you know it you'll be feeding rescued tapirs, caring for parrots and monkeys, learning to surf, protecting endangered sea turtles and watching the sun disappear into the Pacific with your team.

Rather than rushing from attraction to attraction, every stop has a purpose. Each project tells a different story.

Every week brings new challenges.

Every experience builds confidence, resilience and unforgettable memories.

This is Costa Rica through The Leap - wild, purposeful and endlessly varied.



NICARAGUA

COSTA RICA

CARIBBEAN
SEA

3 Monteverde Cloud Forest
Hanging Bridges
Zip Wire + Fiscus Tree

Natuwa Wildlife
Sanctuary
Wildlife Conservation

1 San José
Arrival / Departure

5 Santa Teresa
Turtle Conservation
Surfing, Yoga + Waterfalls

2 Manuel Antonio
National Park
Community Project
+ Waterfall Hikes

NORTH PACIFIC
OCEAN

PANAMA



Your *Costa Rica* Journey

San José – Day 1

Arrive + Settle in

Upon arrival in San José, you'll settle into Rosa of America, a welcoming hostel set amongst lush tropical gardens.

Here you'll meet your team and Leap leaders before setting off on four weeks of wildlife conservation, community projects, adventure and unforgettable experiences across Costa Rica.







First... Pacific Beginnings

Manuel Antonio – Days 2 – 6

Community + Rainforest + Waterfalls

You arrive on Costa Rica's breathtaking Pacific coastline where rainforest tumbles into golden beaches.

This first chapter is all about people.

Working alongside our local partners in Cocal, you'll support community initiatives that create opportunities for local children (think painting, refurbishing classrooms, playing with the children) all whilst discovering the incredible wildlife and waterfalls that make Manuel Antonio famous.

You'll settle into team life, experience your first taste of Pura Vida and quickly realise this is far more than a holiday.

Highlights

Community Centre Project • Living on a Local Finca • Manuel Antonio National Park •
Jungle Wildlife Walks • Waterfall Adventures • Local Culture & Cuisine





Next... Into The Clouds

Monteverde – Days 7-10

Cloud Forest + Adventure + Exploration

Now the adventure changes pace.

High in Costa Rica's mist-covered cloud forests you'll explore one of the country's most spectacular ecosystems.

Walk hanging bridges through the canopy, climb inside giant ficus trees, chase incredible sunsets and, if you're feeling brave, take on world-famous zip wires.

Adventure and nature come together here like nowhere else.

Highlights

Cloud Forest Exploration • Sloth & Wildlife Encounters • Hanging Bridges •
Zip-Line Adventure



A woman wearing a red helmet and a dark long-sleeved shirt is ziplining over a dense, green forest. She is smiling and has her arms outstretched. The background is a vast, sunlit forest canopy. On the left, there are some dark, leafy branches of a tree.

“The Leap is responsible for my son's "best time of his life." The Leap was consistently helpful and encouraging from the word go. Zoe was amazing, as was Milly.



Then... Conservation Comes Alive

Natuwa Wildlife Sanctuary – Days 11-14

Wildlife Rescue + Animal Care + Conservation

This is the heart of the programme.

You'll work alongside wildlife professionals caring for rescued animals that cannot survive in the wild.

