



# PROJECT INFORMATION PACK



## Costa Rica Agriculture & Sustainability Field Trip



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



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AMERICA**

# ABOUT THE PROJECT

Our sustainability work  
in more detail



# ABOUT COSTA RICA



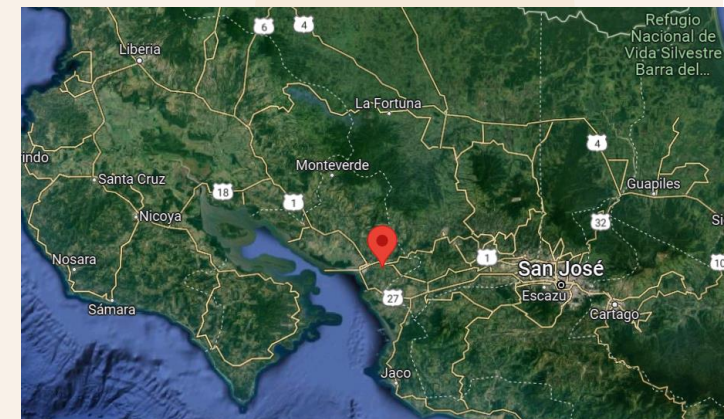
## Location

With the greatest concentration of biodiversity in the world, Costa Rica is a must for any conservationist. Over 25% of the country is protected in national parks, this is due to the country's progressive policies on environmental protection and sustainable ecotourism.

Costa Rica's temperate (warm) climate and fertile soils are suitable to agricultural production. There is an abundance of water-yearly rainfall averages 4 meters and irrigation has been successfully applied to develop the more arid regions

The government supports growers through research, training, and technical assistance even though the agricultural sector in Costa Rica has been declining in importance since the 1950s. However, in 1998 still accounted for 15 percent of GDP and employed one-fifth of the labor force. Almost 10 percent of the country's land is used for agriculture.

You will be based in Esparza, Monteverde and San Mateo, these regions produce everything tropical and are known as the "cradle of Avocado".



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## Your agriculture programme

During your time in Costa Rica, you will be visiting as foreign agronomy students, being shown around by local ministry of agriculture staff and the producers that they help.

### Esparza Projects

- Avocado production and farming
- Organic farmstead visit and work
- Fish farming
- Grassroots production in diverse areas
- Large scale production and processing of African Palm oil
- Rice production and harvesting
- Soy production and harvesting
- Domestic production of honey

### Possible lectures

- Methods of combating climate change
- Challenges of farming in the various different regions
- Preserving the many different species of bee in CR



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## Your agriculture programme

### Monteverde Projects

- Study specialized livestock (milk production)
- Vegetable farming
- Coffee and cacao cooperatives
- Hydroponic community projects

### Other visits

As part of your project, you will have the opportunity to visit some of Costa Rica's most diverse national parks.

- Monteverde cloud forest
- Manuel Antonio national park

### Additional excursion (extra cost)

- Island tour excursion
- Dolphin and whale watching
- Crocodile boat tour
- Ziplining



# ABOUT THE PROJECT



## Your itinerary

Date	Meals	Activity	Overnight
Monday 6 <sup>th</sup> February	D	Late arrival. Brief intro to the country and culture in the bus on the way down if they are awake, if not, this will happen during the course of the next day.	Hogar Montserrat. Swimming pool available after 4pm.
Tuesday 7 <sup>th</sup> February	B/L/D	9am Introductory talk at the Ministry of Agriculture offices in Esparza. Visit to nearby Penas Blancas and La Sabana in San Jeronimo district to see local production of vegetables and coffee. Lunch provided by local families.	Hogar Montserrat. Swimming pool available after 4pm.
Wednesday 8 <sup>th</sup> February	B/L/D	Travel to Quepos. Go to the Crocodile Bridge over Rio Tarcoles to see some of the crocodiles in the largest population of crocodiles in the whole of America. 2pm visit to the Experimental Station, where they improve production methods for tropical fruit and vegetables.	Hostel Manuel Antonio.
Thursday 9 <sup>th</sup> February	B/L/D	Finca Rosario, a Finca Integral, a fully integrated farm of 5 hectares, where they produce coffee, cacao, honey, rice, beans, tilapia, pigs, organic compost and much more. Lunch with local producers	Hostel Manuel Antonio
Friday 10 <sup>th</sup> February	B/L/D	Quepos and Parrita - production of palm oil and livestock. Lunch with local producers.	Hostel Manuel Antonio

