

GIVE Trip Overview

Costa Rica Excursion



Growth International Volunteer Excursions

The Roots of Change

GIVE Excursion Overview

Get ready! Your GIVE excursion is coming up soon, so prepare yourself to be immersed in the culture of new and unique environments, to meet incredible people, and to broaden your perspectives of the world.

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed, and all of the information is important to making sure your experience is as enjoyable as it can possibly be.

Preparation Reminders Prior to Departure

Passport (required):

If you are traveling from another country, you must have a passport to travel to Costa Rica and return to your home country. It is also required that your passport:

- Is a valid passport
- **Does not expire for at least 6 months after you return from your host country**
 - For example, if you return home on July 10, 2024, your passport expiration date cannot be prior to December 10, 2024.
- Has sufficient pages for entry/exit stamps

If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email us at info@givevolunteers.org.

Proof of Exit From Costa Rica (Required):

To enter Costa Rica, you MUST have proof of exit within 90 days of arrival. For example, if you are leaving San Jose on the last day of the program, you will need a screenshot or printed page with the itinerary of your flight to ENTER Costa Rica (you will show this at customs).

If you are planning to continue your travels after your GIVE trip, you will still need proof of EXIT from Costa Rica, to ENTER the country.

International Medical and Traveler's Insurance (Required):

GIVE requires all participants to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise such as baggage loss, travel delay, sickness, injury, etc.

For USA residents and Canadian Residents: you can purchase insurance from the GIVE website under "Travel Details" in the navigation. You can find it directly at this link: go to <https://www.givevolunteers.org/prepping-trip/travel-details/#insurance>

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** This is the total amount that you are insuring, which should equal your GIVE trip at a minimum.
 - We *strongly* recommend covering both the cost of your flights and GIVE trip. If you have not purchased flights yet, you can still purchase insurance and either estimate cost of flights or increase your coverage later.

Non-US Residents: Must provide proof of international travel insurance meeting our requirements and insuring your total trip cost (and flight, if preferred).

If you'd like to purchase from a different provider, then you must confirm you are aware of our coverage requirements and that your policy meets those requirements. Note that your insurance coverage must include trip cancellation and interruption.

Vaccinations:

GIVE cannot provide you with a list of recommended vaccinations for traveling in Costa Rica. You can, however, find a list of recommended vaccinations on the Center for Disease Control website here: <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

Vaccinations and medical precautions are your discretion with the recommendations of your doctor or travel clinic. GIVE recommends that you contact your doctor or visit an immunization clinic to discuss vaccinations as soon as possible, as some vaccinations take time to take effect or you may need a course of vaccinations. Inform your doctor that you are traveling to Costa Rica and the activities you plan to participate in so they can provide guidance.

To learn about vaccination recommendations or to find a travel clinic near you, visit Centers for Disease Control at <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

Visa:

Citizens of the United States, Canada, Australia, New Zealand, and the countries of the European Union are **not required** to obtain a visa to enter into Costa Rica. If you are a citizen of a different country, check with your local Consulate to find out if you need a Costa Rican tourist visa.

If you are required to obtain a visa before departure and have not yet received your visa, please contact us immediately.

Medications:

You are responsible for providing your own over the counter or prescription medications

throughout your trip. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your trip. If you have asthma (even mild), please do not forget to bring your inhaler. Also, it's a good idea to plan ahead and bring vitamins and over-the-counter medications in case you start to get sick.

If any changes to your health occur, it is critical that you update your Traveler Information in your Volunteer Profile as soon as possible. You can login to your Volunteer Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your guides when you arrive, if necessary.

Safety and General Health Concerns:

There is inherent risk in the adventurous nature of GIVE's trips, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by employing proactive safety measures and established emergency protocols. Our goal is to facilitate a life-changing experience that is safe, educational, and transformative.

Your trip will be led by experienced GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response, Mental Health First Aid, and Outdoor Leadership. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

Many international crime warnings regarding travel in Central America are centered on traveling alone or in pairs in unfamiliar, major cities. GIVE's excursions are in small, rural areas where you will be with 20-30 other volunteers and at least two guides. This is a group excursion, where participants will be following our planned itinerary throughout the duration of their excursion. We have strong relationships with the community members and leaders where we work. Additionally, we take necessary precautions and are prepared with resources, such as medical supplies and routes to local hospitals or clinics. In the event that unforeseen situations arise, we are prepared with a comprehensive risk management plan to respond to the incident(s).

