



### **Green Life Volunteers**

Puerto Jimenez, Costa Rica

Janina Schan: +506 8570 0710

E-mail: [info@glvolunteers.com](mailto:info@glvolunteers.com)

Web: [www.glvolunteers.com](http://www.glvolunteers.com)

**Turtle Conservation - Project Handbook**  
**Location: Osa Peninsula, Costa Rica**

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## 1. Project overview

A turtle volunteer in Costa Rica will benefit from a once in a lifetime opportunity to help the turtles and enjoy the wonderful beaches of Costa Rica.

Mainly four sea turtle species arrive at the beaches of Costa Rica: Leather Back Turtles (*Dermochelys coriacea*), Green-turtle (*Chelonia mydas*), Hawksbill Turtle (*Eretmochelys imbricata*) and Olive-Ridley Turtles (*Lepidochelys olivacea*).

You'll learn a lot about sea turtle conservation in Costa Rica and methods to preserve them – and at the same time live on a beautiful remote beach in Costa Rica and have fun with other volunteers.



During times you're not helping with the turtles, you'll have time to surf (the beach is a prime surf spot) and hang out with your new friends. For this project you must be 18 years or older. Also, you need to be able to work on Monday to Sunday for about 6-8 hours a day and NIGHT! You'll have days off in between, but it might be random days, depending on availability.

### Seasonal work

We have two main seasons in Costa Rica – the first turtle season starts around February on the Caribbean side, and lasts until around July. The Pacific side season begins in June and goes till the end of December. Depending on when you'd like to come down, you'd be either placed on the Caribbean or on the Pacific Coast.

### Nesting of sea turtles

Turtles nest every year almost always at the same beach where they were born and they usually nest 2 times each season. An average clutch size is over 110 eggs, which require a 52 to 58 day incubation period for Olive Ridley turtles. Other turtle species can be longer.

Sea turtles nest in the dark, and usually patrolling beaches, taking eggs to the hatchery, and seeing sea turtles happens at night. You'll get your shifts when you arrive at the project, and you'll have to do different shifts and tasks throughout your stay. So you will have to be flexible and ready to work when you're needed.

## 2. Volunteer duties

You will do a wide range of activities during the 'Turtle Conservation' project. The duties you may do during your volunteer time will be:

- 🌱 Patrol beach daily
- 🌱 Move nests to hatchery and prepare the nests
- 🌱 Mark turtles that are nesting and that are trying to build a nest or are returning to the ocean
- 🌱 Search for marked turtles and gather data regarding the percentage of turtles that return to the beach during "arribada"
- 🌱 Count all turtles that arrive at the beach
- 🌱 Help the most amount of baby turtles to get safely into the ocean
- 🌱 Help build a watering system to help the hatchlings develop during the dry months
- 🌱 Help patrol the beach to protect nests from illegal extraction and predators
- 🌱 Taking the sand's temperature in specific sections of the beach in the morning, at noon and at sunset
- 🌱 Gather information regarding egg development (or lack of) in all the nests and the and check for the presence of organisms inside them
- 🌱 Help extract and pack the eggs that are sold legally (only 1% of all the eggs laid are allowed to be sold).
- 🌱 Translate documents for the office



Other activities you may participate in are cleaning the beach of tree trunks and other debris that has been washed on the beach, cleaning the beach of all unwanted vegetation that takes over the nesting areas reducing the space available for turtles to nest, plant trees in different areas of the beach and the town, and help with infrastructure activities like building schools, bridges, roads and other similar community activities

### 3. Project locations

Locations for the Turtle Projects are all throughout Costa Rica. We offer projects on the Caribbean Northern Coastline, and on the Pacific Coast on the Nicoya Peninsula and further South near Dominical and Uvita.

All project locations for turtle conservation have different seasons – depending on when you'd like to go, we will place you in a project that needs the most help at that time!

From around February until the end of June the Caribbean Coast has its main peak of turtles.

From June – December is turtle high season on the Pacific Coast.

#### Internship Location

Interns for the 'Turtle Conservation' project will be allocated in Ostional in the Nicoya Peninsula.

