



UNIVERSITY CENTRE BISHOP BURTON PRE-DEPARTURE PRESENTATION

The background of the slide is a collage of three nature images. On the left, a sea turtle swims in clear blue water over a coral reef. In the center, a semi-transparent dark blue circle contains a photograph of snow-capped mountain peaks. On the right, a vibrant green tree frog with large red eyes and blue markings on its legs is perched on a green leaf.

Costa Rica Group Expedition

A graphic in the bottom right corner. It consists of an orange circle containing the text 'SOUTH AMERICA' in white, bold, sans-serif capital letters. To the right of the circle is a white silhouette of a lizard, possibly a gecko, facing right.

**SOUTH
AMERICA**

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



ABOUT COSTA RICA

Project Overview and
Location



ABOUT COSTA RICA



Location



YOUR PROJECT



Itinerary

- ❖ 05/04– Arrive at San Jose (SJO) airport. Your group guide will meet you and transfer you to the Hotel Las Palmas in Esparza.
- ❖ 06/04–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
- ❖ 07/04– 11/04– Turtle Conservation Project. Breakfast, lunch and dinner will be provided each day.
- ❖ 12/04– 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.
- ❖ 13/04– After breakfast visit the Monteverde Cloud Forest Reserve. Dinner and overnight Cascade Verde Uvita or Hostel Manuel Antonio. Breakfast & Dinner included.
- ❖ 14/04– After breakfast visit the Manuel Antonio National Park Breakfast & Dinner included.
- ❖ 15/04– After breakfast visit Playa Uvita Marino Ballena National Overnight at Cascade Verde Uvita or Hostel Manuel Antonio. Breakfast & Dinner included.
- ❖ 16/04– Breakfast then at the Toucan Rescue Overnight at Esparza. Breakfast & Dinner included
- ❖ 17/04– Breakfast then a visit to the Maritime Park Puntarenas Overnight at Esparza. Breakfast, Lunch & Dinner included
- ❖ 18/04– After breakfast visit Las Hornillas, Miravalles Volcano. Overnight at Esparza. Breakfast, Lunch & Dinner included
- ❖ 19/04– Breakfast before a crocodile boat tour on the River Tarcoles Overnight at Esparza, Breakfast, Lunch & Dinner included
- ❖ 20/04– After breakfast transfer to the airport for your flight home to the UK.



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



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, 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



Possible 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:

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





PRE DEPARTURE INFORMATION

Travel details, kit lists and Q&A



FLIGHT INFORMATION

Departure from the United Kingdom | Arrival to Costa Rica



Heathrow Airport – Terminal 2

Group to meet at Check-in zone @ 06:30

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AC867	05/04/2025	London Heathrow (LHR)	09.30	Montreal (YUL)	11.40
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AC959	05/04/2025	Montreal (YUL)	17.40	San Jose (SJO)	21.00

Montreal 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

Flight 1 is 7hrs – Canada is 5 hours behind the UK

Flight 2 is 5 hrs – Costa Rica is 6 hours behind the UK



FLIGHT INFORMATION



Departure from Costa Rica | Arrival to the United Kingdom

Check-in at Iberia desk San Jose Terminal M @ 04.55

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AC956	20/04/2025	San Jose (SJO)	07.55	Toronto (YYZ)	15.10
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AC854	20/04/2025	Toronto (YYZ)	18.25	London Heathrow (LHR)	06.35 +1day

Toronto Airport

Check board for departure gate, Bags checked through to London

Flight 1 is 4.5 hours (no meals provided)

Flight 2 is 6.5 hours

FLIGHT INFORMATION



Air Canada

Cabin Baggage



No larger than 55x23x40cm

Hold Baggage



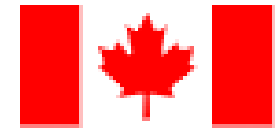
23kg of hold luggage
Max. size 158 cm

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

FLIGHT INFORMATION



Canada VISA/ESTA



What you need to complete the form and pay for your eTA

You will need:

- a valid passport
- a valid email address,
- one of the following acceptable methods of payment to pay the \$7 CAD fee

• Your name must be exactly the same as your passport



<https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html>

TRAVEL DOCUMENTS



Travel Documents

- Balance 08/02/25
- Issued 22/03/25
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!
- Student Cards.