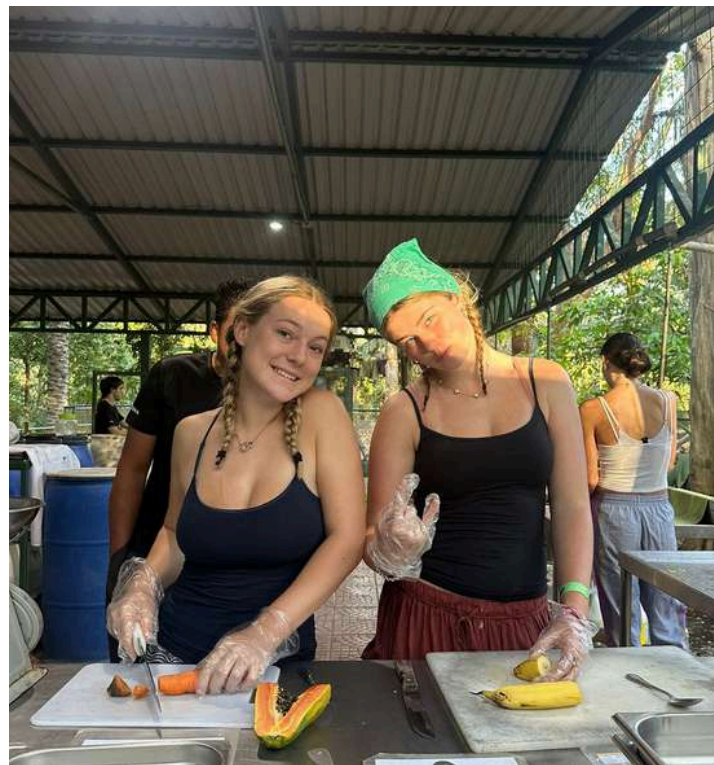
Here you will help feed tapirs, prepare food for parrots and monkeys, clean habitats, and help maintain one of Costa Rica's leading wildlife sanctuaries.

It's challenging work. It's hot. It's rewarding.

And for many Leapers, it's the moment they fall completely in love with conservation.

Highlights

Wildlife Rescue Centre • Animal Care & Conservation • Macaws, Monkeys & Sloths •
Wildlife Enrichment Activities





Finally... Pura Vida

Santa Teresa - Days 15-28

Surf + Sea Turtles + Sunsets

Your final chapter combines everything that makes Costa Rica unforgettable. Spend your days learning to surf, exploring waterfalls, practising yoga and soaking up the relaxed beach culture that Santa Teresa is famous for.

Then head to Cirenas, where you'll help protect endangered sea turtles on one of Costa Rica's wildest beaches.

By now your team feels like family.

You'll leave with sandy feet, unforgettable memories and a completely different perspective on what meaningful travel can be. Your last night will be in San Jose before flying home the next day.

Highlights

Surf Lessons • Sea Turtle Conservation • Turtle Hatchling Releases • Pacific Beach Life
• Yoga & Wellness • Sunset Surf Culture • Coastal Adventure • Team Celebrations



Real Projects. Real People. Real Impact.

One of the things that makes Costa Rica so special isn't just where you'll go – it's the people you'll meet.

This programme is made possible through our long-standing partnership with Jakera and an inspiring network of conservation organisations, wildlife rescue centres and community projects across Costa Rica.

For years we've worked together to create experiences that are meaningful, authentic and genuinely beneficial for everyone involved.

Rather than simply visiting projects, you'll work alongside passionate conservationists, wildlife professionals and community leaders protecting endangered species, restoring natural habitats and supporting local communities every day.

Together, they make this adventure unlike any other.

More Than Just Memories.

Adventure fades into stories.
The sunsets become photographs.
The strangers become lifelong friends.

But perhaps the biggest thing you'll bring home is something much harder to pack.

Throughout your Leap you'll work alongside inspiring conservationists, community leaders and environmental organisations, solving real challenges, stepping outside your comfort zone and discovering what you're capable of achieving.

Along the way you'll build confidence, resilience, leadership, teamwork and a global perspective, not through classrooms or lectures, but through real experiences that stay with you long after you've returned home.

Those experiences become something incredibly valuable: genuine evidence that can strengthen university applications, CVs and future careers.

Because the best souvenirs aren't things.
They're the person you become.

Not Just Where You Go. What You Come Back With.

Your Home in Costa Rica

San José

Accommodation: Rosa of America Hotel

Food: Supper included

Manuel Antonio National Park

Accommodation: The finca comes with a pool, football pitch, badminton, and volleyball – so lots to do. Dorm style accommodation with bunk beds, western style WC and showers with hot and cold water, no WIFI.

