



**Intercambio Cultural &
Voluntariado Internacional**

Creciendo sin fronteras

ASVO SEA TURTLE CONSERVATION BUENA VISTA (ACICRC01-20).



Description:

The sea turtle conservation program is a scientific-based conservation activity in which the organizations involved try to increase the amount of sea turtle hatchings in order to give higher survival rates.

The camps are located within walking distances from the beach. Apart from the sea turtles, you will also have high chances of seeing tropical birds, iguanas and monkeys. The main goal of these projects is to help the recovery of sea turtle populations. The species of sea turtles that you can find on these beaches are: Olive riddle, Leatherback, Black sea turtle, depending on which project and season you visit.

Turtles Season:

The high season is from June to December in this project. Night patrols are done from June to December and the monitoring for tracks or sights of the turtle at 5 am. You can come the rest of the months since there is work in the project. Activities like



reforestation and cleaning the beach are done all the year. There is always something to do. They receive around 3-6 turtles per month in low season

Arrivals to all ASVO Projects:

Please arrive to Costa Rica 3 days before you start the project. You will have an orientation meeting in San Jose the second day. The third day you will travel to the project. ASVO projects receive volunteers all the week.

Location:

Buena Vista beach is a nesting beach of approximately 2.8 km of length and limited in the north by the blind estuary and in the south by the river Buena Vista, the back of the beach is limited by a system of mangroves, which depend on water from the river and tides, beach slope is low ranging between 3 ° and 4 ° to swell, so the currents are strong which makes it an ideal place for surfing.

The project is located in the northern part of Costa Rica, in the canton of Nicoya, 2,5 km to the center of Sámara.

Working fields for the volunteer:

- Maintenance of the infrastructure and surroundings
- Cleaning of the beach
- Transport of alimentation and water, from the river to the project (1-2 days per week)
- Collection the information about the nesting activity (collection and measures of the eggs in the hatchery, marking of females)
- Monitoring and surveillance of the hatcheries
- Liberation of the babies
- Collection of information about the nests
- Night patrols (3-5 days a week, 3 hours per night)



Space and capacity:

Maximum 26 volunteers. Allowed **minimum stay is 2 weeks**, maximum 12 months.

Preference will be given to volunteers with an availability of more than 2 weeks.

Schedule of the volunteers:

6 to 10 hours per day depending on the intensity of nesting activity and community support commitments. The work is done mostly during the night hours, daytime schedule will depend on the type of activity to develop and the rains of the season. Every week volunteers have a day off (Sundays).

Required skills and interests of the volunteer:

- Volunteers are needed with a strong desire for collaboration, good attitude, excellent physical condition and adaptability to coexist with utilities, those volunteers who have prior knowledge in biology or conservation of turtles (not a must) are preferred, it considered an advantage if staff has expertise in construction or carpentry.
- Basic Level of Spanish and/or English
- To be respectful towards the internal rules the project
- To love nature as the main goal of these projects is the protection of turtles
- To be in good physical condition as the patrols imply long walks along the beach at night
- To be open to share accommodation and bedroom with other volunteers
- To be very flexible and to do different tasks during the day which may involve cooking and cleaning as volunteers may be also responsible of taking care of the camp

Description of accommodation:

Currently the project has a **wood rustic lodge** consisting of a common enclosure for volunteers on the second floor, kitchen and dining space. Outside it has 2 bathrooms and 2 toilets. It has water and showers. It **has no electricity service**. It has a solar panel in which you can charge your cell phone once a day. There is no WIFI.



Shower (left) & Toilett (right) H

Kitchen

Additional information:

All volunteers must bring: bed linen (2 sheets, blankets), insect repellent/after bite cream, sunscreen, and water bottle. Also dark clothing with long sleeves and closed and comfortable shoes for evening walks, waterproof, additionally bring a hat, flashlight with red filter (mandatory), and fly block (mosquito net).

As an important detail, to get to the project, you should get to Samara town, then after you should take a taxi to Buena Vista River. **Once you are there, you have to cross the river (We recommend you to bring backpacks not suitcases). When the tide is low (in summer time), you can cross the river by wading. When the tide is high, there are people from the project who are going to pick you up with a kayak (you are going to get your pants wet).**

Buena Vista is 45 min – 1 hour by foot away from Sámara. In Sámara there are restaurants, bars, a ATM, the next hospital is in Nicoya (1 hour by car).

You can find videos of ASVO Buena Vista and the work the volunteers do on their Youtube channel: ASVO official or by just typing in ASVO Buena Vista



ASVO SEA TURTLE CONSERVATION MONTEZUMA (ACICRC02-20).



Description:

The sea turtle conservation program is a scientific-based conservation activity in which the organizations involved try to increase the amount of sea turtle hatchings in order to give higher survival rates.

The camps are located within walking distances from the beach. Apart from the sea turtles, you will also have high chances of seeing tropical birds, iguanas and monkeys. The main goal of these projects is to help the recovery of sea turtle populations. The species of sea turtles that you can find on these beaches are: Leatherback, Olive riddle, Black sea turtle, depending on which project and season you visit.

Turtles Season:

The high season is from June to December in this project. Night patrols are done from June to December and the monitoring for tracks or sights of the turtle at 5 am. You can come the rest of the months since there is work in the project. Activities like reforestation, cleaning the beach and community work are done all the year. There is always something to do. They receive around 3-6 turtles per month in low season



Arrivals to all ASVO Projects:

Please arrive to Costa Rica 3 days before you start the project. You will have an orientation meeting in San Jose the second day. The third day you will travel to the project. ASVO projects receive volunteers all the week.

Location:

Montezuma beach is located on the peninsula of Nicoya, province of Puntarenas and belongs to the conservation area of Tempisque.

Volunteers' work fields:

- Monitor the ocean turtle nesting at Montezuma beach
- Signaling of the beaches and construction of the hatchery of the sea turtle projects
- Night patrols for protection and collection of information about the sea turtles.
- Construction and reparation of the trails for public use at Montezuma beach.
- Maintenance of the infrastructure of the project
- Cleaning of the beach
- Support in environmental education activities and communal protection
- Community work (Schools education workshops, building community spaces, street signs)
- Night patrols (3-5 days a week, 3 hours per night)

Space and capacity:

At least one volunteer and a maximum of 14 volunteers every two weeks. **Minimum stay of 2 weeks**, there is no maximum time. Maximum 20 volunteers.



