



# Duchy College

## PRE-DEPARTURE PRESENTATION



# Costa Rica

## Group Expedition



**GLOBAL** reach. **ADVENTURE** for all. **PROJECTS** to inspire.



**SOUTH  
AMERICA**

# **ABOUT COSTA RICA**

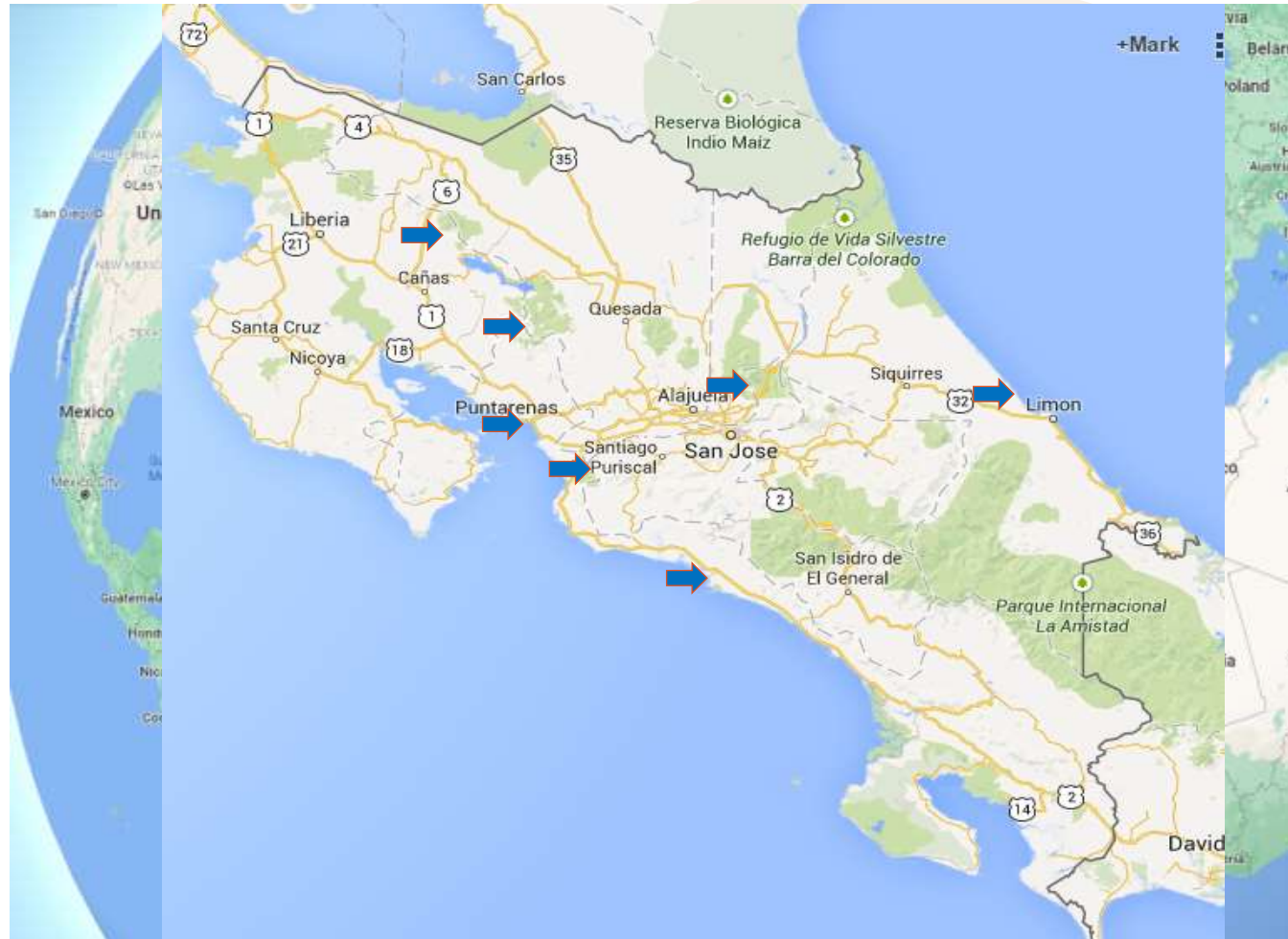
Project Overview and  
Location



# ABOUT COSTA RICA



## Location



# ABOUT COSTA RICA



## Your Programme Itinerary

A full 14 day conservation programme split between two main centres

- ❖ 14/07 – Arrival and Orientation. Overnight at Esparza.
- ❖ 15/07 – Monteverde Cloud Forest Reserve. Overnight at Esparza.
- ❖ 16/07 – Las Hornillas, Miravalles Volcano. Overnight at Esparza
- ❖ 17/07 – Toucan Rescue Ranch. Overnight at Esparza.
- ❖ 18-23/07 – Turtle Conservation Research at the remote Pacuare Reserve
- ❖ 23/07 – Braulio Carrillo National Park. Overnight at Esparza.
- ❖ 24/07 – Maritime Park Puntarenas. Overnight at Esparza.
- ❖ 25/07 – River Tarcoles and the mangroves. Overnight at Esparza.
- ❖ 26/07 – Marino Ballena National Park. Overnight at Esparza.
- ❖ 27/07 – Manuel Antonio National Park. Overnight at Esparza.
- ❖ 28/07 – Flight home.





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# **LIFESTYLE & ACCOMMODATION**

Life in Costa Rica



# ACCOMMODATION & LIFESTYLE



## Pacuare Turtle Project & Esparza

Accommodation at the turtle project is in shared beach huts, these are basic, clean and comfortable. There are small lockers available for personal valuables such as passports - you will need to bring a padlock. Electricity is generated via solar and has to be rationed, so can be sporadic.

The family run volunteer accommodation in Esparza has shared rooms, which are lockable, in two linked houses with a large garden with BBQ, table tennis and badminton. WiFi coverage and hydroelectricity are both excellent.



# ACCOMMODATION & LIFESTYLE



## Food

Whilst at Pacuare Turtle Project you will have three meals a day provided. Generally this will be local food – rice and beans! When at Esparza breakfasts and some dinners will be provided at the hotel; meals are mainly taken in the hotel on site during activities (the cook is excellent); for those meals that are not included at Esparza there are a variety of restaurants in the vicinity that offer different choices.

