



Travellers Worldwide is a leading International Provider of
Volunteering Programmes, Work Experience Internships
and Cultural Courses Abroad

COSTA RICA



CARE FOR CHILDREN IN KINDERGARTEN AND CARE CENTRES IN HEREDIA

Teach and entertain young children who come from disadvantage backgrounds either in

- (a) The beautiful region of Heredia near San Jose or
- (b) The stunning town of Jaco Beach along the Pacific Coast.

We work with a variety of kindergarten and care centres, caring for children ranging from 2 to 5 years. The activities are mainly based on basic English lessons and playing educational games.

Apart from general caring, you can also be involved in teaching them the alphabet, colours, names of animals, etc., by using flashcards, organising games, singing and narrating nursery rhymes – bringing huge smiles to the children's faces!

Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!

WHAT DO YOU GET?

SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping disadvantaged street children and knowing that you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into the fascinating culture of Costa Rica, and best of all ... **an unforgettable experience!**

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SUMMARY

Prices:

For Projects in Heredia: From **£695** for 1 week, then **£150** for each additional week

For Projects in Jaco Beach: From **£695** for 1 week, then **£200** for each additional week

All prices excluding flights. Please see Full Price List / Other Currencies

Duration: From 4 weeks to 6 months or longer, subject to visa requirements

Start Dates: Availability all year round – you choose your start and finish dates.

You should ideally arrive at the weekend, between 8.00 a.m. and 7.00 p.m.

Requirements: Minimum age 18. No qualifications necessary, but if you have some grasp of Spanish, that would be a big help. You should be able to adapt to a tropical environment and should also be flexible, patient and have an enthusiastic attitude towards children.

What's Included:

- | | |
|--------------------------------------|--|
| ▶ Arranging your Programme, | ▶ Full pre-departure support and assistance, |
| ▶ Payment Protection insurance | ▶ Accommodation |
| ▶ Food | ▶ Transfer to your accommodation |
| ▶ Meeting you at the nearest airport | ▶ Local in-country team support and backup |
| ▶ Transport to and from your project | ▶ Certificate of Completion |
| ▶ 24-hr emergency support. | ▶ Free T-Shirt. |

What Not Included: Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport,

PROJECT OVERVIEW

WORK CONTENT:

Locations:

We work in two different locations and you can choose which one you want to be based at:

- **HEREDIA** (Central Valley) lies near San Jose, the capital city, and is part of the San Jose greater metropolitan area. Here you'll work in one of a selection of different Kindergartens or Care Centres. Heredia is also where we have other projects as well, such as our teaching and internships.
- **Jaco Beach** is a resort city on the Pacific Coast of Costa Rica. The beach is 2.5 miles long (4 km) and is renowned for having some of the best surfing in the country.



The kindergarten and care centres provide the children with an opportunity to learn by playing. Their main objective is to look after children from the local area whose parents need to work but who don't have anywhere or anyone else to look after the children. This is a great opportunity to give your assistance to hard-pressed staff, to children who deserve all the help and attention they can get, as well as to mothers who need to be able to leave their children somewhere safe while they go out to work.

The children love having extra people to play with and their smiles really make it worthwhile! Just a small amount of your time can really make a big difference.

Activities are mainly based on helping the teachers to take care of the children, as well as developing educational games, and recreational activities. You'll mainly be playing with the children, feeding them, reading to them and finding ways to interact and help them learn.

If you have any special skills, such as playing a musical instrument, sports, arts, etc., please let us know as kindergarten and care centres would love you to teach the children these wonderful skills.

Due to the level of poverty, neither the children nor their families normally have any knowledge of English, so basic lessons are really important. Teaching them the alphabet, colours, names of animals, etc., by using flashcards, organising games, singing and narrating nursery rhymes all bring huge smiles to the children's faces.

Your Supervisor will liaise with you to agree your **daily schedule**. Some of the work you may be also involved in could include:

- Educational games and play time supervision
- Helping to teach children;
- Help with kitchen duties;
- Creating activities and entertaining the children with games and songs and Teaching Basic English,
- Teaching the children about health and hygiene
- ... and much more ...

