

# ACI – Costa Rica : STV/MTV 2016

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ACI Costa Rica is a non-profit NGO that promotes and coordinates intercultural programs and international volunteering for youth from across the globe. With more than 45 years of experience in doing this, we are experts in mentoring volunteers in their intercultural experience, guiding them in their collaboration with social and ecological projects, allowing for them to gain new perspectives of the world and a better understanding of different cultures in the world. We believe that these activities contribute to solidarity and friendship between different societies in our ever-shrinking world, to a sustainable human development, as well as to a possibility for our participants to grow and develop into global citizens that are independent, multilingual, possessing intercultural understanding and an open mind.

We have programs both for international volunteers who visiting Costa Rica, as well as for Costa Ricans who wish to explore the world. For us it is important that the volunteering service in fact is an *exchange*, allowing for the intercultural understanding obtained to be amplified as widely as possible in the world.

## Our goals and principals

ACI-CR promotes intercultural exchange, non-formal education and international volunteering as a means to create bonds and solidarity between people and cultures globally, as well as a way of working towards a more equal distribution of economic, social and cultural resources. We believe that presence and contributions of the volunteers in their community work and development projects across the world have impacts on many different levels across the global society: by the direct impact that the projects have on the local communities, and by the experiences gained, and passed on, by the participating volunteers.

As an organization, we at ACI always work along certain principles and objectives, guiding us in our endeavor towards the above goal.

### Principles

1. To promote fraternity among human beings.
2. To work for sustainable human development.
3. To encourage substantial changes in the relationships between human beings and the environment, promoting harmony among them. As an organization, the previously cited principles should be reflected in all our relations, policies and structures.

### Objectives

1. To offer programs of cultural exchange and international activities. These programs are flexible, allowing the highest possible amount of young people of different social and economic backgrounds to enjoy the wide variety of experiences offered.
2. To generate an intercultural learning process that encourages personal and social growth.
3. To promote voluntary work in Costa Rica.

4. To provide opportunities for young people to use their initiative and creativity to help others.
5. To develop environmental education processes for children and adolescents, promoting awareness of the importance of their role within the community.
6. To create a network with national and international organizations to facilitate the diversification of projects and programs, and thereby further the aims of voluntary work, intercultural learning, cultural exchange, international relations, and environmental education.
7. To promote our organization, as a sponsor of voluntary work.

### A Brief History of ACI- CR

The official slogan of ACI-CR is “Growing without boundaries” which can be seen as a play-on-words as it applies to the development of the volunteers participating in our programs, but it is also certainly true for the development of the organization itself.

ICYE in Costa Rica started operations in 1967. The organization as ACI Costa Rica was created in 1983. ICYE has more than 47 years of existence in Costa Rica. Nowadays we constitute the third largest active member of the ICYE federation, with an annual turnover of around \$1,000,000, and receiving and sending between 400 and 500 volunteers annually.

For ACI-CR the question of transparency is very important. For this reason, although the General Director is the head of the office, all financial decisions of the organization lie with the Board of Members. The Board is constituted exclusively by previous ACI volunteers, and since they are working *voluntarily* in the Board they have no personal financial interests in the organization, thus the motivation for their work lies in what is best for ACI. This model is used so assure that no corruption occurs within the organization, and is highly appreciated by all parties involved.

***The Staff of ACI.***



***The Board of Members of ACI.***



### Our Volunteering Programs – at a Glance

ACI-CR offers a diverse range of programs for voluntary service regarding their lengths, locations and goals. The programs can roughly be divided into three different areas of operation: Short-Term Exchange, Long-Term Incoming and Long-Term Outgoing. Short-Term Exchange refers to all exchanges shorter than 6 months and is primarily focused on incoming service, although the possibility for Costa Ricans to go abroad with this program would also be possible. The Long-Term Programs that we offer are of either 6 months or one year, and involve a more thorough orientation process prior to, as well as during the exchange.