To protect your general health in Costa Rica, it is important that you take good care of yourself and are physically prepared to volunteer. We work outdoors daily engaged in strenuous building projects in a tropical environment. This means that you must be aware of your hydration, sun protection, and nutrition. In the event that you do become ill or need to seek medical attention, we can arrange for you to visit a local clinic or nearby hospital to receive care.

Flights and Arrival in Liberia, Costa Rica (LIR)

Flights:

If you have not already, contact our flight agents at StudentUniverse to book your flight itinerary to Liberia (Guanacaste) International Airport (LIR). You can find their contact information on our website under the “[Travel Details](#)” section of our menu.

Before departure, check your flight departure and arrival online to **ensure that your flight information has not changed**. If it has changed, contact GIVE immediately to provide us with the updated flight information (email our office your updated itinerary-info@givevolunteers.org).

Your flight will land at the LIR Airport **on the start date** of your trip. Note: if you’re traveling internationally, you may be traveling the day(s) before your excursion start date. You need to **be in Liberia, Costa Rica on your trip start date**.

For your departure, you will depart **on your trip end date**. GIVE’s flight agents can provide details regarding preferred itineraries.

You can meet other GIVE participants en route to LIR during your layover(s) or on the plane. To make it easy to identify each other, tie a **green** ribbon or string to your carry-on bag. You can also make a GIVE sign to find other volunteers while in transit to LIR.

Arrival in Liberia:

After you exit the plane, you will be directed to the Immigration terminal in the airport. There are several arrival desks, so line up with your passport ready to hand to the immigration officer. This is where you will be asked about the purpose of your trip, where you will be staying, and provide proof of exit.

Purpose of your trip:

- Tourism / Travel

Where you will be staying:

- Villa Hermosa – Liberia
- Las Cataratas Eco Lodge – Arenal
- Fincas Las Hormigas – Puerto Viejo

Proof of Exit – This is necessary to enter Costa Rica

- Please have a screen shot on your phone or a printed copy with information of your flight out of San Jose.
- If you plan to continue traveling after your GIVE trip, please be prepared to have proof of another form of exit from Costa Rica within 90 days of arrival, ie. a bus ticket.

After you pass through customs, enter the baggage claim, collect your bags if you have

checked luggage, and walk towards the greeting area. Please note that an airport official will check your luggage tag with the tag that is actually on your bag – so keep your luggage tag with you! Finally, you will see one of your GIVE guides in a **green** shirt.

Airport Pickups:

We will have multiple pick-ups on arrival day. Your guides will be monitoring your flight itineraries and be waiting for you at the airport. **They will be located on the other side of the door after you pick up your luggage.**

If you don't immediately see your GIVE guide upon arrival, wait in the vicinity after exiting baggage claim, connect to the airport's Wi-Fi, and contact your guide via WhatsApp. **Do not leave the arrivals terminal and go outside, stay inside the airport and keep an eye out for our staff in a green GIVE shirt!**

If you arrive in the morning to early afternoon, you will have the opportunity to purchase lunch and/or snacks around the airport with the rest of the group that has already arrived.

We will **email you pick up details approximately *one week* before your trip start** confirming pick-up times as well as additional arrival information.

Flight Delays or Cancellations:

When traveling, unforeseen events can occur and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **StudentUniverse**, the number below is for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

StudentUniverse: +1-844-985-4117

*If there are other GIVE volunteers, work together and choose one point person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE.** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you.
4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**
5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts!**

Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.

Late Flight Arrival:

If your flight is cancelled or delayed and you are unable to arrive to Liberia Airport on your trip start date, do not panic. **Follow the above steps to contact your travel agent and rebook your flights.** Email your updated itinerary to GIVE at info@givevolunteers.org.

If your flight arrives after day 1, your guides will arrange private transportation to meet the group. **You will be responsible to pay up to \$150 USD for transportation to our accommodations in Liberia, Costa Rica.** Make sure you have cash ready to give to driver when dropped off at accommodations. Remember to keep receipts as your Travelers Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation.

Important Note:

Any travel expenses outside of the GIVE excursion itinerary are the responsibility of the volunteer to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the host location. We require all volunteers to have International Travel Insurance that may provide reimbursement for costs if they are within the policy coverage.

