



# Marine Park and Animal Rescue Volunteer Costa Rica

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## Project overview



### What's included:

- 24/7 support in case of emergencies

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Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

## What's not included:

- Departures/ drop offs
- Flights
- Travel insurance
- Vaccination
- Visa

## Project itinerary

Your schedule will be flexible, but your day will generally involve 4-6 hours a day of volunteering, with your day beginning at 9:00am until approx 4.00pm. Also, you will have lunch with your local co-workers and meals will be provided as part of the programme. This gives you plenty of time to immerse yourself in the project and of course, to get to know your local co-workers.

## Mandatory Orientation Day

On the Monday of your first week as a Marine Park and Animal Rescue Volunteer, here in Costa Rica, you will join our orientation day to get accustomed to your local surroundings as well as local culture. Your programme will continue as usual from Tuesday onward throughout the rest of the week.

## Orientation Day Schedule

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Costa Rican Do's and Don'ts, Costa Rican Culture Lessons and Spanish Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary
- Lunch
- Introduction to the Project, Project site and start participating on the project (if possible).



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## Weekly Schedule

### Monday to Friday

- Breakfast
- Marine Park and Animal Rescue Volunteering (2-3 hrs)
- Lunch
- Marine Park and Animal Rescue Volunteering (2-3 hrs)
- Dinner

## Evenings and Weekends

After a day of working on your Marine Park and Animal Rescue Volunteer project, Costa Rica will be calling! Evenings and weekends are free to do as you wish, and there's plenty to see locally after your day of volunteering. Many of our volunteers plan group outings together at the weekends, or simply hang back at the accommodation and get to know each other in the evenings.

## Places to Visit

Esparza and Puntarenas have plenty of activities to offer for weekend activities. These include horse riding, watersports, game fishing, and jungle canopy tours to name a few. Puntarenas is also ideally suited to take a scenic ferry to the Nicoya Peninsula and its many secluded beaches. Further, Esparza is on the Panamerican Highway, so access to the rest of Costa Rica and the rest of the American continent is at your doorstep!

**Please note:** When confirming your dates please take note of Public Holidays in the Holidays section. During such times, there may be disruption to the programme, as we work with local organisations, and so must be flexible to their needs .

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**



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## APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)