##### **Ostional**

The beach of Ostional is the scenery for a rarely-seen biological wonder. In rainy season, the week before new moon, hundreds – and sometimes hundreds of thousands of sea turtles come to one specific mile of beach at Ostional to dig their eggs into the black, volcanic sand. Only olive-ridleys and their close relatives, Kemp's Sea Turtles, the latter an Atlantic species synchronize their nesting in mass emergences or "arribadas", the Spanish word for arrivals. Ostional is a very small and more remote town. There is not much going on there besides the turtles. There is a couple of small pulperias / supermarkets, and just a couple of sodas.

#### Volunteering Locations

Four places are available for volunteers to choose based on their preference and also the season factor.

##### **Montezuma**

Montezuma is a very sweet town. It's very small but has many tourists – backpackers and volunteers go there, so it's always busy. There are several supermarkets and an atm as well so you can get everything you need there. There are lots of street vendors with nice jewellery and souvenirs and surf shops as well. The town has many bars and restaurants to go out in the evening, everyone is

friendly there and you can make new friends easily. Montezuma has a beautiful beach where you can learn surfing, go fishing or go horseback riding. You can also take yoga classes, go for a canopy tour, head to the waterfalls, go snorkeling or just relax and watch the breathtaking sunset. It has a busstation so you can perfectly reach places like Santa Teresa or Mal Pais to spend a day or even a weekend there.

Montezuma is a lovely place where everyone can live their personal Costa Rican dream.

### **Playa Matapalo**

The village of Cabo Matapalo is at the outermost point of the Osa Peninsula, in the southern Pacific coast area of Costa Rica. Known for its remoteness, Matapalo is a hidden paradise amongst jungle and ocean. The Matapalo region has beautiful beaches, amazing surf points and lush natural scenery thanks to its closeness to Corcovado National Park. Matapalo's exuberant wild life makes it very easy to spot macaws flying over your head, and howler monkeys among many other species. Matapalo has embraced the natural beauty which surrounds this quaint coastal getaway. It has earned the Blue Ecological Flag (Bandera Azul Ecológica) for its dedicated effort in conservation and commitment to preserving the quality of environment. For anyone looking to unwind and soak up the tranquil environment, this is the perfect spot to read a book and let loose. Don't even bother checking the weather report, as it is warm and humid most of the year.

### **Parismina**

Parismina is a village of about 400 people located on the Caribbean coast of Costa Rica, at the mouth of the Reventazón River. Parismina is about half way between Tortuguero and Limón on the Tortuguero canals. There is no road to Parismina; it is accessible only by boat or plane and while some cars and motorcycles exist within the village, the paved surface is the runway. Parismina is part of the Canton of Siquirres in the Limón Province. Eco-tourism and sport fishing are the foundation of the village economy. The residents of Parismina have a unique culture which includes a local dialect, many Caribbean traditions and cuisine and a traditional Rastafarian influence.

### **Pacuare**

Pacuare is a small beach on the Caribbean coast of Costa Rica, close to Parismina. It is much smaller and more remote however, and the project at Pacuare has dormitory type accommodation and is more basic than in Parismina. There is no wifi/ internet available in Pacuare – it makes it a very remote spot, but quite worth it, as you can see a variety of sea turtles laying there eggs at this beach.

## 4. How to get to your Project

Depending on where you'll be volunteering (which depends on the time you're coming down) you'll have to travel there in different ways. Below we'll give a short insight into how to get to the project locations. Please be aware that changes happen constantly to schedules and routes, so it might be that during your sign up process we'll give you different instructions.

### **Ostional**

To get to Ostional you'll have to take a bus from San Jose to Santa Cruz, on the Nicoya Peninsula, which takes around 5 hours. There you'll change into the Ostional bus, which leaves very soon after your arrival. That bus takes around 2 hours until you'll get to Ostional. You'll be greeted by your host family upon arrival.