Lost or Delayed Baggage:

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. **Tell the representative that you will be traveling to Fincas Las Hormigas, Puerto Viejo and your luggage needs to be sent there.**

Please give the representative your guide's name and phone number to contact when your

luggage arrives (you will receive an email with your guide's contact information prior to departure). Keep the copy of your lost luggage claim. Depending on the circumstances, your Traveler's Insurance may reimburse you for each day that your bag is lost or delayed.

Money

Notify Your Local Bank Before Departure:

Prior to your departure, **inform** your bank that you are travelling to Costa Rica. This is important so that your bank does not put a hold on your account for irregular transactions. If your bank does put a hold on your account, you **will not** be able to access your money and it could take days to be able to use your card or access money from your bank. It only takes a quick phone call to your bank prior to your departure to inform them of your destination and length of travel to eliminate any potential problems!

Currency and Exchange Rates:

The national currency in Costa Rica is the **Colón**.

The current exchange rate is ~\$1 US Dollar (USD) to 500 Colónes, which is a favorable exchange rate for travelers from North America. We encourage you to look up current exchange rates prior to your departure as rates fluctuate. The U.S dollar is widely accepted in Costa Rica, but local vendors have difficulty providing change for larger bills. We suggest bringing bills of \$10 USD or smaller. It is important to bring **new and crisp bills**, on occasionally ripped or dirty bills will not be accepted.

There is limited access to ATMs or banks on your excursion, so it is important to think about your personal spending habits when withdrawing money. Take your personal spending habits into consideration and plan ahead so you are not left without access to cash.

It's important to take into consideration that you will only be able to use the ATM at the airport, as our destinations do not have ATMs or banks.

Note that if you'd prefer not to keep cash with you on your excursion, your GIVE guides can collect your money and keep it in a safe place until you are ready to use it. There are safes at some of our accommodations as well.

Money Recommendations During Your Excursion:

Each person has different spending habits, so please plan according to yours! GIVE suggests that you bring \$100 to \$300 USD for purchasing drinks, snacks, souvenirs, or gifts. Our accommodations accept credit cards and debit cards.

Communication

Adapters & Electronics:

We will be spending much of our time in the great outdoors and encourage disconnecting from devices and connecting with the experience as much as possible. Charging outlets will be available but limited at our accommodations so we recommend bringing a portable charger if possible.

Costa Rica uses the 2-pronged flat plug, Type A, at 120 volts 60 Hz. You do **not** need to bring travel adapters or electric converters if you are traveling from the United States as Costa Rica uses the same outlets and electrical currents.

Note that our main accommodation runs on generators so the electricity will shut off occasionally, however you will have sufficient time to charge your electronics.

Contacting Home:

An important aspect of any GIVE trip is to unplug from your life back home and plug in to the experience. We encourage our participants to disconnect from phones, social media, and contact with friends and family during the trip to get the most of your time in Costa Rica.

Much of your time will be spent in our accommodation in the jungle, where there is limited to NO cell service or WIFI. Make sure to inform your family and friends to expect **limited communication** from you during your trip. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to contact home if service is unavailable. We will email your emergency contact **after the entire group has arrived and settled in our accommodations**.

Home Contacting You:

For status updates or general questions, your family can contact the GIVE offices at +1 (206) 973-7991 or email info@givevolunteers.org while you are on your excursion. Our GIVE team will relay any messages to you and your guides.

For emergencies or non-emergencies, your family can contact the GIVE offices. For time-sensitive emergencies **only**, your parents can contact your guides. You will be emailed these numbers in the near future.

Weather

Come prepared for hot and humid weather and physical activity in the heat. Please see our suggested packing list below for recommendations on what to pack.

Costa Rica is located in a tropical climate. It has two main weather seasons: dry and wet. The dry season is from January to June and the wet season is from June to January.

We will be staying in the tropics, where it will be hot and humid. Expect a few lightning storms during our stay. The temperature ranges from the 70's to the mid 90's Fahrenheit or the 20's to the mid 30's Celsius. It is very important to bring an adequate amount of **sunscreen**. We recommend packing 1 bottle of waterproof sunscreen for sun protection as well as 1 to 2 bottles of bug repellent for mosquitos. (MUST be environmentally friendly!).

