

An underwater photograph of a coral reef. A large, branching, yellowish-green coral is the central focus. To its left, a sea turtle swims towards the left. Above the coral, a large school of small, silver fish swims in the same direction. The background is a deep blue. In the bottom left corner, there is a dark blue silhouette of a person's head and shoulders, looking towards the reef. In the bottom right corner, there is a dark blue silhouette of a person's head and shoulders, looking towards the reef. The overall scene is vibrant and colorful.

2024 Program Information & Guide

NCA
NATURE & OCEANS ADVENTURES



Nature and Oceans Adventures is a registered non-profit 501(c)3 in California, actively creating a positive impact on over 1,000 international students ages 14–20 for more than a decade. We've expanded our reach by creating NOA Academy, which now offers accessible online marine biology programs to youth worldwide.

NOA Adventures offers custom-designed programs with high standards of safety in various locations worldwide, combining expert coaching, eco-travel, sustainable living experiences, hands-on learning, and marine conservation for youth and families. NOA is committed to creating a sustainable and harmonious coexistence between humanity and nature.

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NOA IMMERSIVE PROGRAMS

NOA has more than 10 years of experience guiding groups around the world. At NOA Adventures, we empower individuals from diverse backgrounds to actively participate in wildlife conservation through eco-travel experiences and hands-on fieldwork with trained professionals. We are committed to fostering global citizenship and culturally immersive experiences with local communities.

NOA's programs are designed to empower and inspire youth, encouraging them to venture beyond their comfort zones and partake in transformative experiences that empower them to define their personal values and pursue the life of their dreams. In fact, each program is custom-designed according to the group's specific needs.



Holistic programs

We empower individuals through experiential learning and mindful awareness, fostering enthusiasm for science and connecting them with the world through dynamic hands-on experiences.



Experiential outdoor adventure

In our programs, you will experience holistic outdoor education that merges nature, learning and self development, offering hands-on experiences for personal growth in pristine environments.



Marine biology & terrestrial conservation

We actively participate in marine and terrestrial conservation projects in each one of our programs. Our involvement aims to raise vital scientific data and knowledge. This collective effort plays a crucial role in safeguarding some of the planet's most endangered species and ecosystems.



Small groups

We prioritize personalized experiences with an average group size of 15 participants, and we provide the opportunity for individual mentorship with a 5:1 individual-to-instructor ratio. NOA fosters a close-knit global community and the cultivation of friendships that last a lifetime.



Custom-designed programs

We tailor our programs to adapt to marine conservation project timelines and each group's specific requirements. Our director crafts unique itineraries, drawing on her expertise, passion, and connections. With a commitment to quality, our limited-edition program offerings enable us to provide personalized support throughout each course.



Genuine travel

Our programs provide students with the freeing opportunity to disconnect from their electronic devices and live in the present moment. They will reconnect with nature and build authentic connections with local communities, learning from their diverse perspectives, life experiences and generational wisdom.

RESPONSIBLE & SUSTAINABLE TRAVEL

We are passionate about traveling responsibly and leaving a positive impact on all the destinations we go to. We partner with local nonprofit organizations, sea turtle conservation programs, sustainable living centers, and many more in each country we travel to. We prioritize environmental responsibility and cross-cultural experiences, encouraging meaningful connections through slow travel principles.



Sustainable travel

We foster environmentally responsible travel and cultural immersion by collaborating with local sustainable living centers and community leaders. This collaboration allows us to forge genuine connections and create mindful adventures across the world.



Environmental & social responsibility

By upholding environmental and social responsibility, we instill values that promote a balanced relationship between humanity and the natural world, inspiring positive change.



Global citizenship

We cultivate global citizenship by immersing students in diverse cultures, nurturing compassion for all life, and fostering a sense of responsibility towards the global community.



Cultural immersion

Through respectful, immersive travel experiences, we encourage cultural understanding, celebrate diversity, and embrace the richness of different traditions and ways of life.



Compassion & self empowerment

We prioritize cultivating self-confidence, interpersonal skills, and compassion for all life, nurturing an expanded worldview and sense of empowerment in our students.



Slow travel

We practice slow travel by engaging in mindful activities such as participating in local cooking traditions, practicing active listening, and spending quality time with one another in nature, creating lasting friendships.

PROGRAM COMPONENTS

Our program components integrate experiential learning and responsible travel practices, emphasizing eco-friendly approaches and cultural immersion. Participants engage in diverse activities such as hiking, water exploration, and scientific fieldwork, gaining insights into environmental conservation and social justice issues. Project-based learning empowers students to take ownership of their learning, fostering critical thinking and personal growth.



Environmental & social justice

Delving into issues of climate change impacts, privilege, and societal equity, inspiring action for positive change and advocacy for a fairer, more sustainable world.



Community service

Prioritizing hands-on service learning and leaving a positive impact through volunteer efforts in animal rescue, beach cleanups, and native tree planting, fostering a sense of agency and positive change.



Language & cultural immersion

Valuing cross-cultural engagement, meaningful connections with local communities, and learning simple phrases in native languages, enhancing immersion experiences and cultural understanding.



Project-based learning

Empowering students to lead their passion projects, guiding them through research and reflection on nature conservation and cultural topics, fostering critical thinking and inquiry skills.



Low-impact travel

Prioritizing responsible tourism practices and eco-friendly accommodations to minimize our ecological footprint while fostering meaningful connections with local cultures and ecosystems.



Hiking & wilderness exploration

Offering diverse opportunities for wilderness exploration through day hikes and mountain treks, immersing participants in nature's rugged landscapes and urgent global environmental issues.



Water activities

Catering to many interests and skill levels, from serene snorkeling to exciting scuba dives and rafting trips, providing hands-on learning about marine life and river conservation.



Scientific fieldwork

Engaging in first-hand scientific exploration, collaborating with local organizations on wildlife research, and gaining practical insights into the natural world and STEM careers.



LEARNING GOALS

Expand your own values

Our programs help participants clarify their own values and life vision. Nature and Oceans Adventures fosters self-confidence, interpersonal skills, and personal development through leadership, cross-cultural exchange, and scientific field experiences. Participants expand their worldview, problem-solving abilities, and sensory connections with nature, enhancing their holistic growth and contributing to conservation efforts.



Here are some skills participants reported gaining after their NOA programs:



ABROAD TRAVEL PROGRAMS



FALL				
Location	Dates	Length	Program	Pages
California	Sept 7-18	12 days	Southern California Biodiversity & Sustainability	17-18
Mexico	Sept 21-Oct 4	14 days	Coral Reef Restoration & Scuba Diving	19-20

WINTER				
Location	Dates	Length	Program	Pages
Norway	December 13-21	9 days	Orca Expedition & Norwegian Culture	23-24
Ecuador	January 6-18	14 days	Wildlife Conservation & the Amazon Rainforest	25-26
Indonesia	February 10-22	14 days	Marine Biology & Scuba Diving Expedition	27-28

SPRING				
Location	Dates	Length	Program	Pages
Costa Rica	March 19-April 1	12 days	Sea Turtle Conservation & Sustainability	31-32
Mexico	March 19-April 1	12 days	Coral Reef Restoration & Scuba Diving	33-34

ABROAD TRAVEL PROGRAMS

SUMMER				
Location	Dates	Length	Program	Pages
Costa Rica	June 9-22	14 days	Sea Turtle Conservation & Sustainability	37-38
Spain	July 2-15	14 days	Marine Biology, Spanish Language & Cultural Immersion	39-40
Mediterranean	July 2-15	14 days	Marine Biology & Cultural Immersion	41-42
California	July 20-31	12 days	Pacific Northwest Biodiversity & Sustainability	43-44
French Polynesia	August 3-16	12 days	Marine Conservation & Cultural Immersion	45-46
Ecuador	August 18-31	15 days	Wildlife Conservation & the Galapagos Islands	47-48

FOR EDUCATORS				
Location	Dates	Length	Program	Pages
Costa Rica	June 23-30	14 days	Climate Change, Cross-Cultural & Experiential Education	51-52
Maui	December 27-January 4	9 days	Self Empowerment & Marine Biology	53-54

“I created these life-changing programs to offer the opportunity to students to explore and experience the magnificence of some of the most stunning pristine natural places on our planet and at the same time help to protect some of its most unique and beautiful ecosystems participating in scientific projects by our local partners. I custom designed these programs to offer a combination of marine biology, conservation, permaculture, adventures in nature and sustainable travel.” - Marta Fabregas

OUR DESTINATIONS



From Spain to French Polynesia, our destinations encompass breathtaking landscapes and rich biodiversity, offering unforgettable experiences in harmony with nature. Join our sustainable adventures for a journey of conservation and appreciation for our planet's wonders.



