



Green Life Volunteers

Puerto Jimenez, Costa Rica

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Biological Research Center - Project Handbook
Location: Puntarenas, Costa Rica

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1. Project overview

The 'Biological Research Center' project is a non-profit institution that gathers information about sea turtles, mammals, crocodiles, butterflies and other wildlife.



As a volunteer or intern on the Biological Research Center project, you have the opportunity to assist and help on various ongoing biological research projects. It depends on the season of your volunteer time and your interests. The research center can accommodate up to 15 people at their volunteer house. Green Life Volunteers is partnering with the biological research center, so that more researchers, volunteers, and interns join their amazing ongoing projects. Below you'll find more info on all the research that is happening at the Biological Research Center.

Turtle Conservation

The sea turtle project runs from July to January and you can help in the hatchery and patrolling the beach during that time. There are four potential species of sea turtles, which can be seen nesting at the South Pacific beaches: Olive Ridley, Black, Leatherback and Hawksbill. However, all these species are in danger of extinction. Playa Tortuga beach, the beach nearby the research center, is an Olive Ridley beach. Although, it is possible that other species can be seen on this beach. The nesting period extends from July to January, with a peak of nesting in September and October. In the past seasons the research center has successfully protected over 140 nests and released more than 5000 hatchlings, each nest has about 100 eggs. Most nests are moved to the hatchery where they are observed and constantly protected. Important data about the biology of the nests will be gathered in the hatchery. Also, the incubation period, nest temperature, the influences on the sex of the hatchlings, environmental factors such as precipitation and physical factors will be observed in the hatchery.

Mammal Research

The mammal research is conducted during the whole year. Mammals are important for the dynamic balance of the forest. The reserve has over 11 species of mammals, such as raccoons, coatis, kinkajous, weasels, river otters, tayra and monkeys. Capuchin Monkeys are easy to find in the forest, however anteaters, opossums and sloths are harder to observe. A lot of wildlife can be observed and studied with camera traps. The research center collects various types of data on the mammals, such as behavior, distribution and occurrence. Information about local movements of mammals can be used in reforestation plans for the coastal area.

Caiman and Crocodile Research

The crocodile and caiman project is also ongoing throughout the whole year. During this project real information about the crocs and caimans at the reserve will be collected. This information is about their distribution, their relationship with the environment and the human impact on the ecosystem. The research center wants an initial profile of the population of caimans and crocs. By adding new information about the reptiles' current status, the conservation and management of this species can be helped. This project is an initial study and will consist of monitoring species at night, counting of the animals, marking of their location with GPS and sometimes small individuals will be captured to determine the species, actual size, and sex and health condition. Furthermore, DNA data is gathered to analyze if there is contamination with pollutants in their habitat.

Environmental Education and Butterflies

The butterfly project is also ongoing during the whole year. The butterfly garden was established so that visitors can observe and learn appreciate butterflies. The butterfly garden is an educational alternative for tourists, but also for the whole local community. Visitors of the garden can learn more about the cycle of life, metamorphosis, anatomy, physiology, senses, food, ecologic nice and much more. Volunteers have the opportunity to be part of the workshops, prepare material, make crafts, conduct and work with children of schools and participate outreach activities. Also, volunteers and interns can help in the maintenance of the butterfly garden by collecting larvae, providing food, releasing adult butterflies and take care of the plants inside the garden.



2. Volunteer or Intern ?

Participants of the project 'Biological Research Center' need to be 18 years or older. Also, the duration of time on this project is a minimum of one week. You can choose to be a volunteer or intern. As an intern you can choose to do your own research subject and you can even get university credits or write your major thesis or paper at the center. Let us know if you need to meet any special requirements for your program of study or for your school. We're happy to write you a certificate and a letter of recommendation for your successful internship completion at the end of your stay, and we can help you with your school's requirements for accreditation.