### **Montezuma**

There are direct buses from San Jose to Montezuma, since it's also a quite popular tourist destination. There is several buses leaving daily. You'll board the Ferry boat on the way over, to cross the Gulf of the Nicoya Peninsula – the bus drives onto the boat. The boat fare is already included in the bus fare. When you arrive at the bus stop in Montezuma someone from the project will pick you up.

### **Playa Matapalo**

There are several buses daily that pass Matapalo beach. You'll have to take the Tracopa buses, any bus going to the Panama Border (Paso Canoas) or any other location in the South will pass Matapalo. You'll have to tell the bus driver to let you out at Playa Matapalo, since often they wouldn't stop there otherwise.

### **Parismina**

- (1) Bus from San Jose to Siquirres, cost \$3. The departure time is 11 am. Bus stop: Gran Terminal de Carribe (Carribean Terminal), 800 meters north of the Church Catedral Metropolitana, Avenida 9 y 11 Calle 0.
- (2) Siquirres – Las Vegas  
Once you arrive in Siquirres, take the bus from Siquirres to LAS VEGAS (yes just like the city in the US, but much much smaller). The bus leaves at 2:30pm. Just ask at the bus stop for the bus to "LAS VEGAS A LAS DOS Y TREINTA (2:30)" and wait for the bus. The address of the bus stop in Siquirres is: Antigua estación de buses, 100 metros al este, de la parada delos buses de Siquirres.
- (3) Once you are on the bus to Las Vegas, wait until the LAST STOP, where you have to get out of the bus. (Spanish: "Ultima parada").
- (4) In Las Vegas you'll be met by one of the Project staff to guide you through the rest of the trip to the turtle conservation center. The costs for the ferry boat are 15\$ there, and 15\$ back, so \$30 in total. These costs have to be paid in cash. We cannot pre-pay them for volunteers, since these are

regular boats/ buses which cannot be pre-purchased (as well as the airport pick-up).

### Pacuare

(1) Bus from San Jose to Siquirres, cost \$3. The departure time is 11 am. Bus stop: Gran Terminal de Carribe (Carribean Terminal), 800 meters north of the Church Catedral Metropolitana, Avenida 9 y 11 Calle 0.

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Once you are on the bus to Las Vegas, wait until the LAST STOP, where you have to get out of the bus. (Spanish: “Ultima parada”).

In Las Vegas you’ll be met by one of the Project staff to guide you through the rest of the trip to the turtle conservation center. The costs for the ferry boat are 15\$ there, and 15\$ back, so \$30 in total. These costs have to be paid in cash. We cannot pre-pay them for volunteers, since these are regular boats/ buses which cannot be pre-purchased (as well as the airport pick-up).

## 5. Accommodation

### Ostional

In Ostional the accommodation is with a host family. That means you’ll be living and eating with them, and you’ll usually receive 3 meals a day.

### Montezuma

The project accommodation in Montezuma is dormitory style accommodation, shared with other volunteers. 3 meals a day are served to all volunteers together.

### Playa Matapalo

The project accommodation in Matapalo is dormitory style accommodation, shared with other volunteers. 3 meals a day are served to all volunteers together.

### Parismina

In Parismina you have the choice between a dormitory style accommodation, shared with other volunteers, or a host family experience. 3 meals a day are served to all volunteers together.

## Pacuare

The project accommodation in Montezuma is dormitory style accommodation, shared with other volunteers. 3 meals a day are served to all volunteers together.

## 6. Costs

For the volunteer experience the first week's volunteering fee is 599 USD, for each additional week the fee is 229 USD per week.

Most of your payment goes into your host family for accommodation and food. Parts of your payment will go to the project to support the turtle conservation. A small part goes to Green Life Volunteers' support and services.

### **Not included in our costs:**

- National and International flights
- Travel costs to and from the project (generally around \$30 max)
- Travel insurance
- Visa costs
- Any additional food or snacks besides the host family meals
- Hostel stay for the first and last night in San Jose
- Food costs for the first and last day / arrival and departure days
- Other personal expenses

## 7. Project supervisor and staff

Your project supervisor will be someone from the Turtle conservation project. Usually they have an appointed coordinator, often someone that works on the project as well.

