



# PROJECT INFORMATION PACK

## Bishop Burton College



# Costa Rica

## Agriculture & Sustainability Field Trip



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

# Trip Overview



## Bishop Burton College – Booking Reference 4541

### Trip Dates:

7<sup>th</sup> October – 20<sup>th</sup> October 2024

### Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
IB3181	07/10/2024	London Heathrow (LHR)	06:15	Madrid (MAD)	09:40
IB6317	07/10/2024	Madrid (MAD)	11:30	San Jose (SJO)	14:25
IB6314	20/10/2024	San Jose (SJO)	15:55	Madrid (MAD)	10:45 + 1 Day
IB3176	21/10/2024	Madrid (MAD)	13:30	London Heathrow (LHR)	14:55

**Baggage allowance:** 1 piece checked baggage @ 23kgs, 1 piece hand baggage @ 10kgs max dimensions 56x40x25 cms

### Project:

Costa Rica Agriculture & Sustainability Field Trip

### Trip Cost:

£2695.00 per person

£300.00 deposit

£1197.50 Instalment due 17/06/2024

£1197.50 Balance due 12/08/2024

# ABOUT COSTA RICA



## Your Agriculture Field Trip Explained

- A unique experience-based project in Costa Rica
- Experience a range of different farming methods.
- Opportunity to visit various Rainforests and National Parks
- Experience one of the greatest biodiverse countries on earth
- Project Activities include:
  - Livestock Based Farming
  - Crop Based Farming
  - Excitement and Adventure
- All-inclusive experience





**SOUTH  
AMERICA**

# ABOUT THE PROJECT

Our sustainability work  
in more detail





# ABOUT COSTA RICA



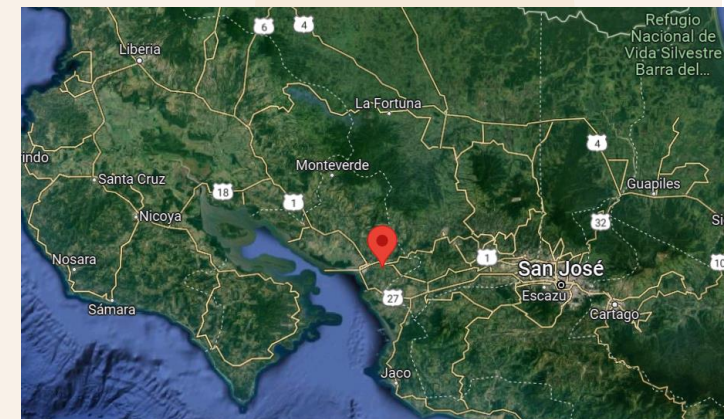
## Location

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".



# ABOUT THE PROJECT

SOUTH  
AMERICA

## 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 regions
- Preserving the many different species of bee in CR





# ABOUT THE PROJECT



## 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



# ABOUT THE PROJECT



## Your itinerary

Day 1 – Late arrival to the project

Day 2 – Introductory talk at the Ministry of Agriculture offices, Visit local production of vegetables and coffee. Lunch provided by local families.

Day 3 – Travel to Quepos. Visit to the Experimental Station, where they improve production methods for tropical fruit and vegetables. Go to the Crocodile Bridge – the largest population of crocodiles in America.

Day 4 – Travel to Finca Rosario, an integrated farm of coffee, cacao, honey, rice, beans, tilapia, pigs, and organic compost. Lunch with local producers.

Day 5 – Travel to Quepos and Parrita – production of palm oil and livestock. Lunch with local producers.

Day 6 – Tourist day – Beach day or a range of activities – Whale watching, Mangroves, water sports (extra cost)

Day 7 – Tourist day – Trip to Isla Tortuga for snorkeling, 45 USD including lunch.

Day 8 – Guadalupe for livestock, small-scale honey production with some of the 60 species of stingless bees found in Costa Rica. Lunch with local producers.

Day 9 – Miramar Arriba There will be a presentation and tour. Traditional sugar production, coffee, livestock, fish farming.