3. Volunteer and intern duties

During your stay at the 'Biological Research Center' project, you will help the staff members of the research center and the other volunteers / interns. You will help to gather more information about sea turtles, mammals, crocodiles and butterflies. Before you participate on the projects, you will receive training about the pieces of equipment you will use, duties during the project and proper behavior. The volunteers and interns will always work with an experienced staff member of the research center. They will show you the proper scientific work methods you need to use. During your volunteer time or internship, you will work for 5 to 6 days a week for around 6-8 hours a day. The volunteers and interns can work more hours during their volunteer time / internship if they desire. Also, volunteers and interns can choose the project they want to work on. However, there are only eight spots for the sea turtle project during the season.

Different duties during your volunteer time or internship may be:

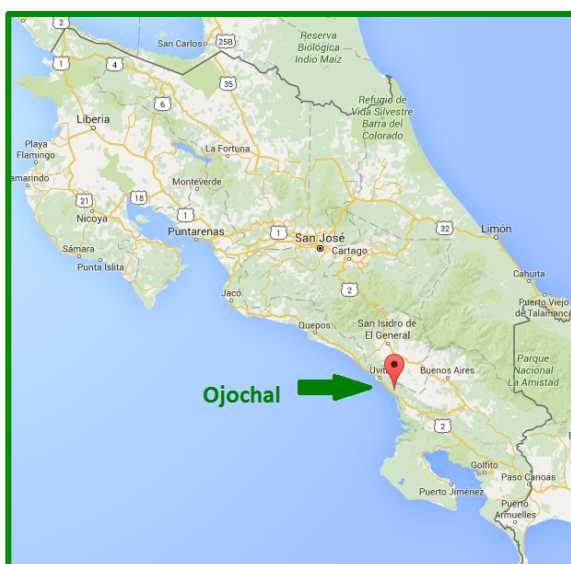
- 🌿 Install cameras in the reserve, check the cameras for activities and replace the batteries of the cameras
- 🌿 (Nocturnal) monitoring of the animals
- 🌿 Counting of the animals
- 🌿 Marking of the animals and their locations
- 🌿 Capturing of the species
- 🌿 Working in the sea turtle hatchery
- 🌿 Helping patrol the beach for sea turtles
- 🌿 Help with various ongoing research projects



Oscar, Main Biologist

The project you will work on depends on the time of year. Depending on the season you may help with the sea turtle project, mammal project, crocodilians project or butterfly project.

4. Project location



The research center is located in Ojochal on the Puntarenas in Costa Rica. The province Puntarenas is located on the west side of Costa Rica at the Pacific Ocean and is the largest province of Costa Rica. Puntarenas is famous for its coastline full of islands, waterfalls, beaches and beautiful natural treasures. Ojochal is located in the south of Puntarenas, which has beautiful beaches and is surrounded by magnificent mountains. Also, Ojochal is located just outside of Marino Ballena National Park. The reserve has a unique environment and is located in tropical rainforest.

This includes habitats such as pasture, swamp, estuary, coral reefs, sand beaches, rocky beaches, riparian forest, mangrove forest, regenerating forest and secondary forest. The research center is located at the mouth of the Térraba River, which is a part of the Térraba-Sierpe National wetlands, one of the largest and most important wetlands in Central America.

During your volunteer time or internship at the 'Biological Research Center' you visit some surrounding beaches. You can go to the small surf town Dominical, which is only a 30 minute ride by bus. In Dominical you can relax at the beach, learn how to surf, snorkel or visit the local bars and restaurant. You also can go to another small beach town Uvita nearby Dominical. In Uvita you can find the famous Whales Tail beach or you can visit Marino Ballena National Park which has its entrance in Uvita. Also, you can visit Manuel Antonio National Park, which is famous for its white sand beaches and the many tourist attractions you can visit. Throughout the project, we make sure you will get some "down time" and you will be able to enjoy what the Pacific Coast has to offer.

