



PRE-DEPARTURE INFORMATION PACK



Costa Rica Agriculture & Sustainability Field Trip



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Arriving at Juan Santamaria International Airport

Upon exiting the aircraft on arrival follow the signs to immigration, please ensure you have your arrivals form properly completed which will be handed to you by airline staff on the flight.

After immigration collect your bags at baggage reclaim and proceed to customs to hand in your customs declaration.

You will be met in the arrivals hall by the Gap Africa Projects representative and transferred to your accommodation in Esparza.

If you cannot locate the representative please call Andy Hoyle on +506 8459 6981



CONTACT DETAILS

SOUTH AMERICA

Address

50N y 60E del Centro de salud
Lote esquinero con palmeras de pipa
Nances, Esparza
Puntarenas

Telephone:

+506 8459 6971 – Andy Hoyle
Hostel Manuel Antonio

Frente a la plaza de Futbol de, Puntarenas Province, Quepos

Telephone:

+506 6199 4094

Emergency Telephone:

+506 8351 1540 – Adriana Ledezma

Gap Africa Projects

+44 (0) 797 657 5949

24 Hour Emergency Only



USEFUL INFORMATION



Climate

Costa Rica's northernmost regions tend to be flat and arid and have dry tropical forest, while increased humidity and precipitation creates lush jungles in the south. The country's rainiest months, termed the "green season," start in May and run until early December. The dry season typically lasts from December through April.

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

In Costa Rica, the average annual temperature is around 21°C – 27 °C, the coolest months of the year are November, December and January. The months March through May are the hottest months of the year, so make sure you protect yourself from the sun.

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, it may be advisable to have a small amount of local currency for more rural locations, you will be able to exchange GBP for local currency in Esparza.

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 occur or on your return home.

Please follow this link to our preferred insurer:



<https://www.true traveller.com/backpackers-insurance?tag=4480>

Covid 19 Requirements

At present there are no specific requirements for entry to Costa Rica. For up to date information see link below:

<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. You can check the requirements at the IATA Travel Centre site.

www.iatatravelcentre.com

Visa Requirements

You will need a transit visa or Electronic Travel Authorisation for Canada which must be applied for online:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/entry-requirements-country.html>

A visa is not required for Costa Rica 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.

ACCOMMODATION & LIFESTYLE



Esparza, Manuel Antonio, Miramar

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.

Two nights of your itinerary, you will stay at Hostel Manuel Antonio on the West Coast of Costa Rica. The accommodation is basic but clean and comfortable.

Whilst conducting farm visits in the Miramar region, you will stay with local farming families for a true, authentic agricultural experience.



ACCOMMODATION & LIFESTYLE



Food on project

All meals are provided during your time on the project. Breakfast and dinner will be provided at your accommodation with packed lunches provided whilst on visits.

During your “off” days, there will be the opportunity to visit local restaurants and cafes.

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.





Suggested kit list

- Short sleeve shirts
- Long work trousers and shorts (Or work trousers with zip-off longs)
- T shirts
- 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: \$150 - \$250

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

Other useful items:

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

WHAT'S INCLUDED



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 *
- Any activities not specified as part of the project
- Visas/travel documents
- Any meals not specified on the itinerary

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





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