



# PRE-DEPARTURE PRESENTATION



## Costa Rica Group Expedition



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



**SOUTH  
AMERICA**

# **ABOUT COSTA RICA**

Project Overview and  
Location

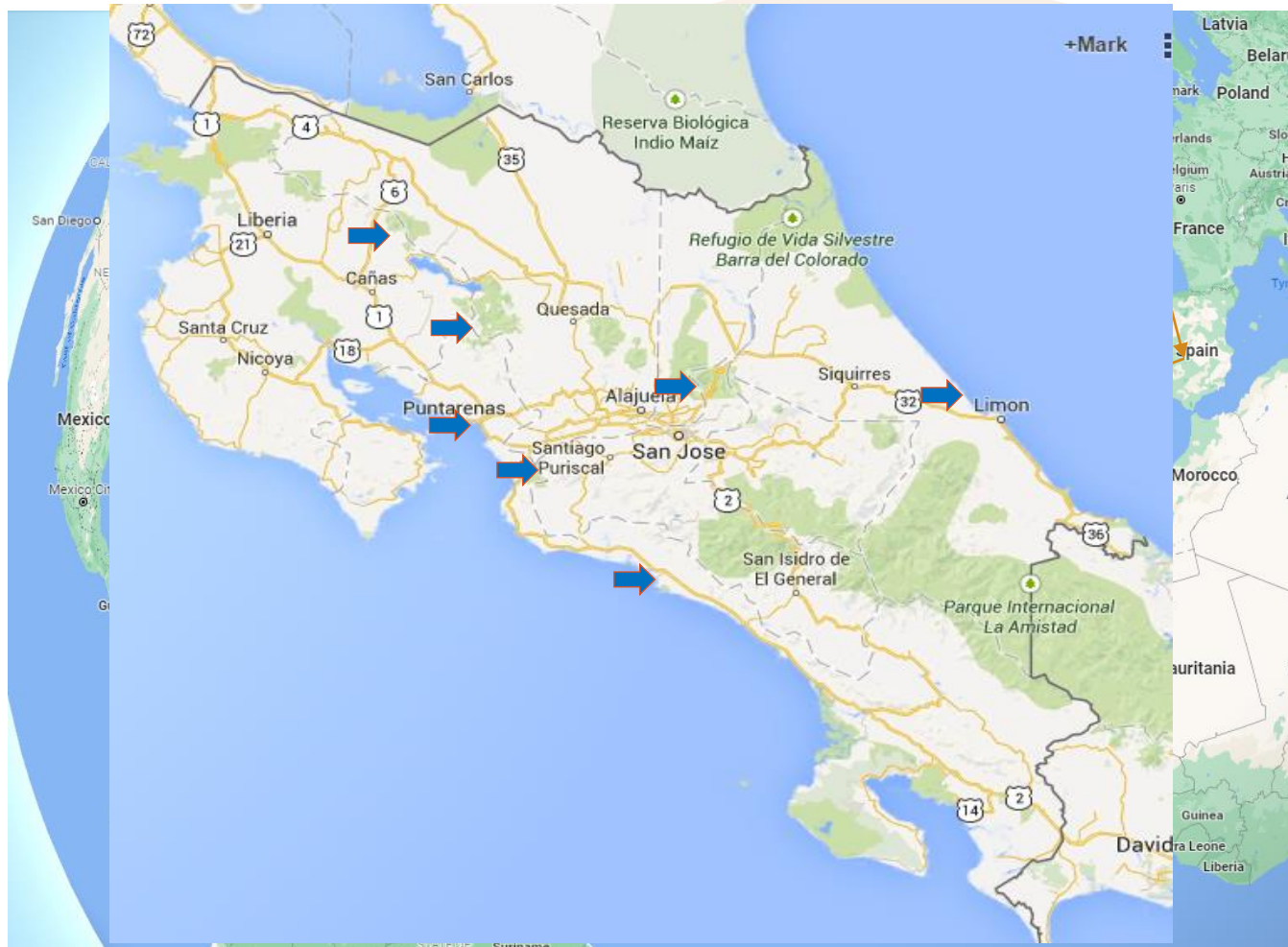




# ABOUT COSTA RICA



## Location



# ABOUT COSTA RICA

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## Your Programme Itinerary

A full 15 day conservation programme split between two main centres

- ❖ 07/07 – Arrival and Orientation. Overnight at Esparza.
- ❖ 08/07 -13/07 – Turtle Conservation Research at the remote Pacuare Reserve
- ❖ 13/07 – Braulio Carrillo National Park. Overnight at Esparza.
- ❖ 14/07 – Monteverde Cloud Forest Reserve. Overnight at Esparza.
- ❖ 15/07 – Marino Ballena National Park. Overnight at Esparza.
- ❖ 16/07 – Manuel Antonio National Park. Overnight at Esparza.
- ❖ 17/07 – Toucan Rescue Ranch. Overnight at Esparza.
- ❖ 18/07 – Maritime Park Puntarenas. Overnight at Esparza.
- ❖ 19/07 – Las Hornillas, Miravalles Volcano. Overnight at Esparza
- ❖ 20/07 – River Tarcoles and the mangroves. Overnight at Esparza.
- ❖ 21/07 – Flight home.







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# **LIFESTYLE & ACCOMMODATION**

Life in Costa Rica





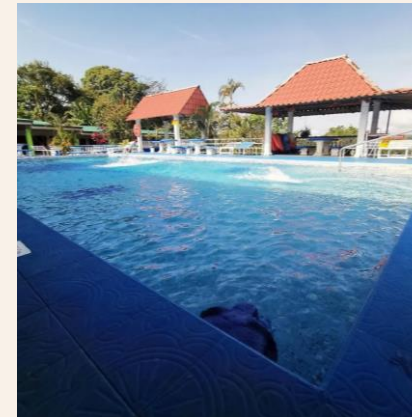
# ACCOMMODATION & LIFESTYLE



## 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 Hotel Las Palmas in Esparza has shared rooms, with a large garden with swimming pool and activities. 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

### Heathrow Airport – Terminal 5

Group to meet at Check-in zone @ 03:15