Required skills and interests of the volunteer:

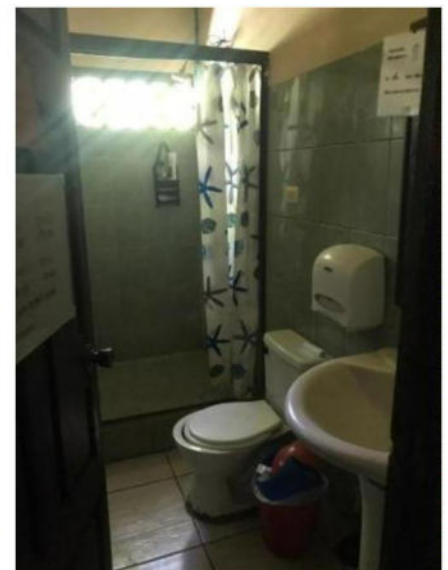
- The volunteer needs to like it/needs to have the willingness to work in a natural tropic forest and beach and to work physical.
- Basic Spanish Level and/or English
- To be respectful towards the internal rules the project
- To love nature as the main goal of these projects is the protection of turtles
- To be in good physical condition as the patrols imply long walks along the beach at night
- To be open to share accommodation and bedroom with other volunteers
- To be very flexible and to do different tasks during the day which may involve cooking and cleaning as volunteers may be also responsible of taking care of the camp

Schedule of the volunteers:

40 or 48 hours per week, 6 or 10 hours a day, 6 days a week. Sundays off.

Description of the living situation:

The place is a building (normal house) with rooms, it has electricity, potable water and a phone. There is WIFI. There is no hot water. The volunteers will live in “simple” conditions and in a shared dorm



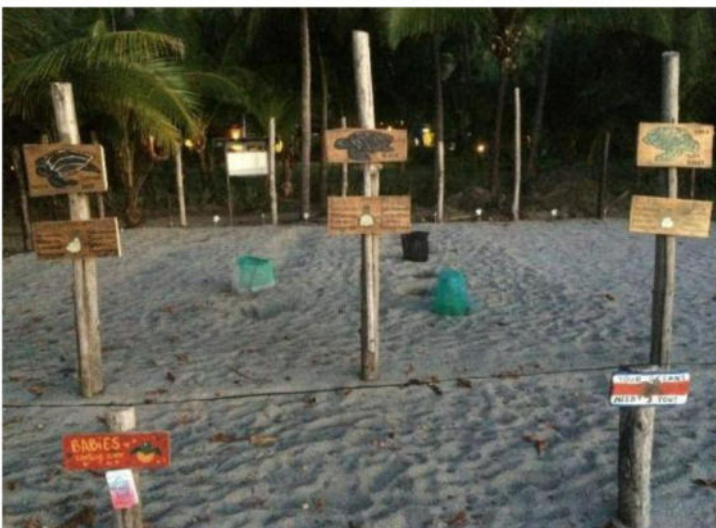
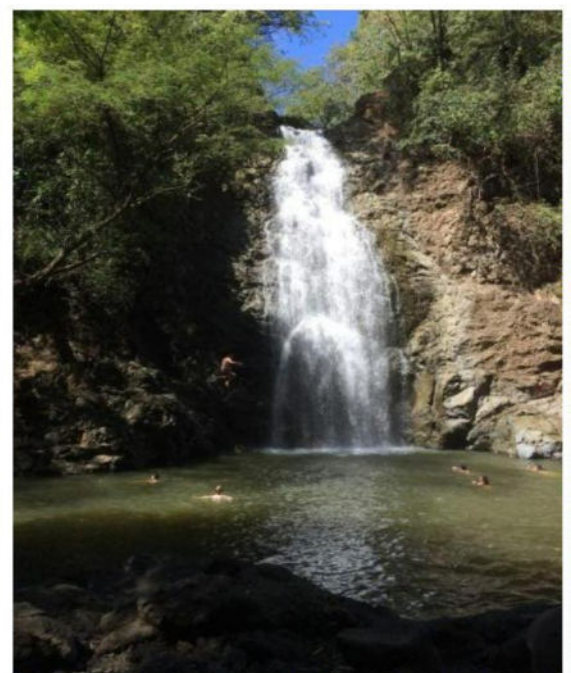
Additional information:

All volunteers have to bring linens (sheets, blankets), mosquito repellent, sun block, personal articles, comfortable and light clothes, comfortable shoes (closed for work), water bottle, flashlight with red light (mandatory) and dark clothes for night patrols.

To get to the project, you should get off the bus and walk 8 minutes, you can bring suitcases.

The closest town is 5 walking minutes away. There is a supermarket, bars, restaurants and an ATM. There is no bank but you can pay everywhere by card.

You can find videos of ASVO Montezuma and the work the volunteers do on their Youtube channel: ASVO official or by just typing in ASVO Montezuma



SANTA ELENA CLOUD FOREST BIOLOGICAL RESERVE (ACICRC03-20).



Description:

The Santa Elena Cloud Forest Reserve, located in Monteverde, is a project that combines conservation, ecotourism and education. This project is an example of a protected area that is administered by a small community which directly benefits from it.

Thanks to the help of national and international volunteers, people from the community, and students, the Reserve has developed a good infrastructure of trails, a visitors' center, a store and a small restaurant. Many volunteers with technical and professional experience also help with environmental education and sustainable-development projects.

Possible tasks for the volunteer:

- Most work is done along with the crew of the Reserve on:
- To maintain and to create trails
- To repair infrastructure
- To help with the reforestation project of the local high school
- To assist at the main office in town with reservations and translations



- If you stay for a longer period and have specific skills, you may also help with research going on at the Reserve.

Required skills and interests of the volunteer:

- Has to be an organized, structured person. (Very important).
- Be in good physical conditions
- To work on hard duties such as maintaining of trails
- Willing to work on one side in the nature and to get wet and dirty and on the other side to work in the office
- Be able to work in a foreign country and adapt to a different culture
- To have the maturity to work following the internal rules in a responsible way
- Interest in environmental issues.
- The volunteer should enjoy working with people and foster good human relations.
- Proactivity is a must.
- Volunteer must be ready to work independently even when the coordinator is not present.
- Honest, responsible, punctual, positive person.
- Leadership Skills.
- Good attitude.
- Open to flexibility of schedules.

Schedule for the volunteer:

From Monday to Friday 8 hours a day (depending on tasks and weather)

Things you need to Bring to Santa Elena:

- Mosquito repellent
- Sun block



- Rain coat
- Umbrella
- Closed shoes (hiking shoes)
- Extra shoes (tennis shoes, flip flops)
- Work clothes (that you don't mind getting dirty)
- All in a backpack instead of suitcase.