You will usually work closely with other volunteers but this depends on the season. The staff of the turtle conservation project will take care of you during your project and will also help you with anything you need.

If you have any trouble or further questions while you're on your project, or need help, you can contact Green Life Volunteers any time at 8570-0710 (Janina Schan).

For emergency and urgent matters you can always call the following contact number, or contact us via email when you are still abroad!

Contact: Janina Schan - Coordinator and Green Life Volunteers Program Manager

Cell: +506 8570 0710

E-mail: [info@glvolunteers.com](mailto:info@glvolunteers.com)

## 8. Emergency contacts- volunteer coordinator

Please bring with you the phone number below just in case something happens (you miss a connecting flight, lose luggage, etc.) and need to contact the project.

Contact: Janina Schan - Coordinator and Green Life Volunteers Program Manager

Cell: +506 8570 0710

E-mail: [info@glvolunteers.com](mailto:info@glvolunteers.com)

## 9. Orientation and Introduction

On every Green Life Volunteers project you will receive an introduction or orientation before you begin your project. For the 'Turtle Conservation' project, you'll often have your orientation and introduction in San Jose, upon your arrival. Our turtle conservation projects have offices in San Jose, which are located close to your hostel, so you can just meet them the same day or the next day of arrival.

During the orientation / introduction you will receive information about your project, and the turtle conservation project staff will talk about general Costa Rican information, transportation, banks, food, and any other questions you may have before you begin at the project.

There will be always someone from the project assisting you, and we are also available if you have any issues or need any help during your project. We take good customer service very seriously, and we want you to feel comfortable from the beginning till the end of your time in Costa Rica.

## 10. Volunteer extra-curricular activities and excursions

There is plenty to do during the volunteering or the internship. Unfortunately, any extra-curricular activities are not covered by the Green Life Volunteers project fee. Activities may be surfing, paddle boarding, bird watching, hiking, dolphin or whale tours, Zip lining and much more.

If there are several volunteers in the same project at the same time, often they form groups to do some weekend activities together. Or you may decide that you would like to venture off on your own – either way, we will be there to help you to get things set up! Just ask us during or before your volunteer time!

## 11. General Information

### Emergency Number and Cell Phone

Throughout your placement you will have the support and guidance of our experienced volunteer coordinators. You will be provided with a 24-hour emergency number that you can call from your project site in case you need to speak to a Green Life Volunteers staff. The host families where you will be staying are very happy to lend you their phone to make quick local phone calls to Green Life

Volunteer staff. Also Green Life Volunteers staff will call and “check in” on you throughout your stay – and we will make sure there are no miscommunications errors happening between you and your family. We will also be in contact with you continuously throughout your project, to make sure you are doing ok at your job and to answer any questions you may have!

We advise you to BUY a local SIM card, if you have an unlocked phone. Cheap SIM cards for prepaid usage are available from 1000 Colones or 2US\$. The same amount is already on the card as credit. You can use it in any unlocked phone for international SIM cards. That way you can keep in touch and be reachable. If you do not have an unlocked phone or do not want to purchase one, you can always ask your project supervisors to use their phone to contact us!

### Accommodation

You will be living and eating with a Costa Rican host family. At the host family you will be provided with a clean bed, bed-linens, and a shared bathroom. Sometimes you may be accommodated in shared dormitory type accommodation or in your own private room. If you are very concerned about mosquitoes, you may bring your own mosquito net to set it up at your host family location. Most families do not have mosquito netting. It would be great if you bring your own towel, since towels are usually limited at host families.

### Meals

Food in Costa Rica is simple but delicious, and you will have access to a great variety of fruits, veggies, and dairy products in Costa Rica. Meals at your host family often include rice and beans; other common items include tortillas, salads, chicken, fish, pork, beef, pastas, soups, cereals, sandwiches, cheese, fruits, veggies and fresh-squeezed juices. You will help prepare meals with your host family, and you will experience a whole new way of cooking and preparing food. Vegetarians should have no problems with the diet in Costa Rica. Since Costa Rica is a tropical country, the variety of vegetables and fruits is fairly large.