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA456	07/07/24	London Heathrow (LHR)	06:15	Madrid (MAD)	09:40
IB6317	07/07/24	Madrid (MAD)	11:30	San Jose (SJO)	14:25

### Madrid Airport

Check board for departure gate, both flights operate from terminal 4S  
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 Iberia desk San Jose Terminal M @ 12:55

<b>Flight No</b>	<b>Flight Date</b>	<b>Dept.</b>	<b>Dept. Time</b>	<b>Arr.</b>	<b>Arr. Time</b>
IB6314	21/07/24	San Jose (SJO)	15:55	Madrid (MAD)	10:45 +1 Day
IB3172	22/07/24	Madrid (MAD)	14:55	London Heathrow (LHR)	16:20

### Madrid Airport

Check board for departure gate, both flights operate from terminal 4S  
Bags checked through to London

1 x Checked Baggage Allowance: 23KG

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



# TRAVEL DOCUMENTS



## Travel Documents

- Balance 13/05/2024
- Issued 24/06/2024
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at airport
- Passports!

**Gap Africa Projects** Life changing conservation and community projects that make a difference

**Your e-ticket**

**Travelport ViewTrip™**  
This Electronic Ticket Receipt has been brought to you by Travelport ViewTrip and your travel provider. For the latest information on your travel plans, view your itinerary at [ViewTrip.com](http://ViewTrip.com).