Jamie Oliver referred to Costa Rican food as 'honest, simple and delicious'.

It is important that you advise us of any dietary requirements be they preference, allergies or intolerances so we can advise the project to enable us to ensure that you are adequately catered for.

**Not included:** lunches on days of travel (x8) dinner at Marina Bellina NP (x1).





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# **PRE DEPARTURE INFORMATION**

Travel details, kit lists and Q&A





# FLIGHT INFORMATION



## Departure from the United Kingdom | Arrival to Costa Rica

### London Heathrow Airport – Terminal 2

Group to meet at Check-in zone @ 06:30

| Flight No | Flight Date | Dept.                 | Dept. Time | Arr.            | Arr. Time |
|-----------|-------------|-----------------------|------------|-----------------|-----------|
| LH901     | 14/07/22    | London Heathrow (LHR) | 09:30      | Frankfurt (FRA) | 12:05     |
| LH518     | 14/07/22    | Frankfurt (FRA)       | 13:40      | San Jose (SJO)  | 17:50     |

### Frankfurt Airport

Check board for departure gate, both flights operate from T1.  
Bags checked through to San Jose.

### San Jose Airport

Clear immigration & collect baggage to clear customs  
Meet and Greet at arrivals Hall  
Transfer to Esparza



# FLIGHT INFORMATION



## Departure from Costa Rica | Arrival to the United Kingdom

Check-in at Lufthansa desk San Jose Terminal M @ 17:45

| <b>Flight No</b> | <b>Flight Date</b> | <b>Dept.</b>    | <b>Dept. Time</b> | <b>Arr.</b>           | <b>Arr. Time</b> |
|------------------|--------------------|-----------------|-------------------|-----------------------|------------------|
| LH519            | 28/07/22           | San Jose (SJO)  | 19:35             | Frankfurt (FRA)       | 15:00 +1 Day     |
| LH916            | 29/07/22           | Frankfurt (FRA) | 17:00             | London Heathrow (LHR) | 17:40            |

### Frankfurt Airport

Check board for departure gate, both flights operate from T1.  
Bags checked through to London Heathrow.