Within these areas we cooperate with several different partners, following our principles and objectives but all with differing characteristics and formats. We are continuously looking for further cooperation to diversify our activity so some of our collaborations are temporary, but our current offer can be presented as follows:

### Volunteering Programs of ACI Costa Rica

Short-Term Program	Long-Term Incoming	Long-Term Outgoing
ICYE Federation	ICYE Federation	ICYE Federation
Work Camps	Weltwärts/ICJA	Community Service Volunteering (CSV)
High-School Groups	European Voluntary Service (EVS)	European Voluntary Service (EVS)

## The Workcamps in Costa Rica - Season 2016.

### ACI Costa Rica List of Projects 2016.

#### WORK CAMPS (WC)

Code	Name of the project	Location	Date	Type	Vols No.	Free places	Age	Extra Fee	Motivation L
ACIWC01-16	Biological Reserve of SANTA ELENA	Santa Elena, Monteverde	May 20 - Jun 04	CONS/ENVI	15	15	+18	€ 180	Motivation L
ACIWC02-16	Turtle Project of VERDIAZUL	Junquillal, Guanacaste	Jun 17 - Jul 02	CONS/ENVI/ZOO	15	15	+18	€ 180	Motivation L
ACIWC03-16	Biological Reserve of FUDEBIOL	Quebradas, Pérez Zeledón	Jul 22 - Aug 06	CONS/ENVI	15	15	+18	€ 180	Motivation L
ACIWC04-16	Elderly People Centre in Cañas	Cañas, Guanacaste	Oct 14 - Oct 29	CONS/SOCI	15	15	+18	€ 150	Motivation L
ACIWC05-16	Coffee Experience in Santa Maria de Dota	Santa Maria de Dota	Nov 18 - Dec 03	CONS/FAM/AGRI/ENVI	15	15	+18	€ 150	Motivation L

WC's	IMPORTANT NOTES
ACIWC01-16	Volunteers need to confirm their interest and that they want to travel with 1 month in advance of Starting Date.
ACIWC02-16	Volunteers need to confirm their interest and that they want to travel with 2 months in advance of Starting Date.
ACIWC03-16	Volunteers need to confirm their interest and that they want to travel with 2 months in advance of Starting Date.
ACIWC04-16	Volunteers need to confirm their interest and that they want to travel with 2 months in advance of Starting Date.
ACIWC05-16	Volunteers need to confirm their interest and that they want to travel with 2 months in advance of Starting Date.
<b>For all of the WC's</b>	<b>1-Do not need a minimum of volunteers to be confirmed.</b> <b>2-However, ACI Costa Rica prefers to get groups of minimum 5 Volunteers per WC.</b> <b>3- Maximum will definitely be 15 Volunteers per WC.</b>

## Community of Santa Elena de Monteverde (Biological Reserve)

ACIWC01-16 -- May 20 - Jun 04 -- CONS / ENVI -- 15vols -- +18.

### Introduction:

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 well administered by a small community which directly benefits from it.

With an area of 310 hectares, a great biodiversity and the source of many streams and rivers, the Reserve supplies the local communities and their surroundings with a nature preserve among a mosaic of protected neighboring areas: The Children's Eternal Rain Forest, The Monteverde Cloud Forest Reserve and Arenal National Park. Together, these constitute a joined protected area of forest of approximately 28 000 hectares, where populations of endangered animals, such as the tapir, jaguar and quetzal, have been revived. For all of these reasons, the Reserve receives annually about 20 000 tourists.

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.



At Santa Elena Reserve, helping hands are always welcome. You will not only have the unforgettable experience of knowing one of the most world renowned centers of conservation and biodiversity, but you will also enjoy the opportunity of meeting a new culture. Costa Ricans, in general, and people from the Monteverde area, in particular, are known for their friendship, respect and kindness.

### 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:

- to 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,

#### Location:

Santa Elena of Monteverde (Puntarenas Province).