Day 10 – Miramar Arriba – Coffee production

Day 11 – Miramar – Vegetable and Cheese Production

Day 12 – Monteverde – Studies of gas production by livestock. Cheese production, livestock farming.

Day 13 – Monteverde – Visit the cloud forest

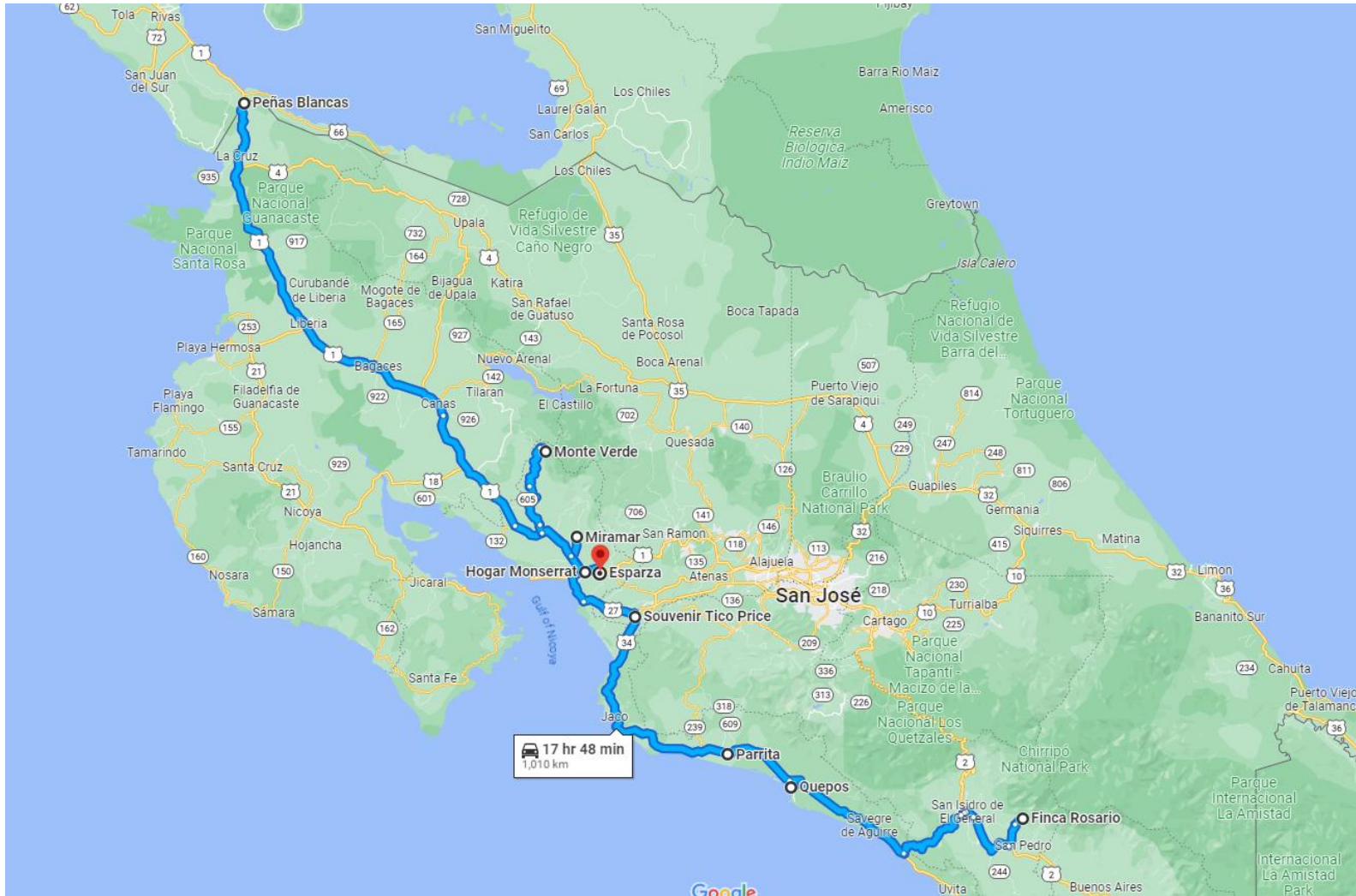
Day 14 – Departure



# ABOUT THE PROJECT



## Your itinerary



ANY QUESTIONS?

