



# Construction Volunteer in 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**

During your time as a Construction Volunteer in Costa Rica, you will have a very varied workload, depending on the project, and you may not be at the same site all day. Also, you can expect to work for 3-6 hours as manual work in Costa Rica is demanding, due to the humidity.

## **Weekly Schedule**

### **Monday to Friday**

Your workload will vary depending on the project, and you may not be at the same site all day. You can expect to work for 3-6 hours, as manual work in Costa Rica is demanding, due to the humidity. You will have lunch either on or near the site or at the centre, and can expect to be away from the centre between 07:00 in the morning until approximately 16:30, depending on your schedule. This gives you plenty of time to immerse yourself in the project and to get to know your fellow volunteers!

### **Evenings and Weekends**

Your evenings and weekends are free to do as you wish. There's plenty to see locally after your day of construction 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.



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## Places to Visit

Esparza and Puntarenas have plenty to offer for weekend activities, including horse riding, watersports (surf is huge), game fishing, canopy tours, hotels to suit all budgets, and some of the best scenery in the world. Puntarenas is also ideally suited to take a scenic ferry to the Nicoya Peninsula and its many secluded beaches.

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 the Public Holidays, as these may result in disruption to the construction volunteering projects.

**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)