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](#)

Reservation Number: RS3RG5 [View Electronic Ticket Receipt](#)

Traveler		
Passenger Name	Billing Address	Delivery Address
DEELEY, GEORGE	TRAVEL COUNSELLORS PHENIX	No Address On Record
	TRAVEL VSE	
	CHURCHGATE	
	BOLTON	
	PBLL 1TH	

Agency Information
TRAVEL COUNSELLORS LTD
Travel House
Bolton L1 1TH
UNITED KINGDOM
Agency Phone: 01204 536 084 TRAVEL COUNSELLORS PLC PHENIX FLTS
Agency IATA Number: 91277992

e-Ticket Receipt - 932941650522 - VS 801 - 28 Jun 2015 - LHR
Today's Date: 29 May 2015
Ticket Number: 932941650522 Galileo Reservation Number: RS3RG5 Ticket Issue Date: 27 May 2015

Flight Information			
28 Jun 2015	Virgin Atlantic Airways Ltd. (VS) 801	Economy (Y)	Virgin Atlantic Airways Ltd Confirmation Number: SHHG24
Depart:	Heathrow (LHR) - Terminal 3	9:05 PM	Fare Basis: 01
Arrive:	Johannesburg (JNB) - Terminal A	9:05 AM	Not Valid Before: 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?
Mr Daniel Alexander

Number of passengers: 1

What is protected?
Package holiday to South Africa for 12 days
20-Apr-15 (VS01) London Heathrow (LHR) Johannesburg (JNB) 21:00:00 + 1 Day
20-Apr-15 (VS01) Johannesburg (JNB) Port Elizabeth (PE) 11:40:00 + 1 Day
11-Apr-15 (VS01) Port Elizabeth (PE) Johannesburg (JNB) 13:30:00 + 1 Day
11-Apr-15 (VS01) 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](#)).
If Gap Africa Projects Limited stops trading, you must follow the instructions at [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 6355.

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

Copyright © Civil Aviation Authority. The ATOL logo is a registered trade mark.

[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	SA237
17/07/2017	Arrive Johannesburg International Airport, Terminal A	21:00
	Upon arrival please clear immigration and collect your baggage to pass through Customs	09:00
	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 Greet Board.	
	Drop off Baggage at SAA bag drop - Domestic Terminal B	SA405
	Depart Johannesburg	10:45
	Arrive Port Elizabeth Airport	12:30
	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
	Check in for your flight at the SAA Check in Desk	SA420
	Depart Port Elizabeth	14:35
	Arrive Johannesburg Terminal B	16:10
	Upon arrival please make your way to Terminal A International Departures	
	Depart Johannesburg	SA234
	18:55	
01/08/2017	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.dha.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.



USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List



TRIP DOCUMENTS



Group Web Page & Travel Documents



Student Frequently Asked Questions - Click to View



Student Guidelines and House Rules - Click to View



Student - Frequently Asked Questions

Contents

Pre-Departure.....	2
1. What documents should I receive from Gap Africa?.....	2
2. What travel documents are required?.....	2

Gap Africa Projects - General Guidelines and House Rules:

As a participant in Gap Africa Projects, I understand and agree to adhere to the following guidelines:

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.
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 agree 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 any activities.
6. Substance Use: I understand and agree that the use of narcotic substances is strictly prohibited.
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 travel.
9. Personal Supplies: I commit to bringing any preferred snacks or foods if I know I am a picky/fussy eater.
10. Insurance: I agree to obtain appropriate travel and medical insurance that covers all activities during the trip.

GLOBAL reach. ADVENTURE for all. PROJECTS to inspire.