Food: All meals included. Expect mix of local and European dishes.

Monteverde Cloud Forest

Accommodation: Local hostel, dorm style accommodation – hot and cold showers.

Food: 2 meals a day provided. Expect a mix of local style food and picnics. Supper not included.

Natuwa Wildlife Sanctuary

Accommodation: Volunteer accommodation which consists of a long house style bungalow, with a communal hang out area. It is rustic and basic – no mod cons. It has a non – smoking, no alcohol policy on site.

Food: All meals included. Expect local pinto style food.

Santa Teresa & Cirenas

Accommodation Santa Teresa: Jakera Camp, which is a jungle style fun hostel. Dorm style accommodation with bunkbeds, western style WC and showers with hot and cold water. Approx. a 10 minute (800 m) walk to the beach.

Food: 2 meals a day provided. Supper is extra out and about.

Accommodation: Cirenas – rustic cabin 10 min walk from the beach.

Food: 3 meals a day provided.



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Costa Rica *Costs*

2026 - £3320 (4-WEEK LEAP)

2027 - £3550 (4-WEEK LEAP)

INCLUDED:

- Itinerary as described
- 24-hour emergency back-up, management and support by UK team and in-country team
- Safety and induction course upon arrival
- Accommodation throughout
- Guides throughout
- 2 x surfing classes
- 2 x yoga class
- Tour of Antonio Manuel National Park by your Leap guide
- Tour of the waterfalls with Leap guide
- Team airport pick-up and drop off at the end and transfer to and from the projects
- Food as described

NOT INCLUDED:

- International flights
- Travel insurance
- Medical expenses (reclaimable)
- Soft drinks/beer etc,
- Other food (unless described)
- Separate transfers – if you do not arrive or leave on the main team flight or at a similar time - budget \$150 each way.

SEE WEBSITE FOR DATES & AVAILABILITY



Costa Rica *Costs*

Optional Things to Budget for

Laundry

You can either wash your own clothes or use a laundry service in the local towns, budget about \$10 per load.

Popular extra activities

Your days are going to be busy and varied as the projects and activities are weaved together, but we promise some downtime, weekends free at Santa Teresa, so you take advantage of the extra adventures you might want to do.

Tortuga Island trip from Santa Teresa – budget \$105

Extra surfing lesson – budget about \$60 per lesson

Yoga classes – budget about \$15 per lesson

Zip wire at Monteverde – budget \$72

Bungee jumping at Monteverde – \$105

On the meals that aren't catered, please budget approx. \$20 plus drinks, in a restaurant or cheaper in a café, self-catering option available at Santa Teresa.

On transfer days, lunches may be extra on the road, depending on the travel times.

Please note

Travel at the weekend, or any of these extra activities, is at your own expense and risk. We cannot be responsible but, if anything happens, we will of course be there to assist. Please ensure that you have adequate medical insurance before carrying out activities – especially bungee jumping.

A group of hikers is seen from behind, walking across a green suspension bridge in a lush forest. The bridge has a green metal frame and green suspension cables. The hikers are wearing backpacks and casual hiking attire. The forest is dense with green trees and foliage. The text is overlaid on the bottom left of the image.

This trip has left me with a group of life long friends from around the world, experiences that will affect me forever and skills to help me through life. I would highly recommend this trip.



Not Sure Which Leap Is Right for You? Let's Find Your Perfect Fit

BOOK A FREE 30-MINUTE ZOOM WITH ZOË
FOR PERSONALISED ADVICE ON DESTINATIONS, PROJECTS,
TEAM SIZES AND THE EXPERIENCE THAT WILL SUIT YOU BEST.

[CLICK TO BOOK A FREE ZOOM CHAT](#)

No pressure. No hard sell. Just honest advice from
someone who knows every Leap inside out.