# ECO-SOCIO CAMPS

## Short Term Programs

ASOCIACIÓN COSTARRICENSE
DE INTERCULTURALIDAD

# Índice


**About ACI** 2
An introduction for understanding our organization

**Eco-Socio camps with ACI** 2
What's included?

**Fees** 3
General fees of the eco-socio camps

**Ecological Projects** 4 - 21
A quick review of the ecological projects available and information about the fees

**Turtle Conservation**
@ Montezuma

**Cloud Forest Reserva**
@ Monteverde

**Water Shed Conservation**
@ Guanacaste

**Turtle Conservation**
@ Buena Vista

**Agroecological Farm**
@ Puntarenas

**Butterfly Garden**
@ San José

**Natural Reserve**
@ Caribbean Coast

**Agroecological Farm**
@ Cartago

**Permaculture Farm**
@ Cartago

**Social Projects** 22-28
A quick review of the ecological projects available and information about the fees

**Children's Centre**
@ San José

**Seniors Centre**
@ Heredia

**Escuela Laboratorio**
@ San José

**Spanish language & cultural learning program** 29

**Important Information** 30

# About ACI:

ASOCIACIÓN COSTARRICENSE DE INTERCULTURALIDAD

We are a non-profit organisation withmore than **60 years** of experience ofworking for a more united world, cultureof peace & global citizenship.
We facilitate exchanges, volunteering, youth projects & other non-formaleducation experiences for personalgrowth & sustainable development.

# Eco-Socio Projects with ACI:

Our projects are divided in two main areas:
**Ecological & Social Projects.** For any of the projects in this catalog, we provide:

- Local accomplishment to volunteers during all the process before, during & after the program.
- On arrival, transfer from the airport to the hostel or host family before the orientation day.
- Orientation day that is meant as guidance for a positive experience in the project, an introduction to Costa-rican history & culture, & also a city throughout main places in the capital of Costa Rica.
- Good quality projects thanks to our long-term collaboration & close relationship with local partners.
- Support to participants during the entire program & emergency contact.

# FEEs

## This program includes:

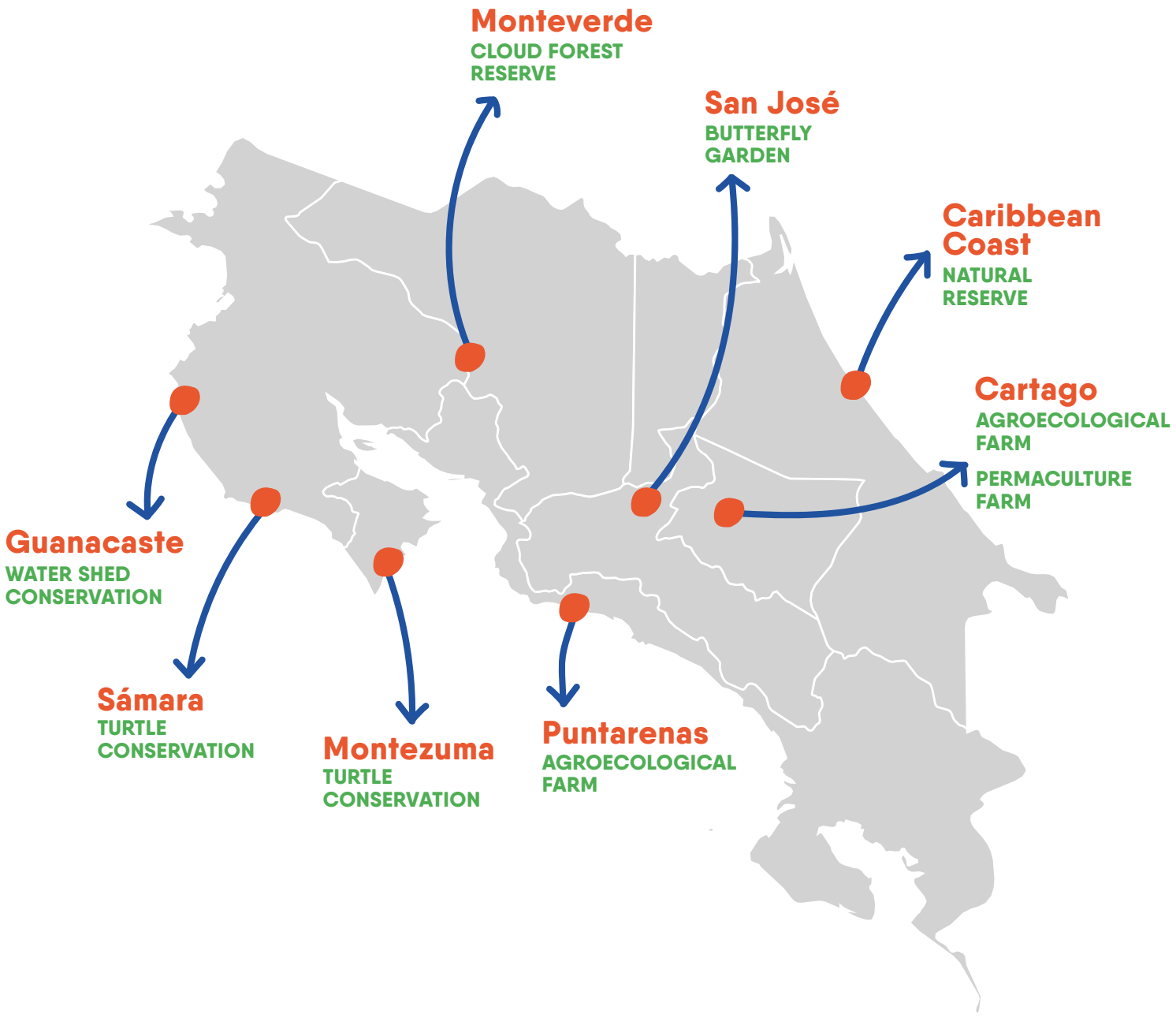
Transport from airport to the hostel or host family