<https://gapafricaprojects.com/4562-bba/>

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

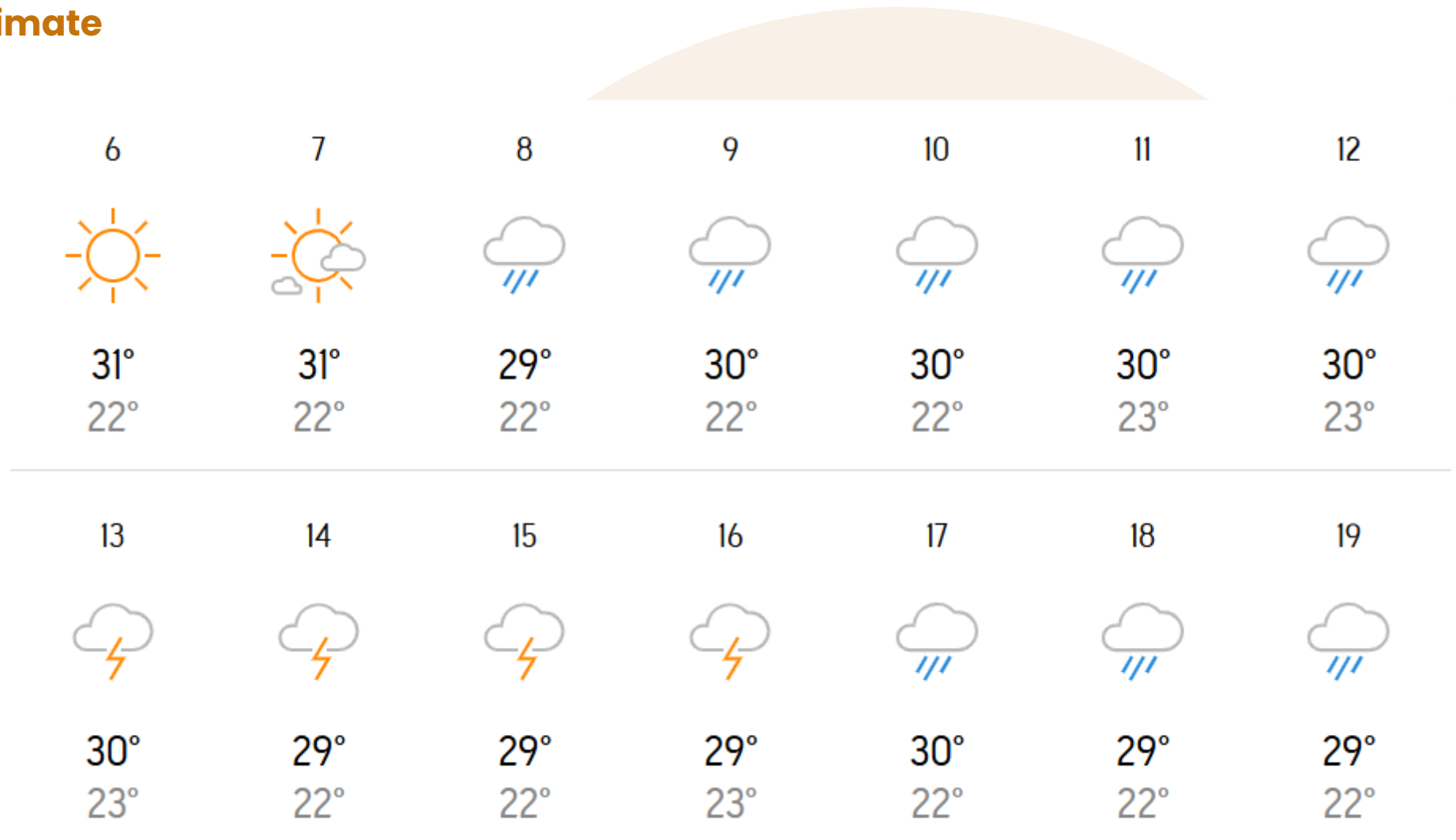
Other useful items:

- 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



USEFUL INFORMATION



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

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/l/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.