1 x Checked Baggage Allowance: 23KG

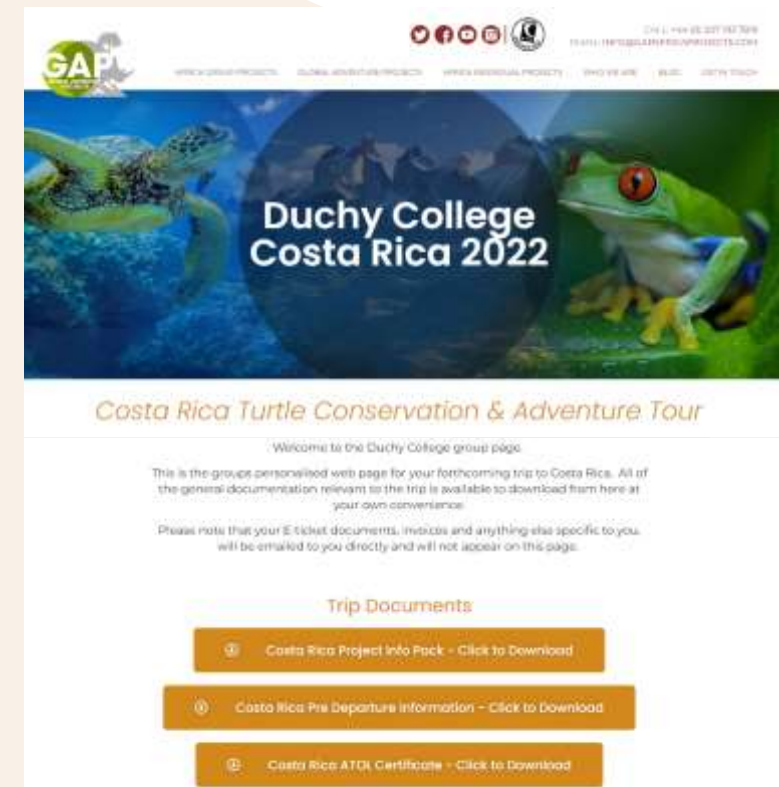
1 x Hand Baggage Allowance: 8KG not exceeding 55cm x 40cm x 23cm

1 x Personal Item: 30cm x 30cm x 10cm

# BOOKING YOUR ADVENTURE



## Group Web Page & Travel Documents



[gapafricaprojects.com/22-dsc-duchy-college-costa-rica-2022](https://gapafricaprojects.com/22-dsc-duchy-college-costa-rica-2022)



# USEFUL INFORMATION

Inclusions/Exclusions &  
Recommended Kit List



# USEFUL INFORMATION



## Suggested kit list

A **large backpack** is recommended as your main luggage, not a suitcase; you will be travelling by basic means of transport in Costa Rica so a suitcase would not be practical

- Short sleeve shirts
- Long work trousers and shorts (Or work trousers with zip-off longs)
- T shirts
- Dark clothing for night work (turtle project)
- Hiking Boots/comfortable walking shoes
- Rain jacket (dark colour)
- Fleece/jumper (for cool evenings)
- Warmer clothing for winter
- Daypack rucksack
- Socks
- Hat
- Sandals/flip flops
- Changes of casual clothes for evenings
- Underwear

Spending money: \$200 – \$250

- Beach towel
- Swimwear
- Toiletries
- Mosquito / insect repellent
- Personal medication
- Water bottle (at least 1 litre)
- Sunglasses
- Sunscreen