SOUTHERN CALIFORNIA PROGRAM

Southern California Biodiversity and Sustainability

12
days

Description

Explore Southern California's marine biodiversity through hands-on workshops, including snorkeling, kayaking, and visits to key marine centers like Birch Aquarium and The Marine Mammal Care Center.

Dates

September 8 -
September 17

Program Components

Ocean Exploration
Project-Based Learning
Community Service

Participants will immerse themselves in hands-on workshops focused on California's biodiversity, ecology, and global marine conservation efforts. Guided visits and interactive workshops will lead them through the wonders of La Jolla Bay, including hiking, tide pool exploration, snorkeling, and kayaking. Engaging in scientific practical activities, a whale watching expedition, and the option for scuba diving or snorkeling at Laguna Beach State Marine Reserve are also highlights. Explore the pristine waters of The Channel Islands through snorkeling or diving to discover and learn about the local biodiversity. Learn about sustainable living at a center in Ojai and visit the Marine Mammal Care Center in Los Angeles



ITINERARY SOUTHERN CALIFORNIA

SEPTEMBER 8TH TO SEPTEMBER 17TH, 2024

DAY 1: Arrival at San Diego International Airport

Transfer to the hotel in San Diego, where you'll settle in.

DAY 2: Birch Aquarium & La Jolla Bay Hike

Begin your day with a guided visit to Birch Aquarium, where you'll learn about local marine biodiversity. Hike in La Jolla Bay and spot local wildlife along the way.

DAY 3: La Jolla Tide Pools

Immerse yourself in NOAA's marine biology workshops, where you'll learn about the Pacific Ocean ecosystems and conservation efforts. Explore La Jolla tide pools and observe marine species up close in their natural habitat.

DAY 4: La Jolla Cove

Dive into NOAA's marine biology workshops, deepening your understanding of marine biology and oceanography.

DAY 5: La Jolla Shores

Kayak tour along the picturesque La Jolla Shores, soaking in the beauty of the coastal scenery and enjoying the ocean.

DAY 6: La Jolla

Be part of a hands-on scientific project, applying your marine biology knowledge and skills in a real-world setting. Spend the afternoon exploring more of La Jolla's attractions or relax.

DAY 7: Whale Watching, San Diego

Whale watching excursion in the Pacific ocean. Explore the charming town of Encinitas, known for its laid-back atmosphere, eclectic shops, and stunning coastal views.

DAY 8: Laguna Beach State Marine Reserve

Scuba/snorkeling activity in Laguna Beach. Transfer to Ventura, where you'll continue your coastal exploration.

DAY 9: Channel Islands National Marine Sanctuary

Snorkel or diving tour at Channel Islands marine protected area.

DAY 10: Ojai Hot Springs

Visit the sustainable living center in Ojai, and hike in the scenic Ojai hot springs area with natural landscapes.

DAY 11: Marine Mammal Care Center, Los Angeles

Visit the Marine Mammal Care Center, where you'll learn about animal rehabilitation efforts in California. Return to San Diego.

DAY 12: Departure home

MEXICO PROGRAM

Coral Reef Restoration and Scuba Diving

14
days

Description

Join our "Coral Reef Restoration Program" for a unique marine conservation experience. Dive into marine research, gain Scuba Diver certification, explore Mayan ruins, and contribute to coral reef restoration efforts.

Dates

September 21 -
October 4

Program Components

Low-Travel Impact
Hiking/Wilderness Exploration
Scientific Fieldwork

This unique initiative offers participants the opportunity to engage in marine research projects, obtain Scuba Diver certification, and discover ancient Mayan ruins and cenotes. Undergo Open Water Diver training with Akumal Dive Center, becoming a research assistant at Centro Ecologico Akumal. Focus on reef ecosystem restoration within the Akumal Fish Refuge, actively participating in coral rehabilitation and maintaining coral nurseries. Contribute to the preservation of the Akumal coral reef, experiencing firsthand the successful restoration efforts with an impressive 90% survival rate.



ITINERARY MEXICO

SEPTEMBER 21ST TO OCTOBER 4TH, 2024

DAY 1: Arrival into Cancun Airport International, Mexico

Transfer to Centro Ecologico Akumal for orientation

DAY 2-3: Centro Ecologico Akumal Training

Coral reef restoration program. OWD dive 1 & 2 or open water dives (if certified).

DAY 4: Akumal Dive Center

OWD dive 3 & 4 or open water dives (if certified).
Training Coral reef restoration program.

DAY 5: Akumal Dive Center

OWD dive 5 and 6 or open water dives (if certified).
Training Coral reef restoration program.

DAY 6-8: Coral Reef Restoration Program

We will participate in the Acropora Coral Reef Restoration project in Akumal. CEA and Oceanus A.G. collaborate to rehabilitate coral reefs in Akumal where they established and maintain two hatcheries of stabilization of Acropora cervicornis fragments, rescued from the bottom of the sea. The project has been very successful, the survival tax is 90%.

DAY 9: Explore Tulum and the Cenotes

Visit the Tulum Mayan ruins and enjoy snorkeling or scuba diving in the crystal-clear freshwater cenotes.

DAY 10: Coba Mayan Ruins & Rio Secreto Nature Reserve

Explore Tulum Mayan ruins and the stunning underground river with thousands of dramatic stalactites and stalagmites.

DAY 11-13: Coral Reef Restoration Program

Coral Reef Restoration Program at Centro Ecologico Akumal.

DAY 14: Departure home

TESTIMONIAL

Marta has brought the ocean and its creatures to life. Her passion for marine life is contagious!!! We love Marta! She inspires my daughter who has inspired me to learn about the underwater world. We even became scuba certified to experience what she is teaching.

- Tiffany Burbidge



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The team at Nature and Oceans Adventures is composed of incredibly kind, driven, and motivated individuals. Their work ethic and desire to see and make the world a better place are some of the many unique attributes that set them apart. I highly recommend the team and the amazing programs Nature and Oceans Adventures offer. They will complete it with grace, care, and diligence!

- Emily Vierling

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WINTER PROGRAMS



NORWAY PROGRAM

Orca Expedition and Norwegian Culture

9
days

Description

Embark on an Arctic adventure with our "Orca Expedition" in Norway. Discover Oslo's culture, hike in Alta, and immerse yourself in sustainable encounters with orcas, guided by experts like Pierre Robert Latour, "The Orca Whisperer."

Dates

December 12 - December 20

Program Components

Hiking/Wilderness Exploration
Ocean Exploration
Scientific Fieldwork

Explore Norway's Arctic wonders with our "Orca Expedition" itinerary. Discover Oslo and its rich Norwegian culture, visiting hidden gems within the city. Hike in Alta and the Arctic region, where you'll settle before embarking on our ocean adventure. Experience sustainable encounters with orcas, dolphins, seals, and large whales. Learn about orcas, their biology, ecology, and social dynamics through first-hand behavioral encounters within the pod and with humans, offering a once-in-a-lifetime exploration opportunity guided by professionals and experts. Pierre Robert Latour, known as "The Orca Whisperer," brings over 7500 successful underwater encounters, mainly with orcas, in their natural habitat.



ITINERARY NORWAY

DECEMBER 12TH TO DECEMBER 20TH, 2024

DAY 1: Arrival in Oslo International Airport

Upon arrival, you'll be transferred to your hotel in Oslo for orientation. Take the opportunity to explore Oslo.

