



## PARQUE NACIONAL VOLCÁN ARENAL

### Volunteer Program

#### Description

This National Park was created in 1994, it has 12010.6 hectares and you can find a quite diverse flora (exotic wood trees, orchids, Heliconias) and fauna (Tapirs, monkeys, snakes, hummingbirds, quetzals and many others). If you are lucky you can see this active volcano throwing lava and iridescent rocks, it is a wonderful experience. The Arenal lake is artificial it was created to generate hydro electrical power and it is used as well for aquatic sports like windsurfing.

#### Location

It is located between the Tilarán mountain range and the San Carlos flat lands. It is part of the Arenal 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 reconstruction of the Trails

General infrastructure maintenance

Tourist attention

Control Walks with park rangers

## Accommodation

The volunteer facilities are quite comfortable with spacious rooms, toilet and shower. There is electrical power and potable water.

## 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



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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)

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)



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## 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?

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.

## Contact us

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