



# PRE-DEPARTURE INFORMATION PACK

## Easton College

The background of the slide is a collage of three nature scenes. On the left, a sea turtle swims in clear blue water over a coral reef. In the center, a circular inset shows a mountain range with snow-capped peaks under a blue sky. On the right, a vibrant green tree frog with large orange eyes and blue and yellow markings sits on a green leaf.

# Costa Rica

## Group Expedition

A graphic of a brown silhouette of the continent of South America, with a small frog silhouette on its right side. The text 'SOUTH AMERICA' is written in white, bold, sans-serif capital letters across the middle of the continent.

**SOUTH  
AMERICA**

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

# Trip Overview



## Easton College – Booking Reference 4586

### Trip Dates:

23rd June – 6th July 2025

### Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1381	23/06/2025	London Heathrow (LHR)	06:15	Paris (CDG)	08:35
AF430	23/06/2025	Paris (CDG)	13:25	San Jose (SJO)	16:45
AF431	06/07/2025	San Jose (SJO)	19:00	Paris (CDG)	13:35 + 1 Day
AF1180	07/07/2025	Paris (CDG)	18:15	London Heathrow (LHR)	18:35

\* Always check timings on your final documents

**Baggage allowance:** 1 piece checked baggage @ 23kgs and 1 piece hand baggage @ 12kgs max dimensions 55x25x35 cms

### Project:

Costa Rica Group Expedition

## 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 should exit the building and turn right where 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



## Project Addresses:

### Esparza Accommodation

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

### Turtle Conservation Project

Lista del correos Bataan  
Limon, Bataán de Matina, 70502  
Costa Rica

### Telephone:

+506 8459 6971 – Andy Hoyle

### Gap Africa Projects

+44 (0) 744 260 1694

**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

### 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 ATM's

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



wise



<https://wise.prf.hn/1/XZJx9qq>

# 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.

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://holafly.sjv.io/APK5yR>

-5% discount applied to all plans

<b>5 Days</b> Unlimited data £22.80 <del>£24.00</del> GBP <span>5%</span>	<b>7 Days</b> Unlimited data £27.55 <del>£29.00</del> GBP <span>5%</span>	<b>10 Days</b> Unlimited data £32.30 <del>£34.00</del> GBP <span>5%</span>
<b>15 Days</b> Unlimited data £37.05 <del>£39.00</del> GBP <span>5%</span>	<b>20 Days</b> Unlimited data £44.65 <del>£47.00</del> GBP <span>5%</span>	

# 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](http://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



## 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, a large garden with swimming pool and sports 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 dinners will be provided at the hotel; for those meals that are not included at Esparza there are a variety of restaurants in the vicinity that offer different choices.

Budget approximately \$10-\$15 per meal including a drink for meals out.

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.



# ACCOMMODATION & LIFESTYLE



## Additional Activities

There may be the opportunity to experience some additional activities during the time at Esparza, these are subject to availability and may also be weather dependant, so are not guaranteed.

Prices are indicative as the price can vary depending on the group size:

- Bungee Jump – Approximately US\$66.00
- Zipline – Approximately US\$60.00
- Horse riding – Approximately US\$55.00
- Tour to Isla Tortuga, including lunch and kayak or snorkelling (subject to weather conditions) – Approximately US\$70.00



## 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

- 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
- Binoculars
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary

# WHAT'S INCLUDED



## Included

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day at Pacuare
- Meals as specified on itinerary days 7 - 15
- 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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