USEFUL INFORMATION



Phones & Internet

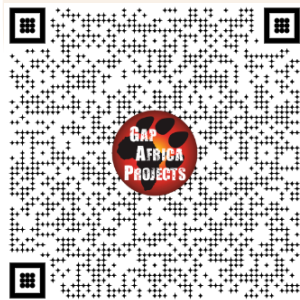
Mobile phone coverage is good at the accommodation, although there may be some areas on the reserve where there isn't any coverage. eSIM or purchasing a SIM card at the airport is another option


Some Wi-Fi is 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



Number of days More days, lower daily price	Number of eSIMs How many travelers?
<input type="text" value="14"/>	<input type="text" value="1"/>
Total £37.05 £39.00 GBP 	
Get unlimited internet	

<https://shorturl.at/sxE29>

USEFUL INFORMATION



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/costa-rica>

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/costa-rica/health>

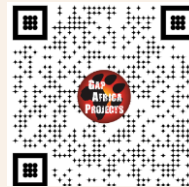
USEFUL INFORMATION



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 incur or on your return home.

<https://www.true traveller.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/immigration-services/exempt-countries>

USEFUL INFORMATION



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>

USEFUL APP'S

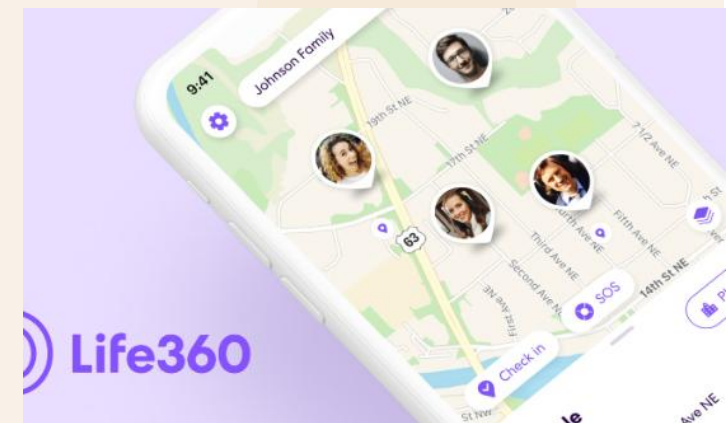


Useful App's for Next of Next of Kin

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!

Flightradar24 – 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





ABOUT THE PROJECT

Our conservation work
in more detail



YOUR PROJECT



Pacuare Turtle conservation programme

- Night beach patrols
- Collecting biometric data from nesting turtles
- Relocating of nests
- Nest Monitoring
- Day/night hatchery duties
- Beach cleaning
- Hatchling liberation
- Basic construction work, building hatcheries for example
- General maintenance
- Maintenance of volunteer accommodation
- Reforestation work – collecting/sorting of seeds, planting saplings



YOUR PROJECT



Helping to Construct Turtle Hatchery

During your time at the project, it may be required to build new hatcheries or maintain existing ones.

As a volunteer, you will assist the research team with this task.



YOUR PROJECT



Night Patrols of the Beach

Patrols are lead by an experienced patrol leader walking a sector of the beach searching for nesting females. Once a turtle is encountered the leader, with the aid of the volunteers, will collect information; the length and width of the turtle, nest location and its dimensions and the number of eggs laid. The eggs will be carefully removed by the group leader and relocated to the hatchery. Turtles are sensitive to light, if any light is to be used on the beach only red light is permitted.



YOUR PROJECT



Nest Patrols and Taking Biometric Data

During a hatchery shift you will need to check for baby turtles that have left the nest and need to be placed on the beach so they return to the water, monitor the hatchery for any potential threats to the nest e.g. crabs. Assist with the relocation of eggs found on patrol, recording data on the number of eggs, their original location and where they are relocated to.



YOUR PROJECT



Releasing Baby Turtles

At certain times of the year, groups will have the privilege to assist the research team in releasing baby turtles from the hatcheries back to the ocean.