At our beach projects in Jaco you can also helping other teachers with:

- Physical Education, Arts, Music, etc., but this would be according to your abilities and your level of Spanish.
- Help in the Day Care's Kitchen & Dining Room, by serving meals, eating with the children, washing dishes, etc.

You'll normally work Monday to Friday, at least 4 hours a day. This is subject to change according to the supervisor's needs at the time you're there. Free time will be Saturday and Sunday.



HOLIDAYS!

School is normally closed from the 15th December 15 to the 15th February.

CAN'T SPEAK THE LANGUAGE?

If you speak some Spanish, you'll find it very beneficial on this project. However, don't be put off if languages aren't your thing! You're sure to pick up some of the basic words whilst you're there and, like other volunteers, you'll find other ways to converse without language becoming a barrier.

Don't forget that we can also arrange some Spanish Lessons for you during your programme if you'd like.

"Travellers provided the infrastructure, safe accommodation and very friendly UK and local staff that made the difference, especially to someone like myself travelling on their own."

Janice Imrie

ACCOMMODATION

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For a true Latin American experience, your accommodation will be with one of our wonderful host families. All of our hosts are very welcoming and not only will you be made to feel part of the family, you'll also gain a great insight into Costa Rican culture and customs. Many of our volunteers remain friends with their host families long after they leave Costa Rica and in some cases they return to the country later especially to visit their family.

Your host family is located in the centre of the small town - it is a large traditional Costa Rican house with separate bedroom. You may share a room with up to 2 other volunteers and you'll be provided a simple room with all the basic utilities, such as electricity, showers and most things you would find in your own home.

FOOD

Your host family will provide you with three meals a day. The meals are typical delicious Costa Rican dishes. The meals usually consist of rice and beans, which are served with meat.

The fruit in Costa Rica is outstanding, fresh and inexpensive; host families will usually provide fruit on occasion, but it's always available at the markets. If you are vegetarian or have any special dietary restrictions, please let us know as most of our families can accommodate this.



WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible. Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

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|--|---|
| ✓ Accommodation | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Food (Breakfast only) | ✓ Project Research/Site Inspection |
| ✓ Meeting you at the airport | ✓ Staff Training/Equipment |
| ✓ Transport to and from your project | ✓ Free T-Shirt |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile project |
| ✓ 24hr emergency helpline | |
| ✓ Full pre-departure support | |
| ✓ UK administration | |

"Travellers is an amazing organization that offers life changing experiences to people of all ages, I will highly recommend it to everyone, and I will be planning another volunteer experience for myself as well as for my sons. Thank you so much for the experience of a life time!" **Deanne Peterson**

ADDITIONAL INFORMATION

Got any questions? Please email us: info@travellersworldwide.com

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home.

The documents you'll have access to also include a Country Factfile, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget.

As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.

THINGS TO DO IN COSTA RICA

LOCATION, EXPLORING AND SIGHTSEEING:

HEREDIA

Just 10 km from San Jose you'll find Heredia. The city lies in the foothills of the Brava volcano (extinct) and is so full of lush gardens that it's nickname is the 'City of Flowers'.

Heredia is also home to the country's national university, which has one of the foremost Veterinary schools in Central America and is also well known for it's outstanding Biology department. Because of this, the city teems with university students!

Heredia is relaxed and laid back, with a main square in the heart where everyone gathers, surrounded by superb colonial architecture. One of the more outstanding examples of architecture is the historic La Inmaculada Concepcion, a majestic church built in 1796. The church stands in Heredia's Central Park, and has a variety of shops and restaurants neighbouring it.

The weather here is mild and temperate all year round - a perfect place to stay and a great point from which to visit San Jose.

JACO BEACH

As Jacó lies on the seashore, climate is normally humid, with relative humidity around 80%, reaching 90% in June. Temperature is 85–90 °F (24-32 °C) during the day and 75–80 °F (24-26 °C) at night.

Jacó lies between several mountains, and is neighbored by the beaches of Herradura Bay to the North, and Playa Hermosa to the South. It's an excellent jumping off point for visiting some of the many rain forests and national parks that are close by.



HOW TO BOOK

TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone
01903 502595 (UK)
or
1-603-574-4935 (USA)



THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!

We hope you'll join us!

Don't hesitate to contact us with any questions.

We're happy to help you plan your exciting adventure!

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