Accommodation:

The volunteers stay in a host family of the community, in Santa Elena or stays in the rooms of the project. **Minimum stay of 2 weeks.**

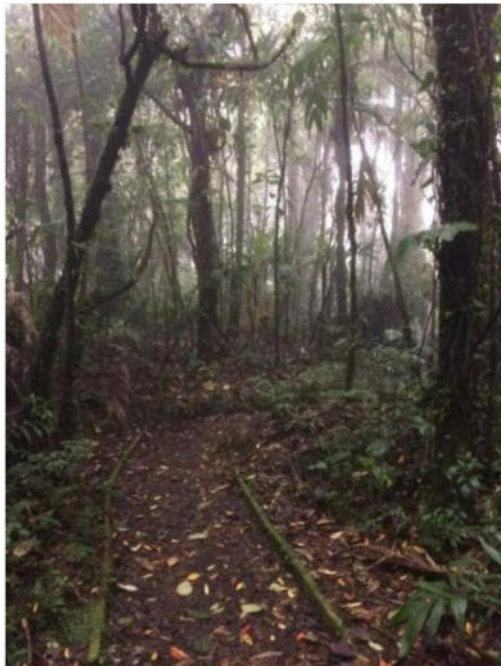
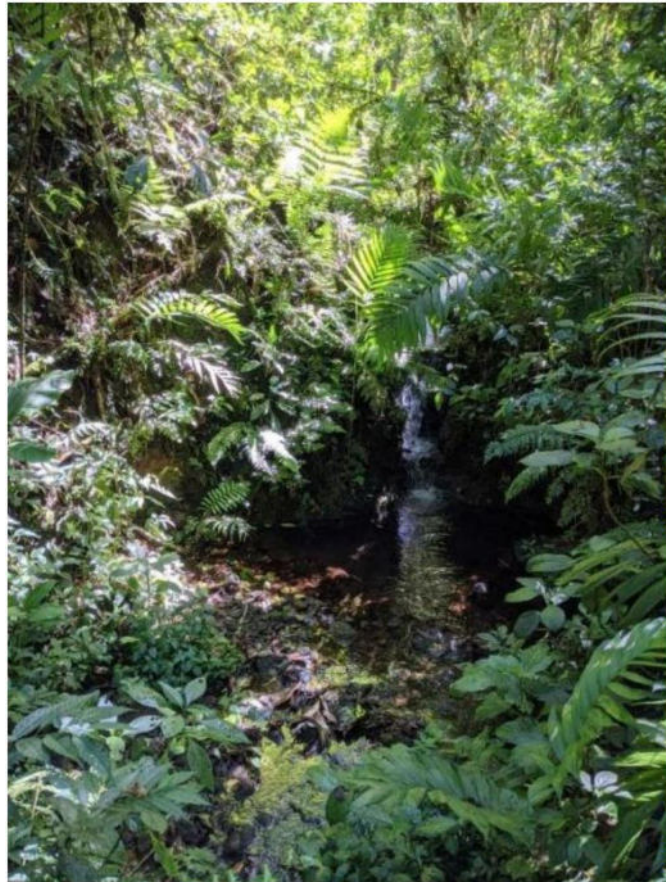
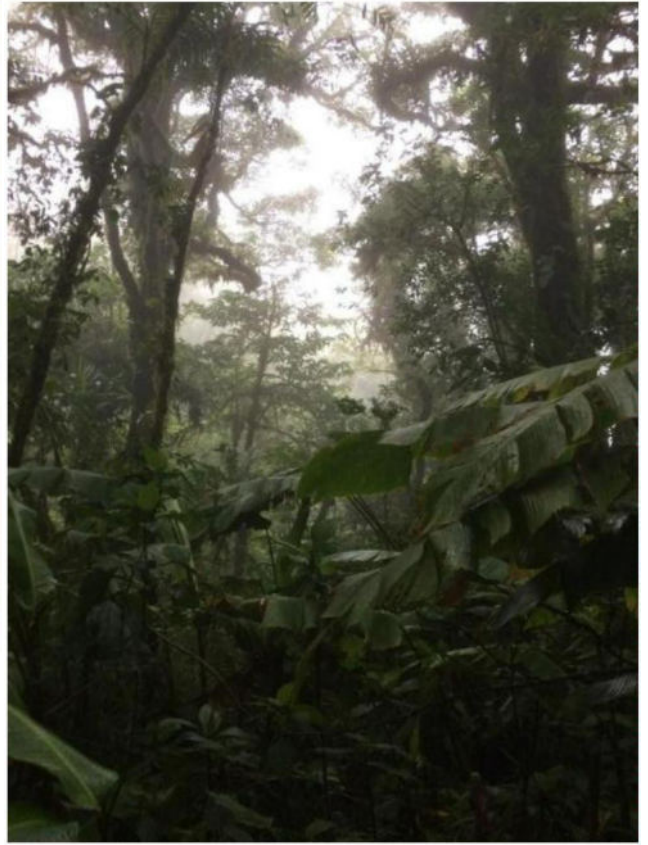
Location:

Santa Elena of Monteverde (Province Puntarenas).

Arrival to the Project:

Please arrive to Costa Rica 3 days before you start the project. The third day you will travel to the community (host family). Santa Elena receives volunteers mostly on Mondays and Tuesdays.





FUDEBIOL BIOLOGICAL RESERVE (ACICRC04-20).



Description:

This is a grass roots organization located in the small village of Quebradas, which is located near to the town of San Isidro in El General Valley. This valley is surrounded by high mountains such as Cerro de la Muerte (3491 meters above sea level) and the highest mountain of Costa Rica, Chirripó at 3820 meters.

The town of Quebradas was founded by farmers. Today, many people work in the closest town, San Isidro. They also make a living from agricultural products such as coffee, sugar cane, fruits and vegetables.

The Biological Center of Quebradas is managed by FUDEBIOL (Fundación para el Desarrollo del Centro Biológico Las Quebradas), which is a non-profit grass roots organization launched in 1989. Their mission is to stop the deforestation of the Quebradas River basin, which is the source of drinking water for the whole town of San Isidro and most of the region of Pérez Zeledón. In the Center, they have also built an educational hub. The project site is located 3km uphill from the community of Quebradas, between 1000 and 2500 meters above sea level.