#### The Schedule of Activities:

WORK CAMP IN SANTA ELENA DE MONTEVERDE - ACIWC01-16				
<i>Biological Reserve of Santa Elena</i>				
<i>Group of 15 Volunteers</i>				
<i>Schedule from May 20th to June 04, 2016.</i>				
#	Day	Date	ACTIVITIES	
			Morning	Night
1	Friday	20	Meeting Point	Orientation Process at the ACI Office
2	Saturday	21	International Day of ACI Costa Rica	Welcome in Monteverde
3	Sunday	22	Orientation Process in Monteverde	Free Time
4	Monday	23	Communal Work	Free Time
5	Tuesday	24	Communal Work	Free Time
6	Wednesday	25	Communal Work	Dancing Class
7	Thursday	26	Communal Work	Free Time
8	Friday	27	Communal Work	Middle Term Evaluation
9	Saturday	28	Visit to Santa Elena Town	
10	Sunday	29	Visit to Santa Elena Reserve 'Look out and other Trails	
11	Monday	30	Communal Work	Free Time
12	Tuesday	31	Communal Work	Dancing Class
13	Wednesday	1	Communal Work	Free Time
14	Thursday	2	Communal Work	Free Time
15	Friday	3	Communal Work	Farewell Party
16	Saturday	4	Day to leave the Work Camp	

## Meeting Point and Time (very important to be on time that day)

**FRIDAY, MAY 20<sup>th</sup>, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ DOWNTOWN, BY THE MAIN ENTRANCE.**

### How to get to the Meeting Place:

#### 1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in front of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.

b-take a taxi and request National Theatre, it will take about 30 minutes depending traffic conditions, about US \$ 25 or US \$ 30.

#### 2-From wherever else in San José

Just take a taxi and request National Theatre as well.

### How to get to Monteverde:

#### From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of MONTEVERDE in San José. It will take 20 minutes as the most.

#### THEN, From Bus Station in San José to Monteverde:

-Volunteers will take a bus from San José to Monteverde, which costs about 3000 CR Colones or ( US \$ 6 ). It will take around 5 hours.

#### FINALLY, From Santa Elena Town in Monteverde to Santa Elena Reserve:

-Volunteers will share taxis to get to Santa Elena Reserve. It will take around 30 minutes to get to final destination.

**NOTE: Volunteers will be leaded by our ACI Supervisor during the entire trip.**

### Lodging and Food during the Workcamp:

During Orientation Process (first night in San José): ACI Costa Rica will place the group of international volunteers in a Hostel located in San José, very closed from ACI Office. Lodging and food will be covered by ACI Costa Rica.

During the time in SANTA ELENA: The Reserve of Santa Elena will be more than happy to host 15 international volunteers plus our ACI supervisor and leader of the group at its venue. The Project itself will supply three meals a day to all volunteers.

### Extra Fee:

€180 is required for administration costs of ACI Costa Rica and the workcamp, it includes

- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.
- Guidance by a Group Supervisor of ACI during the workcamp.

Local transportation, international insurance and airfare will be covered by the volunteer.



## Community of Junquillal de Guanacaste (Sea Turtle Project)

ACIWC02-16 -- Jun 17 - Jul 02 -- CONS / ENVI -- 15vols -- +18.

### **Introduction:**

The VERDIAZUL LIFE ASSOCIATION (AVIVE) is an independent non-governmental non-profit group born in 2010. The goal is to ensure the conservation of threatened ecosystems and contribute to the well being of communities who depend on them. The headquarters is located in Playa Junquillal of Santa Cruz, Costa Rica and since 2001 working for the conservation of sea turtles and the Rio Nandamojo.

### **VISION**

Endeavor to ensure the conservation of the ecosystems in which they work in communion with the welfare of human communities that depend on them, seeking to ensure harmony between humans and environment.

Junquillal is a very important breeding in Pacific Costa Rica of endangered leatherback turtles (*Dermochelys coriacea*), black (*Chelonia mydas agassizii*) and Loras (*Lepidochelys olivacea*) area. Looking mitigate poaching of turtles and get increase the welfare of the local population Junquillal, Life verdiazul Association takes up the conservation project of Pacific leatherback turtles (CBP) to ensure optimal conditions for nesting turtles through active conservation community support.

### **Possible tasks for the volunteer:**

- The work of night patrols along the beach and nesting sites for turtles
- Monitoring of nests protected
- Ensure that hatchlings born will die before the sea
- Supporting the reforestation program and adaptation to climate change
- Keep the beach clean waste



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

- Basic knowledge of Spanish as foreign language
- Older than 18 years
- Be willing to work and learn, to be proactive and dynamic
- Have strong environmental values
- Love nature
- Enjoys work outdoors
- Good physical condition
- Willingness to live in rural and simple accommodation
- Work at least 15 days
- Medical and travel insurance (required)

- Send filled registration form and recommendation letter of a company, organization or educational institution
- In the case that you are a professional, resume must be also present with the application form
- Willing to collaborate in activities outdoors and field work
- Written undertaking to carry out the activities assigned by PLC in its works program
- Cover own travel costs, transportation, housing, personal items and international insurance

**Accommodation:** The volunteers stay in a host family of the community, in the volunteer center or in the camping area near the beach (with light and electricity).