5. How to get to your project

You will first arrive in San Jose, at the Santa Juan Maria International Airport (SJO). When you arrive late during the day you will go to San Jose with a shuttle services (around \$30 per ride). You will stay overnight in a hostel in San Jose and your travel will continue the next day. If you arrive early you will take the shuttle service to the center of San Jose. The bus station of San Jose is in the center of the city. You will take a bus in direction to Paso Canoas and you will go out at Ojochal. The bus organization which travels between San Jose and Paso Canoas is <http://www.tracopacr.com/>. The bus will cost around 15-20 USD and will take about 5 hours. During the bus ride you will see lots of beautiful landscapes, mountains, and views on the way!

We will help you during your sign up process to arrange your transport and arrival in San Jose! We will help you book your hostel, arrange airport shuttle pick-ups to the hostel, and guide you on how to get to your project location. However, all of those costs are not included in our project fee, since it is things we cannot easily pre-pay and book for you in advance. Hence your transportation costs up until arrival to Ojochal, will have to be paid by you.

6. Accommodation

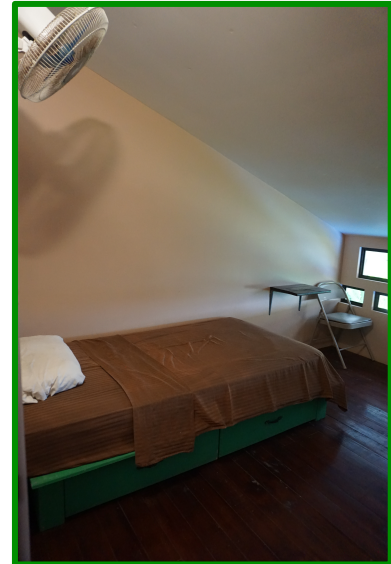
During your volunteer time or internship, you will be accommodated in the volunteer house on the property of the biological research center. The volunteer house offers accommodation for 15 volunteers and/or interns. Besides the "standard" rooms, there is also a room for a handicapped person and there are two rooms for couples. The rooms has a closet, mosquito nets in the window and a fan. However, if you are worried about mosquitos and want a mosquito netting over your bed, you need to bring it yourself. If you participate



in the sea turtle project, you also sleep several nights at the turtle hatchery. At this hatchery there is a basic camp-site with mattresses and mosquito netting. The volunteers and interns need to maintain the kitchen and dorm rooms clean themselves. Volunteers and interns can use the washing machine once a week for fee. It is normal in Costa Rica to let the laundry dry in the sun. Also the biological research center has no dryer but there is a special solar drying tent for the rainy season. The biological research center provides food for three meals a day, also including snacks and non-alcoholic drinks. However, the volunteers and interns prepare their own food throughout the day with the assistance of the volunteer coordinator.

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. Green Life Volunteers always recommend to volunteers and interns that the more Spanish they speak, the better their experience will be. However, the project coordinators of the research center and most of the other volunteers / interns speak and understand English.

If you want to take Spanish Classes before your volunteer stay / internship – we offer very affordable and a great Spanish school program. Click [here](#) to read more about our Spanish program.



7. Costs

A one week experience starts from 649 USD, for each additional week add on 299 USD per week. Most of your payment goes into your accommodation and food. A part goes to Green Life Volunteers' support and services.

Included in the fee is the food provided by the research center where volunteers make their own meals, as well as your accommodation in a private room or dormitory room.

Not included in our costs:

- National and International flights
- Travel insurance
- Visa costs
- Travel to and from the project to San Jose
- Airport pick up shuttle
- Hostel stay for the first and last night of your stay in San Jose (arrival city)
- Any additional food or snacks you'd like besides the meals that are not provided by the center
- Other personal expenses

8. Project supervisor and staff

During your stay, the supervisors of the 'Biological Research Center' project are the staff members of the research center. The supervisor is an experienced volunteer coordinator who will support and guidance you during your stay. If you need to call, the staff of the research are very happy to lend their phones to make quick local phone calls.