DAY 2: Flight to Alta

Fly to Alta and transfer to Thon hotel for orientation. Enjoy a scenic hike in Alta to immerse yourself in the stunning natural surroundings.

DAY 3-6: Orca Expedition with USEA

Embark on an unforgettable Orca Expedition with USEA, diving deep into the fascinating world of marine life and experiencing thrilling encounters with the majestic orcas.

DAY 7: Flight back to Oslo

Return flight to Oslo, where you'll have the chance to visit Oslo Fjord and explore the city's highlights.

DAY 8: Visit Oslo Fjord and city highlights

Delve into Norwegian culture and savor local cuisine while discovering the captivating beauty of Oslo Fjord and exploring the city's iconic landmarks.

DAY 9: Departure home

TESTIMONIAL

My experience with the 'Orca Expedition' was an absolute dream come true! From the vibrant culture of Oslo to the breathtaking hikes in Alta, every moment was filled with wonder and excitement. But the real highlight was our time with the orcas. Under the guidance of Pierre Robert Latour, 'The Orca Whisperer,' we were immersed in a world of respect for these magnificent creatures. Pierre's expertise and passion shone through as we learned about orcas' biology, ecology, and social dynamics through up-close and personal encounters.

The experience of being close to the orca's pod, witnessing their behavior firsthand, and even interacting with them in their natural habitat was beyond words. It's not just a trip; it's a transformative journey that leaves you with a deep appreciation for nature and a lifetime of memories. Thank you, NOA, for this unforgettable adventure!

- Tania Balastegui



ECUADOR PROGRAM

Wildlife Conservation and The Amazon Rainforest

14
days

Description

Experience our Wildlife Conservation Program in Ecuador, where you actively contribute to conservation efforts. Explore Yasuní Biosphere Reserve, Ecuador's biodiversity hotspot, and engage in hands-on projects preserving unique species and ecosystems.

Dates

January 6 - January 19

Program Components

Environmental & Social Justice
Community Service
Project-Based Learning

Participants actively contribute to real conservation efforts at Yanacocha Wildlife Reserve and at Tiputini Research Station, in the Amazon rainforest, immersing themselves in the unique biodiversity of each ecoregion. From hiking in endangered ecosystems to participating in a wildlife rescue center, this program offers hands-on involvement in preserving the endemic ecosystems of Ecuador. Explore the wonders of Yasuní Biosphere Reserve, the world's greatest biodiversity hotspot, according to the study "Global Conservation Significance of Ecuador's Yasuní National Park" making this eco-travel adventure an enriching journey into conservation and exploration.



ITINERARY ECUADOR

JANUARY 6TH TO JANUARY 19TH, 2025

DAY 1: Arrival in Quito International Airport, Ecuador

Transfer to Quito hotel for orientation.

DAY 2-6: Yanacocha Wildlife Rescue Center

Join the Yanacocha team in their efforts to contribute to the conservation of flora and fauna in Pastaza province. The center receives animals confiscated by environmental authorities during their various controls in the province, aiding in their rehabilitation and care.

DAY 7: Transfer to Coca

Orientation on Amazon culture gaining insights into the vibrant traditions and way of life of the indigenous communities residing in this enchanting region.

DAY 8-12: Tiputini Research Station

Take part in hands-on research activities within the Yasuní National Park, a UNESCO Biosphere Reserve, the world's greatest biodiverse hotspot.

DAY 13: Return to Quito

Immerse yourself in the local Quito traditions and customs.

DAY 14: Departure home

TESTIMONIAL

My teacher had offered me the chance to come with her to the Galapagos islands, little did I know I would have a life-changing experience that would change how I live and see nature. Before we went to the islands, we had the chance to volunteer at Yanacocha wildlife reserve there a man named Raul devoted his time and energy to this project. This is a place where they rescue hurt and abused animals. There I had the chance to train ocelots, kinkajous, monkeys, and more. It changed the way I saw how we live and how we can make such a significant impact on this earth. We only have one earth and we need to treat it with respect and kindness. I am so happy I had the chance to be a part of NOA and I can't wait for the next adventure.

- Gabby Burbidge



INDONESIA PROGRAM

Marine Biology and Scuba Diving Expedition

14
days

Description

Explore Indonesia’s Coral Triangle, a haven for marine biodiversity. Dive into the vibrant world of Misool, encounter dolphins and whales, and discover famous dive sites. Immerse yourself in Raja Ampat’s stunning reefs, wildlife, and cultural treasures.

Dates

February 10 - February 23

Program Components

Hiking/Wilderness Exploration
Ocean Exploration
Scientific Fieldwork

Our expedition begins in Sorong, where you’ll transfer to a liveaboard. Encounter resident pods of dolphins and whales and dive into the world of Misool, known for its vibrant reefs and diverse marine life. Explore Mioskon, Blue Magic, and Arborek Jetty, where you’ll discover sheer vertical walls, schools of fish, and unique coral formations. Navigate to Pele and Yanggefo, diving at famous sites like Four Kings and Mike’s Point. End your journey at Cape Kri, renowned for its large fish concentrations. Immerse yourself in the beauty of Raja Ampat’s reefs, landscapes, and local culture.



ITINERARY INDONESIA

FEBRUARY 10TH TO FEBRUARY 23RD, 2025

DAY 1: Arrive at Sorong/Dominique Edward Osok airport
Transfer to the hotel.

DAY 2: Liveaboard Trip, Sorong
Experience unforgettable interactions with resident pods of dolphins or passing whales. Dive guides will lead you to the best marine life spots in Misool, known for diverse reefs

DAY 3: Liveaboard Trip, Mioskon/Blue Magic, Raja Ampat
Dive at Mioskon. Explore Blue Magic, renowned for biodiversity and vibrant corals. Conclude with a dive at Chicken Reef and enjoy an evening under the starlit sky.

DAY 4: Liveaboard Trip, Arborek Jetty
Discover fantastic dive sites like No Contest and Love Potion. Spend the night in a hidden lagoon for a unique experience.

DAY 5: Liveaboard Trip, Misool
Dive at Misool Eco Resort’s Boo Rocks and other excellent sites. Sail to Wayilbatan for optional night diving.

DAY 6: Liveaboard Trip, Wayilbatan
Explore Barracuda Rock, Wedding Cake and Neptune’s Sea Fan. Kayak through lagoons in the area.

DAY 7: Liveaboard Trip, Pele & the Fam Islands
Dive at Four Kings and Pele’s famous sites. Sail to Penemu and the Fam islands.

DAY 8: Liveaboard Trip, Pele & the Fam Islands
Explore Penemu’s reefs and dive at Melissa’s Garden.

DAY 9: Liveaboard Trip, Yanggefo
Dive at Citrus Ridge and Mayhem. Visit Mike’s Point.

DAY 10: Liveaboard Trip, Cape Kri
Discover Blue Magic and Cape Kri dive sites teeming with marine life. Relax on Kri’s secluded beaches in the afternoon.

DAY 11: Liveaboard Trip, Back to Sorong
Say farewell to the crew and Akomo Isseki.

DAY 12: Day in Sorong
Explore Sorong and do local hike.

DAY 13: Day in Sorong
Visit Sorong and learn about Indonesian culture.

DAY 14: Departure home

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Hawaii holds a special place in my heart, as each of my four trips to the islands has left me with unforgettable memories and profound experiences. One aspect that consistently stands out to me is the deep connection to the heart chakra that I feel when immersed in Hawai'i's natural beauty.

The vibrant colors of the landscape, from the lush greenery of the forests to the crystal-clear blue waters surrounding the islands, never fail to captivate me. It's as if nature itself is speaking to my soul, awakening a sense of wonder and harmony within me.

During my time in Hawaii with Nature and Oceans Adventures, I've also been struck by the energy of the trees. Walking through the dense forests, I've felt a profound sense of connection with these majestic beings. It's as if they are communicating with me, sharing their wisdom and ancient knowledge.

But perhaps what has left the most lasting impression on me is the aloha spirit of the people. Everywhere I go in Hawaii, I am greeted with warmth and kindness, making me feel truly welcome and at home. The genuine hospitality and generosity of the locals embody the spirit of aloha, creating a sense of community and belonging that is truly special.