# ABOUT THE PROJECT



## Your itinerary

Date	Meals	Activity	Overnight
Saturday 11 <sup>th</sup> February	B/L/D	Tourist day. Lots of local options at additional cost, or just enjoy the nearby beach, which is beautiful and free. The national park (19USD), water sports (60-70USD), ziplining (60-70USD), boat trips to mangroves or whale watching (50-70USD). Travel back to Esparza, via tourist shop Tico Price	Hogar Montserrat. Swimming pool available after 4pm.
Sunday 12 <sup>th</sup> February	B/L/D	Free day - perhaps tours in Puntarenas at additional cost. Trip to Isla Tortuga for snorkelling, approx 45USD including lunch.	Hogar Montserrat. Swimming pool available after 4pm.
Monday 13 <sup>th</sup> February	B/L/D	Trip to Guadalupe for livestock, small scale honey production with some of the 60 species of stingles bees found in Costa Rica. Lunch with local producers.	Hogar Montserrat. Swimming pool available after 4pm.
Tuesday 14 <sup>th</sup> February	B/L/D	Miramar Arriba 1,400ms above sea level, a colder area of Costa Rica. Another Finca Integral established for community tourism to explain farming practices to tourists. There will be a presentation and tour. Traditional sugar production, coffee, livestock, fish farming.	Local family homestay.
Wednesday 15 <sup>th</sup> February	B/L/D	Miramar Abajo 700-1000ms above sea level, a colder area of Costa Rica. We will gather coffee.	Local family homestay.

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## Your itinerary

Date	Meals	Activity	Overnight
Thursday 16 <sup>th</sup> February	B/L/D	Miramar. Vegetable production and cheese production.	Hogar Montserrat. Swimming pool available after 4pm.
Friday 17 <sup>th</sup> February	B/L/D	Monteverde - cold area of CR. Studies of gas production by livestock. Cheese production, livestock farming.	Hogar Montserrat. Swimming pool available after 4pm.
Saturday 18 <sup>th</sup> February	B/L/D	Monteverde - cloud forest reserve. Included, but bring student cards. Additional activity in the afternoon at additional cost. Ziplining or bungee jumping (50-70 USD).	Hogar Montserrat. Swimming pool available after 4pm.
Sunday 19 <sup>th</sup> February	B/L/D	Free day - perhaps tours in Puntarenas at additional cost. Trip to Isla Tortuga for snorkelling, approx 45USD including lunch. Marine Park approx 10USD.	Hogar Montserrat. Swimming pool available after 4pm.
Monday 20 <sup>th</sup> February	B	Departure	



# ABOUT THE PROJECT



## Project Photos





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# LIFESTYLE & ACCOMMODATION

Life in Costa Rica

# ACCOMMODATION & LIFESTYLE



## Esparza

You will be based at the family run “school house” in Esparza, North Puntarenas, a small agricultural town near the Pacific Ocean. Esparza is located 80kms from the capital city of San Jose in the countryside offering rolling hills, breath taking mountain views and deep river valleys.

From your base you will experience some of the beautiful scenery and agriculture that Costa Rica has to offer.

When at Esparza breakfasts and some dinners will be provided at the volunteer accommodation; meals are mainly taken in the volunteer accommodation 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.





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# USEFUL INFORMATION

Inclusions/Exclusions



# BOOKING YOUR ADVENTURE



## Trip dates:

**6<sup>th</sup> February – 21<sup>st</sup> February 2023**

## Confirmed travel details

### Monday 6<sup>th</sup> February

AC855 London Heathrow Departing: 12:00

AC855 Lester B Pearson Airport Arriving: 14:55

AC957 Lester B Pearson Airport Departing: 16:40

AC957 San Jose Airport Arriving: 21:05

### Monday 20<sup>th</sup> February

AC956 San Jose Airport Departing: 10:05

AC956 Lester B Pearson Airport Arriving: 16:25

AC854 Lester B Pearson Airport Departing: 18:25

### Tuesday 21<sup>st</sup> February

AC854 London Heathrow Arriving: 06:30

## What is Included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 In country support

## Not Included

- Personal Travel Insurance \*
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Visa's/travel documents

\* We recommend that you take out personal travel insurance as soon as your booking is confirmed.



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