Also Green Live Volunteers staff will call and "check in" on you throughout your stay – and we will make sure there are no miscommunications errors happening or we are there to explain and solve other problems. The staff of Green Life Volunteers is located in Puerto Jimenez and will help you with anything you need. If you have further questions or need help you can contact Green Life Volunteers any time.

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

9. 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

10. Orientation and Introduction

On every Green Life Volunteers project you will receive an introduction or orientation before you begin your project. A staff member of the research center will give you the orientation and introduction on the day you arrive in Ojochal. During the orientation / introduction you will receive information about your project, and the staff will talk about general Costa Rican information, the surrounding area, transportation, banks, food, and any other questions you may have before you begin at the project.

There will be always someone from the research center who will help you before and during your project. Also, Green Life Volunteers is also available if you have any issues or need any help during your project. We are located in Puerto Jimenez on the Osa Peninsula. However, you can always call or email us. 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.

11. General Info about the Puntarenas and Ojochal

Puntarenas is the biggest province of Costa Rica, which is located in the western part of the country at the Pacific Ocean. Puntarenas is the capital city of the province Puntarenas, which is situated in the Gulf of Nicoya. The city was the main port until Caldera Port became the most important port. There are a lot of major cruise liners and commercial ships. Due to the new port, there are now new industries, more tourism and helped to spur on further developments on the nation. The province Puntarenas has become one of the most important tourist destinations in Costa Rica. Also, many of Costa Rica's popular beach resorts are in Puntarenas, as well as the 14 national parks and reserves. This is more than in any other province of Costa Rica!

The Gulf of Nicoya is the result of a geological fault, which has caused the land to submerge. Therefore, only the tops of the former low hills are only exposed. The Gulf of Nicoya now contains several small islands such as Chira Island, San Lucas Island (formerly a prison island), and the biological reserves of Guayabo, Negritos and Pájaros Island. Another amazing sightsee on the Puntarenas is Coco Island. Coco Island, or Isla del Coco, is 500 kilometers off the Pacific coast and is considered as a part of the province Puntarenas. The island is one of Costa Rica's national parks and has an exuberant tropical rain forest. Coco Island is the only oceanic island in the eastern Pacific region with beautiful rainforest and a lot of flora and fauna. Another popular part of nature on the Puntarenas is the Manuel Antonio National Park is one of the most popular national park in Costa Rica. The park is very popular because it is located on the Pacific coast with rainforest, coral reef and beaches.

12. Volunteer and intern extra-curricular activities and excursions

Ojochal is a very warm and welcoming village on the Puntarenas of Costa Rica. There is plenty to do around the Puntarenas, and the staff of the research center can help you organize activities around Ojochal during your project time. Unfortunately, any extra-curricular activities are not covered by the Green Life Volunteers project fee. Activities may be surfing, paddle boarding, hikes, bird watching, zip lining, visiting Marino Ballena National Park, visiting Manuel Antonio National Park and much more. You can also visit other cities nearby Ojochal. You may visit Dominical or Uvita, which are popular for their beaches. There will be several volunteers and interns at the research center 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, the staff members of the research center will be there to help you to get things set up! If you want to do any activities before or after your volunteer time / internship you can also contact Green Life Volunteers. Just ask Green Life Volunteers or the research center during or before your volunteer time / internship!

13. General Information

Emergency Number and Cell Phone

Throughout your placement you will have the support and guidance of our experienced volunteer / intern 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 staff members of the research center will 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, other volunteers / interns and the staff members of the research center. 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!

Accommodation

You will be accommodated in the volunteer house on the property of the biological research center. The volunteer house offers accommodation for 15 volunteers and/or interns. Besides the “standard” rooms, there is also a room for a handicapped person and there are two rooms for couples. The rooms has a closets, mosquito nets in the window and a fan. However, if you are worried about mosquitos and want a mosquito netting over your bed, you need to bring it yourself. The volunteers and interns need to maintain the kitchen and dorm rooms clean.

