



## **RESERVA NATURAL CABO BLANCO**

### Volunteer Program

#### Description

It was the first National Park in Costa Rica, founded in 1963. In total there are 140 species of trees, the amount of birds is as well impressive since some migrating birds rest when they are travelling away from winter as well is a very popular spot for some species to mate. The marine fauna is as well very diverse, you will have the chance to see crabs, molluscs, tropical fish, small sponges and many other interesting living things. It has three different stations (Cocalito, San Miguel and Cabuya). You will be assigned to one of them according to the park administration requirements.

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## Location

It is in one of the tips of the Nicoya Peninsula.

## How to get there

Public transportation in Costa Rica is quite inexpensive and you can get almost everywhere by bus. When you are sure where you are going we will give you the bus schedule and the final tips to get to your host park



## General Tasks

The most important requirements for this volunteer program are:

Hard working skills, ecologically sensitive, willing to learn about new cultures and the most important one: enthusiasm.

In most of the projects there will be a volunteer coordinator in charge to assign the jobs but you are welcome to help anytime you consider is needed. We appreciate creativity.

- Maintenance and construction of the Trails
- General infrastructure maintenance
- Tourist attention
- Control Walks with park rangers



## Accommodation

You will sleep at the ranger's house. There is electricity and potable water. You can choose between a bunk bed or a single bed.

## Food

It will be provided at the National Park. The food is Costa Rican typical food so you will be eating a lot of rice and



beans and they are mainly served with some type of meat and sometimes you can enjoy tropical fruits. If you are vegetarian or have any special dietary restrictions let us know. In most of the cases there is a cook in charge of the meal preparation but if not you may have the chance to learn how to prepare Costa Rican food.



## Free time

You can choose your free day, you can leave early morning and be back before dusk.

## What to bring

- \* High quality Rain gear (it can really rain in the tropics).
- \* Good quality shoes for walking (in turtle projects walks can be very long) and sandals
- \* Flashlight and batteries (headlamps are a very good idea as well as rechargeable batteries).
- \* Alarm clock (battery powered) and a wristwatch.
- \* Swimsuit
- \* First-aid kit (if you have special medication let us know, anti itch cream is a good idea tropical ,mosquitoes can be vicious )
- \* Insect repellent.
- \* Towel (fast drying ones are ideal).
- \* waterproof Sunscreen (bring a lot, sun rays are very strong).
- \* Sunglasses.
- \* Camera and film (water proof can be a good idea for baby turtles in the water)
- \* Journal (it will be an unforgettable experience)
- \* Light clothing (it dries fast)
- \* Bring a jacket it can get a little chilly
- \* Rubber boots (is not compulsory)



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- \* Mosquito net and bed linen (sleeping bag is an option as well)
- \* Personal hygiene items
- \* Snacks (you will be provided with 3 meals per day)
- \* Entertainment things like: books, music, guitar, paints, cards, jenga are nice to socialize
- \* Pocket Spanish dictionary (may be useful)

## Recommendations

Please keep your belongings in order, maintain your personal hygiene (due to tropical weather conditions it is highly recommended to shower everyday), do not seat at the table without a shirt and keep



good manners. Every National Park has specific behavior rules so please follow them.

It is prohibited to drink alcohol and to use illegal drugs.

## FAQ's

**Are male volunteers preferred over female volunteers?** No.

**What level of Spanish is needed?** Basic.

**Is there a minimum age requirement?** Yes, 18 years old.

**Is experience necessary?**

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No prior experience is necessary. However you must have the ability to adapt to a tropical environment, be in excellent health, and willing to help in the conservation area.

## **Association of Volunteers for Service in Protected Areas**

Contact Us  
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[www.asvocr.org](http://www.asvocr.org)

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