**Location:** Junquillal Beach, Santa Cruz, Guanacaste

**The Schedule of Activities:**

WORK CAMP IN JUNQUILLAL DE GUANACASTE - ACIWC02-16			
<i>Sea Turtle Project in Junquillal, North Pacific of Costa Rica</i>			
<i>Group of 15 Volunteers</i>			
<i>Schedule from June 17th to July 02th, 2016.</i>			
#	Day	Date	ACTIVITIES
			Morning Afternoon Night
1	Friday	17	Meeting Point Orientation Process at the ACI Office
2	Saturday	18	Orientation Process at the ACI Office Transfer to Junquillal Welcome in Junquillal
3	Sunday	19	Orientation Process in Junquillal Free Time at the Beach Free Time
4	Monday	20	Communal Work Communal Work Night Patrol
5	Tuesday	21	Communal Work Communal Work Night Patrol
6	Wednesday	22	Free Time at the Beach Dancing Class
7	Thursday	23	Communal Work Communal Work Night Patrol
8	Friday	24	Communal Work Middle Term Evaluation Night Patrol
9	Saturday	25	Communal Work Communal Work Night Patrol
10	Sunday	26	Free Time at the Beach
11	Monday	27	Communal Work Communal Work Night Patrol
12	Tuesday	28	Communal Work Communal Work Night Patrol
13	Wednesday	29	Free Time at the Beach Dancing Class
14	Thursday	30	Communal Work Communal Work Night Patrol
15	Friday	1	Communal Work Final Evaluation Farewell Party
16	Saturday	2	Day to leave the Work Camp

**Meeting Point and Time (very important to be on time that day)**

**FRIDAY, JUNE 17<sup>th</sup>, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ DOWN TOWN, BY THE MAIN ENTRANCE.**

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### How to get to the Meeting Place:

#### 1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in front of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.

b-take a taxi and request National Theatre, it will take about 30 minutes depending traffic conditions, about US \$ 25 or US \$ 30.

#### 2-From wherever else in San José

Just take a taxi and request National Theatre as well.

### How to get to Junquillal:

#### From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of TRALAPA or ALFARO in San José. It will take 20 minutes at the most.

#### THEN, From Bus Station in San José to Santa Cruz:

-Volunteers will take a bus from San José to Santa Cruz in Guanacaste, which costs about 4000 CR Colones or ( US \$ 8 ). It will take around 4 hours and a half.

#### FINALLY, From Santa Cruz to Junquillal Beach:

-Volunteers will take a local bus to get to Junquillal. It will take around 1 hour to get to final destination.

**NOTE: Volunteers will be leaded by our ACI Supervisor during the entire trip.**

### Lodging and Food during the Workcamp:

During Orientation Process (first night in San José): ACI Costa Rica will place the group of international volunteers in a Hostel located in San José, very close from ACI Office. Lodging and food will be covered by ACI Costa Rica.

During the time in JUNQUILLAL: The Project VERDIAZUL (with its Volunteers Lodge) at the Beach, will be more than happy to receive 15 international volunteers plus our ACI supervisor and leader of the group. The Project will supply three meals a day, and dorm rooms for the entire group.

### Extra Fee:

€180 is required for administration costs of ACI Costa Rica and the workcamp, it includes

- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.
- Guidance by a Group Supervisor of ACI during the workcamp.

Local transportation, international insurance and airfare will be covered by the volunteer.

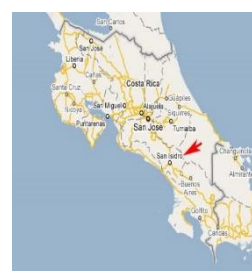
## Community of Quebradas and Centro Biológica Las Quebradas FUDEBIOL

ACIWC03-16 -- Jul 22 - Aug 06 -- CONS / ENVI -- 15vols -- +18.