Possible tasks for the volunteer:

- To maintain the garden of medical plants
- To maintain the (Butterfly) Garden (the plants & keep it clean)
- To maintain the channel around the lagoon
- To maintain the trails inside the Reserve
- To clean and to maintain green areas (like the herb garden)
- To make new informative wooden signs for the trails
- To plant flowers and trees and others on the access road
- To work in the green houses
- To paint and to maintain the buildings
- To clean and maintain the trees inside the reserve
- To assist at the reception of the reserve (if a good level of Spanish is achieved)
- To translate the web site and assist in social media (if the language is still missing)
- To paint and decorate the houses (if the volunteer has artistically skills)

- **Required skills and interests of the volunteer:**

- Be in good physical conditions
- To work on hard duties such as maintaining of trails
- Willing to work on one side in the nature and to get wet and dirty and on the other side to work in the office
- Be able to work in a foreign country and adapt to a different culture
- To have the maturity to work following the internal rules in a responsible way.
- Has to be an organized, structured person. (Very important).
- To be in good physical conditions
- To work on hard duties such as constructing and maintaining of trails
- To live under simple conditions and be willing to eat the typical food, probably rice and beans with other local vegetables everyday (the volunteer will receive three meals a day)



- To be ready to walk uphill for 50 minutes every morning in order to get to the project and walk back to the host family in town after finishing work every afternoon (if placed in host family)
- Interest in environmental issues.
- The volunteer should enjoy working with people and foster good human relations.
- Proactivity is a must.
- Volunteer must be ready to work independently even when the coordinator is not present.
- Honest, responsible, punctual, positive person.
- Leadership Skills.
- Good attitude.
- Basic level of Spanish and or English
- Open to flexibility of schedules.

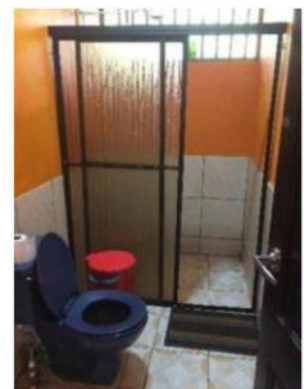
Schedule for the volunteer:

From Monday to Friday 8 hours a day (depending on tasks and weather)

Accommodation:

The volunteers stay in a host family of the community, in Quebradas, Perez Zeledon.

Minimum stay of 2 weeks. There is wifi and electricity.

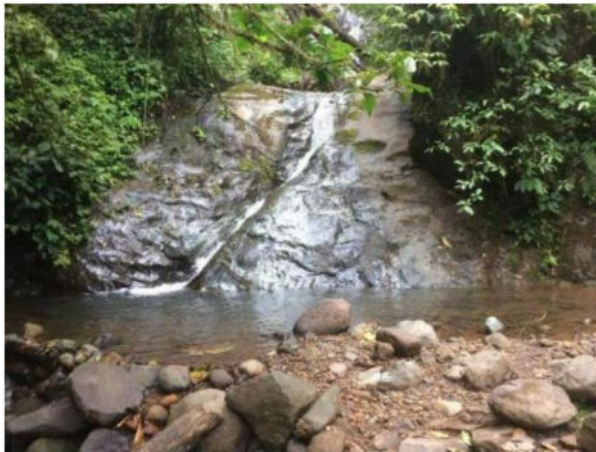


Location:

Las Quebradas, San Isidro de Pérez Zeledón (Southern Costa Rica).

Arrival to the Project:

Please arrive to Costa Rica 3 days before you start the project. The third day you will travel to the community (host family). **Fudebiol receives volunteers all the week.**



ACOTPRO ASOCIACIÓN DE CONSERVACIÓN DE TORTUGAS DE PROGRESO (ACICRC05-20).



Description

ACOTPRO is an organization founded by the people of Progreso, this community struggles to protect the turtles that arrived to the region of Bahia Drake, Progreso Beach, Ganadito, and Ganado Beach. The community Progreso is located 1 km east from the Bahia Drake Airport.

Besides this tries the organization to educate the community about the importance to preserve their natural resources. The ACOTPRO association is integrated by around 30 members of the community of the village.

- Wildlife conservation: protecting the turtles!
- Support for local Eco-Tourism
- Educational program: establish an environmental program for the children of the village and support them learning English or other languages

Geographical location

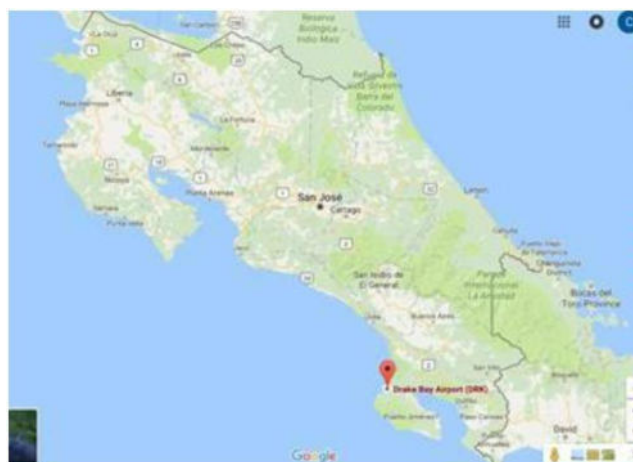
The community of Progreso is located at Bahia Drake, that is resting on the northern side of the Osa Peninsula, Drake Bay (Bahía Drake) is an adventure-seekers place. It is named after Sir Francis Drake who is believed to be a port used by Sir Francis Drake during his raids on the Spanish Main in the 16th century and the location of one of the British pirate's fabled hidden treasures.

The beach where the turtles arrive is located 3.5 km from the village.

The local community

El Progreso is a small village mainly with family houses very close to the beautiful beaches of Bahia Drake. The main economic activity is the agriculture, and also people live from the tourism that comes to Bahia Drake. This community is very far away from main cities.

During the turtle high season that starts in July and finish in October, they organize the work in different shifts during the 24 hours.



Possible tasks for the volunteer

- Night patrols at the beach. This include spotting turtles, recollecting the eggs, measuring the turtle and laying the eggs on the safe location, it is important to know that the volunteer will be never alone.



- Besides this the volunteer will have to attend the hatchery, they have to watch the nest to find out when the eggs eclosionate, but also must check if any predator is feeding from the nest (ants, crabs, birds).
- Bring hatchlings of sea turtles to the sea and guard them while entering the water
- Clean the beaches
- Collection of garbage in the communities
- Community work (environmental education in schools)
- To clean the community (school, streets churches, main square, etc.)
- To help local entrepreneurs (eco-tourism, trap cameras, monitoring of animals, etc.)
- Construction/maintaining work at the house or the hatchery
- Agricultural work and reforestation
- To help in translation work of the web site (if the language is not available)

Schedule

From Monday until Friday

The schedule is flexible.

(depending on tasks and weather)

Required skills and interests of the volunteer

- Willing to do hard physical work, under extreme conditions
(heat, rain, work overnight)
- Living in simple conditions in very rural areas
- Accepting to be far away from cities or other volunteers
- Has to be an organized, structured person. (Very important).