Nonetheless, it is important to let us know about any dietary needs in advance so the family is notified and they can prepare accordingly. Those who follow a vegan diet should note that tofu is not readily available in Costa Rica, especially on the Osa Peninsula. You will be offered three meals a day usually breakfast is early around 7am, lunch between 12 and 1; and dinner between 6 and 7 p.m. You will have coffee and other snacks available at the project throughout the day as well – just talk to your host family about your needs.

### Laundry/cleaning

Laundry services ARE NOT part of the arrangements with your host family/ dormitory. You will have access to a place where you can wash your own laundry. Most families do not have washing machines or dryers. Normally laundry is done by hand and hung to dry. Some families might offer to do your laundry for an additional fee, which you will have to determine with your host family.

### Telephone/internet access

#### Ostional

There is Internet available at the main turtle conservation office. There is telephone service and if you bring an unlocked phone you can get a local sim card and have internet on your phone anytime.

#### Montezuma

There is Internet available at the main turtle conservation office. There is telephone service and if you bring an unlocked phone you can get a local sim card and have internet on your phone anytime.

#### Playa Matapalo

There is currently no internet at the project location in Matapalo. There is telephone service and if you bring an unlocked phone you can get a local sim card and have internet on your phone anytime.

#### Parismina

There is Internet available at the main turtle conservation office and the main project location. There is usually no internet at the host family. There is telephone service and if you bring an unlocked phone you can get a local sim card and have internet on your phone anytime.

#### Pacuare

There is no internet available in Pacuare. There is telephone service, if you bring a phone which is unlocked you can get a local sim card and have internet on your phone anytime.

### **Sim Cards and your own phone number in Costa Rica:**

You may purchase your own cellphone SIM-card for an unlocked phone! That way you can use a prepaid card and also use internet/WiFi if you have a smartphone. The SIM cards are very cheaply available – it costs around 2000 Colones (equal to \$4 US Dollars) and you can buy it almost at any small Kiosk (Pulperia).

### Weather/clothing

It usually rains at least once each day during the rainy season (May-November) even if it is just for 10-30 minutes. Daytime temperatures range from the mid 70's (Fahrenheit) when overcast and low-90's when the sun is out. The weather can change very quickly, storms can develop and rain may fall even though it was just sunny five minutes ago. However, it is mostly SUNNY all throughout the morning. So outdoor work will mainly be happening in the morning hours.

Humidity is very high and cotton clothes should be avoided because they never dry completely. During the summer months the humidity is a lot lower, the skies are clear and blue and it might be breeze and a bit dusty since the roads are gravel. We recommend quick-dry clothes and light breathable fabric. You will need some sandals for light day work, and stronger hiking boots or gum

boots for working at the farm. Check our 'Packing List' at the end of this document for more details.

## Spending money



You should not have to spend too much money while you are on the project, since the project fee covers your accommodation and meals, but we recommend to bring some money for your own personal items, snacks, drinks, or anything else you may want to buy.

There is really no need for you to change money into Colones before you come to Costa Rica. Once you are in Costa Rica, and pay with your dollars, you will usually receive change back in Colones. You can take money of the ATMs with your credit card or debit card, so you do not need to carry a lot of cash with you. Please contact your bank and clear your card for international usage. Some banks have restrictions as to the amount of cash you can withdraw in a day. Find out what those limits are prior to departing. You should bring enough cash to carry you for at least the first week until you have a chance to go to an ATM (sometimes you have to try a few ATMs before you get money). If you are bringing US Dollars you have to make sure that the bills are in good conditions, otherwise the bank would not accept them. You will need your passport (not a photocopy) in order to exchange dollars. Most places in Costa Rica would not take fifty or hundred dollar bills (with the exception of some hotels). If you carry fifties and hundreds, you will have to go to the bank to exchange them.