NOTE: We've included an infographic below about Reef safe sunscreen. Unfortunately, some "Reef Safe" labels don't always use the most reef-safe ingredients, so please review this information to only purchase mineral sunscreens that are made from zinc oxide or titanium oxide.

Accommodations

Our accommodations are comfortable and equipped with necessary amenities such as electricity, running water, showers, bathrooms, mosquito nets, beds with sheets, etc. You do not need to bring blankets or pillows. You will share sleeping quarters and bathrooms with other travelers, so practice the golden rule! If you'd like to room with a friend, please let your guides know when you arrive to the program. Otherwise, we will provide room assignments.

Please remember that you will be staying in rural communities, which means you will encounter different weather conditions and insects than you are accustomed to at home. We will provide mosquito nets when necessary and will always fully prepare/advise you on any necessary precautions to take. If you have any questions about what to expect in order to pack accordingly, you are highly encouraged to contact the office to ensure that you feel as prepared as possible prior to your arrival. **Most importantly, arrive with an open mind and desire to push yourself beyond your comfort zone, growing mentally, physically, and emotionally each step of the way. Embracing personal growth is the key to a successful GIVE trip.**

Luggage

When it comes to packing, less is always more. We recommend only traveling with carry-on luggage so you have access to all of your belongings at all times. However, if you plan to check a bag, it's always a good idea to bring an extra change of clothes, all medications, important documents and money **IN YOUR CARRY ON LUGGAGE** in the case of a next day arrival, lost luggage or any other unforeseen circumstances. Our guides will do everything in their power to obtain clothing and appropriate items if your luggage is lost or delayed.

We encourage you to pack as light as possible! It is **strongly recommended** that you bring a travel backpack or duffle bag instead of a hard cover suitcase. **Hard cover or rolling suitcases are NOT suitable for the areas we'll be traveling.** Here's what we recommend:

- Your carry-on bag: ONE small backpack to use as your day pack for volunteer work, hikes and to carry your smaller items throughout the day.
- Your checked bag: ONE travel backpack or duffle bag is recommended.

Also, be sure to check with your airline for baggage requirements and fees. Laundry services are inexpensive and convenient at our accommodations.

We encourage you to pack as light as possible in bags convenient for in-country travel, such as travel backpacks, small carry-on, or duffle bags. **Avoid bringing massive boxy suitcases, and if possible, try to fit everything in your personal item and carry-on bag.** Less is always more and it is best to pack light and plan to do laundry while on your excursion.

Meals

You will be provided with drinking water and 3 delicious nutritional meals per day throughout your trip. Please note that, due to airport arrival and departure times, only dinner will be provided on arrival day and only breakfast and lunch will be provided on departure day. We can accommodate most dietary requirements, including vegans, vegetarians, gluten free, etc. **Please make sure to inform us of any dietary requirements prior to your trip. If you have not done so already, please inform us ASAP (info@givevolunteers.org).**

Packing for Your Excursion

People tend to over pack while travelling and we suggest that you challenge yourself to **only pack the necessities.** Be realistic and ask yourself, "What do I really need to have?" Please adopt the motto "**Travel Light!**" Our suggestion is to pack what you think you need, and only bring 75% of that. You will realize when you arrive in country that you need a lot less than you think!

Generally, volunteers re-wear their work clothes daily, especially as they may stain it with cement or dirt. Laundry services are available at both locations and are inexpensive, so plan on having your laundry washed and dried for around \$6.00 USD for a dozen articles of clothing.

Packing Checklist Required Items (unless otherwise indicated):

General Clothing

- Shirts/Jackets
 - T-shirts and tank tops for daily volunteer work, adventure activities, and relaxing at accommodations (*at least 1-2 dry-fit/quick drying shirts are recommended*)
 - Your worksite clothes will get sweaty and dirty!
 - 1-2 lightweight long-sleeved shirt for sun, plant and insect protection - **highly recommend a long-sleeve SPF protection shirt**
 - 1 lightweight raincoat/poncho
 - 1 lightweight sweatshirt/jacket
- Shorts/Pants
 - Athletic/hiking shorts for daily volunteer work, hikes, relaxing at accommodations.
 - 1 pair of long hiking pants for sun, plant and insect protection and for adventure days / night walks.
- Underwear and socks (socks will get dirty on worksite!)
 - *Sports or athletic bras recommended*
- 1-2 swimsuits
- Sunglasses
- Hat for sun protection (highly recommended)
- 1 set of pajamas or comfortable sleeping clothes
- 1-2 “nice” outfit for festive occasion

