

### EASTON COLLEGE - HE Q&A PRESENTATION

# Costa Rica Group Expedition

SOUTH AMERICA

GLOBAL reach. ADVENTURE for all. PROJECTS to inspire.



# ABOUT COSTA RICA

Project Overview and Location

# **ABOUT COSTA RICA**

#### Location



# **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

- 30/06- After breakfast visit the Manuel Antonio National
   Park Breakfast & Dinner included.
- 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.



# 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!

Please be aware there is no shop at the Turtle Centre so ensure you have bought any snacks/drinks before arriving.

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 dependent, 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

Booking and payment is made locally.









# PRE DEPARTURE INFORMATION

Travel details, kit lists and Q&A

### **FLIGHT INFORMATION**

Departure from the United Kingdom | Arrival to Costa Rica

#### Heathrow Airport - Terminal 4

Group to meet at Check-in zone @ 03.15

•	Flight Date	Dept.	<b>Dept. Time</b>	<b>Arr.</b>	<b>Arr. Time</b>
	23/06/2025	London Heathrow (LHR)	) 06.15	Paris (CDG)	08:35
•	<b>Flight Date</b>	<mark>Dept.</mark>	<b>Dept. Time</b>	Arr.	Arr. Time
	23/06/2025	Paris (CDG)	13.25	San Jose (SJO)	16.45

#### **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

SOUTI AMERIC

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.	Dept. Time	Arr.	Arr. Time
<b>AF431</b> 06/07/2025	San Jos <mark>e (SJO)</mark>	19.00	Paris (CDG)	13.35+1day
Flight No Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
<b>AF1180</b> 07/07/2025	Paris (CDG)	18.15	London Heathrow (LH	IR) 18.35

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

# **FLIGHT INFORMATION**

#### **Air France**

#### **Cabin Baggage**



12kg in weight No larger than 55x35x25cm

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

#### **Hold Baggage**





SOUTH AMERIC

23kg of hold l<mark>uggage</mark> Max. size 158 cm

#### ANY QUESTIONS? INFO@GAPAFRICAPROJECTS.COM | +44 (0)207 1937819

PRE DEPARTURE PRESENTATION 12

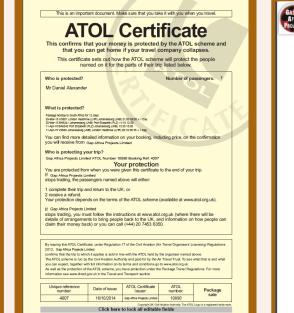
# **TRAVEL DOCUMENTS**



#### **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.

Conservation community 0.2018 that make a	a lenge	No.	Your e-	ticket
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Reservation Number RS3RQ	5		View Electronic 7	icket Receipt
Traveler				
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Inclusions/Exclusions & Recommended Kit List

# **TRIP DOCUMENTS**



#### **Group Web Page & Travel Documents**

**FAQs and House Rules** 

٠ Student Frequently Asked Questions - Click to Download

€ Student Guidelines and House Rules - Click to Download



	Student - Freq	uently Asked Questions	
	1. What documents should I recei	2 vve from Gap Africa? 2 ulied? 2	
Gap Africa Projects - General (	Guidelines and House Rules:	d?2	
participant in Gap Africa Projects, I unde ving guidelines:	erstand and agree to adhere to the		
eliness and Curfew. I commit to respect ings and curfew times.	ting designated timings, including early	3	
navioural Expectations: I agree to uphole ution, maintaining respect for others an		and contacts?	
	guage and Conduct: I recognise that the use of foul language is inappropriate ill respectfully challenge any instances of it among fellow participants.		
oking and Vaping: I agree not to smoke ng only designated smoking areas for s	e or vape inside any buildings or vehicles, such activities.	ng?4 siderations for the trip?4	
ohol Policy: I agree to comply with my ir I choose to drink, I do so responsibly a ctivities.	nstitution's alcohol policy and ensure nd without becoming intoxicated during	4	
stance Use: I understand and agree th y prohibited.	at the use of narcotic substances is	9	
mmunity Interaction: I will refrain from g duals in the community, as it may perp			
alth and Dietary Needs: I will inform Gap Itions, mental health concerns, or dieta I		5 be menstruating during the trip	
sonal Supplies: I commit to bringing an cy/fussy eater	y preferred snacks or foods if I know I am		
surance: I agree to obtain appropriate to tivities during the trip.	ravel and medical insurance that covers		