## Volunteer expectations

While you are working on your project, the project or your host family will provide you with accommodation, meals, and support. We will provide you with guidance and support in case you become ill, or need any other medical attention. You can contact our Green Life Volunteers Manager 24/7 on an emergency cell phone number (+506 8570 0710).

The project supervisors and staff members of Green Life Volunteers expect you to attend the program regularly, be on time, and behave consistently in ways that reflect well upon Green Life Volunteers and the other volunteers. You are expected to dress according to local norms while in public and to treat people with kindness and respect appropriate to their age and social standing. The same goes for your host family. In addition, Green Life Volunteers insist that volunteers avoid any contact with drugs and any culturally inappropriate activities relating to alcohol, especially in your host homes. Remember that some of these families have children and their culture is rather conservative. In case that a volunteer repeatedly behaved in ways that contradict the codes and conducts, we reserve the right to remove volunteers from a program.

We view the volunteer experience as a commitment that includes a willingness to overcome challenges of all kinds. In cases where volunteers are experiencing difficulties, we strongly encourage creative, collaborative solutions that allow the volunteer commitments to be completed. At the same time, we respect the ability and freedom of our volunteers to use their own judgments and understand that volunteer work only functions well when volunteers retain the will to participate

fully and energetically.

### Rule and guidelines

Please be aware of all the Green Life Volunteers rules in our Terms and Conditions. Green Life Volunteers expects volunteers to respect the areas in which you are working as well as your project leaders, members of your host families, members of the community and other volunteers. In case you are experiences troubles or conflicts, we rather know sooner than later if there is anything that is not working for you and we want to make you as comfortable as possible. Having said that, we cannot stress enough that flexibility and being positive and open-minded will go a long way in ensuring an enjoyable volunteer experience.

Remember that you are in a Spanish speaking country. It is up to you to accommodate the new language and not impose your language on the locals. We always recommend to volunteers that the more Spanish they speak, the better their experience will be. If you do not speak any Spanish or if you are a beginner, you have a perfect opportunity to improve your language skills while you are on your project and in your host family. On most of our projects the project coordinators and host families speak very little to no English. Ask us for options to take Spanish Classes before your volunteer stay – we offer very affordable and a great Spanish school program.

### Important rules that you should be aware of are

- 🌱 Drinking is permitted ONLY while NOT on duty. Keep in mind that alcohol can negatively affect a volunteer's performance at the project and you will be doing tasks that may be dangerous to do when under the influence of alcohol. Drinking after hours is left to your discretion but be sensitive to the drinking habits of your host family. It is unacceptable to show up at your host family home intoxicated and sloppy!
- 🌱 Volunteers are permitted to smoke cigarettes but not inside the project's buildings or your host homes. You will have to agree on a place for you to smoke cigarettes where it does not molest anyone.
- 🌱 Please respect the facilities and the environment.
- 🌱 Conserve water and electricity as it is expensive and you do not want to burden your host family.
- 🌱 Respect the culture of the local community and ask for permission if you want to do things in their home that they do not normally do. Use common sense and treat people and their home with respect.
- 🌱 Be aware of mosquitoes, scorpions, spiders and other insects. Keep your bed clean and your bag zipped. Use your mosquitoes net if you brought one.
- 🌱 ALWAYS clean your feet from sand before you enter the house and specially the shower.
- 🌱 Since you are right on the beach, drains can easily clog due to sand being tracked to showers and drains.
- 🌱 Due to the heat and humidity, it is recommend that all volunteers shower and use deodorant every day. Personal hygiene is a must in this type of climate. Please do not put yourself in the situation that you have to be told to practice personal hygiene. The families are usually very polite, and they would feel terrible to have to tell you that you "smell". Please be considerate!
- 🌱 Normally, toilet paper is deposited in baskets right next to the toilet. Do not flush toilet paper after using the bathroom! Again, drains in these rural areas and especially on the

beach can clog easily and do not have the power to deal with toilet paper, female slips or tampons!! Always throw those items in the bin next to the toilet.