If applicable:
2 nights at the hostel before traveling to the project

Orientation day:
a comprehensive preparation for a positive experience, including a San José city tour

Additional option:
private transport to the project

# ECOLOGICAL PROJECTS



ACICRC01-20

# TURTLE CONSERVATION

## IN SÁMARA

## Goals:

The main goals include patrolling beaches at night, in the morning and caring for turtle nurseries. Volunteers build and supervise hatcheries, count release baby turtles and conduct exhumations after hatchings.

Assisting with collecting scientific data like examining turtle egg development, and share findings with biological institutions.

Additional responsibilities include maintaining infrastructure and cleaning beaches.

## Tasks:

Tasks include: maintaining infrastructure, cleaning the beach, and transporting supplies from the river to the project site, 1-2 days per week.

Responsibilities also involve monitoring nesting activity, such as collecting and measuring eggs, marking females, and overseeing the hatchery.

Volunteers release baby turtles, collect nest data, and conduct exhumations. Daily night and morning patrols are scheduled based on turtle activity and tide times, along with three night shifts.

ACICRC01-20

# TURTLE CONSERVATION

## IN SÁMARA

## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$1220 USD** |
| **Each Additional week:** | **$235 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC02-20

# TURTLE CONSERVATION

## IN MONTEZUMA

## Goals:

Volunteers engage in a variety ofactivities, including patrolling the beach at night, building and supervising hatcheries, counting and releasing baby turtles.

They also assist in collecting scientific data, maintaining infrastructure, and cleaning both the accommodation and the beach. Additional tasks include conducting exhumations and participating in community work.

## Tasks:

Volunteers will work on various tasks, including: monitoring sea turtle nesting marking beaches, and constructing hatcheries for sea turtle conservation.

Responsibilities include night patrols to protect turtles and collect data, maintaining project infrastructure, repairing public trails, cleaning the beach and supporting environmental education and community protection activities.

Volunteers also assist with community projects like school workshops, building community spaces and installing street signs.

ACICRC02-20

# TURTLE CONSERVATION

## IN MONTEZUMA

## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José (Optional private transport)
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$1220 USD** |
| **Each Additional week:** | **$235 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC12-20

# NATURAL RESERVE

## IN THE CARIBBEAN COAST

## Goals:

Volunteers collaborate with the national park to monitor and maintain the reservation. Tasks include day and night patrols, educating the public about sea turtles and how to assist them, collecting scientific data and maintaining infrastructure.

Volunteers also clean the beach and nearby town areas, participate in community projects, contribute to beach reforestation efforts.

