

EASTON COLLEGE - HE Q&A PRESENTATION



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



ABOUT COSTA RICA



Location

ANY QUESTIONS?

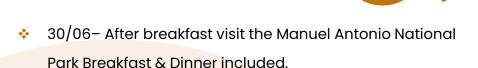


YOUR PROJECT

Itinerary

- 23/06- Arrive at San Jose (SJO) airport. Your group guide will meet you and transfer you to the Hotel Las Palmas in Esparza.
- 24/06 Travel by coach to Goshen de Bataan, approximately 4 hours duration, then transfer to the boat for 45 minutes to the project, dinner at the project. Breakfast & Dinner included
- 24/06 28/06 Turtle Conservation Project. Breakfast, lunch and dinner will be provided each day.
- 28/06 After breakfast depart Pacuare by boat then drive through Braulio Carrillo National Park. Dinner and overnight at the Hotel Las Palmas in Esparza. Breakfast & Dinner included.
- 29/06 After breakfast visit the Monteverde Cloud Forest Reserve. Dinner and overnight Cascade Verde Uvita or Hostel Manuel Antonio, Breakfast & Dinner included.

Whilst you will cover all the activities on the itinerary certain days may swap around during your time at Esparza



- 01/07- After breakfast visit Playa Uvita Marino Ballena National Overnight at Cascade Verde Uvita or Hostel Manuel Antonio. Breakfast & Dinner included.
- 02/07- Breakfast then at the Toucan Rescue Overnight at Esparza. Breakfast & Dinner included
- 03/07- Breakfast then a visit to the Maritime Park Puntarenas Overnight at Esparza. Breakfast, Lunch & Dinner included
- 04/07- After breakfast visit Las Hornillas, Miravalles Volcano. Overnight at Esparza. Breakfast, Lunch & Dinner.
- 05/07 Breakfast before a crocodile boat tour on the River Tarcoles Overnight at Esparza, Breakfast, Lunch & Dinner included
- 06/07 After breakfast transfer to the airport for your flight home to the UK.





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.

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<mark>\$55.00</mark>
- Tour to Isla Tortuga, including lunch and kayak or snorkelling (subject to weather conditions) - Approximately US\$70.00









FLIGHT INFORMATION

Departure from the United Kingdom | Arrival to Costa Rica



Heathrow Airport - Terminal 4

Group to meet at Check-in zone @ 03.1

Flight No Flight Date **Dept. Time** Arr. Time Dept. Arr. **AF1381** 23/06/2025 London Heathrow (LHR) 06.15 Paris (CDG) 08:35

Flight No Flight Date **Dept. Time** Arr. Time Dept. Arr. **AF430** 16.45 23/06/2025 Paris (CDG) 13.25 San Jose (SJO)

Pairs Airport

Check the board for the departure gate, Bags checked through to San Jose

San Jose Airport

Clear immigration & collect baggage to clear customs Meet and Greet at the arrivals Hall Transfer to Esparza



Costa Rica is 6 hours behind the UK

FLIGHT INFORMATION



Departure from Costa Rica | Arrival to the United Kingdom

Check-in at San Jose Terminal M @ 16.00

Flight No Flight Date **Dept. Time** Arr. Time Dept. Arr.

06/07/2025 San Jose (SJO) **AF431** 19.00 Paris (CDG) 13.35+1day

Flight No Flight Date **Dept. Time** Arr. Time Dept. Arr.

AF1180 07/07/2025 Paris (CDG) London Heathrow (LHR) 18.35 18.15

Toronto Airport

Check the board for departure gate, Bags checked through to London

FLIGHT INFORMATION



Air France

Cabin Baggage



12kg in weight No larger than 55x35x25cm

Hold Baggage



23kg of hold luggage Max. size 158 cm

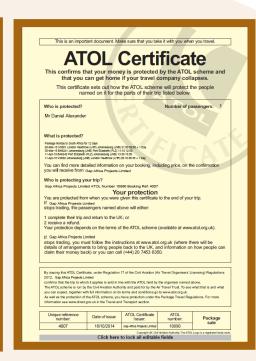
https://www.aircanada.com/ca/en/aco/home/plan/baggage/carry-on.html



Travel Documents

- Balance 28/04/25
- Issued 09/06/25
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!
- Student Cards.











