



PROJECT INFORMATION PACK

Costa Rica

Individual volunteer
Expedition

(min group size = 10 pax)

**SOUTH
AMERICA**

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

Trip Overview



Individual traveller – Booking Reference 4724

Trip dates:

26th July 26 – 9th August 26

Flights:

TBC	26 th July 26	London Heathrow – Montreal
TBC	26 th July 26	March Montreal – San Jose
TBC	9 th August 26	San Jose – Montreal
TBC	9 th August 26	Montreal – London Heathrow

Project:

Costa Rica individual volunteer expedition

Trip cost:

£3,215.00 per person

£300.00 deposit due upon receipt of the booking form (3 w deadline)

£1,457.50 instalment due 05/04/26

£1,457.50 balance due 31/05/26



ABOUT THE PROJECT

Our conservation work
in more detail



ABOUT COSTA RICA

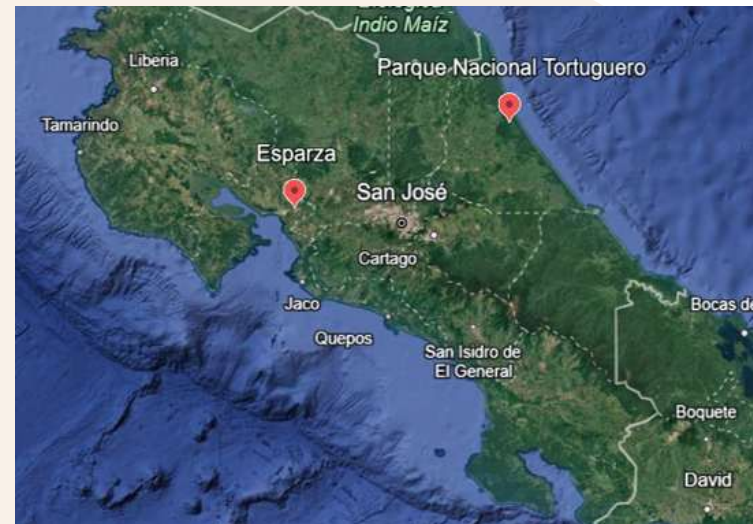


Location

With the greatest concentration of biodiversity in the world, Costa Rica is a must for any conservationist. As a result of their progressive policies on environmental protection and sustainable ecotourism, over 25% of the country is protected as National Parks, ensuring their biodiversity can be sustained.

Their rainforests, tropical forests and marine areas are the subject of many scientific organisation studies, making it one of the must-see global destinations.

This "*biological crossroads*" of the world, offers visitors an unforgettable glimpse of a tropical paradise with over 500,000 species of animal including over 220 mammal species and ~860 bird species, with six being endemic. The 'endangered' green turtle and the 'vulnerable' leatherback turtle breed here with the mighty humpback whale choosing to winter in their warm tropical waters.



ABOUT COSTA RICA



Location – where do you travel?

This 'expedition' is multi-centre and offers some of the best locations of Costa Rica visiting:

Caribbean coast

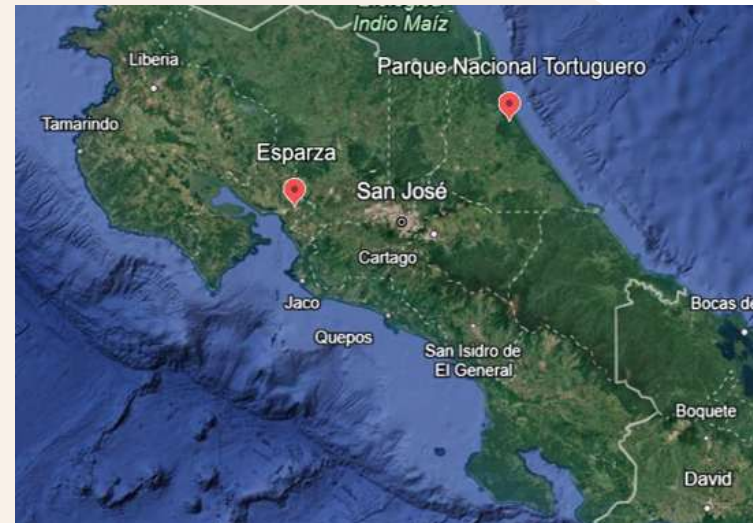
- Pacuare Turtle Project, Parque Nacional Tortuguero

Central area

- Braulio Carrillo National Park
- Las Hornillas & Miravalles Volcano
- Monteverde Cloud Forest

Pacific coast

- Manuel Antonio National Park
- Marino Ballena NP
- Carara Carara NP
- Uvita beach





Caribbean coast

-  Accommodation
-  National Park visiting sites
-  Animal sanctuary / aquarium

YOUR PROJECT



Days 1-5 -Pacuare Turtle Conservation Project

- Only accessible via boat – in a remote area of Parque Nacional Tortuguero
- Turtle conservation is one of the most incredible experiences, your time and contribution to the project is very valuable.
- Walking the beach nightly can be hard work; patrols take place whatever the weather and you may not encounter any nesting turtles.
- Nesting patrols are led by an experienced patrol leader walking a sector of the beach



Turtle species to see (hopefully!)