Reservation Number: R53RG5 [View Electronic Ticket Receipt](#)

Traveler		
Passenger Name	Billing Address	Delivery Address
DEBLEY, GEORGINA	TRAVEL COUNSELLORS PHENIX	No Address On Record
	TRAVEL HOUSE	
	CHURCHGATE	
	BOLTON	
	P1811 1YN	

**Agency Information**  
TRAVEL COUNSELLORS LTD  
Travel House  
BOLTON L1 1YN  
UNITED KINGDOM  
Agency Phone: 01204 636 084 TRAVEL COUNSELLORS PLC PHENIX FLTS  
Agency IATA Number: 91277992

e-Ticket Receipt - 93294165922 - VS 601 - 28 Jun 2018 - LHR Today's Date: 29 May 2015  
Ticket Number - 93294165922 Galileo Reservation Number: R53RG5 Ticket Issue Date: 27 May 2015

Flight Information			
28 Jun 2018	Virgin Atlantic Airways Ltd (VS) 801 Economy (C)	Virgin Atlantic Airways Ltd Confirmation Number: BHIQ24	
Depart:	Heathrow (LHR) - Terminal 3 9:05 PM	Fare Basis: BT	
	London	Not Valid Before: 28 Jun 2015	
Arrive:	Johannesburg (JNB) - Terminal A 9:59 AM	Not Valid After: 28 Jun 2015	

Applies to: LHR - JNB  
Baggage Allowance: 1 Piece Plus

This is an important document. Make sure that you take it with you when you travel.

## ATOL Certificate

This confirms that your money is protected by the ATOL scheme and that you can get home if your travel company collapses.

This certificate sets out how the ATOL scheme will protect the people named on it for the parts of their trip listed below.

Who is protected?	Number of passengers:
Mr Daniel Alexander	1

**What is protected?**  
Package starts at South Africa on 02 Jun 2018 - 1 Day  
28 Jun 18 19:00 London Heathrow (LHR) Johannesburg (JNB) 21:00:00 - 1 Day  
29 Jun 18 04:00 Johannesburg (JNB) London Heathrow (LHR) 11:10:00  
11 Jun 18 04:00 London Heathrow (LHR) Johannesburg (JNB) 13:30:00 - 1 Day  
11 Jun 18 04:00 Johannesburg (JNB) London Heathrow (LHR) 20:00:00 - 1 Day

You can find more detailed information on your booking, including price, on the confirmation you will receive from Gap Africa Projects Limited

**Who is protecting your trip?**  
Gap Africa Projects Limited ATOL Number 10890 Booking Ref: 4007

**Your protection**  
You are protected from when you were given this certificate to the end of your trip. If Gap Africa Projects Limited stops trading, the passengers named above will either:

- 1 complete their trip and return to the UK; or
- 2 receive a refund.

Your protection depends on the terms of the ATOL scheme (available at [www.atol.org.uk](http://www.atol.org.uk)).

If Gap Africa Projects Limited stops trading, you must follow the instructions at [www.atol.org.uk](http://www.atol.org.uk) (where there will be details of arrangements to bring people back to the UK, and information on how people can claim their money back) or you can call (+44) 20 7463 0350.

Unique reference number:	Date of issue:	ATOL Certificate issuer:	ATOL number:	Package title:
4007	16/10/2014	Gap Africa Projects Limited	10890	

[Click here to lock all editable fields](#)

**Gap Africa Projects** Life changing conservation and community projects that make a difference

16/07/2017	Check in for your flight at the South African Airways Check in Desk, London Heathrow, terminal 2	18:00
	Depart London Heathrow	21:00
17/07/2017	Arrive Johannesburg International Airport, Terminal A	09:00

Upon arrival please clear immigration and collect your baggage to pass through Customs.

A member of the Gap Africa Projects ground team will meet you at International Arrivals Hall and take you through to Domestic Departures, terminal B. Please look out for our Meet and Great Board.

