



## CONSTRUCTION PROJECT – COSTA RICA, ESPARZA



### General information

You will be giving your time to the community to help maintain buildings such as schools and retirement homes, as well as recycling gardens and sports fields.

Many local government and community projects are in need of help to maintain buildings and gardens and to build new facilities. Depending on funding, you may even be involved in bio-gardening projects, biogas projects, and river or beach cleaning. Some of what you do will cross over with the activities of participants on other projects.

### What is included?

- All meals included
- Free beverages
- Wifi in public areas
- Laundry facilities
- Western toilet
- Bed linen
- Mosquito protection
- Fan

## **What is NOT included?**

- Flights
- Medical and Travel Insurance (mandatory to confirm the reservation)
- Personal expenses
- Hot shower
- Towels
- Air conditioning
- Private room

## **Accommodation**

Your new home will be one of two newly built eco houses in our Centre in Esparza. The two houses sleep up to 22 people. Most rooms have bunk beds and are shared on a single gender. One room in each house has a bunk bed with a double bed below, single above, suitable for couples or small families, if needed. (Private rooms can be obtained at additional cost; this must be arranged before arriving for your program).

All doors are lockable, but as rooms are shared, and we carry out regular cleaning, we recommend that you don't lock your rooms. There is also a large dining hall/games room/communal area shared by both houses, with free WIFI, and table tennis, and a large garden of tropical plants, including coconut palm, papaya, banana, and citrus

## **Food Arrangements**

Three meals a day on weekdays (two on weekends) are included during your stay. The meals will mainly be a mix of traditional and modern Costa Rican food, so you may experience the Costa Rican take on foods you will be familiar with. Most meals will include either fish, chicken, pork or beef, but vegetarian can be catered for.

## **Program Description**

The local government and Educational Supervisor are fully behind our project, giving us access to many schools and community buildings in the area. Environmental projects are also eager for workers when their funds allow for projects to commence. We aim to be flexible in response to the needs of the community; painting and maintaining buildings, assisting with construction, maintaining green areas and helping with local agronomy and environmental projects. If you are staying for longer than a week, you can expect a varied workload.

## **Schedule**

### **Monday to Friday**

Your workload will vary depending on the project, and you may not be at the same site all day. You can expect to work for 3-6 hours as manual work in Costa Rica is demanding,

due to the humidity. You will have lunch either on or near the site or at the center, and can expect to be away from the center between 07:00 in the morning until approximately 16:30, depending on your schedule, giving you plenty of time to immerse yourself in the project and to get to know other participants and local contributors.

## **Condition**

- Basic level in English
- Min duration weeks: 2

## **Additional Equipment**

- Sturdy boots
- Long trousers
- Sun hat
- Work gloves