In all my travels, Hawaii holds a unique place in my heart, and each visit leaves me feeling more connected to myself, to nature, and to the world around me.

- Alba Carod

”

SPRING PROGRAMS



COSTA RICA PROGRAM

Sea Turtle Conservation and Sustainability

14
days

Description

Join the Sea Turtle Conservation Project team. Learn about sustainable farming, wildlife monitoring, and environmental education. Contribute to marine conservation while exploring the country's biodiversity.

Dates

March 19 - April 1

Program Components

Environmental & Social Justice
Community Service
Language & Cultural Immersion

Explore the beauty of Costa Rica through the NOA Sea Turtle Conservation Program, and become a vital part of sea turtle conservation by working as a research assistant in a reserve along either the Pacific or Caribbean coast. Immerse yourself in the sustainable practices of an organic permaculture farm and actively contribute to shaping environmental education in local schools. Contribute to the monitoring of mammals in the country's National Parks, and explore the pristine biodiversity of rainforests and underwater life under the expert guidance of biologists. Join us in this hands-on journey to make a positive impact on marine conservation while gaining valuable insights into Costa Rica's rich biodiversity.



ITINERARY COSTA RICA

MARCH 19TH TO APRIL 1ST, 2025

DAY 1: Arrival in San Jose International Airport

Transfer and orientation in Villas Zurqui.

DAY 2: Leatherback Sea Turtle Reserve

Transfer to the Leatherback Sea Turtle Reserve on the Caribbean coast, Refugio Silvestre Laguna Urpiano; Bataán de Matina. Training in the Sea Turtle Conservation Program.

DAY 3-8: Leatherback Sea Turtle Reserve

Mammal transects and hikes in the reserve. Sea Turtle Conservation Program shifts: Leatherback and Green Sea Turtles are critically endangered and endangered; NOA in collaboration with the Sea Turtle reserve works to protect the population of these species. You will participate in night patrols to work with adult females and with hatchlings in the Sea Turtle reserve hatchery.

DAY 9: Tour to Jaguar Rescue Center, Cocles

Visit the unique biodiversity of the animal sanctuary and explore their center.

DAY 10-12: Loroco Sustainable Living Center, Loroco

Private transportation to Loroco Farm. Loroco Sustainable living Center orientation. Loroco Sustainable Living Center shifts.

DAY 13: Tour to Cahuita National Park and Snorkel Tour

Explore the pristine rainforest and the Caribbean beaches of Cahuita National Park and learn about the afro-Caribbean culture.

DAY 14: Departure home

TESTIMONIAL

The Costa Rica program provided hands-on learning about conservation. Students got to make a personal connection to marine conservation and had unique opportunities to interact with the animals. This program was such a great experience that has opened our eyes to how important it is to do our part, no matter where in the world we live.

- Melinda Hassinger

MEXICO PROGRAM

Coral Reef Restoration and Scuba Diving

14
days

Description

Join our "Coral Reef Restoration Program" for a unique marine conservation experience. Dive into marine research, gain Scuba Diver certification, explore Mayan ruins, and contribute to coral reef restoration efforts.

Dates

March 19 - April 1

Program Components

Low-Travel Impact
Hiking/Wilderness Exploration
Scientific Fieldwork

Explore the wonders of marine conservation with the "Coral Reef Restoration Program" in the Caribbean coast of Mexico. This unique initiative offers participants the opportunity to engage in marine research projects, obtain Scuba Diver certification, and discover ancient Mayan ruins and cenotes. Undergo Open Water Diver training with Akumal Dive Center, becoming a research assistant at Centro Ecologico Akumal. Focus on reef ecosystem restoration within the Akumal Fish Refuge, actively participating in coral rehabilitation and maintaining coral nurseries. Contribute to the preservation of the Akumal coral reef, experiencing firsthand the successful restoration efforts with an impressive 90% survival rate.



ITINERARY MEXICO

MARCH 19TH TO APRIL 1ST, 2025

DAY 1: Arrival into Cancun Airport International, Mexico

Transfer and orientation in Centro Ecologico Akumal.

DAY 2-3: Centro Ecologico Akumal Training & Diving

Training in the Coral reef restoration program.

DAY 4: Akumal Dive Center

Open Water Dive 3 & 4.
Training in the Coral Reef Restoration Program.

DAY 5: Akumal Dive Center

Open Water Dive 5 & 6.
Training in the Coral Reef Restoration Program.

DAY 6-8: Coral Reef Restoration Program

Be part of the hands-on Coral Reef Restoration Program at Centro Ecologico Akumal, focusing on Acropora coral reef population restoration efforts, known for its high survival rate of 90%.

DAY 9: Explore Tulum and the Cenotes

Visit the Tulum Mayan ruins and enjoy snorkeling or scuba diving in the crystal-clear freshwater cenotes.

DAY 10: Coba Mayan Ruins & Rio Secreto Nature Reserve

Explore the Coba Mayan ruins and marvel at the stunning underground river adorned with dramatic stalactites and stalagmites at Rio Secreto Nature Reserve.

DAY 11-13: Coral Reef Restoration Program

Coral Reef Restoration Program at Centro Ecologico Akumal

DAY 14: Departure home

TESTIMONIAL

After working with you, Marta, I experienced so much joy, positivity, and confidence. Your radiant happiness and unwavering support inspired me to pursue my dreams with determination. Your guidance was invaluable, empowering me to embrace what I love and excel in it.

- Rachel Baker

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My trip to Costa Rica was one that I will never forget. First day we got there we went ziplining, and I saw so many amazing animals like monkeys, spiders, lizards, and many other amazing animals. After the first day, we met up with the whole group. They were amazing people to go to an incredible Island known to have an abundance of biodiversity with. To get to the island we took a boat and it was a crazy adventure to get there with the tide going against us, and the waves hitting the boat felt like a movie. When we got to the island it was such an astonishing place. At night you could see the stars shining. It felt unreal to me. In the morning you could hear the howler monkeys screaming at the top of their lungs and every night we went out on patrol to find sea turtles, laying eggs. Sadly the first couple nights we did not see anything, and I was losing hope on seeing a sea turtle laying eggs but on our last day on the Island, we found a sea turtle laying eggs. It was one of the most beautiful things I'd ever seen in my life, and it was something I thought I would never get to see. I met so many new people and had lots of fun on this trip with NOA. Going to Costa Rica is one of the things that I'll never regret in my life.

- Isai Lopez

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SUMMER PROGRAMS



COSTA RICA PROGRAM

Sea Turtle Conservation and Sustainability

14
days

Description

Explore the beauty of Costa Rica through the NOAA Sea Turtle Conservation Program, and become a vital part of Conservation Projects by working as a research assistant in a reserve along either the Pacific or Caribbean coast.

Dates

June 9 - June 22

Program Components

Environmental & Social Justice
Community Service
Language & Cultural Immersion

Immerse yourself in the sustainable practices of an organic permaculture farm and actively contribute to shaping environmental education in local schools. Contribute to the monitoring of mammals in the country's National Parks, and explore the pristine biodiversity of rainforests and the wonders of underwater life under expert guidance of biologists.

Join us in this hands-on journey to make a positive impact on marine conservation while gaining valuable insights into Costa Rica's rich biodiversity.



ITINERARY COSTA RICA

JUNE 9TH TO JUNE 22ND, 2025

DAY 1: Arrival in San Jose International Airport

Transfer and orientation in Villas Zurqui.

DAY 2: Leatherback Sea Turtle Reserve

Transfer to the Leatherback Sea Turtle Reserve in the Caribbean. Training in the Sea Turtle Conservation Program.

DAY 3-8: Leatherback Sea Turtle Reserve

Mammal transects and hikes in the reserve. Sea Turtle Conservation Program shifts Leatherback and Green Sea Turtles are critically endangered and endangered; NOAA in collaboration with the Sea Turtle reserve works to protect the population of these species. You will participate in night patrols to work with adult females and with hatchlings in the Sea Turtle reserve hatchery.