- Interest in environmental issues.
- The volunteer should enjoy working with people and foster good human relations.
- Proactivity is a must.
- Volunteer must be ready to work independently even when the coordinator is not present.
- Honest, responsible, punctual, positive person.
- Leadership Skills.
- Good attitude.
- Open to flexibility of schedules.
- Basic level of Spanish or English
- Any other skills biological knowledge, carpentry, electrical skills, computer skills, etc.

Further information

Every volunteer will receive a training of two days related to the tasks and information about turtles and the surroundings.

You will be hosted in the projects in its rooms. There is no Wi-Fi!!!



There is a clinic in the town, an ATM, restaurants and bars.

The town is by foot 1h 30 min away, by motorcycle 20 min. The next supermarket is 1h by foot.



Bathrooms (right) and toilettes (left)



Dinner table

Examples for night patrols: (it depends on ocean`s tides)

*First Patrol: From 8:00 p.m. to 12:00 a.m.

*Second Patrol: From 12:00 a.m. to 5:00 a.m.

Rules of the project

Volunteers are not allowed to use any type of drugs or alcohol during the time they are volunteering.





Jardín de Mariposas Spirogyra (ACICRC07-20).



Description:

The Jardín de Mariposas Spirogyra is located just 10min out of the center of San José, the capital of Costa Rica, and in the last bit of forest of the metropolitan area: a little tropical paradise in the city center. Our neighborhood with the Zoo Simon Bolivar makes our project even more interesting since both of us are located on the shores of the Torres river, where there is still a little bit of forest, which works as a natural air filter and produces oxygen. It is also a shelter for butterflies, turtles and Flora. In fact, the Valle Central is known to be a place where different species of butterflies live together, even though they are usually found in different, specific parts of the country: this is why in our 350m2 farm, visitors can see several of Costa Rica's most beautiful species and observe them in every state of their lives.

The goals of the Jardín de Mariposas Spirogyra are:

- To reproduce, conserve and export 20 different species of butterflies, unique in Costa Rica
- To provide our visitors and also educational groups with an ecological and environmental education

Possible tasks for the volunteer:

Depending on the volunteer's preferences, different tasks can be given, for example:



- **Gardening tasks:**

Weeding and pruning the plants, composting the plants and maintaining the compost bin, cleaning the garden benches, ensuring that the larvae have food, eggs and pupae; maintenance of the butterfly feeders, taking care of the turtles, taking care of the waterfall, taking care of the orchids, cleaning and maintaining order in the cellar, etc.

- **Guide's tasks:**

The volunteer has to have knowledge of the butterflies and biology which he will obtain after a few months in the project then it would be possible for them to do the tasks with the guides.

To give training on the ecology and importance of butterflies in the ecosystem, as well as the introduction to the trail. Hand out both the field guide and the main guide to the tourists and remind them to hand it in at the reception upon their return, verify the order inside the butterfly house, the butterfly feeders, the turtles, etc.

- **Lab tasks:**

Keeping it tidy and clean, collecting plants to feed larvae, transferring larvae to fresh food, cleaning drawers with water and chlorine, changing organic paper, keeping materials in their respective places, keeping a record of the data in the production sheet (hatching, pupae, larvae, and eggs collected), etc.

- **Administrative work:**

Online/marketing, translating documents and translating the tourist guides, making videos and taking pictures of the projects, etc.

Schedule for the volunteer:

There are 2 work schedules from: 9:00am - 2:00pm (main schedule) and
13:00 – 16:00 (first days in the project)

The project is open from Monday to Sunday.

The volunteer will work from 3 to 5 days depending on the volunteer

The days will be negotiated with the project.

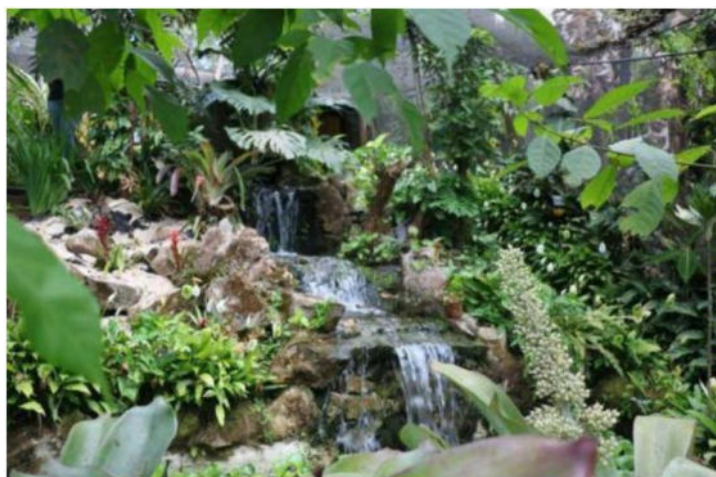
Requirements:

- 18 years or older
- Interest in nature and the environment
- Bring appropriate clothing (boots, working clothes, long pants, etc.)
- Respect the rules of the institution
- To be open to do administrative work
- To have a basic level of English or Spanish

Important notes:

During your work at the Jardin de Mariposas, you will stay with a local family. Lunch will be provided by the family and has to be brought to work.

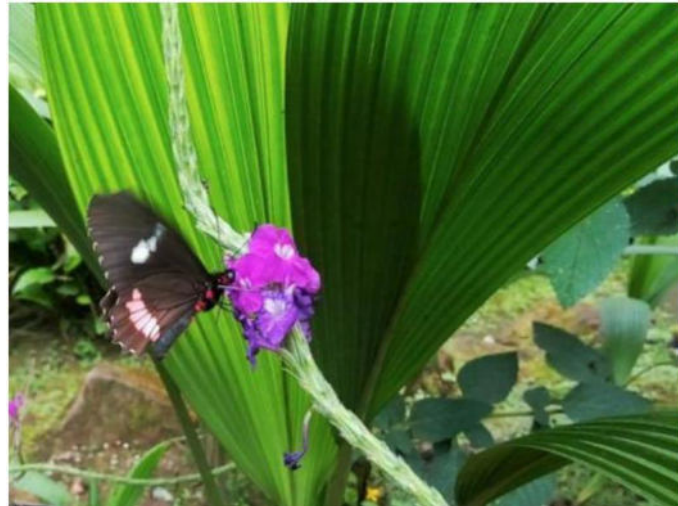
There are also some restaurants near the project if you don't want to bring lunch.



Location:

San José, Costa Rica

Del Centro Comercial El Pueblo, 50mts este y 150mts sur



Contact:

- Doña Sol Carballo
- Miguel Salazar Viquez

Website: <http://www.butterflygardencr.com/>

Facebook: [facebook.com/spirogyra.jardindemariposa](https://www.facebook.com/spirogyra.jardindemariposa)

Granja Agroecológica La Flor de Lis (ACICRC08-20).