**Important:**
**This project does not work directly with turtles.**

## Tasks:

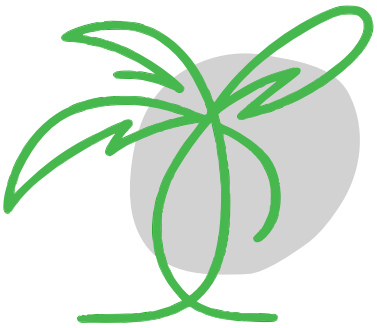
To protect the flora, fauna and nestling areas. Tasks include monitoring and maintaining the reservation, conducting day and night patrols with the national park and partner-organisations on boat/ATV rides in wildlife refuges.

Educating tourists on proper interactions with hatchlings, repair public trails, maintain infrastructure, clean the beach and town areas and support the park's daily projects, collecting seeds for green projects, reforesting the beach to shield hatchlings, participating in environmental education and community events, such as school workshops and festivals.

ACICRC12-20

# NATURAL RESERVE

## IN THE CARIBBEAN COAST



## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$1220 USD** |
| **Each Additional week:** | **$235 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC03-20

# CLOUD FOREST RESERVE

## IN MONTEVERDE

## Goals:

The Santa Elena Cloud Forest Reserve in Monteverde combines conservation, eco-tourism, and education, benefiting the local community through its management by the Santa Elena Public High School.

Covering 310 hectares, it supports diverse species, provides water to nearby areas, and connects with other protected zones like the Children's Eternal Rainforest and Monteverde Cloud Forest Reserve.

## Tasks:

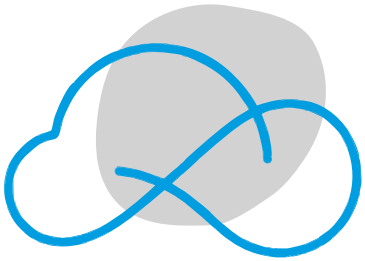
Volunteers help maintain and create trails, fix infrastructure, support the local high school's reforestation project, assist the main office with preservations and translations and provide support at the reception.

For longer stays, volunteers with specific skills may assist with research at the reserve. Those with photographic skills can contribute by creating materials for the park.

ACICRC03-20

# CLOUD FOREST RESERVE

## IN MONTEVERDE



## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$750 USD** |
| **Each Additional week:** | **$125 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC08-20

# AGROECOLOGICAL FARM

## IN PUNTARENAS

## Goals:

The mission is to lead organic food production whilst preserving nature.

Focus on sustainable agriculture and food security, integreating conservation practices with innovative technology, trade and environmental protection through private entreprise.

## Tasks:

Promoting sustainable agriculture, engaging in gardening, planting, composting and harvesting organic produce.

Key areas include a warehouse for storing grains and feed, acompost site for organic waste, a poultry, swine and fish farming.

Tasks range from construction and animal care cleaning and caring.

ACICRC08-20

# AGROECOLOGICAL FARM

## IN PUNTARENAS

## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$750 USD** |
| **Each Additional week:** | **$125 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC20-20

# AGROECOLOGICAL FARM

IN CARTAGO

## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$800 USD** |
| **Each Additional week:** | **$138 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC21-20

# WATER SHED CONSERVATION

## IN GUANACASTE

## Goals:

To promote environmental education, ecological restoration, sustainable employment and fire prevention in collaboration with schools, community members and educational tours.

To combat droughts, there is focus on planting trees and the water conservation. Supporting local employment by producing and selling honey using sustainable
practices.

## Tasks:

Volunteers assist with tree planting, irrigation, plant/treecare, orchard maintenance and seed collection.

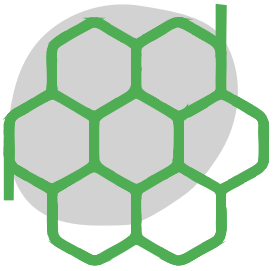
Tasks also include to help in the nursery and contribute to the maintenance of the projects infrastructure, including building facilities and general cleaning.

Additionally, volunteers will support the production of honey containers.

ACICRC21-20

# WATER SHED CONSERVATION

## IN GUANACASTE



## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$650 USD** |
| **Each Additional week:** | **$100 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC23-20

# BUTTERFLY GARDEN

## IN SAN JOSÉ

## Goals:

The project strives to be a model of eco-sustainable development through the reproduction of butterflies.

By hosting school groups, they demonstrate how natural resources can be used sustainably with minimal environmental impact.
They are dedicated to reproduction, conservation and export of Costa Rican butterfly species whilst promoting environmental education for visitors and educational institutions.