Drop off Baggage at SAA bag drop - Domestic Terminal B

Depart Johannesburg	10:45
Arrive Port Elizabeth Airport	12:20

Upon arrival you will be met by a representative from Blunden Tours and transferred to Shamwari Game Reserve

**Shamwari Group Conservation Experience x 14 DAYS**

31/07/2017	Today is the final day of your placement and you will be transferred to Port Elizabeth Airport	11:00
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Check in for your flight at the SAA Check in Desk

Depart Port Elizabeth	14:30
Arrive Johannesburg Terminal B	16:10

Upon arrival please make your way to Terminal A International Departures

Depart Johannesburg	18:55
Arrive London Heathrow, terminal 2	06:25

**Important Travel Advice**

Under 18 Visa Requirements.  
If you are aged under 18, whether travelling alone or within a group you must adhere to the regulations set for minors entering the republic of South Africa. <http://www.dfa.gov.za/index.php/civic-services/travelling-with-children>

**Names and spellings.**  
It is crucial that they match what is printed on your passport. If there is a mistake this will need to be changed, otherwise you may be refused travel.

gapafricaprojects.com/24-dsc-cra-4509-duchy-stoke-climsland



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# **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:

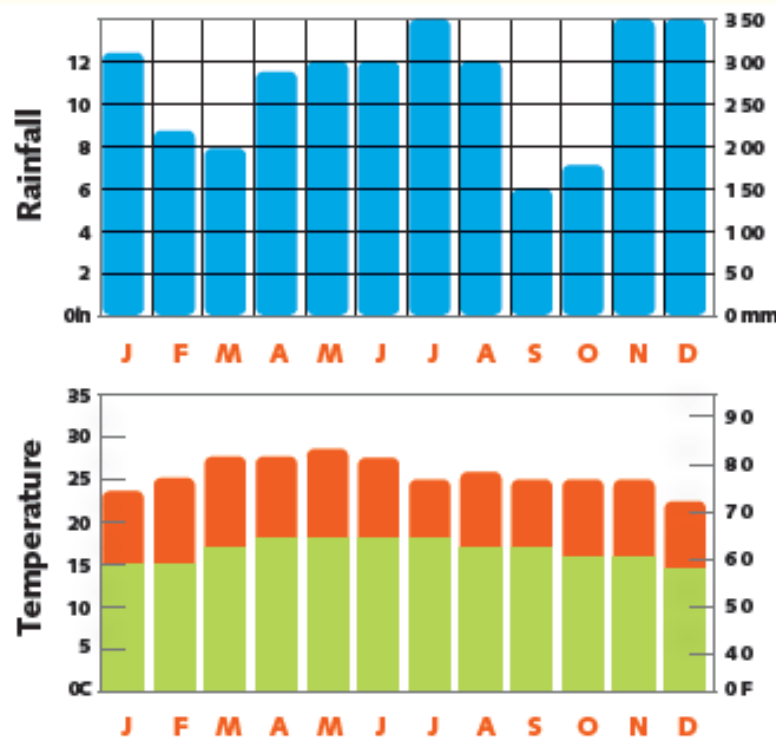
- Good torch (red light filter)
- Water bottle
- Camera
- Spare batteries
- Sunglasses
- Student Card!!
- Binoculars
- Cards/books/music
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary

# 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. If you plan to use a local Sim, we strongly advise to use an e-Sim platform rather than trying to purchase a physical Sim in country. Mobile reception at the turtle project is limited but should be available at most other destinations.

### Internet:

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

There is no WiFi at the turtle project.



# USEFUL INFORMATION



## Health Risks

### Immunisation:

Our advice: Visit your local (travel) doctor to get up-to-date information about requirements when travelling.

DTP inoculation (diphtheria, tetanus and polio) is essential. 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:

There is a low risk of malaria in Costa Rica. Non-medicated prevention for mosquito bites is advised.

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

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## 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>

You should select 'Adventure Pack' as this will cover you for the type of activities you will undertake during your trip



## 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/>



# USEFUL INFORMATION

SOUTH AMERICA

## Trip Clothing

Online shop available for trip clothing:

GAP Trip Hoodie

GAP Africa Polo Shirts

GAP Africa Caps

GAP Africa Beanie

GAP Africa 500ml Bottle



<https://gapafricaprojects.etsy.com>



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