



Turtle conservation and rehabilitation in Costa Rica



Volunteers help with the protection of the sea turtles and the improvement of the living conditions of the local inhabitants.

GENERAL INFORMATION

This conservation project aims to preserve the beach environment where sea turtles come to lay their eggs on the Osa Peninsula in Costa Rica. The project covers 8 km of beach and records over 7000 nests per season.

Your involvement as a volunteer will have a real impact on the turtles and the local community members. The project team is always open to new ideas and appreciates the learning of new skills from volunteers.

VOLUNTEER ACTIVITIES

As a volunteer, you will participate in daily turtle patrols, morning patrols (3-5 hrs) or night patrols (4-7 hrs). On the patrols you will protect new nests, record data on the nesting females, see flipper tagging, excavate hatched nests, assist in the tourism element and release hatchlings!

During the day, we will also have beach clean-ups, plastic classification, English lessons for local people, presentations at our local schools, and tree planting and other maintenance projects around our camp! We normally work very hard on the project and

we do expect all visitors to get involved to the best of their ability to help us achieve our goals, but there's still always plenty of time to relax and explore.

A TYPICAL DAY AS A VOLUNTEER

Our weekly schedules must be flexible due to the nature of our environmental and community work and therefore if there are any changes to the schedule our staff will let you know as soon as possible. In terms of your workload, this will change depending on how many people are on camp, we may need you to help us out a little more than usual, but we will make sure you have time to rest. We will make sure that everyone has a minimum of one complete day off from required activities, however this will be designated by your camp leader and will fit around the week's activities. If you would like to request a specific day off, please do so before the start of the week so it can be accounted for in the schedule.

VOLUNTEER CAMP

The camp in Playa Carate is right in the heart of the small rural community less than 5km from the entrance of Corcovado National Park. The camp itself is on Shady Lane, a beautiful road that connects the surrounding rainforest with the wild sea turtle nesting beaches, and is across the road from the Carate Bamboo School, one of the first sustainable schools in Costa Rica, and the community plaza. An English speaking volunteer coordinator is living at the camp and will make each week a clear agenda with work and fun activities. The food is included during your stay and is mostly vegetarian.

WHAT TO CONSIDER

- Arrival airport : San José (SJO)
- Project is closed during May and June
- Pre-stay in San Jose upon request
- Projects start on Monday and end on Mondays, volunteers need to be in Puerto Jimenez the night before (included in the project).
- Poor Wi-Fi
- Work can be physically demanding
- Maximum of 18 volunteers
- One of our goals is to become a zero waste facility, consider this when planning your trip, and think about what you're bringing to the camp.

WHAT TO DO IN FREE TIME

There are a lot of different activities around the Osa Península.

- Corcovado National Park
- Surfing in Matapalo
- Horse-riding

- Chocolate tour
- Whale and dolphin tour
- Waterfall hike
- Guided gold-mining tour

Plus a lot of free activities: night walks, jungle walks, beach cleans, game and movie night, pizza nights, etc.

The beach near the camp is NOT allowed for swimming, however you can enjoy activities such as beach playing games, looking for animals or taking in the awesome views.

LOCATION

Today you will travel to one of the most beautiful places on the planet; the **Osa Peninsula**, located in the Southern Pacific of Costa Rica. The Osa Peninsula is a wild, untouched natural wonderland home to 2.5% of the world's biodiversity, with one of the last remaining tropical-humid rainforests teeming with rare animals and tropical birds, as well as some stunning palm-backed Pacific beaches.

You reach Puerto Jimenez on the Osa Peninsula via a narrow neck of land in the far south of Costa Rica. This remoteness means the area has a wilder, more far-flung feel than many of the country's other jungle reserves. The Corcovado National Park was recognized by the National Geographic Society as one of the most biologically intense places on Earth! It cannot be overstated how precious this region of Costa Rica is, and we only work with eco-lodges where sustainability and the protection of this incredible natural habitat are first and foremost in everyone's minds.

Climate

- The Osa Peninsula has a tropical climate with temperatures between 24°C and 30°C.
- Rainy season: May to November.
- Dry season: December to April.

ACCOMMODATION

The rustic camp is made up of **two mixed dormitory-style cabins with 8-10 volunteers** per cabin, staff cabins, a communal kitchen, a chill-out area and a garden area with fruiting trees, a small greenhouse and a chicken coop. There is basic solar electricity and **WiFi** on the project, as well as western toilets and clean drinking water. The trees above the buildings are regularly used as monkey crossings or perches for birds, and the river behind the property is full of small mammals and amphibians. There are lots of areas to explore in search of wildlife!! We share our space with some awesome domestic animals.

What to Bring

Clothing and Personal Essentials:

- Light, breathable clothing for warm weather.
- Waterproof jacket or poncho (especially during the rainy season).
- Comfortable walking shoes and sandals.
- Hat and sunglasses for sun protection.
- Biodegradable soap, shampoo, and conditioner.
- Toothbrush, toothpaste, and other personal hygiene items.
- Talc powder (useful for keeping feet dry).
- DEET-free natural insect repellent.

For Turtle Patrols:

- Small backpack or dry bag (to keep electronics and essentials dry).
- Headtorch with a red light function (used for night patrols).
- Waterproof wristwatch.

Health and Safety:

- Personal medications for the entire stay (pharmacies are not nearby).
- Medical kit with essentials like bandages, antiseptic, and tweezers.
- High-factor sunscreen (SPF 50+) and after-sun moisturizer.

Travel Essentials:

- Travel documents (passport, copy of medical insurance, personal ID).
- Power converter for 110v sockets (if required).