### Other useful items:

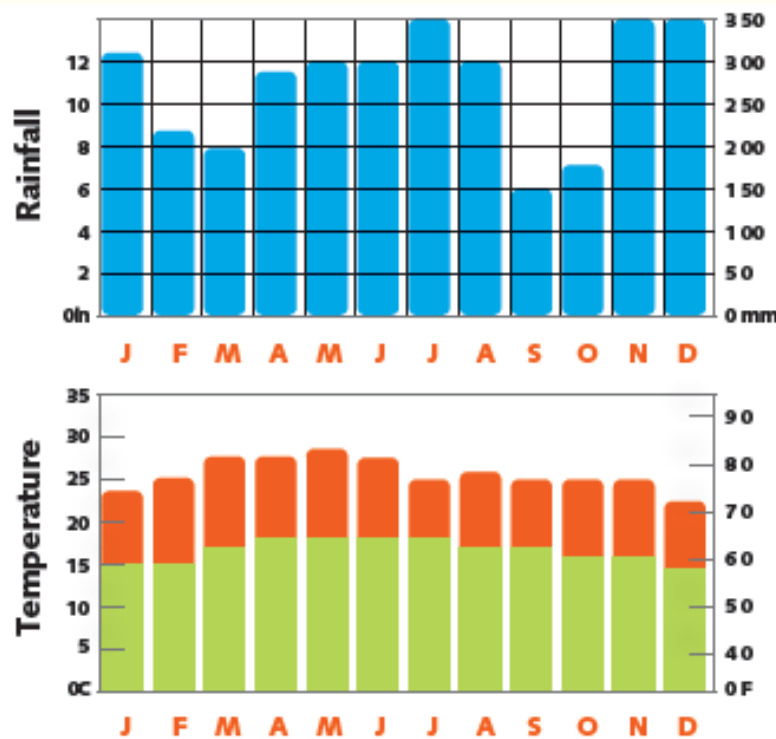
- Good torch (red light filter)
- Water bottle
- Camera
- Spare batteries
- Sunglasses
- Student Card!!
- Binoculars
- Cards/books/music
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary

# USEFUL INFORMATION



## Climate

Be prepared for rain and lower temperatures during the winter season (June–November), especially in Costa Rica's central valley.



## Currency, Credit Cards, Phones & Internet

### Currency:

The colón is the currency of Costa Rica although US\$ are widely accepted at hotels and restaurants as are all major credit cards. For small services, including local meals or public transport, be prepared to pay in local currency.

The group will visit the bank on day 1 to withdraw money for the trip. Before you transfer to Pacuare.

### Phones:

Remember to advise your service provider before you travel, you can buy a prepaid SIM card and use it in your unlocked cell phone in Costa Rica. These can be purchased at the Kolbi (the national telecommunications company) booth at the airport, or in any telephone company store, such as Claro and Movistar in Esparza.

### Internet:

There is WiFi available whilst at the volunteer accommodation in Esparza.

# USEFUL INFORMATION



## Health Risks

### Immunisation:

Contact your GP around 8 weeks before your trip to check whether you need any vaccinations or other preventive measures. The following website offers up to date information for travellers to Costa Rica

<https://travelhealthpro.org.uk/country/58/costa-rica>

### Drinking water:

Tap water in Costa Rica is drinkable and in many areas of the country quite good. However, if you have a sensitive stomach it is recommended to drink bottled water when in beach locations.

## Stay safe overseas – KBYG

The better prepared you are when you travel abroad the safer you will be. The Foreign, Commonwealth & Development Office offers 'Know before you go' travel advice, including simple precautions you can take before and during your trip.

To find out more, check out their website:

<https://www.gov.uk/browse/abroad/travel-abroad>

### Malaria & Dengue:

There is a low risk of malaria in Costa Rica. Since 2013 there has been a sharp rise in cases of Dengue and cases of Chikungunya virus have been confirmed; you should take steps to avoid being bitten by mosquitos by using repellent and wearing long sleeves etc.

Medical care in Costa Rica is of a high standard. Only emergency medical treatment is available without charge for visitors so please ensure you have adequate travel health insurance to cover medical treatment abroad and repatriation.

<https://www.gov.uk/foreign-travel-advice/costa-rica/health>

### Sun:

Costa Rica has a warm sunny climate, you should wear sunscreen and a hat whenever you are out of doors during the day, particularly between 10am and 4pm - regardless of whether there is cloud cover or not. Even if you have a dark complexion, you can still get sunburned if you are from a cooler climate and have not had much exposure to the sun. Sunglasses are also recommended, as the glare of the sun can be very strong.

# USEFUL INFORMATION



## Insurance

Personal travel insurance is compulsory. Travel insurance does not need to be expensive and there are many good deals available for backpackers etc. Always be sure to check the insurance details to make sure you are covered for Covid 19, theft, loss, illness and injury. Check to see if your medical benefits are paid out as they incur or on your return home.

## Covid 19 Requirements

Full details can be found at the following link:

<https://www.visitcostarica.com/en/costa-rica/planning-your-trip/entry-requirements>

For up to date information on returning to the UK after travelling abroad please click on the following link:

<https://www.gov.uk/uk-border-control>

## Passport Requirements

It can take up to 6 weeks to obtain a passport – remember to start this process in plenty of time.