DAY 9: Tour to Tortuguero National Park

Visit the unique biodiversity of pristine rainforest and explore the intricate canals to find sloths and monkeys.

DAY 10-12: Loroco Sustainable Living Center

Private transportation to Loroco Farm.
Loroco Sustainable living Center orientation.
Loroco Sustainable living Center shifts.

DAY 13: Tour to Cahuita National Park & Snorkel Tour

Explore the rainforest and the beaches of Cahuita National Park and learn about the afro-Caribbean culture.

DAY 14: Departure home

TESTIMONIAL

The Costa Rica program provided hands-on learning about conservation. Students got to make a personal connection to marine conservation and had unique opportunities to interact with the animals. This program was such a great experience that has opened our eyes to how important it is to do our part, no matter where in the world we live.

- Melinda Hassinger

SPAIN PROGRAM

Marine Biology, Spanish Language, and Culture Immersion

14
days

Description

Explore Spain's Mediterranean coast, combining hikes, oceanographic expeditions, snorkeling, scuba diving, and hands-on marine research at Almeria University.

Dates

July 2 - July 15

Program Components

Language & Cultural Immersion
Ocean Exploration
Environmental & Social Justice

Dive into invigorating hikes in National Parks and an oceanographic expedition in the Mediterranean Sea, revealing underwater marvels through Scuba Diving and snorkeling. Transition to southern Spain, contributing to marine research programs at Almeria University and exploring cutting-edge initiatives. Explore Cabo de Gata National Park, with Scuba Diving or snorkeling opportunities amidst remote Mediterranean treasures. This holistic program combines marine exploration, cultural immersion, and hands-on research, creating lasting memories and fostering a profound connection with the ecological wonders of the Mediterranean.



ITINERARY SPAIN

JULY 2ND TO JULY 15TH, 2025

DAY 1: Arrival in Barcelona

Arrive at Barcelona International Airport.
Transfer to hotel, program introduction, and orientation.

DAY 2: Montserrat Natural Park

Hike and visit Montserrat Natural Park and Monastery.
Arrival at Mas Pujou Sustainable Living Center.

DAY 3: Garrotxa Volcanic Natural Park

Hike into Garrotxa Volcanic Natural Park. Visit Rupit medieval town and its waterfalls.

DAY 4: Cetaceans Ocean Expedition

Depart from Cadaques to find and study cetaceans biology.

DAY 5: Cap de Creus Natural Park

Hike coastal trails, snorkel/scuba dive in Cap de Creus Marine Protected Area.

DAY 6: Cadaques Dali Town and Oceanography

Snorkel in Cadaques, visit Dali's town. Oceanography expedition in Cap de Creus Marine Protected Area.

DAY 7: Medes Islands Marine Protected Area

Snorkel/ Scuba diving activity in Medes Islands Marine Protected Area. Visit Empuries Roman Ruins and the beach.
Transfer to Barcelona. Visit Barcelona's Gothic old town.

DAY 8: Transfer to Almeria

Plastic Pollution Research Project, Almeria University.

DAY 9-10: Plastic Pollution Research Project

Plastic Pollution Research hands-on activities and workshops.

DAY 11-12: Cabo de Gata-Níjar Natural Park

Hike & snorkel/scuba dive, Cabo de Gata-Níjar Natural Park.

DAY 13: Transfer from Cabo de Gata-Níjar Natural Park

Snorkel in Cabo de Gata-Níjar Marine Protected Area.
Transfer back to Barcelona.

DAY 14: Departure home



MEDITERRANEAN PROGRAM

Marine Biology and Cultural Immersion

14
days

Description

Embark on a transformative ecotravel experience with our Mediterranean marine biology and cultural summer program in Spain.

Dates

July 2 - July 15

Program Components

Hiking/Wilderness Exploration
Environmental & Social Justice
Language & Cultural Immersion

The journey unfolds in two parts, beginning with invigorating hikes in National Parks and an oceanographic expedition in the Mediterranean Sea, where scuba diving and snorkeling reveal underwater marvels. Transitioning to southern Spain, participants actively contribute to marine research programs at Almeria University. The adventure culminates in Cabo de Gata National Park, offering scuba diving or snorkeling opportunities amidst remote Mediterranean treasures. This holistic program seamlessly combines marine exploration, cultural immersion, and hands-on research, creating lasting memories and fostering a profound connection with the ecological wonders of the Mediterranean.



ITINERARY MEDITARRANEAN

JULY 2ND TO JULY 15TH, 2025

DAY 1: Arrival in Barcelona

Arrive at Barcelona International Airport.
Transfer to hotel, program introduction, and orientation.

DAY 2: Montserrat Natural Park

Hike and visit Montserrat Natural Park and Monastery.
Arrival at Mas Pujou Sustainable Living Center.

DAY 3: Garrotxa Volcanic Natural Park

Hike into Garrotxa Volcanic Natural Park. Visit Rupit medieval town and its waterfalls.

DAY 4: Cetaceans Ocean Expedition

Depart from Cadaques to find and study cetaceans biology.

DAY 5: Cap de Creus Natural Park

Hike coastal trails, snorkel/scuba dive in Cap de Creus Marine Protected Area.

DAY 6: Cadaques Dali Town and Oceanography

Snorkel in Cadaques, visit Dali's town. Oceanography expedition in Cap de Creus Marine Protected Area.

DAY 7: Medes Islands Marine Protected Area

Snorkel/ Scuba diving activity in Medes Islands Marine Protected Area. Visit Empuries Roman Ruins and the beach
Transfer to Barcelona. Visit Barcelona's Gothic old town.

DAY 8: Transfer to Almeria

Plastic Pollution Research Project, Almeria University.

DAY 9-10: Plastic Pollution Research Project

Plastic Pollution Research hands-on activities and workshops.

DAY 11-12: Cabo de Gata-Níjar Natural Park

Hike & snorkel/scuba dive, Cabo de Gata-Níjar Natural Park.

DAY 13: Transfer from Cabo de Gata-Níjar Natural Park

Snorkel in Cabo de Gata-Níjar Marine Protected Area.
Transfer back to Barcelona.

DAY 14: Departure home

CALIFORNIA PROGRAM

Pacific Northwest Biodiversity and Sustainability

12
days

Description

Dive into marine biology programs in Northern California and explore biodiverse marine protected areas. Hike National Parks to observe marine mammals, and engage in hands-on conservation projects.

Dates

July 20 - July 31

Program Components

Project-Based Learning
Scientific Fieldwork
Hiking & Wilderness Exploration

During this experience we will discover in depth the Northwest Biodiversity through a marine biology program guided by experts. We will scuba dive or snorkel in some of the most pristine and biodiverse marine protected areas in California. We will hike and learn about elephant seals and other marine mammals when we go on a whale watching tour. We will visit one of the most ancient forests in the world: the Redwood Grooves. We will visit a few sustainable living initiatives and a marine lab. On our trip back to the city, we will learn from experts about how a marine mammal rescue center works.



ITINERARY CALIFORNIA

JULY 20TH TO JULY 31ST, 2025

DAY 1: Arrival at San Francisco International Airport

Transfer from airport to hotel in Santa Cruz.

DAY 2: Monterey Bay & Moss Landing

Guided visit to Monterey Bay Aquarium.
Visit to Moss Landing Marine Lab.

DAY 3: Point Lobos & Moss Landing

Dive or snorkel exploration in Point Lobos Marine Protected Area. Sea otter observation at Moss Landing State Beach.

DAY 4: Año Nuevo State Park and Santa Cruz

Hike in Año Nuevo State Park and visit the elephant seal populations. Visit NOAA Sanctuary Exploration Center in Santa Cruz.

DAY 5: Point Reyes & Mendocino Coast

Whale watching in Point Reyes National Seashore.
Travel to Mendocino coast.

DAY 6: NOYO Marine Center & Coastal Trail

Visit NOYO Marine Center and the Orca Skeleton. Lecture by the center director and local marine biology programs.

DAY 7: Scientific Project & Ecological Tour

Participate in the sea urchin removal scientific project with REEF. Ecological guided tour in the tide pools at Fort Bragg.