Footwear

- 1 pair of working boots or running shoes for worksite, night walks, and other adventures
 - **Important* Must be durable and closed-toed**
- 1 pair of supportive, strap sandals (i.e. Teva’s or Choco’s)
- 1 pair of sandals or flip flops for down time

Other Gear

- Reusable water bottle ****Important****
- 1 small day pack (bring a rain cover for it, if possible)
- 1 large bottle of sunscreen (30 spf or higher and environmentally/reef friendly if possible!)
- 1 bottle of insect repellent (natural)
- Laundry bag (you will have access to laundry, if necessary)
- Washcloth
- Personal toiletries: shampoo/condition, face wipes, toothbrush and toothpaste, soap, etc.
- 1 pair of work gloves for volunteer projects
- 1 headlamp/flashlight and batteries
- 1 rechargeable portable battery for charging phones and small electronics (recommended, but not required)
- Phone or watch with an alarm clock
- 1 small waterproof bag or Ziplock bag to protect electronics and valuables from getting wet

- Small first aid kit and supplies (recommended, not required)
 - Vitamins (multi-vitamins, vitamin C, Airborne, Emergen-C, etc.)
 - Personal over-the-counter medicines (fever reducers, gastrointestinal medications, anti-inflammatories, motion sickness medication, etc.)
 - Hand sanitizer/hand wipes
 - Anti-itch cream/wipes
- 1 good book (optional)
- Camera (optional)
- Deck of cards or other games (optional)
- English/Spanish dictionary (*optional*)
- Notebook with pens and pencils for personal journaling (optional)
- Rash Guard (*optional, if you are surfing*)
- Snacks (*granola bars, gummies, optional but HIGHLY recommended especially on the worksite when you want a quick snack before your main meal, your guides LOVE fruit snacks*)

Spending Money:

- \$150-\$250 (USD equivalent) of **crisp/clean small bills** for spending money for souvenirs, snacks, and other opportunities. US dollars are accepted throughout Costa Rica, it is not necessary to have Colones (the local currency). Vendors will **not** accept unclean and/or torn bills; bring new crisp small bills. Do not bring large bills (\$10 USD and below is preferred), as it is often hard to find change. We will have VERY limited access to ATM machines throughout the trip, so know your spending habits and bring sufficient cash.

IMPORTANT! Don't forget to pack your passport!!!

- Passport
- Color copy of passport
- Screenshot of proof of exit from Costa Rica

Volunteer Projects

Soil Regeneration

Our main accommodation in Puerto Viejo is a lush permaculture farm built within a primary forest. Located near numerous monoculture farms, the goal of this permaculture farm is to promote permanent agriculture throughout the community and reinvigorate the sense of sustainable farming throughout Costa Rica.

Permaculture literally means “Permanent culture” and the goal is to work with the land and resources to grow more food, more sustainably. It’s an approach to land management and agriculture that adopts the arrangements observed in flourishing natural ecosystems. Everything is natural, no chemicals are used at all. This approach is the opposite of

mono-cropping, which is where one crop is planted on a plot of land, depleting soil. Permaculture utilizes biodiversity to its advantage.

Adventure Activities

Costa Rica is home to the Pacuare River, one of the most incredible rivers in the world for rafting! During your trip we will take a 2 day excursion where you will **camp the night on the side of this beautiful river!** The Pacuare River is home to class 3 and 4 rapids, so get ready for adventure!

In addition, we'll take the evenings to participate in some fun adventure and cultural activities such as:

- Zipline side by side with a massive volcano
- Visit Jaguar Rescue Center to help support animals in getting reintroduced to the wild ie. sloths, toucans, sea turtles, etc.
- Night walks through the jungle, led by knowledgeable, local leaders
- Traditional dinner on an incredible Caribbean beach
- Learn how to utilize microorganisms ie. Kombucha
- Learn from the Bri Bri tribe, an indigenous Costa Rican tribe
- Morning Yoga and Meditation on the beautiful deck with your Guides!

