

# Costa Rica Work Profile

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*“To promote and facilitate intercultural learning and voluntary service, install important values, knowledge and skills for current and future generations and foster the development of global citizens who work together to build a more tolerant, peaceful and sustainable world”.*

## 2018-2019

# Introduction

Dear Partners and future volunteers,

This work profile is to be used as complementary information alongside the National Profile. We work with many organisations across Costa Rica and find new projects each year so we encourage you to use the projects in this profile as a reference so that, based on your project of preference, you can suggest what area of work you would most like to work in (children, elderly, ecological etc.). Furthermore, the assignment of the project also depends on other factors such as the availability of a host family in the area and demand to work in a specific area.

Looking forward to host you in our beautiful country!

[Milena Jiménez Bresciani](#)

Long-term Coordinator



# Social Project: Children

Accommodation: Host Family

## **PUBLIC SCHOOLS**

These public schools are located in urban areas of Costa Rica where the students come from mostly middle and lower middle class. Ages vary from 5 to 13 years. Volunteers can be send in kindergartens, preschools or in elementary schools (between 1st and 6th grade).

Possible tasks and responsibilities for the volunteer include: providing support for teachers with their classes and helping them to create different didactic materials, assisting with special activities at the school and assisting in the school library or with administrative tasks. The volunteer could also organise games or sport activities with the approval of those in charge.

**Location:** all over Costa Rica (but mostly outside San José).

**Starting times and available placements:** subject to availability, national holidays and school year.

**Desirable volunteer profile:** the volunteer must be patient, sociable and prepared to use initiative. They must be respectful towards the rules of the institution. At least an intermediate level of Spanish is recommended since the volunteer will work mainly with children.

## **HOGARCITO SAN RAMÓN**

This shelter is for vulnerable children between the ages of 0 and 10 who come from difficult family backgrounds. The organisation seeks to provide the children with food, clothing and care to ensure they grow up healthily. The volunteer will assist the staff in their everyday work and help with the education and entertainment of the children.

**Location:** San Ramón, Alajuela.

**Desirable Volunteer profile:** the volunteer must be good with children and be patient with them. This project only accepts female volunteers. At least a basic level of Spanish is recommended.

**Web Site:** <http://hogarcito.com/>



# Social Project: Children

Accommodation: Host Family

## CASA LUZ

This project focuses on providing education and support for teenage mothers and their children as well as to improve the bond between mother and child. The volunteer helps to take care of the children and assists the staff while the mothers are studying. As a complementary part of the project, volunteers can organise leisure activities for young mothers.

**Location:** La Guácima, Alajuela.

**Desirable volunteer profile:** female volunteers only; the volunteer must be good with kids and patient.

**Web Site:** <http://www.casaluz.org/>

## HOGAR SOL

This organisation tasks itself with the care and protection of young children who have been abandoned or who have suffered physical, psychological or sexual abuse. Volunteers help the staff in organising leisure activities and taking care of the children.

**Location:** Higuito, Desamparados. San José.

**Desirable volunteer profile:** this project is available to both men and women. The volunteer must be patient and like working with kids.

**Web Site:** <http://hogarsol.org/quienes-somos.html>





# Social Project: Children

Accommodation: Host Family

## **CENTENO GÜELL SPECIAL EDUCATION CENTER**

Centeno Güell is a public school for children with physical, visual, auditory or mental disabilities. There are more than 200 children between 7 and 12 years old as well as some teenagers. Volunteers help in different departments within the institution, mostly assisting teachers in the classroom and providing individual assistance to children with special needs.

**Location:** Guadalupe, San José.

**Starting times and available placements:** subject to availability, national holidays and school year.

**Desirable Volunteer profile:** this project is available to both male and female volunteers. The volunteer must be patient, like to work with kids and understanding of disabilities.

## **HOSPITAL DE NIÑOS**

This is the biggest children's hospital in Costa Rica. The work of the volunteer consists of helping the 'Damas Voluntarias', a group of women who work voluntarily at the Hospital de Niños, concerning themselves with the wellbeing of the hospitalized children.

**Location:** Downtown San José.

**Desirable Volunteer profile:** female volunteers only. The volunteer must be energetic, patient, proactive and sympathetic, with no visible tattoos or piercings.