### Introduction:

The village of "Las Quebradas" is located very near of the middle size city of San Isidro del General, 6 kms away by a good road. Quebradas is located in the mountains, over 744 meters above the sea level, and it is part of the General's Valley. This valley is surrounded by very high mountains, like El Cerro de la Muerte, to the north, with 3491 meters, and off course, we can find the highest peak of the whole country, El Cerro Chirripó, with more than 3820 meters (about 12000 feet). The weather of the region is very, very humid and it rains a lot during the rainy season (may to dec), however it could rain during the dry season too. (The rain in the area is about 3800 mm of precipitation per year). The temperatures are between 22C and 29C. The main economic activities are the agriculture (coffee, sugarcane, corn, beans, fruits y vegetables in general.

Probably "Las Quebradas" was founded with farmers of the area, who moved to the mountains to the north of San Isidro and established in the border of the river Quebradas. Right now and because of private and communal initiatives, Quebradas is preserving the high lands in those mountains to protect the river Quebradas, which by the way is supplying drinking water to Quebradas, San Isidro and other surrounded communities.



**El Centro Biológico Las Quebradas - FUDEBIOL** - and its Biological Reserve, are protecting the water source, plus the flora and fauna of the place.

During more than 10 years, ACI Costa Rica has cooperated with this placement, by sending international volunteers, young people who have shared with the locals and supported the Biological Centre and Natural Reserve of FEDEBIOL. The Reserve is located 3 km away from the centre of Quebradas (between 1000 y 2500 meters above the sea level). FUDEBIOL, a non-profit organization, created the reserve (on May 13th, 1989), as a real answer to the problems of deforestation in the area. The reserve has an environmental education centre, plus a lodge where the visitors (tourists, biologists and volunteers can stay).

### The main objectives of the Reserve are:

- Conservation of the River Quebradas and the source of the water.
- Development of an Environmental Education (Conscience).
- Creation of several ways of Sustainable Development, giving economical options to the community.
- Finally, to be completely auto supported (financially), by eco tourist.

The reserve is very proud of the great biodiversity of birds and butterflies that you can see. The experts said that FUDEBIOL has more than 200 different species of birds.

*NOTE: San Isidro is the place, where the group will find the banks, internet cafes, super markets, hospitals and many other services.*

### The main tasks for Volunteers:

1-Infra - structure project (to be confirmed a month before the starting date for the workcamp).

It can be:

- a-Painting of different areas.
- b-Building sidewalks and/or trails.

2-Maintenance of green areas and different facilities when it is needed.


### Requirements for Volunteers:

- A lot of maturity.
- Willing to follow instructions and to work as a team.
- Willing to do physical work.
- Volunteers must like to be in the nature and willing to live in simple conditions.
- To fill up ACI's application form.
- Motivation Letter (to be sent before travelling).

### The Schedule of Activities:

WORK CAMP IN QUEBRADAS DE PÉREZ ZELEDÓN - ACIWC03-16				
<i>Biological Reserve of FUDEBIOL</i>				
<i>Group of 15 Volunteers</i>				
<i>Schedule from July 22nd to August 06th, 2016.</i>				
#	Day	Date	ACTIVITIES	
			Morning	Night
1	Friday	22	Meeting Point	Orientation Process at the ACI Office
2	Saturday	23	Orientation Process at the ACI Office	Welcome in FUDEBIOL
3	Sunday	24	Orientation Process in FUDEBIOL	Free Time
4	Monday	25	Communal Work	Free Time
5	Tuesday	26	Communal Work	Free Time
6	Wednesday	27	Communal Work	Dancing Class
7	Thursday	28	Communal Work	Free Time
8	Friday	29	Communal Work	Middle Term Evaluation
9	Saturday	30	Visit to Quebradas and San Isidro del General City	Group Activity in San Isidro
10	Sunday	31	Visit to FUDEBIOL Look out and other Trails	Free Time
11	Monday	1	Communal Work	Free Time
12	Tuesday	2	Communal Work	Dancing Class
13	Wednesday	3	Communal Work	Free Time
14	Thursday	4	Communal Work	Free Time
15	Friday	5	Communal Work	Farewell Party
16	Saturday	6	Day to leave the Work Camp	

**Meeting Point and Time (very important to be on time that day)**

**FRIDAY, JULY 22<sup>nd</sup>, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ**   
**DOWN TOWN, BY THE MAIN ENTRANCE.**

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## How to get to the Meeting Place:

### 1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in front of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.

b-take a taxi and request National Theatre, it will take about 30 minutes depending on traffic conditions, about US \$ 25 or US \$ 30.