- 🌱 If you use, abuse or even come in contact with drugs, drug users, drug pushers or anyone remotely connected with drugs illegal or otherwise (other than for medical reasons), your placement will be terminated immediately, your visa will be withdrawn, and you will be deported from the country with no compensation. Never bring drugs into the project or host families (other than prescription drugs). THERE ARE NO EXEPTIONS TO THIS RULE, REGARDLESS OF THE REASONS. Please accept that while you are working on your project you do not consume illegal drugs.

### Safety and precautions

Tourists are sometimes targets for pickpockets and thieves. Please do not put yourself in a dangerous situation. Be cautious and use common sense. As a general rule, volunteers should not go off alone at nights, especially in large cities like San Jose.

The best way to store valuables is not to bring them with you if you go out but to leave them with your host family. Make sure whatever valuable you bring are in your bag and that you keep your bag close to you at all times. Money belts are a good investment before you travel to Costa Rica. Make sure if you get one that it is big enough that you can also fit your passport in it.

If you travel on public buses please ALWAYS stay close to your bag, or bring your valuables with you when you go to the bathroom. Do not even leave your valuables alone for a few minutes – it has happened to many volunteers before that they lost items on the bus.

### Tips

- 🌱 Travel in pairs if you can (one can stay with the bags, the other goes to the bathroom)
- 🌱 Use caution in unfamiliar locations
- 🌱 Be very careful when traveling in San Jose. You are target for thieves. Keep your valuables in a safe place. Always keep an eye on your bag. Never leave your bag unattended when you go to the beach.
- 🌱 Photocopy your passport and important documents. Do not carry your original passport on you.
- 🌱 Carry your money and passport (or copy) inside a money belt on your body. It is the safest place.
- 🌱 Avoid flashy dresses. Never wear expensive jewelry, etc. while traveling. Do not carry all your credit cards and all cash with you. If there is not a safety box where you are, use a money belt or make several trips to the bank
- 🌱 In a lot of areas in Costa Rica swimming can be dangerous because of rip tides. Please inquire FIRST before swimming at a deserted beach. Do not go swimming alone, have someone watch you at the beach.

### Medical facilities

The doctors in Costa Rica are well educated, often speak English, and are able to take care of most of your medical needs. In case of a more serious medical situation, there is a bigger hospital in Golfito, where patients can be transferred, or if a more serious situation occurs, participants can fly to San Jose.

### Recommended packing list

- 🌱 Headlamp with RED LIGHTS (turtles are scared by white light) – if you cannot get a red light, paint it red. It's very crucial. No white lights are allowed on beach patrols and in hatcheries.
- 🌱 Sturdy shoes for working and hiking - gum boots work great for farm work, or good /sturdy hiking boots
- 🌱 BUG Repellent
- 🌱 Your own towel AND Bedding. Many projects don't provide bed-sheets nor towels.
- 🌱 Mosquito Netting
- 🌱 Passport and passport photocopy
- 🌱 Debit card and credit card for any emergency
- 🌱 Camera and batteries (you can find batteries here but they are more expensive)
- 🌱 Small notebook and pen
- 🌱 Alarm clock and batteries
- 🌱 Personal medical first aid (Or medication you may need – it is remote in your location and you may not be able to buy what you need, so bring it from your home country).
- 🌱 Clothing for a warm tropical climate, preferably non-cotton, that you are not worried about ruining
- 🌱 Your own laptop for the office activities
- 🌱 Waterproof sunscreen (the sun rays are powerful)
- 🌱 Sunglasses
- 🌱 Forms of entertainment: books, games, music, guitar, paints, surfing equipment, etc.
- 🌱 Sandals and comfortable walking shoes (that dry fast)
- 🌱 Lightweight rain poncho
- 🌱 Sweater for colder rainy weather and when in San Jose
- 🌱 Swimwear
- 🌱 Water proof & secure bag for documents
- 🌱 Money belt
- 🌱 Binoculars for wildlife watching?
- 🌱 Positive attitude

To apply to the project NOW please click on [THIS link](#) and apply now! After applying we will be in touch with you shortly!

**Thank you and we are looking  
forward to working with you!  
Your Green Life Volunteers Team**

