

# COSTA RICA - DIVE

	COMMENTS
1 - 2	Welcome to the tiny Latin American Country of Costa Rica, known for its biodiversity and unspoilt wonders. The team flies into San Jose to adjust to the tropical climate and get a good night's rest in a hostel in the city. The day is spent in the city preparing for the trek and adjusting to the new climate. This is a great opportunity to explore the city, admiring its rich architecture and fascinating museums and interacting with the locals whilst practicing Spanish!
3	The team will need to catch their first ferry across to the Nicoya Peninsula. The journey is a great way to see the varied Costa Rican countryside! The Nicoya Peninsula boasts miles of sandy beaches and nesting sea turtles.
4 - 9	On the Nicoya Peninsula the team will take part in a conservation project. There are a variety of community and local government supported initiatives in this beautiful part of Costa Rica which teams can get involved with, from helping create trails through primary rainforests, to working with marine biologists on coastal conservation efforts to help protect sea turtles.
10	Playa del Coco on the Pacific coast is the perfect place to learn to dive. The tropical waters with its abundant marine life offer many chances to perfect diving techniques whilst encountering colourful fish, pretty coral reefs and many other marine species. Sharks and rays are a common sighting.
11 - 13	The team will complete a PADI Open Water course at a 5* PADI centre carefully chosen to ensure that the dive crews are passionate about protecting the environment in which they work. This will be an incredible and rewarding experience for all.
14 – 15	The last day of the adventure will be spent in travelling back to San Jose, where the team will have a chance to explore the city and its bustling markets for a final time. Finish off the expedition with a traditional meal at a local restaurant before flying back home.