### 2-From wherever else in San José

Just take a taxi and request National Theatre as well.

## How to get to Quebradas:

### From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of MUSOC in San José. It will take 20 minutes at the most.

### THEN, From Bus Station in San José to San Isidro:

-Volunteers will take a bus from San José to San Isidro, which costs about 3000 CR Colones or ( US \$ 6 ). It will take around 3 hours and a half.

### FINALLY, From San Isidro to the Biological Reserve of FUDEBIOL:

-Volunteers will share taxis to get to the Reserve of FUDEBIOL. It will take around 20 minutes to get to final destination.

**NOTE: Volunteers will be led by our ACI Supervisor during the entire trip.**

## Lodging and Food during the Workcamp:

During Orientation Process (first night in San José): ACI Costa Rica will place the group of international volunteers in a Hostel located in San José, very close from ACI Office. Lodging and food will be covered by ACI Costa Rica.

During the time in FUDEBIOL: Local Families will be more than happy to receive 15 international volunteers plus our ACI supervisor and leader of the group. Families will supply three meals a day, a private room and all their care to the volunteers. Families may be included in some of the activities as well.

## Extra Fee:

€180 is required for administration costs of ACI Costa Rica and the workcamp, it includes

- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.
- Guidance by a Group Supervisor of ACI during the workcamp.

Local transportation, international insurance and airfare will be covered by the volunteer.

## Community of Cañas, Guanacaste and its Elderly People Centre

ACIWC04-16 -- Oct 14- Oct 29 -- CONS / SOCI -- 15vols -- +18.

### Introduction:

**Cañas** is the sixth canton in the province of Guanacaste in Costa Rica. The canton covers an area of 682.20 km<sup>2</sup>, and has a population of 25,897. Its capital city is also called Cañas. The elongated canton touches the Río Tempisque in the southwest. It keeps the Río Bebedero and Río Tenorio on its western boundary as it widens to encompass agricultural lowlands before climbing into the Cordillera de Guanacaste up to the Tenorio Volcano National Park. The canton was established by a decree of July 12, 1878.

Cañas is located about three hours away from the Capital City of San José. The city is surrounded by the tropical dry forest from the region. This community is also located really closed to Tilarán and the biggest Lake of Costa Rica named Lago Arenal. It has also very good access to many of the best and more famous beach resorts from the North Pacific. Settled by the Pan - American Road, Cañas is known as an important town for visitors from all over the country, on the way to many different places in the North Lands of our country.

Cañas as many cities from Guanacaste is well known as the hearth of the Costa Rican Folklore regarding music, dances and many other traditions. This town can be considered as a middle size town or a small city with all the facilities as: banks, supermarkets, hospital and many clinics, stores, cafeterias, etc.



*Centre of Cañas*

El **Hogar de Ancianos de Cañas** works with around 40 elderly people mainly locals from the town. They supply different services as:

- Lodging and Food,
- Psychological and physical therapies,
- Medical support,

In general they become their family during their stay at the centre. The main goal for the centre is to protect elderly people with disadvantages from the community. The placement gets support from the Government, and NGO's like ACI Costa Rica.

During more than 5 years, ACI Costa Rica has cooperated with this community by sending international volunteers, young people who have shared with the locals and supported different placements as schools, communal centres, etc.

### The main tasks for Volunteers:

1-Infra - structure project (to be confirmed a month before the starting date for the workcamp). It can be:

- a-Painting of different areas.
- b-Building sites walks and/or trails.

2-Maintenance of green areas and different facilities when it is needed.

3-Support with the attention and activities for the elderly people from the centre.