DAY 8: Rockefeller Redwoods National Park

Hike in Rockefeller Redwoods National Park.

DAY 9: Eel River & Sustainable Living

Kayak in the Eel River and learn about local biodiversity. Visit a sustainable living farm.

DAY 10: Eureka & Northern Coast

Visit the sustainable seafood farm in Eureka. Hike on the northern California coast and visit Telonicher Marine Lab.

DAY 11: Marine Mammal Rescue Center

Visit the Marine Mammal Rescue Center in Marin.
Arrival in San Francisco.

DAY 12: Departure home



FRENCH POLYNESIA PROGRAM

Marine Conservation and Cultural Immersion

12
days

Description

Embark on a marine conservation journey with our NOA program, exploring the pristine coral reefs of the Southern Pacific in French Polynesia.

Dates

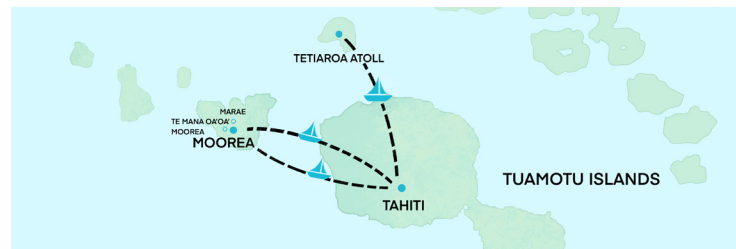
July 17 - July 30

Program Components

Low-Travel Impact
Ocean Exploration
Cultural Immersion & Permaculture

Embark on a marine conservation journey with our NOA program, exploring the pristine coral reefs of the Southern Pacific in French Polynesia. Starting in Tahiti, discover the northern coral reefs and actively contribute to marine conservation efforts. Next to Mo'orea, engaging with a Sea Turtle Research Station, joining a humpback whale research program, and immersing in Polynesian culture and permaculture. The adventure culminates with an ocean expedition to Tetiaroa Atoll, offering a chance to witness vibrant marine life and actively participate in its preservation.

This eco-travel experience promises not only breathtaking landscapes and cultural immersion, but also a meaningful contribution to marine conservation in this ecological haven.



ITINERARY FRENCH POLYNESIA

JULY 17TH TO JULY 30TH, 2025

DAY 1: Arrival at Tahiti International Airport

Transfer from airport to Hotel Saranui and rest.

DAY 2: Exploring Tahiti & Marine Biology Introduction

Explore Tahiti with visits to Arahurahu Marae and Maraa Grotto, where you'll learn about Polynesian culture and history. Participate in a snorkeling activity followed by a marine biology class to introduce the local marine ecosystems.

DAY 3: Travel to Mo'orea

Travel by ferry to Mo'orea. Orientation to the island and cultural activity. Orientation to the island and cultural activity to familiarize yourself with Mo'orea's rich heritage and customs.

DAY 4: UC Berkley Gump Station

Visit the UC Berkeley Gump Station to learn about ongoing marine research and conservation efforts. Engage in scuba diving or snorkeling activities with Mo'orea Blue Diving to explore the vibrant underwater world of Mo'orea.

DAY 5: Workshops at UC Berkeley Gump Station

Participate in workshops at UC Berkeley Gump Station, deepening your understanding of marine biology and conservation practices.

DAY 6: Sea Turtle Conservation & Island Tour

Visit Te Mana o Te Moana to learn about and participate in sea turtle conservation projects. Exploration of Mo'orea.

DAY 7: Polynesian Cultural Activities

Attend French Polynesian cultural workshops, delving into local traditions and practices.

DAY 8: Snorkel & Marine Biodiversity Class

Snorkel at Temae beach and discover more of Mo'orea's diverse marine life. Marine Biodiversity workshop.

DAY 9-10: Whale Research Trip

Whale research expeditions with Michael to study whale behavior and ecology. Snorkel at one of Mo'orea's most beautiful beaches, renowned for its rich marine biodiversity.

DAY 11: Return to Tahiti & Paddleboarding

Enjoy a stand-up paddleboard activity and visit local markets to experience the vibrant local culture and cuisine.

DAY 12: Departure home



ECUADOR PROGRAM

Wildlife Conservation and The Galapago Islands

15
days

Description

Embark on the Galapagos Wildlife Conservation Program, a transformative experience focused on sustainability projects for global conservation in the Galapagos Islands and the Amazon rainforest in Ecuador.

Dates

August 1 - August 13

Program Components

Low-Travel Impact
Hiking/Wilderness Exploration
Project-Based Learning

Participants actively contribute to real conservation efforts at Yanacocha Wildlife Reserve and an organic permaculture farm in the Galapagos, immersing themselves in the unique biodiversity of each ecoregion. From hiking in endangered cloud forests to participating in the restoration of native forests, this program offers hands-on involvement in preserving endemic ecosystems. Explore the wonders of marine life at León Dormido Marine Reserve and gain insights at the Charles Darwin Research Station, making this eco-travel adventure an enriching journey into conservation and exploration.



ITINERARY ECUADOR

AUGUST 1ST TO AUGUST 13TH, 2025

DAY 1: Arrival at Quito airport international, Ecuador
Transfer and orientation in Quito hotel.

DAY 2-3: Cloud Forest Wildlife Reserve
Visit the Equator line. Mindo Cloud Forest hike.

DAY 4: Cotopaxi National Park
Hike into Cotopaxi National Park. Visit Banos Waterfalls.

DAY 5-6: Yanacocha Wildlife Rescue Center
Join the Yanacocha team in their efforts to contribute to the conservation of flora and fauna in Pastaza province. The center receives animals confiscated by environmental authorities during their various controls in the province, aiding in their rehabilitation and care.

DAY 7: Yanacocha Wildlife Rescue Center
Transfer to Quito hotel.

DAY 8: San Cristobal, Galapagos Islands
Flight to Galapagos islands.
Sustainable Living Center orientation.

DAY 9-10: Sustainable Living Center in Galapagos
Engage in hands-on sustainability projects in San Cristobal Island. The conservation project aims to restore native and endemic forests, striving to enhance the natural harmony and biodiversity of endangered endemic trees on the islands.

DAY 11: Leon Dormido Marine Reserve
Leon Dormido Marine Reserve Snorkel/Scuba Diving Tour.

DAY 12-13: Santa Cruz, Galapagos islands
Explore the Charles Darwin Research Station.
Snorkel in Las Grietas Marine Reserve.

DAY 14: Isabela, Galapagos islands
Explore the endemic species of Isabela island.
Hike to Isabela's volcano.

DAY 15: Departure home

EDUCATORS PROGRAMS





COSTA RICA PROGRAM

Training in Climate Change, Cross-Cultural and Experiential Education

9
days

Description

Join the Sea Turtle Conservation Project team. Learn about sustainable farming, wildlife monitoring, and environmental education. Contribute to marine conservation while exploring the country's biodiversity.

Dates

June 23 - June 30

Program Components

Environmental & Social Justice
Community Service
Language & Cultural Immersion

Explore the beauty of Costa Rica through the NOA Sea Turtle Conservation Program, and become a vital part of Sea Turtle Conservation Projects by working as a research assistant in a reserve along either the Pacific or Caribbean coast. Immerse yourself in the sustainable practices of an organic permaculture farm and actively contribute to shaping environmental education in local schools. Contribute to the monitoring of mammals in the country's National Parks, and explore the pristine biodiversity of rainforests and the wonders of underwater life under the expert guidance of biologists. Join us in this hands-on journey to make a positive impact on marine conservation while gaining valuable insights into Costa Rica's rich biodiversity.



ITINERARY COSTA RICA: SPRING BREAK

JUNE 23RD TO JUNE 30TH, 2024

DAY 1: Arrival in San Jose International Airport
Tranfer and orientation in Villas Zurqui.

DAY 2: Mastatal Sustainable Living Center
Orientation at Mastatal Sustainable Living Center. Introduction to sustainable living practices.

