



UNIVERSITY CENTRE BISHOP BURTON PROJECT INFORMATION PACK



Costa Rica Group Expedition



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TRIP OVERVIEW



University Centre Bishop Burton – Booking Reference 4839

Travel Dates:

21st March 2027 – 4th April 2027

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
TBC	21/03/2027	London Heathrow (LHR)	TBC	San Jose (SJO)	TBC
TBC	04/04/2027	San Jose (SJO)	TBC	London Heathrow (LHR)	TBC + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cms

Project:

Costa Rica Group Expedition

Trip Cost:

£3,478.00* per person – based on a group of 16 (confirmed once flights have been held)

£300.00 deposit

50% Instalment due 29/11/2026

50% Balance due 24/01/2027



**SOUTH
AMERICA**

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. Over 25% of the country is protected in national parks, this is due to the country's progressive policies on environmental protection and sustainable ecotourism. The rainforests, tropical forests, marine areas and wetlands of Costa Rica are the subject of many university and scientific organisation studies.

This "biological crossroads" of the world offers a visitor an unforgettable glimpse of a tropical paradise with over 500,000 species of animal including endangered sea turtles, monkeys and jungle cats plus over 800 species of bird. Seen as an example of political stability in the area, Costa Rica has enjoyed democracy for almost 60 years and is an oasis of calm among its turbulent neighbours.



YOUR PROJECT



Esparza

You will be based at the Hotel Las Palmas in Esparza, North Puntarenas, a small agricultural town near the Pacific Ocean, for the second part of your project. Esparza is located 80kms from the capital city of San Jose in the countryside 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; it is part of the Neo-tropic eco zone which includes more tropical rainforest than any other eco zone and is one of the most important reserves of biodiversity on earth.

The country is host to many environmental treaties and is noted for its national park system which oversees over 160 protected areas which comprise over a quarter of Costa Rican territory, you will have the opportunity to visit a number of these areas whilst you are staying at Esparza.



YOUR PROJECT



Pacuare Turtle Conservation Project

The first part of your project will be at the Pacuare Turtle Project which is located in a quiet, remote area accessible only by boat. Your time at the project will be spent patrolling for sea turtles laying their eggs, rebuilding defences to protect from the ocean or perhaps establishing a hatchery. This is hands on work and often includes maintenance and improvements to the accommodation, clearing paths and beach cleaning.

Patrols are led 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.

Turtle conservation is one of the most incredible experiences, your time and contribution to the project is very valuable. It can be hard work; patrols take place whatever the weather and you may not encounter any nesting turtles. Hatchery shifts can be long and sometime tedious but the overall experience is second to none in a place of extreme natural beauty.



Pacuare Turtle Conservation Project

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.

There are normally two nightly patrols at 11pm or 3am depending on the tides, you will spend around 4 hours patrolling depending on the number of turtles found with a short break at each end of the beach. You will feel tired but night-time patrols are essential.

Be prepared to go with the flow! Whilst some of the work may be hard it is incredibly rewarding and in the most amazing setting. It may take you a while to acclimatise to the conditions, we recommend that you remember to drink plenty of water, you may find it useful to bring rehydration sachets, stay in the shade during your breaks, wear plenty of sunscreen and don't overdo it.



YOUR PROJECT



Pacuare Turtle Conservation Project

- Night beach patrols (assist in measuring, tagging, and relocating eggs to the safety of the hatchery)
- Biometric data collection from nesting turtles
- Exhumation of hatched nests to count survival rates
- Day/night hatchery duties
- Nest Monitoring
- Beach clean-ups (removing debris that blocks nesting)
- Turtle hatchery construction
- Maintenance of volunteer accommodation
- Reforestation work – collecting/sorting of seeds, planting saplings
- Wildlife monitoring on forest trails



YOUR PROJECT



Natuwa Wildlife Reserve – Animal Sanctuary Volunteering

You will spend around three days volunteering (and staying) at the Natuwa Wildlife Reserve.

The reserve is a rescue and rehabilitation centre dedicated to protecting animals affected by illegal captivity, hunting, and habitat destruction.

The Sanctuary has a 15-hectare property, exclusively for activities that provide welfare to both the rescued wild animals and the local biodiversity.

Whilst volunteering, expert guides will provide information on local fauna and conservation, highlighting the stories behind the rescued animals. You will also assist with the daily routine of caring for the animals, important activities that assist in the running of the sanctuary

The reserve is located in Aranjuez, in the Puntarenas Province of Costa Rica. It is set within a lush, tropical environment; a journey of around an hour from Esparza.