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As a participant in Gap Africa Projects, I

1. Timeliness and Curfew. I commit to res mornings and curfew times. 2. Behavioural Expectations: I agree to u institution, maintaining respect for othe 3. Language and Conduct: I recognise ti and will respectfully challenge any insta 4. Smoking and Vaping: I agree not to si utilising only designated smoking areas 5. Alcohol Policy: I agree to comply with that if I choose to drink. I do so responsi

6. Substance Use: I understand and agr

7. Community Interaction: I will refrain fr individuals in the community, as it may 8. Health and Dietary Needs: I will inform conditions, mental health concerns, or

9. Personal Supplies: I commit to bringin

10. Insurance: Lagree to obtain appropr all activities during the trip.

following guidelines:

any activities.

travel.

strictly prohibited.

a picky/fussy eater

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

INFO@GAPAFRICAPROJECTS.COM | +44 (0)207 1937819 **ANY QUESTIONS?** 

#### **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 and long 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 (suitable for trousers to tuck into)
- Hat
- Sandals/flip flops
- Changes of casual clothes for evenings
- Underwear

#### Spending money: \$200 - \$250

- Beach towel
- Swimwear Toiletries
- Mosquito / insect repellent (must be natural/citronella for the turtle centre)
- Personal medication (including Imodium, good) for travelling)
- Water bottle (at least 1 litre)
- Dissolvable sterilising tablets
- Sunglasses
- Sunscreen
- Mosquito net

#### Other useful items:

- Good torch (red light
   Binoculars filter)
- Camera
- Spare batteries
- Power Bank

- Mammal/bird book
- Notebook/diary and pen

- Spanish dictionary
- Google translate



22	23	24	25	26	27	28
4	-	<i></i>	4	4		Hist. Avg.
32°	32°	32°	32°	32°	33°	31°
25°	24°	23°	24°	23°	23°	24°
29	30	1	2	3	4	5
Hist. Avg. 31° 24°						

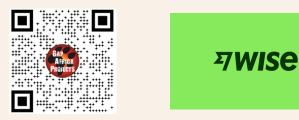
#### **Currency & Credit Cards**

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.

SOUTH

#### **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





 $\infty$ Unlimited data Enjoy unlimited data while traveling to numerous destinations worry-free. Learn more

#### 24/7 Customer Support

In need of assistance? Our 24/7 chat support is just a message away to keep you connected and help you with everything you need.

#### Keep using your favorite apps

Get that safe ride home, find that great restaurant, and pin the local attractions, all while staying connected with your loved ones.

#### Fast and Reliable Internet Connection

Connect to the best networks at your destination and get internet that's both reliable and fast

#### https://shorturl.at/sxE29

Keep your WhatsApp number

You can call and message all your contacts on WhatsApp, like you're in the same country. Don't lose touch with family and friends.

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#### Enjoy dual SIMs

Enjoy the flexibility of our digital eSIM while keeping the option to use your original SIM as usual whenever you need it.

INFO@GAPAFRICAPROJECTS.COM | +44 (0)207 1937819 **ANY OUESTIONS?** 

#### **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

SOUTI



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 must check visa requirements with the Embassy and Consulate of the Republic of Costa Rica.

You can check the following website for visa information:

https://www.worldtravelguide.net/guides/northamerica/costa-rica/passport-visa/

Depending on your flight routing, if you are travelling via Canada or the USA you will need to arrange an Electronic Travel Authorisation (eTA) or ESTA transit visa.

#### **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**

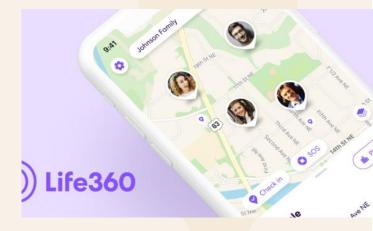
#### **Useful Apps for Next of Next of Kin**

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:

