



## **Green Life Volunteers**

Puerto Jimenez, Costa Rica

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**Organic Farming - Project Handbook**

**Location: Osa Peninsula, Costa Rica**

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## 1. Project overview

The main goal of the 'Organic Farming' project is to help farmers who want to produce more sustainable and organic products. The farmers we help grow a lot of vegetables and fruits, such as chocolate, rice, corn, citrus fruits, papaya and banana. They also have horses, which help with all transport related work around the farm. The farm also has cows to produce milk and cheese.



Unfortunately, chemical pesticides and fertilizers are still used in high amounts by normal Costa Rican farmers. Only a few independent farmers try to be more sustainable and organic because there is not really a market for organic produce. The farmers who go organic, don't receive any extra benefits. Hence we try to support them with bringing volunteers to the farms, and keep the organic movement going!

The farm we work with is located on the Osa Peninsula in the beautiful jungle near Corcovado National Park. The land of their farm constitutes a small part of the Golfo Dulce Forest Reserve, which is another reason why it needs to be conserved and protected the right way.

The 'Organic Farming' project offers an alternative way of life and is also a rural tourism destination, with the aim of managing, promoting, protecting, conserving, restoring and enhancing the biotic and commercial value of the area. Also, the farm is surrounded by ecological treasures and attractive landscapes characterized by a lush forest home to abundant, endemic and endangered wildlife.

## 2. Volunteer duties

During your stay at the 'Organic Farming' project, you will help with anything the farmers need help with.

- 🌱 You will learn about the sustainable and organic practices the farmers use, and you may also give input and ideas about more sustainable practices, or what could be improved.
- 🌱 You may work in the field with the farmers, and you can get dirty. For example, sometimes you have to dig a hole in the ground to help build a new more sustainable grey water system or organic waste treatment system or assist the farmers in harvesting or planting processes.
- 🌱 The farm's "host-mum" Teresa likes to involve her volunteers in the process of making foods – and she will be teaching you her way of cooking (which most of our volunteers love!). She also likes to have volunteers help in her medicinal herb garden, and teach you about the uses of plants.
- 🌱 Most importantly - you have to be flexible and prepared to work in different tasks. You will be immersed in the life of a local Costa Rican farmer family. The farmers usually take the volunteers in as if they were their own children – a Costa Rican saying is "Mi casa es su casa"



this is very serious – you will be treated as part of the family, and their house is your house!

The type of work depends strongly on the time of year. Depending on the season you may help make chocolate, or help milk the cows, or help out digging out potatoes – you will help with whatever is going on at the farm at the time of your volunteer project.

### 3. Daily volunteer schedule during the project

Your schedule on the organic farming project depends on the time of year/ season, but generally in Costa Rica the day starts very early (especially on farms), around 5 – 6 am. You may not need to get up that early, but often it is much more tolerable than working in the hotter temperatures during mid-day and afternoon.

You will most likely go to bed early – the day on the farms ends when the sun goes down, which is around 5:30-6pm. After sunset usually dinner is served, and bed time is soon after that.

However, normally you would not need to work all day – you can discuss your duties with your host family, and make sure that you also get some “down time”. You are there to help, but you should not exhaust yourself. It is important to keep a work-relax balance!

In the rainy season it rains often in the afternoons, so most outdoor work is done while it is still dry in the morning hours, and the afternoons are spent indoors. In the dry season, work may be going on in the early morning hours and late afternoons, because of the heat during the day. No night work is necessary on the project.

You will participate in the life of your host family, and work in the same rhythm of the farm - key is to be flexible!

**Volunteers need to keep in mind that nature is unpredictable and therefore you need to be totally flexible to changes in their schedule to accommodate the unpredictability of nature and be willing to make adjustments.**

### 4. Project location

The organic farm is located in the jungle near to Corcovado National Park, one of the largest and most primary forests in Costa Rica. Furthermore, the Osa Peninsula also boasts 2.5% of the world's biodiversity, and 25% of Costa Rica's biodiversity. Also, it consists 260 hectares of private forest reserves, 200 hectares of primary tropical rainforest, and the remaining 60 hectares are secondary forests, grasslands and forest plantations.





The Golfo Dulce Forest Reserve is a biological corridor intended to connect the Corcovado National Park with Piedras Blancas National Park on the other side of the Golfo Dulce. The Reserve is a biological corridor for flora and fauna, and the farm is located within the Golfo Dulce Forest Reserve.

The Golfo Dulce also boasts a large number of marine life, humpback whales migrate through the Gulf in April and September, whale sharks visit twice a year, and dolphins live in the warm waters year-around. There are also many other tropical fish and game fish.

Puerto Jimenez is the bigger town on the Osa Peninsula and that is also where Green Life Volunteer's main office is located. Puerto Jimenez has the nearest supermarkets, restaurants, banks, gas stations, medical facilities, and other amenities from the project location. It is reachable by public transit (a bus that runs twice a day) and private taxis. You may spend a day or two here before and after your project, and you may come to Puerto Jimenez during your project to use the Internet and go shopping.

## 5. Transport

### How to get to Puerto Jimenez

To start your volunteer experience, you will first arrive in San Jose, at the Santa Juan Maria International Airport (SJO). There are two options to travel from San Jose to Puerto Jimenez. The first option is to book a flight from San Jose to Puerto Jimenez. Often you can connect your flights directly in SJO (Juan Santamaria - San Jose International Airport) to the airport in Puerto Jimenez. The major airlines flying into Puerto Jimenez are Nature Air ([www.natureair.com](http://www.natureair.com)) and Sansa Air (<http://cr.flysansa.com/en/home>).

The second option is to get by bus to Puerto Jimenez from San Jose – which is also the cheapest method. There are two public buses a day, one leaves San Jose at 8am and another leaves at 12pm. Both buses take 8 hours and go directly to Puerto Jimenez (that is the last stop). You will see lots of beautiful landscapes, mountains, and views on the way! It is a long drive, but it will show you a lot of Costa Rica's beauty.

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 Puerto Jimenez, will have to be carried by you, the volunteer.

### How to get to the project

To get to the 'Organic Farming' project from Puerto Jimenez, you will take the road to Carate. After the Rio Piro School (25 km) you go to the right – this is the driveway leading up to the farm. The farm is located another 5,8 km from the main road.



You can reach the project either by public bus or by taxi. The public bus will take around 2 hours from Puerto Jimenez to the farm turnoff and will cost around 9 USD one way. The taxi ride will cost around 80 USD one way. The public bus goes twice a day and will drop you off at the turnoff driveway, which is still 5,8 km from the farm. From the turnoff, you have three transport options to go to the farm. Firstly, you can walk which will take 1 hour and 15 minutes Secondly, you can go on a horseback ride which takes around 45 – 50 minutes. And the final option is to go by car, which will take around 20 minutes.

You can decide how to get to the farm and we will discuss your options during the sign-up process. We do recommend you to go by public bus and by horseback ride, which is also preferred by most volunteers.

## 6. Accommodation

During your volunteer period, you will stay at the family from the farm. The host family consists of Theresa (58 years old and Evaristo (60 years old). Their son Misael (34 years old) and daughter Gabriela (30 years old) help with logistics of the farm. Misael also makes furniture and Gabriela is a high school teacher in a small local high school in Puerto Jimenez. Teresa has her own medicinal herbal garden where you will be able to help out as well.

The farm has been operating for around 35 – 40 years.

The people who live in these remote locations live rustic and simply and the participants of the 'Organic Farming' project to do the same.

*The pictures present the host family, project guest rooms for volunteers, farm's hammocks area and dormitory room*



## 7. Costs

A one week experience starts from 499 USD, for each additional week add on 169 USD per week. Most of your payment goes into your host family for accommodation and food. A small part goes to Green Life Volunteers' support and services.

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

- National and International flights
- Travel insurance
- Visa costs
- Additional travel
- Any additional food or snacks besides the host family meals
- Other personal expenses
- First and last night in San Jose in a hostel
- Transport from San Jose to Puerto Jimenez, and from Puerto Jimenez to project site
- Any extra foods or drinks on the way to your project or during your free time

## 8. Project supervisor and staff

During your stay, the supervisors of the 'Organic Farming' project are the farm owners. The supervisor is an experienced volunteer coordinator who will support and guidance you during your stay. If you need to call, the family on the farm is 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](mailto: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](mailto:info@glvolunteers.com)

## 10. Orientation and Introduction

You will meet a Green Life Members staff member at you pick-up in Puerto Jimenez. You will most likely stay overnight in a hostel in San Jose and Puerto Jimenez before heading to the farm of the 'Organic Farming' project.

On every Green Life Volunteers project you will receive an introduction or orientation before you begin your project. The location of your orientation depends on your schedule, but most likely you will get to Puerto Jimenez a day before your project begins. You will meet a Green Life Volunteers member and (and most likely Janina Schan, owner and manager of GLV) in Puerto Jimenez and receive your orientation and introduction. Often this happens over lunch or dinner, or just for a coffee ☺ !

During the orientation / introduction you will receive information about your project, and Green Life Volunteers staff will talk about general Costa Rican information, the Osa Peninsula, transportation, banks, food, and any other questions you may have before you begin at the project. There will be always someone from Green Life Volunteers assisting you before your project, 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.

### 11. General Info about the Osa Peninsula and Puerto Jimenez

The local community of Puerto Jimenez is a largely rural, agricultural society with publicly funded basic education, comprising a workforce of moderately educated people. While the local service economy provides some employment opportunities, the majority of employment in this area is the tourist industry.

The social fabric of the community is based on the extended family, where members often live and work together. Low wages and the seasonal nature of many jobs in this area require that families multi-generationally work to economically survive. Many local people are forced to live with their futures dimmed by the lack of high quality education and limited employment opportunities.

The state of public education on the Osa is an atmosphere of learning by memorization, leaving future generations of children ill prepared for the future, much of this due to poor government funding and lack of proper training for state teachers. Children are not given the opportunity to thrive, nor explore in a supported environment.

### 12. Volunteer extra-curricular activities and excursions

There is plenty to do around the Osa Peninsula, and we will organize activities around Puerto Jimenez during your volunteer time. Unfortunately, any extra-curricular activities are not covered by the Green Life Volunteers project fee. Activities may be surfing, paddle boarding, Corcovado National Park hikes, Bird watching, Mangrove and Sunset kayaking, Dolphin Tours, Zip lining and much more. Also, you can go to a world famous surf spot, Cabo Matapalo, which is only 1 hour away by bus or you can go to the small community Carate which is 30 minutes away from your project location.

If there are several volunteers in Puerto Jimenez 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!



Keep in mind that you will be living in a remote jungle location, so the transport options are very limited. The farm is still far from the road where the bus leaves. Therefore, you would not be able to get out from the farm as much. You will have to plan and arrange your activities well. Green Life Volunteers recommend you to travel before and after your volunteer time. If you will volunteer for a long term on the project, you can head out for a couple of days in the weekend! It is important to discuss your options with your host family or with Green Life Volunteers staff members. Just ask us for more information before or during your volunteer time!

## 13. 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!

### 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. At the farm you’ll be accommodated in shared dormitory type accommodation or in your own private room (depending on how many volunteers are present at the time of your stay). 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 helping with preparing the meals with your host family, and you will experience a whole new way of cooking and preparing food. 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. The kitchen area at the farm is presented on the picture on the right.



### Laundry/cleaning

Laundry services ARE NOT part of the arrangements with your host family. 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

In Puerto Jimenez Internet and Phone Signal is readily available. However, most host families still do not have WiFi or internet installed at the house. You may use WiFi and internet at the local internet café, or you can go to any of the restaurants and coffee shops who offer WiFi.

There is almost no service for cell phones at the farm. Since the signal is not available on all places at the farm, you will have to find a spot to use your phone. You can buy a local prepaid SIM card for 1000 Colones or 2 USD at any small Kiosk (Pulperia) in Puerto Jimenez 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 family 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 farm is located in a 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 at the farm. Check our 'Packing List' at the end of this document for more details.

## Spending money

There is no bank around your project site – the closest bank is in Puerto Jimenez where you will spend a night before heading to your project. There are two banks located in the center of Puerto Jimenez – they both have ATMs and 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 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 work 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 experiencing 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 recommended 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. The Osa Peninsula is a very 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 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.

Your belongings are safe on the farm during your volunteer time. The organic farm is located in a very remotely area and thievery is not issue. Furthermore, there is always someone at the farm, so your belongings are never unattended.

### 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

The closest medical facility is a clinic on the Osa Peninsula is in Puerto Jimenez, which is about two hours from your project location. 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.

If there is a medical emergency at the farm, and you have to go to the hospital quickly, there is an air landing strip around 30 minutes from your project. The plane can get you to Puerto Jimenez within 15 minutes to Golfito or within 30 minutes 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
- 🌱 Headlamp or Torch (we have power outages, and streets are often not well lit)
- 🌱 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
- 🌱 Sturdy shoes for working and hiking - gum boots work great for farm work, or good /sturdy hiking boots
- 🌱 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
- 🌱 BUG Repellent
- 🌱 Water proof & secure bag for documents
- 🌱 Money belt
- 🌱 Binoculars for wildlife watching?
- 🌱 Positive attitude
- 🌱 Mosquito Netting
- 🌱 Special plug-in charger for Costa Rica (if you come from outside the US or Canada)

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**