## Tasks:

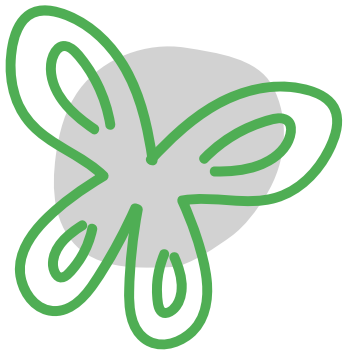
Volunteers do various tasks. In the laboratory, they feed, clean, organise materials and collect data on hatching, pupae and eggs.
In the garden they weed, pruning, compost, maintain feeders, care for land turtle and orchids.

Volunteers may assist as guides, educating visitors about butterflies and lead trail tours. They also support administrative tasks like the reception, distributing materials, online marketing, translate documents and obtain promotional videos and photos.

ACICRC23-20

# BUTTERFLY GARDEN

## IN SAN JOSÉ



## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$700 USD** |
| **Each Additional week:** | **$100 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC22-20

# PERMACULTURE FARM

## IN CARTAGO

## Goals:

Is a project based on the principles of permaculture and sustainability, led by a local and international community.

More than half of the farm is a protected secondary forest with trees over 50 years old:
a breath of fresh air in the heart of Costa Rica's deforested agricultural region.

One of our main goals is to live asself-sustainably as possible, producing more crops than we can consume.

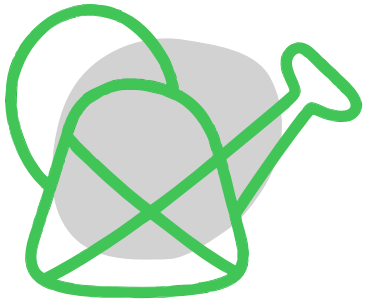
## Tasks:

- Plant propagation by seeds and cuttings
- Composting
- Cleaning, measuring and storing the crops taken from the edible forest or orchards
- Bioconstruction
- Assist with managing social media

ACICRC22-20

# PERMACULTURE FARM

## IN CARTAGO



## Includes:

- Project fee (accomodation and meals) per 4 weeks
- Transfer from Airport to Hostel in San José — Optional private transport
- 2 nights at Hostel*
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$1050 USD** |
| **Each Additional week:** | **$200 USD** |

*The final number of nights will be determined once the arrival date is confirmed

# SOCIAL PROJECTS

ACICRC14-20

# CHILDREN'S CENTRE

## IN SAN JOSÉ

## Goals:

This instituion provide care and support to around 30 children from the poor areas of San José.
The goals focus on 3 fundamental areas: Education, health, nutrition and psychological well-being.

The institution strives to create a safe and nurturing environment where children can thrive and families can work towards a brighter future.

## Tasks:

Volunteers support the staff with care and management of the children, ensuring their well-being and development in a nurturing environment.

Tasks include assisting the children before, during and after meals, help create a positive and organised meal time experience.

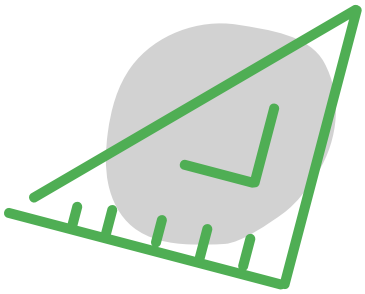
Volunteers also contribute to enrich the daily activities whether through creative workshops or educational sessions.
Volunteers' involvement helps foster a holistic approach to care that benefits both the children and the staff.

**Important:**
For social projects it is required to do a program of least 4 weeks.

ACICRC14-20

# CHILDREN'S CENTRE

## IN SAN JOSÉ



## Includes:

- Host family (accomodation and meals) per 4 weeks
- Transfer from Airport to Host family — Optional private transport
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$650 USD** |
| **Each Additional week:** | **$100 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC15-20

# SENIORS' CENTRE

## IN HEREDIA

## Goals:

The organisation provide quality service to elders who require assistance due to poverty, disability or other circumstances. The goals are to deliver comprehensive care that fulfil their physical, emotional and social needs. By adhering to current standards and guidelines, the organisation strives to create a nurturing setting where elders can experience improved well-being and a better quality of life.

## Tasks:

Volunteers help enhancing the daily lives of the elders through various activities. It includes participating in exercise sessions and facilitating workshops such as sewing, cookings, arts and crafts. During mealtimes, volunteers assist by serving food and offering support to ensure comfortable eating.