Description:

Concerned about the current situation that the world is experiencing in the midst of a health pandemic and economic crisis, the idea arises of creating this farm, where the agricultural, fish, poultry, pig and bovine areas converge, with the aim of harvesting natural products, food, friendly to the environment and accessible, both to our family nucleus, as well as to the general population of the Parrita area and to provide food for people with disabilities at the Nueva Esperanzas Residence and El Fénix Residence. Also serve as a contribution to sources of employment or other exchange opportunities with nationals and foreigners who like to share their strength, knowledge or contributions that come to strengthen the development of the farm and care for the environment.

The community of El Tigre is a small town of approximately 40 families dedicated to agriculture and

commerce. It is safe, quiet, the people are very nice and with many years of coexistence. It is located three kilometers from the center of Parrita.



The goals of the Farm Flor de Lis:

To be a leader in the production of organic food, oriented towards respect for nature.

We contribute to the production of food under conservation and sustainable management, in accordance with nature.

Agriculture, Food Security.

Private Enterprise, Technology, Trade, Environmental Protection

Possible tasks for the volunteer:

- **Agricultural:**

In this area, pitahaya, plantain, banana, square, ginger, turmeric, cocoa, corn, mango, guava, carambola, sour and sweet lemon, sour and sweet mandarin, sour and sweet orange, chinese and creole suckling fruit, soursop, sugar cane and oil palm grown. In addition, spaces dedicated to the cultivation of grass of at least three varieties. The space dedicated to each product is 200 square meters, calculating an average of 20 plants per variety, except the pitahaya that could cover up to five thousand meters and the oil palm about four thousand five hundred meters.

Tasks: Preparation of the land, planting, hilling, compost, pruning, weeding, harvest, packing and sale

- **Warehouse:**

These are spaces designed for the storage of grains, fertilizer for agriculture and the food of animals.

Tasks: Construction, space management, accommodation, inventory: incoming and outgoing products





- **Compost:**

Space dedicated to the decomposition of organic waste in which plant and animal waste is transformed into compost.

Tasks: Construction, cleaning, product transportation, mixing, packaging and distribution.

- **Poultry:**

Area for raising and caring for birds, in addition to commercial exploitation.

Chickens, hens, turkeys, ducks, quail can be encountered

Tasks: Construction of pens, care, feeding, cleaning, waste collection, egg collection, sale of products and maintenance.

- **Swine:**

Space for the production of pigs, where it involves aspects of nutrition, health, reproduction and genetics.

Tasks: Construction of corrals, taking care of the animals, cleaning, waste collection, feeding and maintenance

- **Fish farm:**

This area is dedicated of breeding fish, which allows to control the reproduction of fish, through artisanal ponds with access to water and with the corresponding technical conditions.

Tasks: Pile construction, feeding, taking care of the fish, cleaning, harvesting, packaging, sale and maintenance





- **Bovine:**

Space where livestock activity is developed for the production of milk and its derivatives. In addition to the rearing of fattening animals.

Tasks: Construction of corrals, pasture sowing, pasture harvesting, feeding, care and sale of by-products.

To promote the farm, the aim is to create a web page that gives visibility to the projects and in this way the population participates and consumes the products that are organically prepared to improve their quality of life.

Requirements:

- Has to be an organized, structured person. (Very important).
- To be respectful towards the internal rules the project
- To love nature as the main goal of these projects is the protection of turtles
- To be very flexible and to do different tasks during the day which may involve cooking and cleaning as volunteers may be also responsible of taking care of the camp
- Interest in environmental issues.
- The volunteer should enjoy working with people and foster good human relations.
- Proactivity is a must.
- Volunteer must be ready to work independently even when the coordinator is not present.
- Honest, responsible, punctual, positive person.
- Leadership Skills.

- Good attitude.
- Open to flexibility of schedules.
- To have a basic level of English or Spanish

Location:

El Tigre de Parrita, 125 metros al oeste

Distrito, Cantón, Provincia Parrita, Parrita, Puntarenas

House with several rooms, each of 3x3 square meters, a bed, closet, fan, table in the room, large TV room, internet, sanitary battery, food service, terrace with hammock and an area green strewn with fruit trees. The property measures 1300 meters fenced with mesh.



Schedule:

The ordinary day is 8 hours and the organization is variable, as it depends on the type of work, it can be 8 hours straight or divided into the morning and afternoon shift

Contact:

Javier Calderón Salazar (ESP)

Alejandro Salisbury (ENG)

infofenixcs@gmail.com



Migratory Raptors Project (ACICRC09-20).



Description:

Raptors constitute a diverse group of land-based predators that occur across a broad range of habitats throughout the Americas. All 33 species of raptors that occur in the United States are migratory; at least five of species are largely trans-equatorial migrants, and all but six regularly migrate into Latin America and the Caribbean. Because they exist at the tops of many food chains, raptors are especially sensitive to alterations in ecosystem structure and energy flow. This, in turn, makes them particularly effective sentinels of ecological change.

Unfortunately, raptors also are secretive, wide-ranging, area-sensitive predators, characteristics that make their populations logistically difficult and financially prohibitive to survey and monitor. As a result, a lack of information regarding regional and continental populations continues to plague management decisions, particularly in the tropics. Raptors are diurnal migrants, and one potentially cost-effective method for monitoring regional, continental, and sometimes global populations these birds is sampling their numbers using visual observation at traditional migration bottlenecks and concentration points.

Diurnal raptor migration has been studied extensively for many years in North America, Europe and the Middle East. For this reason, there is considerable knowledge of most routes, the extent of migratory periods, and the abundance of the various migratory species in these regions. Unfortunately, the situation in Central and South America is much different.



Little information on raptor migration exists for this part of the world. Several authors like Carriker (1910), Skutch (1945), Slud (1964), Stiles and Skutch (1989), and Hernández and Zook (1993) have reported some aspects of the raptor migration in Costa Rica. Even so, information on the subject remains partial and rudimentary.

Although the Nearctic migrants that pass throughout Costa Rica represent but a small proportion of the country's raptor diversity, the spectacular nature of their movements offers considerable opportunity for increasing regional and international ecotourism and, more importantly, local conservation community-based efforts.

In autumn, raptors mainly migrate over the Caribbean lowlands, where they gather along a single route passing through the Talamanca region, a 2,800 km² mixture of forests, agriculture, banana plantations and undeveloped coastline, in southeastern Costa Rica. With the Talamanca mountain range on one side and the Caribbean coastline on the other, this funnel-like lowlands narrows near the Kéköldi Indigenous Reserve, to only 5 km (3 miles) between the mountains and the ocean. This "bottleneck" for raptors, which is used by most migrants in the region, is an ideal place to count and monitor raptor migration.

