



PRE-DEPARTURE INFORMATION PACK

SRUC Barony

The background of the central section is a collage of three circular images. The left circle shows a sea turtle swimming over a coral reef. The middle circle shows a snow-capped mountain range. The right circle shows a green tree frog with red eyes and blue and yellow markings on its legs.

Costa Rica

Group Expedition

An orange silhouette of the continent of South America, with a small orange star on the left coast.

**SOUTH
AMERICA**

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

TRIP OVERVIEW



SRUC Barony – Booking Reference 4633

Trip Dates:

6th June – 23rd June 2025

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
AF1887	06/06/2025	Edinburgh (EDI)	06.00	Paris (CDG)	09.00
AF0430	06/06/2025	Paris (CDG)	14.00	San Jose (SJO)	17.25
AF0431	23/06/2025	San Jose (SJO)	19.40	Paris (CDG)	14.20
AF1486	24/06/2025	Paris (CDG)	15:30	Edinburgh (EDI)	16:20

- Always check the flight timings on your final documents

Baggage Allowance – 1 piece @23 kgs checked baggage, 1 piece hand baggage 55x40x23 cms max dims

Project:

Costa Rica Turtle Conservation & Adventure Tour

ARRIVAL

SOUTH
AMERICA

Arriving at Juan Santamaria International Airport

Upon exiting the aircraft on arrival follow the signs to immigration, please ensure you have your arrivals form properly completed which will be handed to you by airline staff on the flight.

After immigration collect your bags at baggage reclaim and proceed to customs to hand in your customs declaration.

You should exit the building and turn right where you will be met by the Gap Africa Projects representative and transferred to your accommodation in Esparza.

If you cannot locate the representative, please call Andy Hoyle on +506 8459 6981



CONTACT DETAILS



Project Addresses:

Esparza Accommodation

Hotel Las Palmas

Paraiso De Esparza

Frente Al Bar Bichos, Macacona 60203

Turtle Conservation Project

Lista del correos Bataan

Limon, Bataán de Matina, 70502

Costa Rica

Telephone:

+506 8459 6971 – Andy Hoyle

Gap Africa Projects

+44 (0) 744 260 1694

24 Hour Emergency Only



CONTACT DETAILS



Project Addresses:

Uvita Accommodation

Cascada Verde
Calle Bejuco
Entrada Por Tanque Celeste
Uvita de Osa
Puntarenas 60504

Telephone:

+506 8607 0207

Gap Africa Projects

+44 (0) 744 260 1694

24 Hour Emergency Only



USEFUL INFORMATION



Climate

Costa Rica's northernmost regions tend to be flat and arid and have dry tropical forest, while increased humidity and precipitation creates lush jungles in the south. The country's rainiest months, termed the "green season," start in May and run until early December. The dry season typically lasts from December through April.

Be prepared for rain and lower temperatures during the winter season (June–November), especially in Costa Rica's central valley.

In Costa Rica, the average annual temperature is around 21°C – 27 °C, the coolest months of the year are November, December and January. The months March through May are the hottest months of the year, so make sure you protect yourself from the sun.

<https://www.accuweather.com/en/cr/esparza/114667/weather-forecast/114667>

Currency, Credit Cards

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.

Cards are widely accepted and in terms of travel cards, we have a link with WISE if you use the link below, you get no transfer fee up to £500.

<https://wise.prf.hn/l/XZJx9gq>

For small services, including local meals or public transport, be prepared to pay in local currency, you can withdraw local currency at ATM's.

USEFUL INFORMATION



Phones & Internet

Mobile phone coverage is good at the accommodation in Esparza. Some Wi-Fi is provided free of charge at the accommodation in Esparza. Internet speeds are not up to international urban standards but are effective for communication.

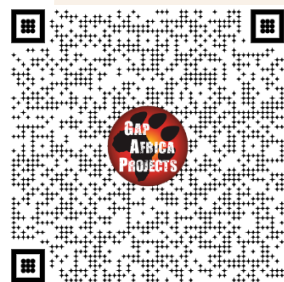
We have partnered with Holafly, an eSim provider, who have offered a 5% discount when you use the code

GAPAFRICAPROJECTS

Benefits of an eSim

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

Holafly



<https://holafly.sjv.io/APK5yR>

-5% discount applied to all plans

5 Days Unlimited data £22.80 £24.00 GBP 5%	7 Days Unlimited data £27.55 £29.00 GBP 5%	10 Days Unlimited data £32.30 £34.00 GBP 5%
15 Days Unlimited data £37.05 £39.00 GBP 5%	20 Days Unlimited data £44.65 £47.00 GBP 5%	

USEFUL INFORMATION



Health Risks

Immunisation:

Contact your GP around 8 weeks before your trip to check whether you need any vaccinations or other preventive measures. The following website offers up to date information for travellers to Costa Rica

<https://travelhealthpro.org.uk/country/58/costa-rica>

Drinking water:

Tap water in Costa Rica is drinkable and in many areas of the country quite good. However, if you have a sensitive stomach it is recommended to drink bottled water when in beach locations. Please bring a water bottle, dissolvable sterilising tablets and Imodium.

Stay safe overseas – KBYG

The better prepared you are when you travel abroad the safer you will be. The Foreign, Commonwealth & Development Office offers 'Know before you go' travel advice, including simple precautions you can take before and during your trip.

To find out more, check out their website:

<https://www.gov.uk/browse/abroad/travel-abroad>

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>

Sun:

Costa Rica has a warm sunny climate, you should wear sunscreen and a hat whenever you are out of doors during the day, particularly between 10am and 4pm – regardless of whether there is cloud cover or not. Even if you have a dark complexion, you can still get sunburned if you are from a cooler climate and have not had much exposure to the sun. Sunglasses are also recommended, as the glare of the sun can be very strong.

USEFUL INFORMATION

SOUTH
AMERICA

Mosquito / Insect Bites

Accept the fact that you will get bitten!

However, try to prevent this as much as possible by covering up.

Wear long trousers, sleeves and use an effective repellent (natural or DEET based).

You are **instructed** to use natural/citronella/eucalyptus based repellent at the Turtle Project. You **cannot** wear DEET repellent 4 hours before working with turtles.

You can use DEET when NOT at the Turtle Project.

If you use DEET on your hands, remember not to put your hands in your mouth/eyes and keep away from all equipment.

Remember do not apply any insect repellent when you may come in contact with adult turtles or hatchlings during night patrols and hatchery duty, due to contamination.



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 occur or on your return home.

We have an affiliation with True Traveller Insurance, please see link below for further information:

<https://www.truetraveller.com/backpackers-insurance?tag=4480>

You should select 'Adventure Pack' as this will cover you for the type of activities you will undertake during your trip



Departure Tax:

Costa Rica airport departure tax is US\$29.00.

Passport Requirements

It can take up to 6 weeks to obtain a passport – remember to start this process in plenty of time. You can check the requirements at the IATA Travel Centre site.

www.iatatravelcentre.com

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/>

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.



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
 - 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
 - Student card!!
 - Binoculars
 - Mammal/bird book
 - Notebook/diary and pen
 - Spanish dictionary
 - Google translate

WHAT'S INCLUDED



Included

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day at Pacuare
- Meals as specified on itinerary days 7 - 15
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 in country support



Not included

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

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



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

Explore our network of Global Adventure Projects:



GLOBALADVENTUREPROJECTS.COM