Group Web Page & Travel Documents

FAQs and House Rules

- Student Frequently Asked Questions Click to Download
- Student Guidelines and House Rules Click to Download



https://gapafricaprojects.com/4586-est/

Student - Frequently Asked Questions

Contents Pre-Departure What documents should I receive from Gap Africa?... 2. What travel documents are required? Gap Africa Projects - General Guidelines and House Rules: As a participant in Gap Africa Projects, I understand and agree to adhere to the 1. Timeliness and Curfew. I commit to respecting designated timings, including early mornings and curfew times 2. Behavioural Expectations: I agree to uphold the behavioural standards set by my institution, maintaining respect for others and the local culture. incidents or issues during the trip? 3. Language and Conduct: I recognise that the use of foul language is inappropriate and will respectfully challenge any instances of it among fellow participants. 4. Smoking and Vaping: I agree not to smoke or vape inside any buildings or vehicles utilising only designated smoking areas for such activities. 5. Alcohol Policy: I ggree to comply with my institution's alcohol policy and ensure that if I choose to drink, I do so responsibly and without becoming intoxicated during 6. Substance Use: I understand and agree that the use of narcotic substances is strictly prohibited. d I bring?... 7. Community Interaction: I will refrain from giving money or food directly to individuals in the community, as it may perpetuate a culture of dependency. 8. Health and Dietary Needs: I will inform Gap Africa Projects of any medical conditions, mental health concerns, or dietary restrictions at least six weeks before be menstruating during the trip 9. Personal Supplies: I commit to bringing any preferred snacks or foods if I know I am

GLOBAL reach. ADVENTURE for all. PROJECTS to inspire.

10. Insurance: I agree to obtain appropriate travel and medical insurance that covers

all activities during the trip.



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 l<mark>ongs)</mark>
- 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
- Walking 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 Binoculars filter)
- Water bottle
- Camera
- Spare batteries
- Sunglasses
- Student Card!!

- Cards/books/music
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary



Climate

22

23

24

25

26

27

28

32°

25°

32° 24°

32°

23°

32° 24°

32° 23° 33° 23°

31° 24°

Hist. Avg.

29

30

2

3

5

Hist. Avg. 31° 24°



Currency & Credit Cards

The colòn 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

Travel Cards are very useful; preload before travelling and the best exchange rate is used. Wise Travel Card offers up to £500.00 with no transfer fee for GAP Africa Projects travellers

https://wise.prf.hn/I/XZJx9gq





Tipping

Whilst there is no obligation, it is a nice gesture to show your appreciation for the rangers and housekeeping staff by leaving a small tip/donation for the staff when you leave; any amount is always appreciated.



Phones & Internet

Mobile phone coverage is good at the accommodation, although there may be some areas on the reserve where there isn't any coverage. eSIM or purchasing a SIM card at the airport is another option

Some Wi-Fi if provided free of charge at the accommodation. Internet speeds are not up to international urban standards but are effective for communication.

We have partnered with Holafly eSim provider 5% discount use code GAPAFRICAPROJECTS

Benefits of an eSIM

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







https://shorturl.at/sxE29



Health Risks

Immunisation:

When entering Costa Rica, no international immunisation is required.,

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. Please visit the following web page for advice from the UK Foreign Office:

https://travelhealthpro.org.uk/country/58/costarica

Drinking Water:

Drinking water is available at the project (filtered rainwater); always make sure you keep hydrated.

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/costarica/health



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 incur or on your return home.

https://www.truetraveller.com/?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.

Your passport needs to be valid for at least 30 days beyond your intended stay and have at least two blank pages.

Visa Requirements

A visa is not required for British Passport holders, all other nationalities should check the requirements via the website below, if required a visa can be obtained from the South African High Commission.

http://www.dha.gov.za/index.php/immigrationservices/exempt-countries



Trip Clothing

Online shop available for trip clothing:

GAP Trip Hoodie

GAP Africa Polo Shirts

GAP Africa Caps

GAP Africa Beenie

GAP Africa 500ml Bottle





https://gapafricaprojects.etsy.com



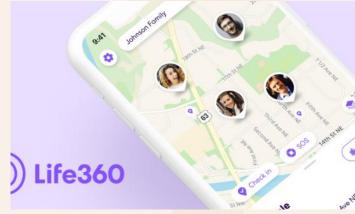
Useful Apps for Next of Next of Kin

We recommend that Next of Kin also download and set up the following app, we have found this to be useful in knowing where are students whilst on the trip!

Flightrader24 – very useful for tracking flights, showing departure times, any delays and flight location in travel.

Life360 – is great for following them on their journey.







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

Explore our network of Global Adventure Projects:











GLOBALADVENTUREPROJECTS.COM