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 volunteer house 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. The research center provides you food to make/ prepare your own meals, and also including snacks and non-alcoholic drinks. You must prepare your own meals or do this together with other volunteers / interns. Vegetarians should have no problems with the diet in Costa Rica, since there are a lot of fruit and veggies available.

Nonetheless, it is important to let us know about any dietary needs in advance so the research center is notified and they can prepare accordingly. Those who follow a vegan diet should note that tofu is not readily available in Costa Rica. Usually breakfast is early around 6.30 am, 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 the research center about your needs.

Laundry/cleaning

Volunteers and interns have access to a place where they can wash their laundry. You can use the washing machine once a week for fee. It is normal in Costa Rica to let the laundry dry by the sun. Also the biological research center has no dryer but there is a solar drying tent.

Telephone/internet access

In Ojochal the Internet and Phone Signal is readily available. The research center offers a WiFi connection. Furthermore, you can buy a local prepaid SIM card for 1000 Colones or 2 USD at any small Kiosk (Pulperia) in Ojochal or San Jose. The same amount is already on the card as credit. Keep in mind you need an unlocked cellphone for international SIM cards. However, the research center has a phone, which you can use in case of emergencies or to call Green Life Volunteers staff members.

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. The research center is located next to the beach and nearby rainforest, so rain is pretty common during your project time. 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 outside. Check our 'Packing List' at the end of this document for more details.

Spending money



The closest bank and ATM is in Ojochal and you will have access to USD and Colones. 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 the public bus or taxi if there is an emergency.

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 and intern expectations

While you are working on your project, the research center 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 work regularly, be on time, and behave consistently in ways that reflect well upon Green Life Volunteers and the other volunteers / interns. 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 staff members and other volunteers / interns. In addition, Green Life Volunteers insist that volunteers and interns avoid any contact with drugs and any culturally inappropriate activities relating to alcohol, especially in your volunteer house. Remember that some of the volunteers or interns may have a culture which can be rather conservative. In case that a volunteer or intern repeatedly behaved in ways that contradict the codes and conducts, we reserve the right to remove volunteers / interns from a program.


We view the volunteer / intern experience as a commitment that includes a willingness to overcome challenges of all kinds. In cases where volunteers / interns are experiencing difficulties, we strongly encourage creative, collaborative solutions that allow the volunteer / intern commitments to be completed. At the same time, we respect the ability and freedom of our volunteers / interns to use their own judgments and understand that volunteer / intern work only functions well when volunteers / interns 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 and interns to respect the areas in which you are working as well as your project leaders, members of the community and other volunteers / interns. 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 or intern 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 and interns 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 during your volunteer time / internship. The project coordinators of the research center and most of the other volunteers / interns speak and understand English. If you want to take Spanish Classes before your volunteer stay / internship – we offer very affordable and a great Spanish school program. Click [here](#) to read more about our Spanish 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 and intern'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 other volunteers / interns. It is unacceptable to show up at your volunteer house intoxicated and sloppy!

- 🌱 Volunteers and interns are permitted to smoke cigarettes but not inside the project's buildings or in the volunteer house. 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 the research center.
- 🌱 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 and interns 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 people 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 (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. The Puntarenas is a safe place but places like San Jose or even smaller towns like Puerto Jimenez are not as safe. Please do not put yourself in a dangerous situation. Be cautious and use common sense. As a general rule, volunteers and interns 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 at your volunteer house. 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 and interns 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. Don 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

One of the closest medical facility in Puntarenas is Clinica Labrador. 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 patients can fly to San Jose.