## Visa Requirements

A visa is not required for British passport holders, you can stay as a visitor for up to 3 months; all other nationalities must check visa requirements with the Embassy and Consulate of the Republic of Costa Rica

You can check the following website for visa information:

<https://www.worldtravelguide.net/guides/north-america/costa-rica/passport-visa/>

## Departure Tax:

Costa Rica airport departure tax is US\$29.00.





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Explore our network of Global Adventure Projects:



[GLOBALADVENTUREPROJECTS.COM](http://GLOBALADVENTUREPROJECTS.COM)





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# ABOUT THE PROJECT

Our conservation work  
in more detail



# YOUR PROJECT



## Pacuare Turtle conservation programme

- Night beach patrols
- Collecting biometric data from nesting turtles
- Relocating of nests
- Nest Monitoring
- Day/night hatchery duties
- Beach cleaning
- Hatchling liberation
- Basic construction work, building hatcheries for example
- General maintenance
- Maintenance of volunteer accommodation
- Reforestation work – collecting/sorting of seeds, planting saplings



# YOUR PROJECT



## Helping to Construct Turtle Hatchery

During your time at the project, it may be required to build new hatcheries or maintain existing ones.

As a volunteer, you will assist the research team with this task.



# YOUR PROJECT



## Night Patrols of the Beach

Patrols are lead by an experienced patrol leader walking a sector of the beach searching for nesting females. Once a turtle is encountered the leader, with the aid of the volunteers, will collect information; the length and width of the turtle, nest location and its dimensions and the number of eggs laid. The eggs will be carefully removed by the group leader and relocated to the hatchery. Turtles are sensitive to light, if any light is to be used on the beach only red light is permitted.



# YOUR PROJECT



## Nest Patrols and Taking Biometric Data

During a hatchery shift you will need to check for baby turtles that have left the nest and need to be placed on the beach so they return to the water, monitor the hatchery for any potential threats to the nest e.g. crabs. Assist with the relocation of eggs found on patrol, recording data on the number of eggs, their original location and where they are relocated to.



# YOUR PROJECT



## Releasing Baby Turtles

At certain times of the year, groups will have the privilege to assist the research team in releasing baby turtles from the hatcheries back to the ocean.



# YOUR PROJECT



## Pacuare Reserve





# YOUR PROJECT



## Braulio Carrillo National Park

Braulio Carrillo National Park protects 117,300 acres of rainforest.

Rainforest Adventure: Aerial Tram above the jungle.

Guided nature tour of butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds.

500 Species of bird, 150 Species of mammal.



# YOUR PROJECT



## Monteverde Cloud Forest Reserve

The cloud forest protects 35,000 acres of rainforest.

There are over 100 species of mammals, 400 species of birds, and 1,200 species of amphibians and reptiles

2.5% of the world biodiversity can be found within its bounds.

Over 8 miles of trails to be explored.

Lecture on Natural History and Conservation.



# YOUR PROJECT



## Marino Ballena National Park

Over 5,000 hectares of protected marine area created as safe haven for humpback whale migration.

Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife.

View the caverns of Ventanas Beach.

Marine tour to search for Humpback Whales and two species of resident dolphins.



# YOUR PROJECT



## Manuel Antonio National Park

Smallest National Park in Costa Rica at just 682 hectares.

Talk on conservation and guided tour of park.

Lots of activities to explore during free time.



# YOUR PROJECT



## Toucan Rescue Ranch

Hands on work at the toucan rescue ranch.

Introductory talk on sloth conservation.

Tour of ranch to meet sloths, toucans, birds and other mammals.



# YOUR PROJECT



## Maritime Park Puntarenas

Marine park focused on coastal, marine education.

Marine animal rehabilitation and rescue centre.

Guided tour and educational talk on the work carried out at the centre.

They work to protect 13,000 hectares of ocean and 9 miles of coastline.



# YOUR PROJECT



## Las Hornillas, Miravalles Volcano

Guided tour of Volcano and Waterfalls.

Opportunity to experience hot springs, mud baths and sauna created by the live volcanic crater.



# YOUR PROJECT



## Carara National Park & River Tarcoles

Boat tour on the River Tarcoles and the mangroves.

Opportunity to see crocodiles, birds and monkeys up close.

Horse riding on the beach.

Souvenir Shopping.