In autumn 2000 the Migratory Raptor Conservation Project began standardized, full-season counts at a single watchsite in the Kéköldi indigenous reserve in southern, Caribbean-slope, Talamanca, Costa Rica



The Migratory Raptor Conservation project started as a joint effort between local and international organizations and now is owned by the Kekoldi People, and includes the active participation of the local communities. We are dedicated to uniting human development and biodiversity conservation in the Talamanca region in southeast Costa Rica, an extraordinary area that holds more than 2% of the world's biodiversity, and that contains a unique cultural mix of Native Americans, Caribbean Blacks and Spanish-speaking “campesinos”. Kéköldi Migratory Hawkwatch Costa Rica Feb 2nd 2021

Conservation Objectives:

- Conduct season-long migrating raptor counts at the Kéköldi watchsite.
- Create a long-term database for raptor-migration and conservation efforts in Costa Rica.
- Compare the numbers of migrant raptors in autumn to other long-term monitoring centers including Veracruz River of Raptors, Mexico, and Hawk Mountain Sanctuary, USA, and submit them to the HMANA network and have the Kéköldi watchsite described in Raptor Watch.
- Study raptor migration dynamics and their relation to the regional weather conditions, and compare them with the temperate-zone migration ecology.

Study the use of habitat by migrating raptors and other migratory birds, for urgent habitat conservation, especially in forest areas.

- Study local raptor species and possible threats to their populations in the Talamanca region and develop conservation initiatives
- Encourage the continuous participation of local community members in all the project's activities.



- Design and initiate a raptor-oriented environmental education program to introduce local people both to phenomenon of long-distance migration, to ecology of local raptors, and to the importance of habitat conservation.
- Promote the creation of exchange programs with other raptor conservation organizations for training of staff and local community members in conservation efforts.
- Develop ecotourism activities with the help of the local indigenous community, to create new income opportunities for the community and for the self-sustainability of the project.
- Share all our results with the local and international community.

Possible tasks for the volunteer:

- Participation in the Monitoring Projects of the Scientific Center Keköldí related to three main topics:
 - A: Birds
 - B: Snakes
 - C: Local Forest (Biodiversity).
- Construction and maintenance of the trails for public and research use around Scientific Center.
- Support in environmental education activities for the community and visitors.
- Maintenance of the infrastructure of the project when needed, for example: to repair the wooden walls in the Scientific Center and similar facilities.
- Community work (Schools education workshops, building community spaces, street signs) when needed for the local community and if the current international volunteer is interested and has the needed skills.



Option for the future: Construction and maintenance for two main facilities:

A: Forestry Tree Nursery

B: Self Sustainability Food Supply for the Scientific Center (like a local community farm to produce their own food and educate people to see the importance of it).

Requirements:

- Volunteers must like to be in the nature and enjoy wildlife.
- Better if volunteers like to walk and do hiking activities.
- Has to be an organized, structured person. (Very important).
- To be respectful towards the internal rules the project.
- To be open to share accommodation and bedroom with other volunteers when needed.
- Better Bilingual, English – Spanish, not required.
- Creativity and interest in environmental issues.
- The volunteer should enjoy working with people and foster good human relations.
- Proactivity is a must.
- Curiosity and wiliness to learn about birds and indigenous local cultures.
- Volunteer must be ready to work independently even when the coordinator is not present.
- Honest, responsible, punctual, positive person.

- Leadership Skills.
- Good attitude.
- Open to flexibility of schedules.
- Optional skills (gardening, cooking, carpentry-, electricity-skills etc.)

Living Conditions:

Volunteers need to understand that they will live in the Scientific Center, which has all the needed conditions, but the place is located in the middle of a very rural and natural environment. A bit far from the nearest town but still reachable. Electricity (&WI-FI) will not be accessible for some hours during the day. There is no hot water for showers.

Also: Public Transportation is available and volunteers can access some of the most famous local attractions for ecotourism in the area.





Location:

The project is located on the Caribbean coast of Costa Rica near Puerto Viejo and Cahuita in the indigenous territory of Keköldi

Territorio Indígena Keköldi, de la Escuela de Alto Margarita 3 kilómetros al noreste, por la montaña.

Additional information:

All volunteers have to bring mosquito repellent, sun block, personal articles, comfortable and light clothes, rubber boots, water bottle, flashlight (important) and a raincoat or umbrella.

To get to the project you will need to walk a little bit on a trail through the forest and uphill. **We therefore strongly recommend to arrive with backpacks rather than suitcases!**

Schedule:

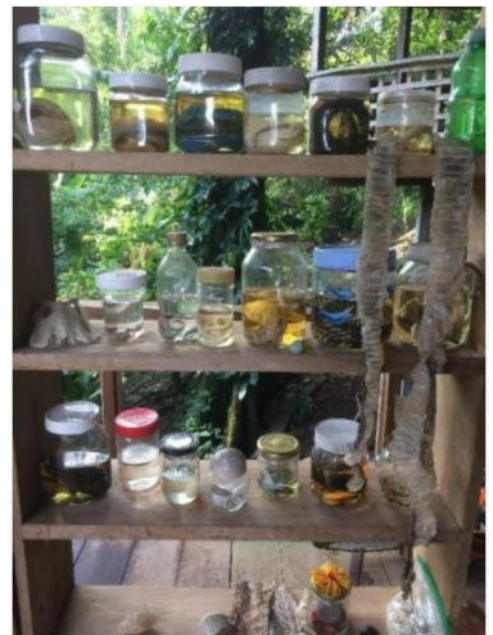
5 working days, 2 days off.

Days off will be defined depending on the time of the year and the real needs of RAPTORS Project.

Contact:

Scientific Director Pablo Porras Peñaranda

Email: volunteer@kekoldi.org Web site: www.kekoldi.org





ORATORIO DON BOSCO (Child Care)

Description:

The Don Bosco Oratory of Sor María Romero is a non-profit foundation that works with children from different marginal urban areas of the central area of San José, in order to support them in the areas of educational, recreational and spiritual formation.

They have an academic program endorsed by the Ministry of Public Education (MEP), which is focused on minors between the ages of 9 and 15, completing their sixth year of primary school.

"They are given uniforms, food, tickets, and they are also helped by providing workshops for comprehensive training such as computing and singing," explained Gabriela Calderón, executive director.

There are more than 100 students who have obtained their degree within this institution. According to Calderón, at the secondary level, they are all located in different centers such as: The City of Children, the House of the Virgin, Don Bosco Headquarters, San José School, Luis Dobles Segreda School, among others.