YOUR PROJECT



Pacuare Reserve



YOUR PROJECT



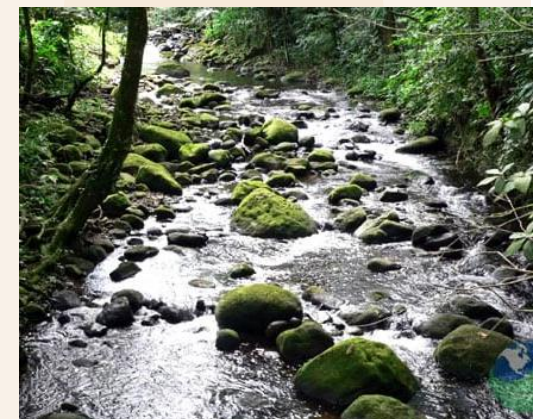
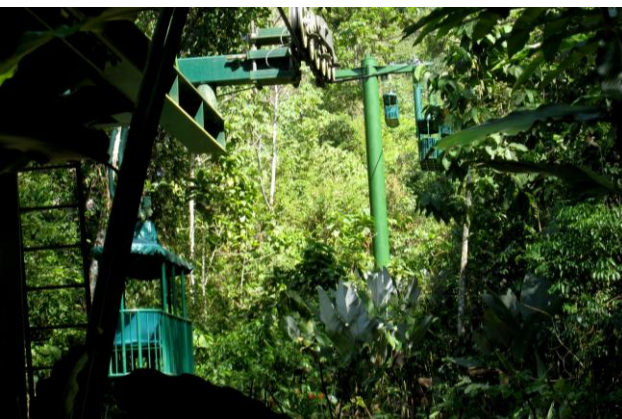
Braulio Carrillo National Park

Braulio Carrillo National Park protects 117,300 acres of rainforest.

Rainforest Adventure: Aerial Tram above the jungle.

Guided nature tour of butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds.

500 Species of bird, 150 Species of mammal.



YOUR PROJECT



Monteverde Cloud Forest Reserve

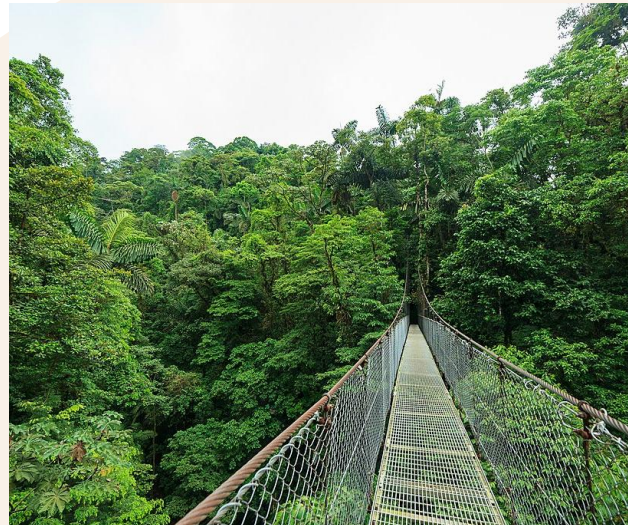
The cloud forest protects 35,000 acres of rainforest.

There are over 100 species of mammals, 400 species of birds, and 1,200 species of amphibians and reptiles

2.5% of the world biodiversity can be found within its bounds.

Over 8 miles of trails to be explored.

Lecture on Natural History and Conservation.



YOUR PROJECT



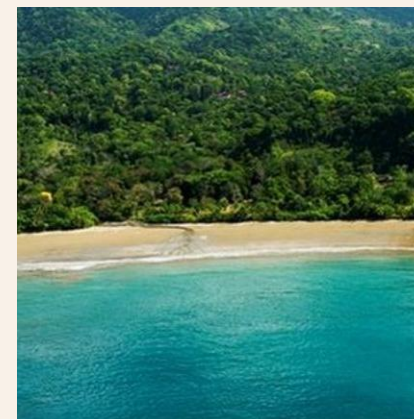
Marino Ballena National Park

Over 5,000 hectares of protected marine area created as safe haven for humpback whale migration.

Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife.

View the caverns of Ventanas Beach.

Marine tour to search for Humpback Whales and two species of resident dolphins.



YOUR PROJECT



Manuel Antonio National Park

Smallest National Park in Costa Rica at just 682 hectares.

Talk on conservation and guided tour of park.

Lots of activities to explore during free time.



YOUR PROJECT

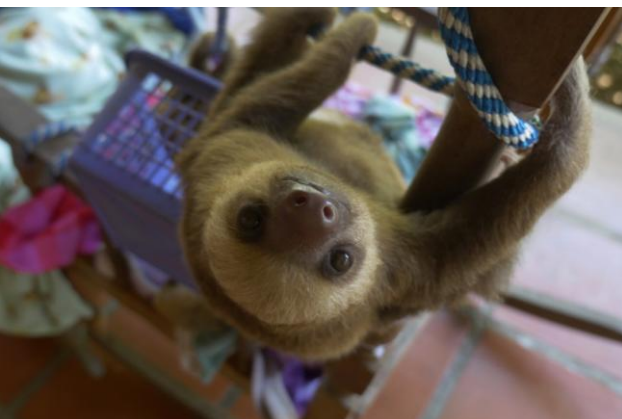


Toucan Rescue Ranch

Hands on work at the toucan rescue ranch.

Introductory talk on sloth conservation.

Tour of ranch to meet sloths, toucans, birds and other mammals.



YOUR PROJECT



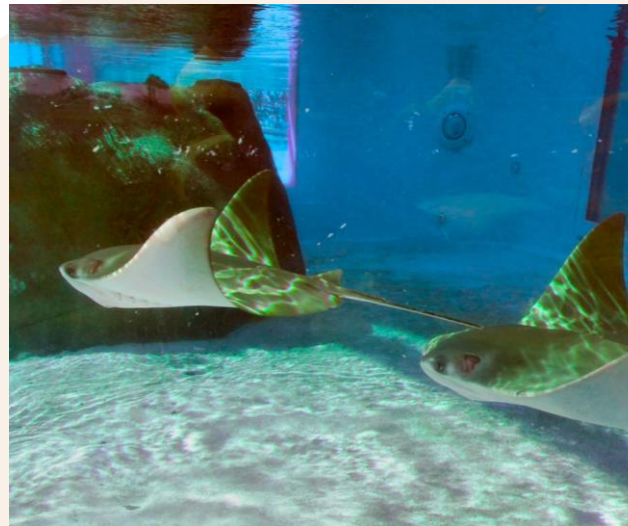
Maritime Park Puntarenas

Marine park focused on coastal, marine education.

Marine animal rehabilitation and rescue centre.

Guided tour and educational talk on the work carried out at the centre.

They work to protect 13,000 hectares of ocean and 9 miles of coastline.



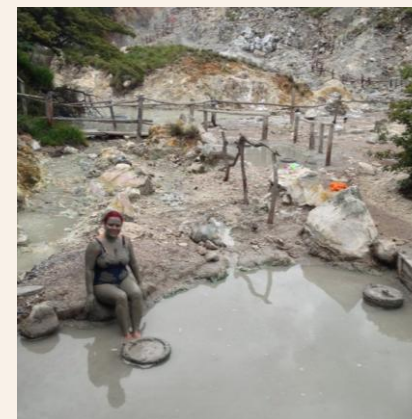
YOUR PROJECT



Las Hornillas, Miravalles Volcano

Guided tour of Volcano and Waterfalls.

Opportunity to experience hot springs, mud baths and sauna created by the live volcanic crater.



YOUR PROJECT



Carara National Park & River Tarcoles

Boat tour on the River Tarcoles and the mangroves.

Opportunity to see crocodiles, birds and monkeys up close.

Horse riding on the beach.

Souvenir Shopping.