- Leatherback turtle 'Vulnerable' – found on Caribbean & Pacific side
- The green turtle 'Endangered' – found on Caribbean & Pacific side
- The hawksbill turtle 'Critically endangered' – visits the whole Caribbean side & the Pacific occasionally



YOUR PROJECT



Days 1-5 -Pacuare Turtle Conservation Project

Project work includes:

- Patrolling for nesting sea turtles
- Repairing & building hatcheries
- Rebuilding defences to protect the nests from the ocean
- Hands on work including maintenance & improvements to the accommodation, clearing paths & beach cleaning

Hesting shifts

Volunteers will help record*; the turtle's length & width, nest location, dimensions the number of eggs

Eggs are carefully removed and relocated to the hatchery

Hatchery shifts

Hatchery shifts can be long and sometime tedious but the overall experience is second to none in a place of extreme natural beauty.



YOUR PROJECT



Your conservation programme

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



YOUR PROJECT



Pacuare Turtle Conservation Project

Hatchery shift

You will work on two nightly 4-hour patrols; 11 pm or 3am, tide dependant

Hatchlings will leave the nest to head to the sea so your job as a volunteer is to position the hatchlings in view of the sea.

The hatchery will need monitoring for potential predation threats including land crabs and to ensure maximum survival of the eggs, those freshly laid will need relocating to the hatchery.

Turtle patrols can be exhausting but also very exhilarating so be prepared to go with the flow! It may take you a while to acclimatise to the conditions, so we recommend that you remember to drink plenty of water, stay in the shade during your breaks, wear plenty of sunscreen and don't overdo it.



YOUR PROJECT



Days 7-14 – Esparza & Costa Rican National Parks

You will be based at the Hotel Las Palmas in Esparza, North Puntarenas, a small agricultural town near the Pacific Ocean.

Esparza is located in the countryside 80 kms from the capital city of San José, offering rolling hills, breath taking mountain views and deep river valleys.

From your base you will experience some of the beautiful scenery and exotic wildlife that Cost Rica has to offer. The area is part of the Neo-tropic ecozone, including more tropical rainforest than any other ecozone and is one of the most important areas of biodiversity on earth.

Costa Rica is host to many environmental treaties and is noted for its National Parks which include over 160 protected areas, comprising 25% of Costa Rican territory.

You will have the opportunity to visit a number of these areas whilst you are staying at Esparza to ensure you experience the best Costa Rica has to offer.



YOUR PROJECT



Your conservation programme – visiting:

- **Braulio Carrillo National Park** – experience the aerial tram above the jungle visiting their butterfly & orchid gardens, terrarium within a guided nature tour (*no sandals/flip flops*)
- **Monteverde Cloud Forest Reserve** – offers views of both the Pacific & Atlantic Oceans, a great place to see 2-toed & 3-toed sloths
- Guided tour of **Manuel Antonio National Park** & conservation talk
- **Boruca** indigenous peoples – community day, experience life as a Boruca with mask making, dancing, traditional food, stories & more
- **Playa Uvita & Marino Ballena National Park** – humpback whale boat tour to see, beach time & the opportunity to snorkel in coral & rock reefs
- **Las Hornillas & Miravalles volcano** – Waterfall's tour by tractor and on foot with a visit to the Fumaroles hot springs & active crater of Miravalles volcano, a great place for birding and reptile viewing
- **Parque Nacional Carara (Carara Carara NP)** – Visit Costa Rica's only transition forest and see the great American crocodile on a boat tour of on the River Tarcoles, a great place to see birds & monkeys up close. There is a chance to do ziplining through the forest here
- You will also visit two *ex situ* conservation organisations with a visit to; **Parque Marino del Pacífico** (Maritime Park Puntarenas) and to the **Natuwa Wildlife Sanctuary**

