



# EASTON COLLEGE – HE Q&A PRESENTATION

The background is a collage of three images: a sea turtle swimming in blue water on the left, a snow-capped mountain range in the center, and a green tree frog with red eyes on a green leaf on the right. A large, semi-transparent dark blue circle is centered over the mountain image, containing the text 'Costa Rica Group Expedition'.

## Costa Rica Group Expedition

A graphic of a brown silhouette of the South American continent. Inside the continent's outline, the words 'SOUTH AMERICA' are written in white, bold, sans-serif capital letters.

**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.
- ❖ 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.

*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!

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 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

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 No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1381	23/06/2025	London Heathrow (LHR)	06.15	Paris (CDG)	08:35
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF430	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

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
AF431	06/07/2025	San Jose (SJO)	19.00	Paris (CDG)	13.35+1day
Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1180	07/07/2025	Paris (CDG)	18.15	London Heathrow (LHR)	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

### 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



## 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.

**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
DEBLEY, GEORGE	TRAVEL COUNSELLORS PHENIX	No Address On Record
	TRAVEL HOUSE	
	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: 9H0234	
Depart:	Heathrow (LHR) - Terminal 3	9:05 PM	Pass Basis: BT
	London		
Arrive:	Johannesburg (JNB) - Terminal A	9:05 AM	Not Valid Before: 28 Jun 2015
		29 Jun	Not Valid After: 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 (BA242) 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	

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[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	
	<b>Shamwari Group Conservation Experience x 14 DAYS</b>	
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
		19:55
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.dfa.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

### 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

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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.

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# 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 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:

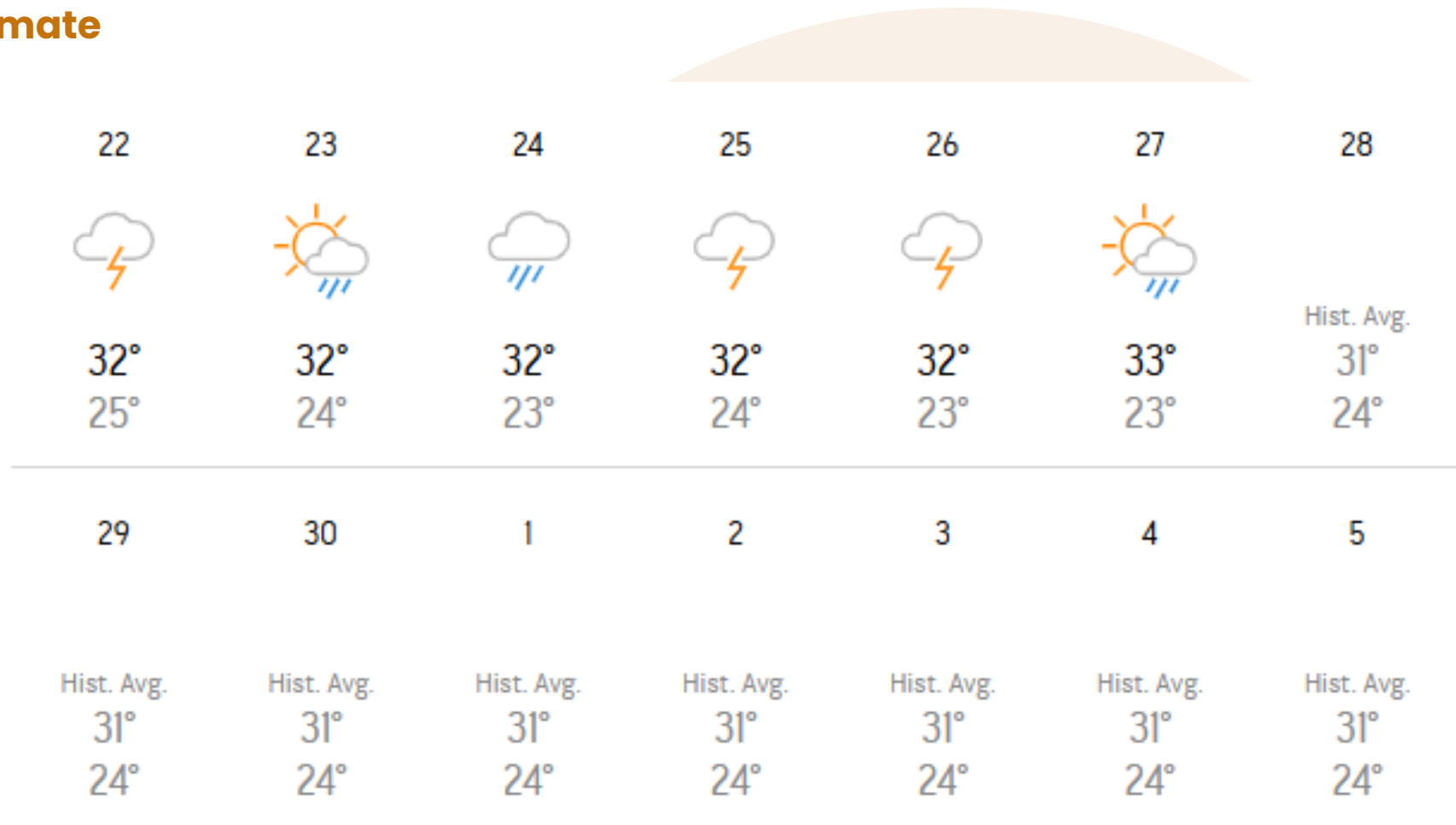
- Good torch (red light filter)
- Camera
- Spare batteries
- Power Bank
- Binoculars
- Mammal/bird book
- Notebook/diary and pen
- Spanish dictionary
- Google translate



