



Teaching Program

Physical Education in Matapalo



Volunteer Program

Description

We work with national and international volunteers to support the Matapalo community school in its desire to provide recreational and sports activities. The volunteers are the teachers and they take part in the physical education activities with their students. They also prepare materials for teaching and conducting physical education and they support the teachers in the school.

Location

Matapalo community is localized on the Pacific Coast in Puntarena. It is at 3 kilometers away from Matapalo Beach, a 10 kilometer stretch of grey sandy beach that lies between the Hatillo and Portalón Rivers. During the weekends, the volunteers can help in the Marine Turtle Conservation and Investigation Project that ASVO is developing in this Beach.

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The station facilities are 2 kilometers away of the town´s main road and 200 meters away of the beach. Behind the house is an stational lagoon and around 3 kilometers in both directions are mangroves, stands with all his diversity, including several kinds of birds, mammals and reptiles like iguanas, garrobos and crocodiles.

In Matapalo you can find a small supermarket, public phones, internet, laundry and a few restaurants. Other services like banks, hospitals and internet, among others, can be found in Quepos, 22 km away from Mata Palo.



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 the project.



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.

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In this project there will be a coordinator for the activities but we appreciate creativity so you can suggest different activities.



- Teaching and practicing sports in rural communities
- Make teaching material for the classes.
- Play with children.
- Support the work of teachers.

It is also important the activities with the community to share your cultures and learn about ours, such us football game, volleyball, pool, ping-pong, etc...

Accommodation

The volunteers will choose either to stay in a family house or in the Turtles Conservation Project. In both cases you will sleep in a simple room with all the basic utilities. Electricity is available, drinking water and telephone.

Food

It will be provided by the family where you stay in. 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.

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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).

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- * 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)
- * 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)



FAQ's

Are male volunteers preferred over female volunteers? No.

What level of Spanish is needed? Basic.

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

Is experience necessary?

No prior experience is necessary, however you must have the ability to adapt to a tropical environment, be in excellent health, and teach and being in touch with children.

Working time

Hours in a week: between 20 and 25hours/week

Hour per day: 4 u 6/day

Free time: Saturdays and Sundays

Classes: From Monday to Friday. Start at 07:00 am at Matapalo School.

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 project has specific behavior rules so please follow them.

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

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Association of Volunteers for Service in Protected Areas

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