**Requirements for Volunteers:**

- A lot of maturity.
- Willing to follow instructions and to work as a team.
- Willing to work with elderly people.
- To fill up ACI's application form.
- Motivation Letter (to be sent before travelling).

**No needed but better with:**

- Spanish skills.
- Experience in projects of construction of infrastructure.

**The Schedule of Activities:**

WORK CAMP IN CAÑAS DE GUANACASTE - ACIWC04-16				
<i>Erderly People Center of Cañas</i>				
<i>Group of 15 Volunteers</i>				
<i>Schedule from October 14th to October 29th, 2016.</i>				
#	Day	Date	ACTIVITIES	
			Morning	Night
1	Friday	14	Meeting Point	Orientation Process at the ACI Office
2	Saturday	15	Orientation Process at the ACI Office	Welcome in Cañas
3	Sunday	16	Orientation Process in Cañas	Soccer Game with Families
4	Monday	17	Communal Work	Free Time
5	Tuesday	18	Communal Work	Free Time
6	Wednesday	19	Communal Work	Dancing Class
7	Thursday	20	Communal Work	Free Time
8	Friday	21	Communal Work	Middle Term Evaluation
9	Saturday	22	Cultural Activity and Swimming Pool Center in Cañas	
10	Sunday	23	Free Time with the Host Families from Cañas	
11	Monday	24	Communal Work	Free Time
12	Tuesday	25	Communal Work	Dancing Class
13	Wednesday	26	Communal Work	Activity with Local Youth
14	Thursday	27	Communal Work	Free Time
15	Friday	28	Communal Work	Final Evaluation
16	Saturday	29	Day to leave the Work Camp	

**Meeting Point and Time (very important to be on time that day)**

**FRIDAY, OCTOBER 14<sup>th</sup>, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ DOWN TOWN, BY THE MAIN ENTRANCE.**

**How to get to the Meeting Place:**

1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in from of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.



b-take a taxi and request National Theatre, it will take about 30 minutes depending traffic conditions, about US \$ 25 or US \$ 30.

2-From wherever else in San José

Just take a taxi and request National Theatre as well.

**How to get to Cañas:**

From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of PULMITAN in San José. It will take 30 minutes as the most.

THEN, From Bus Station in San José to Cañas:

-Volunteers will take a bus from San José to Cañas, which costs about 4000 CR Colones or ( US \$ 8 ). It will take around 3 hours and a half.

**NOTE: Volunteers will be leaded by our ACI Supervisor during the entire trip.**

**Lodging and Food during the Workcamp:**

During Orientation Process (first night in San José): ACI Costa Rica will place the group of international volunteers in a Hostel located in San José, very closed from ACI Office. Lodging and food will be covered by ACI Costa Rica.

During the time in Cañas: Local Families will be more than happy to receive 15 international volunteers plus our ACI supervisor and leader of the group. Families will supply three meals a day, a private room and all their care to the volunteers. Families may be included in some of the activities as well.

**Extra Fee:**

€150 is required for administration costs of ACI Costa Rica and the workcamp, it includes

- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.
- Guidance by a Group Supervisor of ACI during the workcamp.

Local transportation, international insurance and airfare will be covered by the volunteer.



## Community of Santa Maria de Dota. Coffee - Rural Experience

ACIWC05-16 -- Nov 18- Dec 03 -- CONS / FAM / AGRI / ENVI -- 15vols -- +18.

### Introduction:

Sitting along the flank of the thundering Talamanca Mountain Range, Santa Maria de Dota is positioned in a gorgeous valley where birding, hiking, fishing and photography provide endless opportunities to explore this tranquil region. Some 200 species of birds can be found in the area, including quetzals, tanagers, hummingbirds and wood peckers. Birders and hikers will also be glad to know that the Los Quetzales National Park is close by and provides an outstanding opportunity to witness resplendent quetzals as well as some small mammals. Also within a short driving distance are the eye-catching Naranjo Waterfalls.

Santa Maria de Dota is a rudimentary Tico town spread out around the church, plaza, and school. From this rural settlement, various lodging options are available. Secluded hillside villas with breathtaking mountain views are scattered around the area and are a superb option for those wishing to connect to the natural environment.