DAY 3: Cross-Cultural Education & Experiential Learning
Engage in hands-on activities related to climate change and sustainability. Workshops on cross-cultural education and experiential learning.

DAY 4: Climate Change Impact & Mitigation
Interactive sessions on climate change and mitigation. Group discussions and collaborative projects.

DAY 5: Integrating Experiential Education
Practical training on sustainable practices. Workshops on integrating experiential education into teaching.

DAY 6: Community Engagement & Cultural Exchange
Focus on community engagement and cultural exchange. Skills training in climate change education.

DAY 7: Risk Management
Reflection sessions and feedback discussions. Risk management hands-on activities.

DAY 8: Tour to Manuel Antonio National Park
Guided snorkel tour to learn about local fauna and flora. Hike and discussions about wildlife conservation.

DAY 9: Departure home

TESTIMONIAL

Working alongside Marta has been a delightful experience! Her educator programs at Nature and Oceans Adventures are absolutely outstanding! They offer teachers invaluable opportunities for professional development in experiential education, global issues, climate change and cross-cultural learning. Marta's programs stand out as truly exceptional, making a significant impact on the educational field and inspiring positive change.

- Deanna Ferguson

MAUI PROGRAM

Self Empowerment and Marine Biology

9
days

Description

Join the Sea Turtle Conservation Project team. Learn about sustainable farming, wildlife monitoring, and environmental education. Contribute to marine conservation while exploring the country's biodiversity.

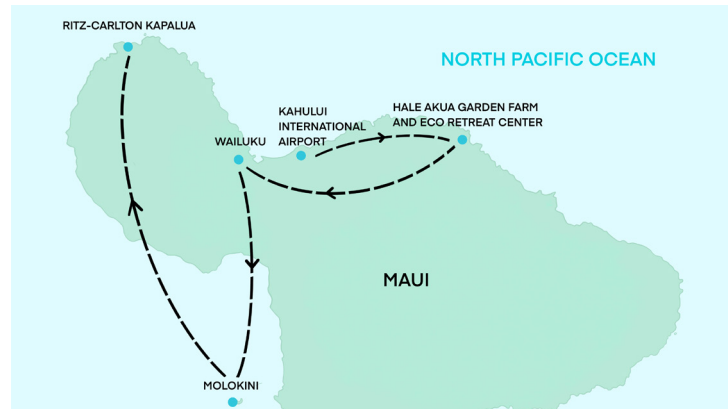
Dates

December 27 -
January 4

Program Components

Low-Travel Impact
Hiking/Wilderness Exploration
Project-Based Learning

Explore the wonders of Maui and the Hawaiian Islands Humpback Whale National Marine Sanctuary on our retreat at Hale Akua Eco Retreat Center. Immerse yourself in yoga, meditation, and mindfulness workshops delving into our psychology and marine biology. Experience the magic of whale watching with Pacific Whale Adventures and discover Hawaiian marine biodiversity. Engage in creative activities and connect with nature through Pachamama ceremonies and snorkeling adventures, creating a transformative journey in Hawaiian nature.



ITINERARY MAUI: WINTER BREAK

DECEMBER 27TH, 2024 TO JANUARY 4TH, 2025

DAY 1: Arrival at Maui International Airport

Transfer to Hale Akua Eco Retreat Center. Orientation and settling in.

DAY 2: Psychology & Group Facilitation

Yoga class and meditation. Workshop on how psychology influences personality and relationships.

DAY 3: Life Vision, Purpose & Motivation Exercises

Chi kung and meditation. Workshop on finding one's larger purpose in life and addressing challenges.

DAY 4: Reflection, Collaborative Projects

Shamanic journey meditation. Active imagination workshop using archetypes and dream symbols, including journaling and visualization exercises.

DAY 5: Role Play & Vision Board Creation

Yin yoga and meditation
Creative session: your vision board, incorporating archetypal qualities to create a positive anchor for vision or goal.

DAY 6: Marine Biology Program & Project-Based Learning

Whale watching tour and snorkel activity. Marine biology workshop focusing on Hawaiian marine biodiversity.

Day 7: Marine Ecology Program

Molokini boat snorkel or scuba diving tour. Marine ecology workshop focusing on Hawaiian marine ecology.

DAY 8: Risk Management & Cross-Cultural Education

Risk Management activities. Cross-cultural workshop.

DAY 9: Departure home

TESTIMONIALS



Melinda Hassinger

"The Costa Rica program provided hands-on learning about conservation. Students got to make a personal connection to marine conservation and had unique opportunities to interact with the animals. Some of the highlights of the program were the direct contact with the turtles and the community working to protect them. This program was such a great experience that has opened our eyes to how important it is to do our part, no matter where in the world we live."



Isai Lopez

"My trip to Costa Rica was one that I will never forget. First day we got there we went ziplining, and I saw so many amazing animals like monkeys, spiders, lizards, and others. To get to the island we took a boat and it was a crazy adventure to get there with the tide going against us. When we got to the island it was such an astonishing place. At night you could see the stars shining. In the morning you could hear the howler monkeys... and every night we went out on patrol to find sea turtles laying eggs. It was one of the most beautiful things I'd ever seen. I met so many new people and had lots of fun on this trip with NOA."



Tiana Nealon

"Taking part in the Mediterranean Marine Biology and Culture Program was an amazing experience. My favorite part was being part of the Balearic Sperm Whale Project in a sailing boat. It was the most amazing experience I ever had. I learned so much about myself, about the environment and the oceans."

TESTIMONIALS



Deanna Ferguson

"Marta radiates warmth and positivity! She is not only highly skilled and approachable but also a team player, making collaboration enjoyable. Her exceptional ability to share knowledge and support others' success greatly enhances team cohesion. Marta's educator programs at NOA are absolutely outstanding! They offer teachers invaluable opportunities for professional development in experiential education, global issues, climate change, and cross-cultural learning. Marta's programs stand out as truly exceptional."



Gabby Burbidge

"My teacher offered me the chance to come with her to the Galapagos islands, little did I know I would have a life-changing experience that would change how I live and see nature. Before we went to the islands, we stopped in Ecuador and had the chance to volunteer at Yanacocha Wildlife Reserve. This is a place where they rescue hurt and abused animals. There I had the chance to train ocelots, kinkajous, monkeys, and more. It changed the way I saw how we live and how we can make such a significant impact on this earth. We only have one earth and we need to treat it with respect and kindness. I am so happy to be a part of the NOA project and I can't wait for the next adventure."



Alba Carod

"I had the pleasure of embarking on an extraordinary journey through the Mediterranean with Marta as our exceptional tour guide. Her extensive knowledge, enthusiasm, and exceptional organizational skills made our trip unforgettable. From Ibiza to Mallorca, the Costa Brava, and the volcanic mountains of Olot, Marta's expertise and passion for the region shone through. She entertained us with captivating stories, offered valuable information, and ensured our comfort and satisfaction throughout the entire journey."

“

Taking part in the Mediterranean Marine Biology and Culture Program was an amazing experience. My favorite part was being part of the Balearic Sperm Whale Project in a sailing boat. It was the most amazing experience I ever had. I learned so much about myself, about the environment and the oceans.