Itinerary (Sample)

This is a sample itinerary of GIVE's Costa Rica Excursion. **Your specific itinerary will be modified during your trip.** Traveling with GIVE requires flexibility based on weather, wellness of the group, availability of volunteer projects and partners, and other important factors. We appreciate your understanding and adaptability with the itinerary.

Day 1 - Arrive in Costa Rica:

Trip Commencement: Become acquainted with other GIVERs on the group flight! You will travel with your fellow GIVERs through customs together. After you arrive at the airport and go through customs with your **screenshot of exit** to enter Costa Rica and pick up your baggage, the GIVE guides will meet you on the other side of the door. If you arrive early, you will have the opportunity to purchase food/snacks near the airport (not covered by GIVE). We will be spending this night in Liberia and end off the day with a dinner together.

Day 2: Orientation and Travel Day to Arenal:

After breakfast, your GIVE guides will give a detailed orientation of our projects as well as future goals in Costa Rica. We then start our journey to Arenal, where we prepare for the next day filled with adventure at our beautiful accommodation for the next couple of nights.

Day 3: Arenal Adventure Day

After a long-needed rest, we start this day by raising our adrenaline and ziplining across a beautiful Costa Rican lake, alongside a majestic volcano – a ziplining experience like no other. To take things down a notch after flying through the Costa Rican jungle, we're going to spend the afternoon swimming in the base of 75-meter waterfall, then end the evening by visiting La Fortuna, a nearby town with lots to explore!

Day 4: Arrive in Puerto Viejo

Begin our journey to the Caribbean coast, where you'll be arriving at our home for the next few days in an entirely different culture compared to where we have already explored! After getting settled into our new home, we spend our first night getting to know the nocturnal creatures in the area on a guided night walk through the jungle.

Day 5 – 8: Typical Day Fincas Las Hormigas:

Start each day with a hearty breakfast before departing for volunteer sites. After a morning packed with volunteer work, we will return to our accommodations for lunch. Relax for a few hours after lunch to enjoy yoga, cultural activities, exploring the jungle, learning new sustainable practices, reading, or other activities that interest you. After relaxing for a few hours, we will return to the volunteer sites to continue volunteer work. In the evening, clean up the work site and head back to our accommodations to enjoy dinner. After dinner we will have group discussions centered on sustainable development, our projects, community, and/or culture.

Day 9 – 10: Pacuare River Rafting:

Cap off your trip with one of the most incredible rafting experiences that you can imagine! Spend two days rafting through the Pacuare River, a true jungle experience. Take breaks visiting secret waterfalls, evenings having bonfires on the river, and nights glamping (fancy camping) under the stars.

Day 11: Departure:

All good things must come to an end. Soak up your last few hours in San Jose, Costa Rica before heading home.

Culture Shock

Culture shock is a strange feeling many of us will face when we are travelling in a country that is culturally different from our own. Knowledge about symptoms of culture shock can help us identify and work through the shock as we continue to be involved with the community and culture. Below is a list of symptoms of culture shock that you

may experience while travelling in a different country. Do not be worried about culture shock as it is a normal part of the travel process. If you experience culture shock, your guides will assist you to work through your feelings and experience, so don't be embarrassed or afraid to say anything to them. We have all been through it!

Symptoms:

- Preoccupation with health
- Trying too hard to absorb everything in the new culture or country
- Desire to sleep too much or too little
- Changes in temperament, depression
- Developing stereotypes about the new culture
- Feeling vulnerable, feeling powerless
- Anger, irritability, resentment, unwillingness to interact with others
- Identifying with the old culture or idealizing the old country
- Loss of identity
- Melancholy, loneliness, sadness
- Lack of confidence and feelings of insecurity
- Developing obsessions with over-cleanliness
- Longing for family
- Feelings of being lost and overlooked

If you experience any of the above, please reach out to your GIVE guides for support. Your guides will help you decipher your feelings and cope with these symptoms.

During Your Trip

Do not hesitate to let the GIVE team leaders know what you need while on your excursion. We are here for you! We want you to work hard and enjoy this experience to the fullest, so make sure if there is something preventing you from enjoying yourself entirely to let your guide know so he/she can help you through it! GIVE is dedicated to inspire growth, empower global citizens, and encourage sustainable change worldwide. With your help, we can make this goal a reality.

GIVE Contact Information

Phone USA +1 (206) 973-7991
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Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Costa Rica!