# Social Project: Elderly

Accommodation: Host Family

## **Carlos María Ulloa Elderly Home**

This association was founded in 1877 as a non-profit-organisation. This institution provides a home to elderly people, takes care of them and gives special attention to them. The institution is run by nuns and a priest. They give spiritual guidance to the elderly population and they have also administrative and cultural tasks. Volunteers help providing company to the elderly as well as giving them language, computer, and exercise classes.

**Location:** Guadalupe, San José.

**Desirable Volunteer profile:** Sympathetic to the needs of elderly, proactive.

**Web Site:** <http://www.hcmu.org/>

## **ASCATE (Asociación Cartaginesa de Atención a Ciudadanos de la Tercera Edad)**

This organisation serves the elderly population of Cartago with the aim of improving and maintaining quality of life, taking into consideration questions of physical, social, psychological and emotional wellbeing. ASCATE also cares for those with dementia, especially those who suffer from Alzheimer.

**Location:** Cartago centre.

**Desirable Volunteer profile:** the volunteer must be sympathetic to the needs of elderly, proactive and creative.



# Environmental: Animals

Accommodation: Host Family / Project

## PARQUE MARINO DEL PACÍFICO

The Pacific Marine Park is an environmental organisation that promotes and supports scientific research and education as well as the sustainable growth of marine biodiversity. It is also a touristic centre in the region of Puntarenas. There are four main programmes within the Marine Park: rescue, conservation, tourism and environmental education.

**Location:** Puntarenas city.

**Desirable Volunteer profile:** the volunteer must be patient, caring and tolerant towards visitors, animals and the other co-workers as well as respectful regarding the rules of the park. A basic level of Spanish is recommended.

**Web Site:** <http://www.parquemarino.org/>

## Verdiazul

Located on Junquillal Beach on Costa Rica's Pacific Coast, Verdiazul aims to protect the Leatherback, Green, and Olive Ridley turtle populations. The volunteer help

s in a variety of different areas including the maintenance of the project, keeping the beach clean and carrying out night patrols as well as ensuring that the turtle hatchlings reach the sea. The volunteer will be involved in educational activities within the local community and with tourists who visit the beach.

**Location:** Santa Cruz, Guanacaste.

**Desirable volunteer profile:** the volunteer can be either male or female and must be at least 20 years old. The volunteer must be dedicated to the protection of animals and the environment, in good physical condition and must enjoy working outdoors. They must also be prepared to work irregular hours (including nights).