YOUR PROJECT



Your National Park, Conservation and Culture Programme

- Monteverde Cloud Forest Reserve offers views of both the Pacific and Atlantic Oceans
- Las Hornillas, Miravalles Volcano; Waterfalls tour, Fumaroles and hot springs
- Marino Ballena National Park to visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife.
- Guided tour of Manuel Antonio National Park and conservation talk
- Braulio Carrillo National Park, experience the aerial tram above the jungle and a guided nature tour
- Experience crocodiles, birds and monkeys up close on the River Tarcoles.
- Indigenous Day - Learning about the Boruca culture, indigenous medicine and history.



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LIFESTYLE & ACCOMMODATION

Life in Costa Rica



ACCOMMODATION & LIFESTYLE



Esparza

The Hotel Las Palmas in Esparza has shared rooms with a balcony, a dining area, a large garden with swimming pool, and sports activities.

Wi-Fi coverage and hydroelectricity are both excellent.

Breakfast and some dinners will be provided.



ACCOMMODATION & LIFESTYLE



Pacuare Turtle Project

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.

All meals are provided - though expect a lot of rice and beans!



ACCOMMODATION & LIFESTYLE



Natuwa Wildlife Reserve

Volunteers stay in shared dormitory-style accommodation designed to foster a sense of community.

Bathrooms and showers are in a separate building adjacent to the sleeping quarters. Hot water is **not** available in standard accommodation.

Wi-Fi is available in the volunteer area and volunteers have access to a pila (outdoor sink) for hand washing clothes.

Breakfast, lunch and dinner is included.



ACCOMMODATION & LIFESTYLE



Cascada Verde - Uvita

Cascada Verde is a family hostel located in the jungle above Uvita, Costa Rica's Marino Ballena National Park.

The hostel has spacious private rooms and shared dormitories with charming rustic-style décor.

The tropical treehouse style building features hammocks, plenty of comfy furniture and two large terraces. Free Wi-Fi is available in the shared lounge/common area.

Breakfast and lunch is included.



ACCOMMODATION & LIFESTYLE



Food at the project

When at Esparza breakfasts and some dinners will be provided at the hotel; for those meals that are not included there are a variety of restaurants in the vicinity. Budget approximately \$10-\$15 per meal including a drink.

Whilst at the Turtle Project and Natuwa three meals a day will be 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 brought snacks/drinks with you.

Your stay at Cascada Verde hostel includes breakfast and lunch.

Dietary Requirements

Provision can be made for Vegetarian & Vegan diets and for those who have a medical condition such as Coeliac disease that requires a Gluten Free Diet and for those with severe allergies to dairy, eggs or nuts. However, Costa Rica is not as well developed for food intolerances as the UK, so prior notice is essential.

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





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ADDITIONAL ACTIVITIES & EXCURSIONS

Your free time on the project



ADDITIONAL ACTIVITIES & EXCURSIONS



Activities/Excursions (own cost and optional)

There may be opportunities where you'll be able to do some additional activities at your **own cost**. These are **optional**.

All activities are booked and paid for by **cash or card** at the project.

More information will be given closer to the time.

Any activities booked and paid for locally are not covered under GAPAfrica Project's public liability insurance.





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USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List



WHAT'S INCLUDED



What is Included?

- UK transfers
- Flights
- Transfers to/from project
- Accommodation
- Three meals per day at Pacuare
- Meals as specified on itinerary (*see sample itinerary for days with meal listings*)
- Airport meet/greet
- 24/7 In country support



NOT Included

- Personal Travel Insurance *
- Meals on travel days – before arriving & after departing from project
- Any meals not specified in the itinerary
- Any activities not specified as part of the project
- Visas/travel documents

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

USEFUL INFORMATION



Suggested kit list

A **large rucksack/holdall** is recommended as your main luggage, **not** a suitcase. As you will be travelling by basic means of transport in Costa Rica, a suitcase is not practical.

- Short sleeve and long sleeve t-shirts
- Long work trousers and shorts (or work/zip-off trousers)
- Dark clothing for night work (turtle project)
- Hiking Boots/comfortable walking shoes
- Waterproof jacket (dark colour)
- Fleece/sweatshirt (for cool evenings)
- Warmer clothing for winter
- Socks
- Underwear
- Hat (for sun protection / warmth in winter)
- Working gloves
- Changes of casual clothes for evenings
- Sandals/flip flops
- Daypack rucksack
- Beach towel and Swimwear
- Toiletries
- Mosquito / insect repellent (must be natural/citronella for the turtle centre – **no DEEP**)
- Personal medication (including Imodium – good for travelling)
- First aid kit
- Water bottle (at least 1 litre)
- Dissolvable sterilising tablets
- Sunscreen and Sunglasses
- Mosquito net
- Good torch (red light filter)

Other useful items:

- Binoculars
- Camera
- Power bank

* All work clothes should be neutral or earth tones. **No** skimpy/revealing or brightly-coloured clothing.



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