# USEFUL INFORMATION



## Climate



# USEFUL INFORMATION



## 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/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

**Unlimited data**  
Enjoy unlimited data while traveling to numerous destinations worry-free. [Learn more](#)

**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.

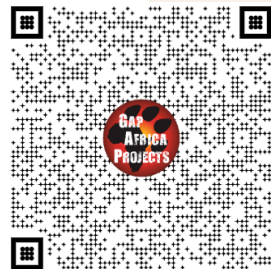
**Keep your WhatsApp number**  
You can call and message all your contacts on WhatsApp, like you're in the same country. Don't lose touch with family and friends.

**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.

**Fast and Reliable Internet Connection**  
Connect to the best networks at your destination and get internet that's both reliable and fast.

**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.

Holafly



<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>



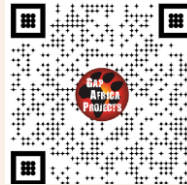
# USEFUL INFORMATION



## 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 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/north-america/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.

# USEFUL INFORMATION



## 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



SIZES	XS	S	M	L	XL	XXL	3XL	4XL	5XL
A - Half Chest	49	51	56	61	65	69	73	78	83
B - Body Length	64	67	70	73	76	79	82	86	90
C - Sleeve Length	57.5	59	60.5	62	63.5	65	66.5	68.5	70.5

All garment measurements are shown in centimetres (cm). Garment sizes are approximate and for guidance only.

SIZES	XS	S	M	L	XL	XXL	3XL	4XL	5XL
To Fit Chest Size	34 inch	36 inch	40 inch	44 inch	48 inch	52 inch	56 inch	60 inch	64 inch





# USEFUL APPS

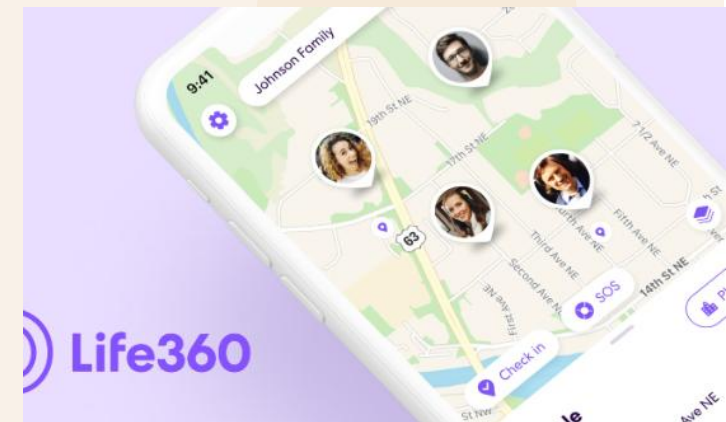


## Useful Apps for Next of Kin

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.





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