They also have the support of the Social Protection Board (JPS), the Institute of Alcoholism and Drug Dependence (IAFA), and the National Children's Trust (PANI).

They even serve parents of children's families. About 50% of the beneficiary children are from the La Carpio community.

Possible tasks for the volunteer:

- To assist staff with everyday tasks
- To play games with the children
- To help with mealtimes
- To assist with cooking, cleaning, laundry etc.

Required skills and interests of the volunteer:

- To enjoy working with children
- To be patient and tolerant
- To be sociable
- To have a lot of initiative
- To be respectful towards the rules of the institution
- To have a basic Spanish level



- To be a good example for the children: appropriately dressed

Schedule for the volunteer:

From Monday to Friday 5-8 hours a day.

Things you need to Bring to Oratorio:

- Hair bands
- Sun block
- Rain coat
- Extra shoes (tennis shoes)
- Work clothes (that you don't mind getting dirty)
- You can bring backpack or suitcase
- Volunteers will be provided with an uniform / t-shirt's from the Project.

Accommodation:

Volunteers will stay in a host family which will be near the project.

Location:

San José downtown, San José Province.





CECUDI MANITAS Y SONRISAS (Child Care)

Description

The “Centro de Atención y Desarrollo Infantil de San Pablo” is an organisation that provides a quality service to children between the ages of 3 and 7 years who come from families in extreme poverty, poverty and the middle class of the San Pablo de Heredia area.

It is based on constructivist methodology and promotes equality between men and women as well as core values for personal development.

Possible tasks for the volunteer

- To assist staff with everyday tasks
- To play games with the children
- To help with mealtimes
- To assist with cooking, cleaning, laundry etc.

Required skills and interests of the volunteer:

- To enjoy working with children
- To be patient and tolerant
- To be sociable
- To have a lot of initiative
- To be respectful towards the rules of the institution
- To have a basic Spanish level
- To be a good example for the children: appropriately dressed

Location

San Pablo de Heredia





ASOCIACIÓN INFANTIL HOGAR SOL (Child Care)

Description

Hogar Sol is a non-profit organization (NGO) in charge of taking care and protecting children in social risk and vulnerability. They are working in cooperation with the Costa Rican government and were founded in 1990.

In the institution, they protect children in abandonment, which suffered physical, psychological or sexual abuse.

They give to them everything they need, such as social and educative attention, love and care.

This institution works with children from 0 until 12 years old and is located in Higuito, a poor area of Desamparados, San José.

Possible tasks for volunteers

- Taking care and playing with the children
- Helping the children with their homework
- Assisting teachers giving classes
- Organizing workshops for the children: sports, art and culture
- Helping the staff with cooking, cleaning and organizing
- Go with the staff and children to doctors' offices etc.

Further requirements

- Curriculum Vitae (CV)
- Passport copy
- Patience
- Tolerance
- Awareness that you will work with traumatized children
- Respecting the instructions and rules of the institution
- No drugs, no smoking
- No close relationships in the institution
- Dress appropriately and comfortable (wear always long trousers)



Minimum stay of 8 weeks.

Schedule

Monday to Friday from 9:00 am — 4:00 pm

Further information

The project provides you with lunch.





CENTRO INTEGRAL INFANTIL MANOS AMIGAS (Child Care)

Description

El Centro Integral Infantil Manos Amigas is an Institution which takes care of 30 children and their families from the very poor areas of San José. This center aims to cover the three fundamental areas of education, health, nutrition and psychological health, and which are essential for the integral development of any human being.

They give them food and care as well; Kid's ages range from 0 to 6 years old. They also organize night patrols to give food to homeless people in San José.

Possible tasks for the volunteer

- Assisting the nannies in charge of the children.
- Helping the teachers to create different didactic materials.
- Supporting the special activities of the centre.
- Cleaning after the children.
- If the volunteer has initiative and the skills they can also ask for permission to set up their own activities at the centre such as:
 - Games, songs, etc.
 - Foreign language classes (e.g. English lessons)
 - Workshops (music, art, etc.)

Operating hours of the project

Monday to Friday, from 7:00am to 5:00pm.

Schedule for the volunteer

Monday to Friday 6-7 hours a day.

Required skills and interests of the volunteer

- Patience, sensitive and tolerance.
- Have initiative to teach his or her language to the kids.
- Self-starter person.
- To be independent and to have lots of initiative.
- Ready and able to play games with the children.
- Responsible.

- Punctual.
- Good attitude.
- Use of cellphone is prohibited in working hours.
- Get along with kids.

Address

Paseo Colón, San José.





FUNDACION MARIA – EL HOGAR DEL ADULTO MAYOR (Elderly People)

Description:

This organization aims to provide a quality service to elderly people who require it as a result of their situation either of poverty or disability, by means of comprehensive care in an appropriate setting according to current guidelines.

Possible tasks for the volunteer:

The tasks are mainly related to providing company and sharing experiences with the residents.

- Talk with the elderly people in order to get to know their likes, needs, health and to benefit from their advice and experience
- Participating in activities such as exercise or workshops (sewing, cooking, arts and crafts etc.)
- Coordinate some activities with the health professionals who are working in the institution
- Help during meals to serve the elderly people

Required skills and interests of the volunteer:

- Must be eighteen years or older. Gender, civil status, race and social/economic status do not matter.
- Must be presentable, have good personal hygiene, good conversational skills and treat the residents with respect.
- Basic level of Spanish
- Patience and tolerance
- Be prepared to work with elderly people and to participate enthusiastically effectively.
- Be independent, have initiative and be prepared to complete many different tasks
- Possess a mindset of solidarity and be prepared to give a generous commitment to fulfil your potential whilst respecting and actively defending the dignity of the resident and allowing the personal development of each resident with empathy and patience.



Schedule for the volunteer:

From Monday to Friday from 10:00am to 4:00pm

Things you need to Bring to Fundación Maria:

- Sun protector
- Dress appropriately, no skirts or blouses with pronounced necklines
- Jeans or Leggings
- Extra shoes (tennis shoes)
- Work clothes (that you don't mind getting dirty).
- You can bring backpack or suitcase
- Materials to use with the elderly people

Accommodation:

The volunteers stay in a host family. The host family will be in the area of the project.

Minimum stay of 4 weeks.

Location:

Santo Domingo, Heredia Province

Arrival to the Project:

Please arrive to Costa Rica 3 days before you start the project. The third day you will start in the Project. **Fundación Maria receives volunteers just Mondays, Tuesdays and Wednesdays.**





Arrival to the Project:

Please arrive to Costa Rica 3 days before you start the project. The third day you will start in the Project. **Centeno Guell receives volunteers just Mondays, Tuesdays and Wednesdays.**