Recommended packing list

- ✦ Passport and passport photocopy
- ✦ Your own towel
- ✦ 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
- ✦ Flashlight, LED head lamps are ideal with red light and rechargeable batteries. The research center has chargers.
- ✦ 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. You need several t-shirts, shorts, light long pants with pockets and light long sleeve shirts. Also, you need to have enough clothes for one week.
- ✦ Two pair of sturdy shoes for working and hiking - gum boots work great for the work on the beach. Also day hikers, rubber boots or tennis shoes are good in this area.
- ✦ 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 disposable rain poncho
- ✦ Sweater for colder rainy weather and when in San Jose

- 🌱 Swimwear
- 🌱 A poncho or rain jacket of good quality. The research center prefers ponchos which are not too hot.
- 🌱 BUG / insect Repellent
- 🌱 Water proof & secure bag for documents
- 🌱 Money belt
- 🌱 Binoculars or even waterproof binoculars
- 🌱 Mosquito Netting
- 🌱 Special plug-in charger for Costa Rica (if you come from outside the US or Canada)
- 🌱 At least two BPA Free of Stainless steel water bottle.
- 🌱 Waterproof watch
- 🌱 Beach and bath towels
- 🌱 Two photocopies of your passport
- 🌱 Researchers, students and interns should bring their own laptop.

Wish list

Please read the following list before you travel to Costa Rica. The research center provides the needed products and pieces of equipment. However, the items are very expensive and hard to get. The research center would appreciate it if you are able to bring them and donate it!

- 🌱 Latex Gloves
- 🌱 First-aid Kits / Items
- 🌱 Waterproof Headlamps and Flashlights with red lights
- 🌱 Rechargeable Batteries
- 🌱 Waterproof (Rite in the rain brand)
- 🌱 Notebooks and Pens
- 🌱 Rain Gear
- 🌱 Backpacks (small with lots of pockets)
- 🌱 Insect Repellant
- 🌱 GPS units
- 🌱 Cameras (waterproof)
- 🌱 Alarm clocks
- 🌱 Waterproof Binoculars
- 🌱 Things to donate to local schools and/or community education center
- 🌱 Anything else you think would help the research center!

Station rules of the research center

Please read the following rules of the research center before you go to the project:

- 🌱 Absolutely NO Swimming or Surfing in the ocean while working on the projects (due to dangerous waves and currents). You may swim and/or surf during free time at YOUR OWN RISK – the research center assumes no liability.
- 🌱 No walking trails or other parts of the reserve alone – you must advise coordinator, resident biologist or station manager where you are going and your estimated return time.
- 🌱 Do not handle snakes or other wild animals.
- 🌱 Wear closed shoes after sundown. Poisonous snakes, spiders, scorpions are rarely seen, but they do live in the area.

- ✎ Maintain books in their proper order in the research center library and sign out books when they are removed from the library.
- ✎ Report any maintenance needs or other problems with the facilities.
- ✎ Please do not eat in the bedrooms or leave open food wrappers/garbage.
- ✎ Place recyclables in their appropriate receptacles at the research center (cans, glass, plastic and organic waste).
- ✎ Please use only biodegradable soaps and bathing products. Laundry service is free 1x per week.
- ✎ Remove dirty boots or shoes before entering the buildings.
- ✎ Please return all equipment of the research center clean and in good condition – You will be charged for lost or damaged equipment.
- ✎ Conserve energy and turn off lights when not in use.
- ✎ Alcohol/Drug consumption is not permitted. The research center reserves the right to expel researchers or volunteers / interns for alcohol or drug consumption while on research center grounds or projects.
- ✎ Possession or consumption of drugs and other illegal substances is strictly prohibited. The research center reserves the right to remove volunteers, interns, researchers or employees consuming or possessing illegal drugs/substances.
- ✎ Quiet hours are from 9:00 pm until 6:00 am – except during sea turtle Project (you will be briefed on quite hours).
- ✎ The Gates will be closed at 10 pm volunteers, interns and researchers must be inside gates before this time unless special arrangements have been made in advance.
- ✎ Researchers and resident biologists must obtain research permits in advance from the research center.
- ✎ If a room key is lost there is a 20 USD charge.
- ✎ Speak with the research center staff if you need anything.
- ✎ Please let the staff know if you need to store valuables.
- ✎ The research center is not responsible for lost or stolen personal items.

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

