



PARQUE NACIONAL PIEDRAS BLANCAS



Volunteer Program

Description

If you want to feel real tropical weather and enjoy the exuberant vegetation of this area of the world, this National park will give you the chance. There are beautiful beaches and quite dense tropical rain forests so do not forget your rain gear!!! The walk to go to the beach is about an hour so take water with you since the temperature can be quite high but do not worry the scarlet macaws may join you.

Location

It is in the southwest of the Osa Peninsula (Puntarenas province) in the south pacific of Costa Rica, it belongs to the Osa Conservation Area.

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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

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Accommodation

There is a common house for park rangers and volunteers. The volunteer room has bunk beds and room to put your belongings.

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.

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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)
- * Mosquito net and bed linen (sleeping bag is an option as well)



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- * 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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