



PRE-DEPARTURE 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:

7th October – 20th 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

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.

Please exit the building and turn left, you will be met 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

Esparza Accommodation

Hotel Las Palmas
Paraiso De Esparza
Frente Al Bar Bichos, Macacona 60203

Telephone:

+506 8459 6971 – Andy Hoyle

Gap Africa Projects

+44 (0) 797 657 5949

24 Hour Emergency Only



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

SOUTH AMERICA

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.

<https://www.accuweather.com/en/cr/esparza/114667/weather-forecast/114667>

Currency, Credit Cards

The colón is the currency of Costa Rica although US\$ are widely accepted at hotels, restaurants and most supermarkets as are all major credit cards.

For small services, including local meals or public transport, be prepared to pay in local currency, you can withdraw local currency at ATMs.

Cards are widely accepted and in terms of travel cards, we have a link with WISE if you use the link below you get no transfer fee up to £500.

7WISE



<https://wise.prf.hn/1/XZJx9gq>

USEFUL INFORMATION



Phones & Internet

Mobile phone coverage is good at the accommodation in Esparza. Some Wi-Fi is provided free of charge at the accommodation in Esparza. Internet speeds are not up to international urban standards but are effective for communication.

For an eSim we have partnered with Holafly, an eSim provider who have offered a 5% discount when you use the code

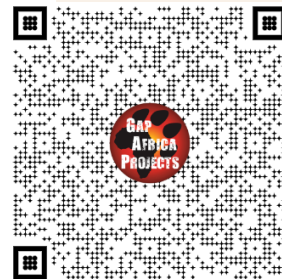
GAPAFRICAPROJECTS

Benefits of an eSim

- Unlimited Data Plans
- Keep your WhatsApp number
- Immediate Delivery

<https://shorturl.at/sxE29>

Holafly



-5% discount applied to all plans

5 Days Unlimited data £22.80 £24.00 GBP 5%	7 Days Unlimited data £27.55 £29.00 GBP 5%	10 Days Unlimited data £32.30 £34.00 GBP 5%
15 Days Unlimited data £37.05 £39.00 GBP 5%	20 Days Unlimited data £44.65 £47.00 GBP 5%	

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.

We have an affiliation with True Traveller Insurance, please see link below for further information:

<https://www.truetraveller.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



Departure Tax:

Costa Rica airport departure tax is US\$29.00.

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

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

You may need a transit visa depending on which country your flight is via, please check your flight details and the visa requirements for the country you are transiting.

You can check the following website for visa information:

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

ACCOMMODATION & LIFESTYLE



Esparza, Manuel Antonio, Miramar

You will be staying in Esparza at The Hotel Las Palmas, the hotel has shared rooms, a large garden with swimming pool and sports activities. WiFi coverage and hydroelectricity are both excellent.

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.



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
- 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
- Meals as specified
- 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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