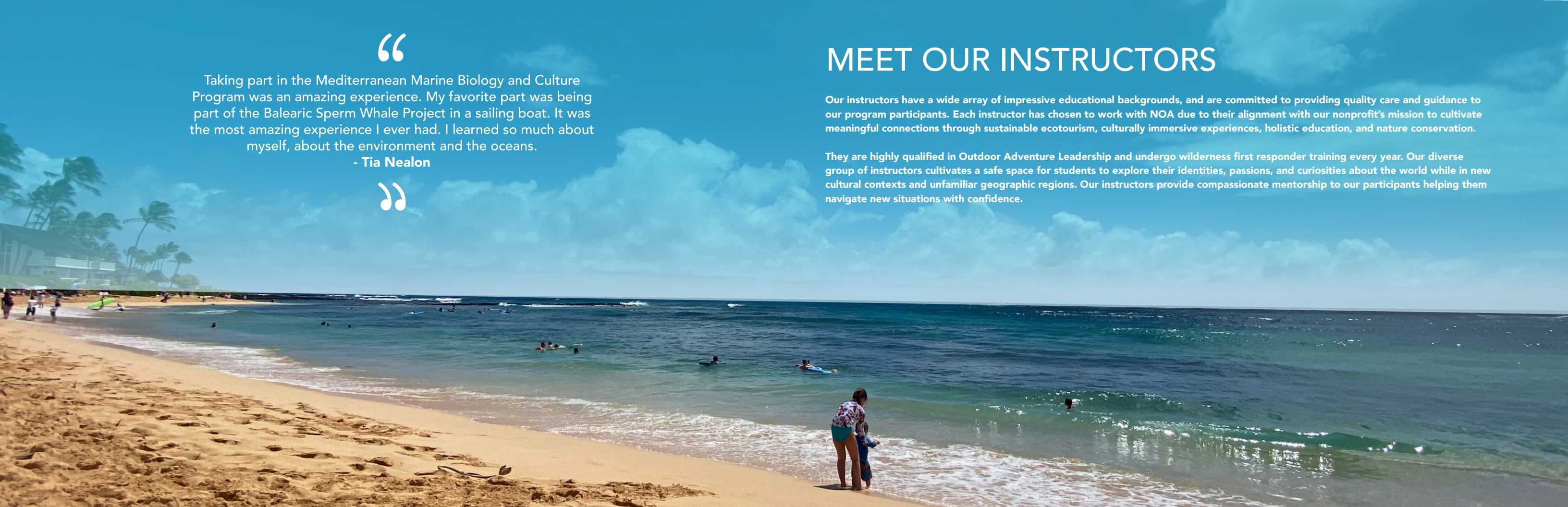
- Tia Nealon

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MEET OUR INSTRUCTORS

Our instructors have a wide array of impressive educational backgrounds, and are committed to providing quality care and guidance to our program participants. Each instructor has chosen to work with NOA due to their alignment with our nonprofit's mission to cultivate meaningful connections through sustainable ecotourism, culturally immersive experiences, holistic education, and nature conservation.

They are highly qualified in Outdoor Adventure Leadership and undergo wilderness first responder training every year. Our diverse group of instructors cultivates a safe space for students to explore their identities, passions, and curiosities about the world while in new cultural contexts and unfamiliar geographic regions. Our instructors provide compassionate mentorship to our participants helping them navigate new situations with confidence.



INSTRUCTORS SPOTLIGHT



Marta Fabregas

Marta Fabregas, a dedicated marine biologist, educator, and founder of Noa Adventures and Academy, has spent her life immersed in the wonders of the natural world. Born and raised in a coastal town north of Barcelona, Spain, her love for nature, wildlife, and the ocean has been a guiding force throughout her journey. Marta's academic pursuits led her to the University of Barcelona, where she earned her degree in Biology and a Master's in Marine Sciences.



Jose Macanilla

With 16 years of dedicated service as a naturalist guide at the Tiputini scientific station in Yasuni National Park, Ecuador, I have cultivated a profound understanding of the Amazon's biodiversity. Drawing from this experience and my previous engagements with various eco-lodges and nonprofits, I bring a well-rounded perspective to my work. Currently, my passion for botany, traditional Amazonian medicine, ornithology, and the intricacies of nature continues to flourish.



Marc Aquino

Marc Aquino Baleytó loved nature from his earliest youth. He was born in a village on the shores of the Mediterranean Sea where he developed his great passion for the sea and especially for sharks. He began his Bachelor of Marine Sciences at the University of Cádiz and finished at the Autonomous University of Baja California in Ensenada on an exchange scholarship.

INSTRUCTORS SPOTLIGHT



Baruch Figueroa Zavala

Baruch, interested in marine and coastal environments from a young age, holds a degree in marine biology from Universidad del Mar in Oaxaca, México. He continued his master's studies at the National University of Costa Rica and El Colegio de la Frontera Sur, Quintana Roo, México, specializing in coral reefs management and rural development. He is a certified PADI DiveMaster and AGRRA-certified trainer.



Jennifer Monge Forbes

Jennifer Monge Forbes is a local tour guide in Costa Rica. She owns and manages El Pilón, a Caribbean Restaurant in Limón, Costa Rica, and owns a medicinal tea company, FLORABUNDA. Jennifer is also a certified Metaphysical and spiritual healer and has been practicing different modalities of energetic healing for over seven years. Since she started these practices, she found true meaning and purpose in life by helping others to live in union with nature without boundaries of race or social class. She is committed to sharing this powerful way of living and to creating healing and positive spaces in her community.



Laura Cohen

Laura Cohen grew up on a sustainable-living farm in Eastern Washington state taking care of horses and teaching wilderness horseback riding. Living in Senegal, West Africa, for 6 years and working with local youth, as well as guiding tours for Japanese youth in the USA, Laura gained much experience in hands-on education. She is a world traveler, speaks multiple languages, and practices natural healing techniques. She worked as a Shiatsu massage practitioner at Heartwood Holistic Institute in Northern California and in a Spiritual retreat center in Kalani Honua.

SAFETY AND RISK MANAGEMENT AT NOA

At NOA Outdoor Adventures, we prioritize your safety and well-being above all else. Our commitment to creating transformative outdoor education experiences is complemented by a robust risk management system that ensures a secure environment for our participants.

We believe in providing opportunities for meaningful challenges while proactively and transparently managing the inherent risks of travel.



NOA'S SAFETY STANDARDS

Years of Experience

With over 10 years of experience in the field, we have honed our expertise in safety and risk management. Our team has well-trained wilderness first responder certified instructors, prepared for handling any kind of emergency.

Expertise and Local Connections

Our risk management systems are reinforced by extensive local contacts and a deep understanding of regional safety issues. This knowledge, gained through years of experience, enables us to navigate potential challenges effectively and ensure a safe and enriching experience for all participants.

Leadership in Risk Management

All of our instructors get yearly risk management training, and we are committed to staying up to date on safety practices. As you embark on an expedition with NOA Outdoor Adventures, rest assured that your safety is our top priority. Our experienced team, comprehensive risk management systems, and dedication to excellence ensure that you can immerse yourself in the transformative experiences we offer with confidence and peace of mind.

Low Participant-to-Instructor Ratio & 24/7 Field Support Team

We ensure each and every participant's safety by maintaining small groups, and a low participant-to-instructor ratio of 4:1. Instructors always make sure everyone is accounted for, and in the case of an emergency are trained to respond immediately. We have an on-site as well as an on-call 24/7 support team ready to assist in any emergency.

Crisis Management Protocol

At NOA we have created an extensive crisis management protocol we follow in the unlikely case of an emergency.

Goal

This protocol intends to establish with all participants a clear and simple procedure to follow if any serious or extraordinary circumstances arise that require a student's parents or guardians to be contacted during or immediately following an outdoor education trip.



BOOK WITH US

To book a program with us, please fill out our online form by sending us an email at: **info@noaadventures.com**; our NOA staff will get back to you within 24 - 48 hours. We will send you a detailed itinerary, the total trip price, and the forms required to book with us. We look forward to offering you NOA's perfect trip.

Payments for each program are submitted to Nature and Ocean Adventures 3 months before the start date of the selected program. Booking costs cover 3 meals per day and lodging, training programs, participation in the various science projects, transportation, emergency phone service, 24-hour NOA professional staff supervision and coordination



Sign-up to our website!

Let's stay connected!



/noa.adventures



@noa_adventures



www.noaadventures.com

NEXT STEP



Visit Our Website

Payments for each program are submitted to Nature and Ocean Adventures 3 months before the start date of the selected program.



Speak with NOA Staff

Payments for each program are submitted to Nature and Ocean Adventures 3 months before the start date of the selected program.



Ready to Book with Us

Payments for each program are submitted to Nature and Ocean Adventures 3 months before the start date of the selected program.

Scholarships

We offer help! **NOA fund**

OTHER PROGRAMS WE OFFER

NOA Academy Offerings

1:1 Tutoring

Life & Travel Coaching

Education Programs

Masterclass ES