YOUR PROJECT



Sample itinerary

- ❖ Day 1 – Arrive at San José (SJO) airport. Your group guide will meet you and transfer you to the Hotel Las Palmas in Esparza. Welcome **dinner** (subject to arrival time at hotel).
- ❖ Day 2 – After breakfast an early start with all your belongings to 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**)
- ❖ Days 3-6 – You will work as a volunteer in the conservation effort to protect 3 species of endangered sea turtle. See conservation programme for details of activities. (**Breakfast, lunch and dinner will be provided daily**)
- ❖ Day 7 – After breakfast depart Pacuare by boat then drive through Braulio Carrillo NP. Experience the aerial tram above the jungle plus a guided nature tour of the butterfly orchard garden, terrarium; a day of amazing view. (**Breakfast & dinner included at Hotel Las Palmas, Esparza**)
- ❖ Day 8 – After breakfast visit the Monteverde Cloud Forest Reserve which offers views of the Pacific and Atlantic Oceans, followed by a lecture and natural history tour. Dinner and overnight Cascade Verde Uvita or Hostel Manuel Antonio. (**Breakfast & dinner included**)
- ❖ Day 9– After breakfast visit the Manuel Antonio NP with a talk on conservation and a guided tour. (**Breakfast included**)
- ❖ Day 10 – Visit the community of the Barocs indigenous peoples & learn about their history, culture & make traditional crafts (**Breakfast & lunch included**)
- ❖ Day 11 – After breakfast visit Playa Uvita Marino Ballena NP to search for humpback whales and 2 species of resident dolphins,. Visit the coral and rock reefs and snorkel to observe the wonderful marine wildlife, viewing the caverns of Ventanas Beach. (**Breakfast & dinner included**)

**The inclusion of meals TBC as part of the itinerary*



YOUR PROJECT



Sample itinerary

- ❖ Day 12 – Breakfast then a visit to the Parque Marino del Pacifico (Maritime Park Puntarenas) which offers an insight into their world leading approach to maritime conservation. Then visit Natuwa, the macaw and wild bird sanctuary, offering the opportunity to see jaguar, macaws and others. Here will take part in an interactive workshop and tour. Overnight at Esparza. *(Breakfast, lunch & dinner included)*
- ❖ Day 13 – After breakfast visit Las Hornillas & Miravalles Volcano with a waterfall tour and primary forest to spot birds and reptiles; experience the hot springs, mud baths & sauna at the live crater. Overnight at Esparza. *(Breakfast, lunch & dinner included)*
- ❖ Day 14 – Breakfast before a visit to Parque Nacional Carara for a crocodile boat and mangrove tour on the River Tarcoles with the opportunity to see American crocodiles, birds and monkeys up close. After lunch you can zipline in Jaco or request to horse ride on the beach *(additional cost – TBC)*. Opportunities for souvenir shopping. Overnight at Esparza. *(Breakfast, lunch & dinner included)*
- ❖ Day 15 – The Costa Rican dream ends and 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

**The inclusion of meals TBC as part of the itinerary*





LIFESTYLE & ACCOMMODATION

Life in Costa Rica



ACCOMMODATION & LIFESTYLE



Pacuare Turtle Project & Esparza

Accommodation at the turtle project is in shared beach huts, which are basic, clean & 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 must be rationed, so can be sporadic.

The Hotel Las Palmas in Esparza has shared rooms, with a large garden with swimming pool & sports activities. WiFi coverage in the rooms 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 here so ensure you have bought all snacks/drinks before arriving.

When at Esparza various meals will be provided at the hotel (*see sample itinerary for the inclusions*). For meals that are not included at Esparza & during activities; there are a variety of restaurants 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. Costa Rica is not as well developed for food intolerances as the UK, so prior notice is needed.



**The inclusion of meals TBC as part of the itinerary*

ACCOMMODATION & LIFESTYLE



Additional activities

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

Prices are indicative as these 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.



**The inclusion of meals TBC as part of the itinerary*



USEFUL INFORMATION

Inclusions/exclusions &
recommended kit list



WHAT'S INCLUDED



Included

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day at Pacuare
- Meals as specified on itinerary days 7 – 15 (*see sample itinerary for days with meal listings*)
- All activities as part of the project
- Airport meet/greet
- 24/7 in country support
- ATOL protection



Not included

- Personal travel insurance *
- Any activities not specified as part of the project
- Visas/travel documents
- Any meals not specified in the itinerary

* We recommend that you take out personal travel insurance as soon as your booking is confirmed.

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 & long sleeve shirts
- Long work trousers & 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
- Walking socks (suitable for trousers to tuck into)
- Hat
- Sandals/flip flops
- Changes of casual clothes for evenings
- Underwear
- Beach towel
- Swimwear

- Toiletries
- Mosquito / insect repellent (must be natural/citronella for the turtle project – no DEET permitted for Pacuare)
- 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 with a red-light filter (essential)
- Camera
- Spare batteries
- Power bank/s & solar charger
- Binoculars
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary
- Google translate



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

Explore our network of Global Adventure Projects:



GLOBALADVENTUREPROJECTS.COM