Cerro Calera (7,142 ft, 2.177 m), is the closest of several lofty peaks and is located to the southeast of Santa Maria de Dota. To the west are the small towns of San Marcos and San Pablo. After a quiet drive through the country visitors will be able to experience the incredible flora and fauna found here.



*Centre of Santa María de Dota.*

Its geography is suited to growing coffee, mostly because the slopes of the mountains face the morning light and the cloud cover protects the coffee trees in the afternoon. The red soil found in the valley is of volcanic origin. All this plus the altitude make ideal conditions to grow the coffees harvested by locals. Santa Maria can be considered as a middle size town or a small city with all the facilities as: banks, supermarkets, hospital and many clinics, stores, cafeterias, etc.

### The main tasks for Volunteers:

- 1-Infra - structure project (to be confirmed a month before the starting date for the workcamp). It can be:
  - a-Painting or building a facility for the local community.
- 2-Maintenance of green areas and different facilities when it is needed.
- 3-English Classes as Workshops for the workers of the Coop.
- 4-Support in the Coffee Process (Picking Coffee Beans) in local Families Farms – This part will be more as an experience for the international volunteers.

### Requirements for Volunteers:

- A lot of maturity.

- Willing to follow instructions and to work as a team.
- Willing to do physical work.
- Good social skills and willing to teach English if this is requested.
- Good level of English.
- To fill up ACI's application form.
- Motivation Letter (to be sent before travelling).

#### No needed but better with:

- Spanish skills.
- Experience in projects of construction of infrastructure.

#### The Schedule of Activities:

WORK CAMP IN SANTA MARIA DE DOTA - ACIWC05-16				
<u>Coffe Rural Experience.</u>				
Group of 15 Volunteers				
<i>Schedule from November 18th to December 03th, 2016.</i>				
#	Day	Date	ACTIVITIES	
			Morning	Afternoon
				Night
1	Friday	18	Meeting Point	Orientation Process at the ACI Office
2	Saturday	19	Orientation Process at the ACI Office	Transfer to Santa Maria
3	Sunday	20	Orientation Process in Santa Maria	Visit to COOPETARRAZU Coffee Process Plant
4	Monday	21	Communal Work	Communal Work
5	Tuesday	22	Communal Work	Communal Work
6	Wednesday	23	Communal Work	Visit to Reciclying Project
7	Thursday	24	Communal Work	Communal Work
8	Friday	25	Communal Work	Communal Work
9	Saturday	26	Cultural Activity and Soccer Game in Santa Maria	
10	Sunday	27	Free Time with the Host Families from Santa Maria	
11	Monday	28	Communal Work	Communal Work
12	Tuesday	29	Communal Work	Communal Work
13	Wednesday	30	Communal Work	Activity with Local Youth
14	Thursday	1	Communal Work	Communal Work
15	Friday	2	Communal Work	Final Evaluation
16	Saturday	3	Day to leave the Work Camp	

#### Meeting Point and Time (very important to be on time that day)

**FRIDAY, NOVEMBER 18<sup>th</sup>, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ DOWN TOWN, BY THE MAIN ENTRANCE.**

#### How to get to the Meeting Place:

##### 1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in from of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.

b-take a taxi and request National Theatre, it will take about 30 minutes depending traffic conditions, about US \$ 25 or US \$ 30.

2-From wherever else in San José

Just take a taxi and request National Theatre as well.

**How to get to Santa Maria de Dota:**

From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of San Marcos de Tarrazú in San José. It will take 20 minutes as the most.

THEN, From Bus Station in San José to Santa Maria de Dota:

-Volunteers will take a bus from San José to Santa Maria de Dota, which costs about 3000 CR Colones or ( US \$ 6 ). It will take around 2 hours.

**NOTE: Volunteers will be leaded by our ACI Supervisor during the entire trip.**

**Lodging and Food during the Workcamp:**

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- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.
- Guidance by a Group Supervisor of ACI during the workcamp.

Local transportation, international insurance and airfare will be covered by the volunteer.

**Envie d'aller faire du volontariat au Costa Rica? Contactez le**

**SVI : [info@servicevolontaire.org](mailto:info@servicevolontaire.org) ou visitez notre site :**

**[www.servicevolontaire.org](http://www.servicevolontaire.org) !**