



**COSTA  
RICA**

**PROJECT  
SHEET**



## INFOBOX

### Airport

Daniel Oduber - Liberia International Airport

### Location

Ostional

### Project closure

Always open

*We will provide you with the YearOut volunteer certificate.*

*It will enable you to obtain reduced prices for medical certificates, insurance, vaccination, criminal record and criminal charges certificates.*

## DONATION

When applying for the project, we will ask you to pay the membership fee of 20 euros.

Your donation, on the other hand, varies depending on the number of weeks you stay, and includes: food, accommodation, transport costs for the project during the volunteering period, 24-hour assistance from the local staff, and financing of materials needed for the activities.

In case you need to drink bottled water, the cost is borne by the volunteer.

The transfer from/to the airport has an additional cost of about 160\$ each way, to be shared with volunteers who will eventually leave with you.

Below is the table with an overview of costs.

Donation per week of stay (€)				
2	3	4	8	12
1033	1250	1517	2525	3501

## ACCOMODATION

You will be hosted in the volunteers' guesthouse, surrounded by nature.

The space will be shared with other international volunteers participating in the project.

A cook will take care of meal preparation.

## ACTIVITIES

The aim is to balance human development and the conservation of natural resources.

In particular, YearOut works in partnership with the Ostional Sea Turtle study project and the protection of *arribadas*.

- You will patrol the beaches at night to prevent illegal hunting and assist staff during the laying and hatching of turtle eggs.

- You will support researchers by collecting field data, measuring turtle nests and providing care and assistance to animals in distress.

- You will help keep the beaches clean, preserving the Costa Rican ecosystem.



## FLIGHT

You will arrive at the Daniel Oduber International Airport in Liberia or the Juan Santamaría International Airport in San José. The cost of the flight depends on the period of departure and the advance with which it is purchased. You can purchase the flight independently or with our support by contacting Cisalpina Tours, an agency that operates with humanitarian travel.

## VISA

A visa for Costa Rica is not required for European citizens.

An *exit fee* is required by Costa Rican law, its cost is \$28 and it must be paid at the airport.

## PASSPORT

The approximate cost of issuing a passport is €116.

The passport must have a residual validity of at least 6 months from the date of return, otherwise it must be renewed

## MEDICAL CERTIFICATE

It is necessary to have a medical certificate confirming good psychophysical condition and suitability for voluntary work. The cost depends on the doctor.

## VACCINATIONS

We always advise you to refer to the ATS (former ASL) for guidance on any vaccines and prophylaxis to follow. Please contact your doctor for guidance.

Vaccines will be administered on the same day as the preliminary interview at the ATS. Vaccines must be in your body about 3 weeks before arrival in the foreign country. Present your volunteer certificate to take advantage of any benefits.

### Where to go?

To an ATS (former ASL) in your region of residence, authorised to administer international vaccines.

### When?

It is advisable to book the vaccinations in advance (2 months in advance): at ATSs with a large territorial jurisdiction (such as Milan) and in summer, the timeframe is longer!

For further information:

Farnesina [www.viaggiaresicuri.it/paesi/dettaglio/costa-rica.htm](http://www.viaggiaresicuri.it/paesi/dettaglio/costa-rica.htm)

World Health Organization [www.who.int/countries/cr/en/](http://www.who.int/countries/cr/en/)

## CERTIFICATE OF CRIMINAL RECORD AND PENDING CHARGES

In order to carry out voluntary work, you need to submit your Criminal Records and Pending Charges. These documents will certify that your criminal record is clean.

For both documents you need €8 (approx.) revenue stamps.

## INSURANCE

Each volunteer must obtain insurance cover before travelling. YearOut suggests insurance cover with Siscos to all volunteers. We have chosen to rely on SISCOS because their services are aimed at NGOs, Onlus and Associations that carry out international cooperation activities and need to protect their staff or volunteers in development projects abroad with adequate insurance cover.

With SISCOS you will stipulate a group policy that includes: emergency assistance and medical repatriation (Europ Assistance), Sickness Reimbursement of expenses for medical services (Generali Italia), Accident and Death (Generali Italia), Civil Liability towards third parties (Unipol). You will take out your insurance with Siscos through YearOut. You will pay the cost of the insurance together with the balance of your donation, one month before your departure.

Total cost of collective policy			
2 weeks	1 month	2 months	3 months
100,85	126,02	252,04	378,06

NB. It is possible to change the limits with a consequent increase/decrease in the cost of the policy.

## ALL THE STEPS TO GET READY FOR DEPARTURE!

**1** Identify the project you are interested in (via InfoDay, Digital Info Session, call, office appointments, website [www.yearout.it](http://www.yearout.it), YearOut Facebook and Instagram pages) and email [info@yearout.it](mailto:info@yearout.it) to schedule an interview;



**2** Talk to ex-volunteers, whose contacts we will give you, to ask for advice and opinions;

**3** Fill in the application form electronically. Proceed to print and sign it. Scan it and send it to: [coordinamento@yearout.it](mailto:coordinamento@yearout.it); Pay the membership fee of 20 euro.



**4** After booking the flight together, make an advance payment of 50% of the total donation. One month before departure the total donation will have to be paid;

**5** You will receive from YearOut a certificate stating your voluntary activity, that will allow you to get reduced prices for medical certificates, vaccinations, insurance, criminal record certificate, etc. Alice and Chiara will assist you in collecting all the necessary documents for your departure;



**6** You will receive the Information Pack related to the chosen project: read all the material available, start thinking about the activities you would like to take part in or design a personal project;

## YOU ARE READY TO LEAVE



# MEMO

Use this page to remember all the documents you will need and tick them off once they are ready!

APPLICATION FORM AND MEMBERSHIP FEE

PLANE TICKET

PASSPORT

VISA

INSURANCE

VACCINATIONS

MEDICAL CERTIFICATE

CERTIFICATE OF PENDING CHARGES

CRIMINAL RECORD

## NOTE

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Do you have any questions?  
Do you need more information?

You will find us in Milan:  
Via Giulio Cesare Procaccini, 4  
Fabbrica del Vapore - Lot 15

You can contact us by calling +39 3348606453 or by  
sending an email to [info@yearout.it](mailto:info@yearout.it)

The YearOut staff will answer all your questions!

Follow the adventures of our volunteers on social media:

Instagram ([@yearout\\_](https://www.instagram.com/yearout_))

Facebook ([@yearoutitaly](https://www.facebook.com/yearoutitaly))