[INFO@GAPAFRICAPROJECTS.COM](mailto:INFO@GAPAFRICAPROJECTS.COM) | +44 (0)207 1937819

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# ABOUT THE PROJECT



## Project Photos



ANY QUESTIONS?

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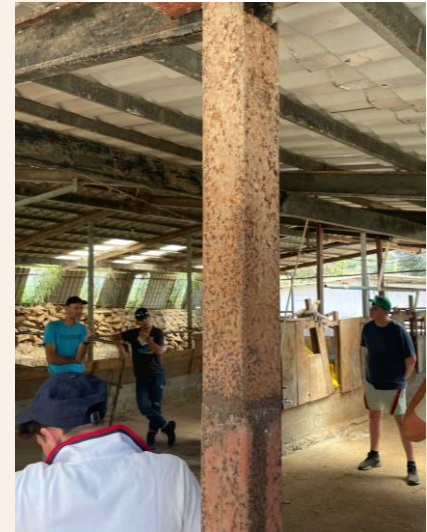
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# ABOUT THE PROJECT



## Project Photos



ANY QUESTIONS?

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AMERICA**

# LIFESTYLE & ACCOMMODATION

Life in Costa Rica





# ACCOMMODATION



## Esparza

You will be based mainly at the Hotel Las Palmas 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.

You will also spend a few nights with a local family





# 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.







# USEFUL INFORMATION

Inclusions/Exclusions &  
Recommended Kit List



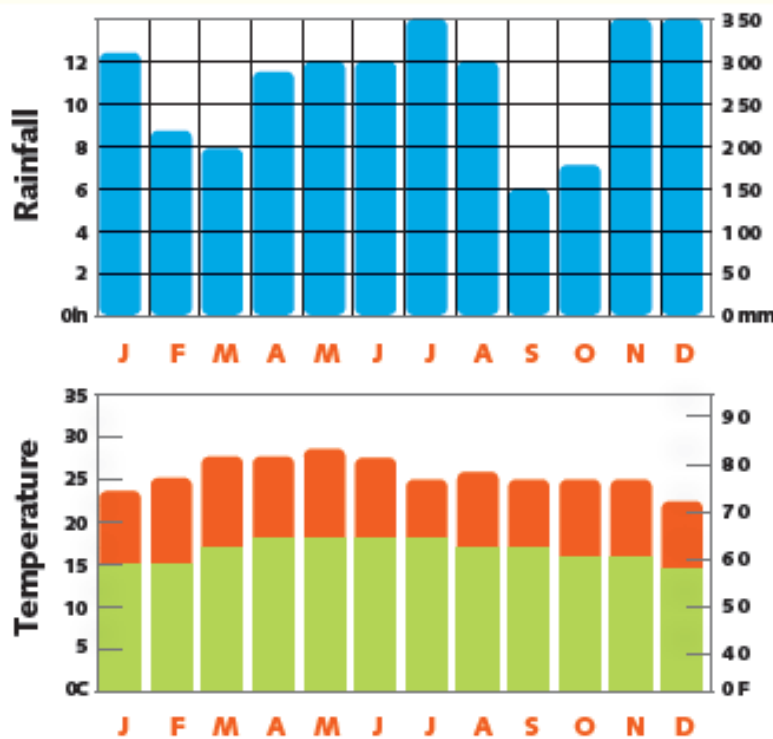


# USEFUL INFORMATION



## Climate

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



### 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.

### 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



## 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/First aid kit
- Water bottle (at least 1 litre)
- Sunglasses
- Sunscreen

### Other useful items:

- Good torch
- Camera
- Spare batteries
- Cards/books/music
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary

Student Card!!



# 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 in the itinerary

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





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