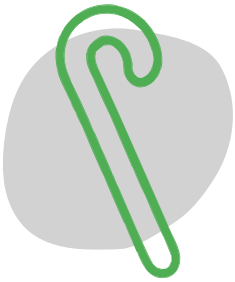
Beyond these tasks, engaging in daily conversations with the elders, getting to know their interests, needs and health concerns. This not only helps to build meaningful connections but also allows volunteers to benefit from the wisdom and life experiences shared by the elderly, fostering a sense of mutal respect and understanding.

**Important:**
For social projects it is required to do a program of least 4 weeks.

ACICRC15-20

# SENIORS' CENTRE

## IN HEREDIA



## Includes:

- Host family (accomodation and meals) per 4 weeks
- Transfer from Airport to Host family — Optional private transport
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$650 USD** |
| **Each Additional week:** | **$100 USD** |

*The final number of nights will be determined once the arrival date is confirmed

ACICRC16-20

# ESCUELA LABORATORIO

## IN SAN JOSÉ

## Goals:

The public school collaborates the University of Costa Rica, working together on a variety of educational and developmental initiatives.
The partnership focuses on pedagogical subjects, fostering innovation and research, supporting students through psychology services, nursery care and orientation processes.
This enhances the educational experience by integrating academic expertise and professional guidance into the school's daily activities.

## Tasks:

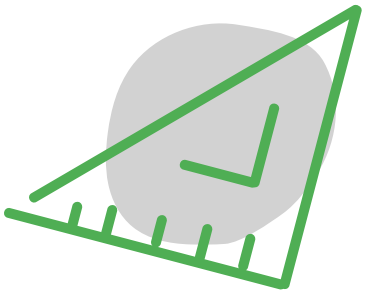
Volunteers will assist teachers in the classroom with various tasks, providing support during lessons. Engage with the children by playing games and developing interactive workshops to enhance their learning experience. Volunteers can also help prepare educational materials to support the curriculum.
In addition to assisting with English classes, volunteers have the opportunity to teach lessons in their native language, enriching the cultural exchange and broadening the childrens linguistic exposure.

**Important:**
For social projects it is required to do a program of least 4 weeks.

ACICRC16-20

# ESCUELA LABORATORIO

IN SAN JOSÉ



## Includes:

- Host family (accomodation and meals) per 4 weeks
- Transfer from Airport to Host family — Optional private transport
- Orientation Day
- ACI Fee

| | |
|---|---|
| **Total per 4 weeks:** | **$650 USD** |
| **Each Additional week:** | **$100 USD** |

*The final number of nights will be determined once the arrival date is confirmed

# SPANISH LANGUAGE & CULTURAL LEARNING PROGRAM

- Recognise volunteers' Spanish level and set a starting point for their short-term course.
- Help volunteers to understand Costa Rican culture, customs and etiquettes, including greetings, gestures and basic social norms.
- Ensure that students can confidently introduce themselves, hold simple conversations, express their basic needs and preferences in Spanish.
- Expand volunteer's vocabulary with relevant terms and phrases related to their volunteer program.

## ONLINE COURSE

This option depends on the conditions of the project and volunteers' time availability. For this type of program an internet connection is required, not all the projects have the required conditions.

or

## IN-PERSON COURSE

Volunteers will participate in the daily classes (3-4 hours per day) at ACI Office, this will require them to be hosted in a host family in SanJosé.

# Important Information

- All applicants should contact us through email, to consult on the availability of the projects on the dates that are requested.
- All applicants must complete the **ACI agreement and application form**, send it signed, and a **proof of insurance**. Both documents areindispensable for a complete application to the program.
- Pre-confirmations & confirmations are sent to inform organisations &volunteers of the final investment of the program.
- Full transfer must be made **prior** to the volunteer's arrival in thecountry.
- The orientation day is **mandatory** before the start of the program. This one can take place all week days; **Monday to Friday**, with the exception of public holidays. This means, the volunteershould arrive 2 nights before the start date at the project.
- In case the volunteer arrives earlier, more nights can be added in the hostel/host family to match the Orientation day. **This would represent an extra fee**, depending on the arrival date.
  The accommodation included in the program fee, covers two (2) nights, the arrival night & the Orientation day.
- Any questions regarding the program should be sent to the email address mentioned below.

**Phone: +(506) 7254 - 1115**
**email: recepcion02@aci-cr.org**
**insta: @acicr**

aci
ASOCIACIÓN COSTARRICENSE
DE INTERCULTURALIDAD