**Web Site:** <https://vimeo.com/160790050>





# Environmental: Animals

Accommodation: Host Family / Project

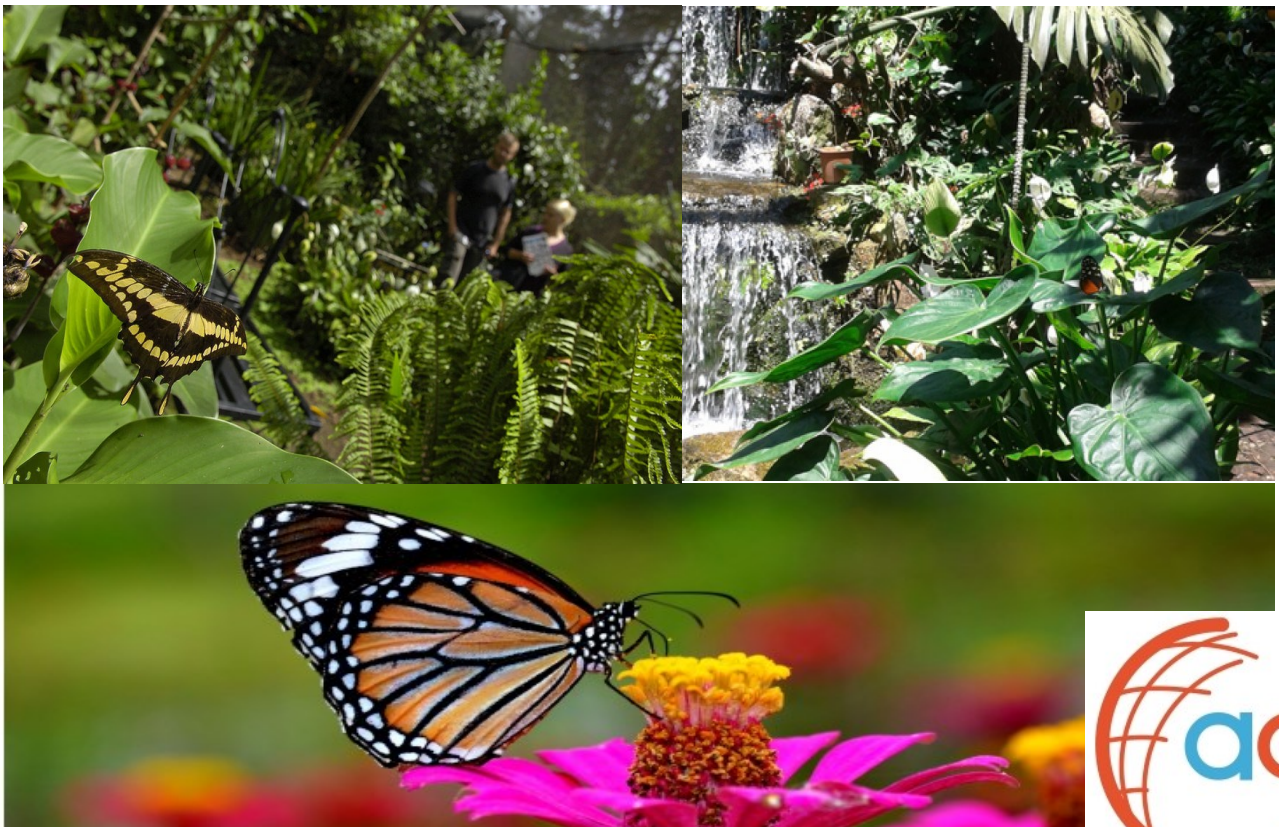
## **JARDÍN DE MARISPOSAS SPIROGYRA**

Jardín de Mariposas Spirogyra is a shelter for a large number of butterflies, reptiles, insects, birds and small mammals. The work of the Jardín encompasses breeding programme, conservation and exportation of 20 different species of butterfly, unique to Costa Rica, providing visiting groups with ecological and environmental education. Possible tasks for the volunteer include maintaining the gardens, giving guided tours and working in the laboratory.

**Location: San José.**

**Desirable Volunteer profile: the volunteer must have an interest in nature and environmental conservation.**

**Web Site: <http://www.butterflygardencr.com/Butterfly-Park-Garden-San-Jose-Costa-Rica-home.htm>**





# Environmental: Animals

Accommodation: Host Family / Project

## **FUDEBIOL (Fundación para el Desarrollo del Centro Biológico las Quebradas)**

Working to prevent the deforestation of the Quebradas River valley (the main source of drinking water for the town of San Isidro and most of the district), FUDEBIOL promotes environmental conservation through providing educational activities as well as advocating sustainable tourism as an alternative source of income for the community and a means to finance the protection of the natural resources. Volunteer tasks include the maintenance of nature trails, working for the upkeep of the project and helping with the educational programmes.

**Location: Las Quebradas de Pérez Zeledón.**

**Desirable Volunteer profile: disposition to do hard physical work (maintenance of trails etc.).**



# Environmental: Reserves

Accommodation: Host Family / Project

## **PARQUE LA LIBERTAD**

The aim of this project is to create a self-sustaining public space to nurture creativity, expression and the social cohesion of the surrounding communities. This is achieved through the organisation of training programs and cultural, urban, artistic and general outdoor activities to aid the social, environmental and economic development of the surrounding communities. The volunteer helps in both maintaining the environment through tasks such as rubbish collection, tree planting and educational tasks such as giving workshops and helping with cultural events.

**Location: Fátima.**

**Desirable Volunteer profile: the volunteer may be male or female, they must be strong and healthy and passionate about social work and helping the local community. Intermediate Spanish is recommended.**

**Web Site: <http://www.parquelalibertad.org>**





# Environmental: Reserves

Accommodation: Host Family / Project

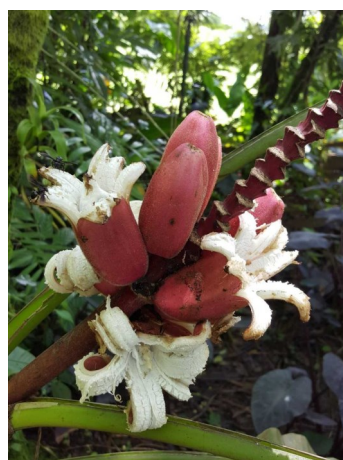
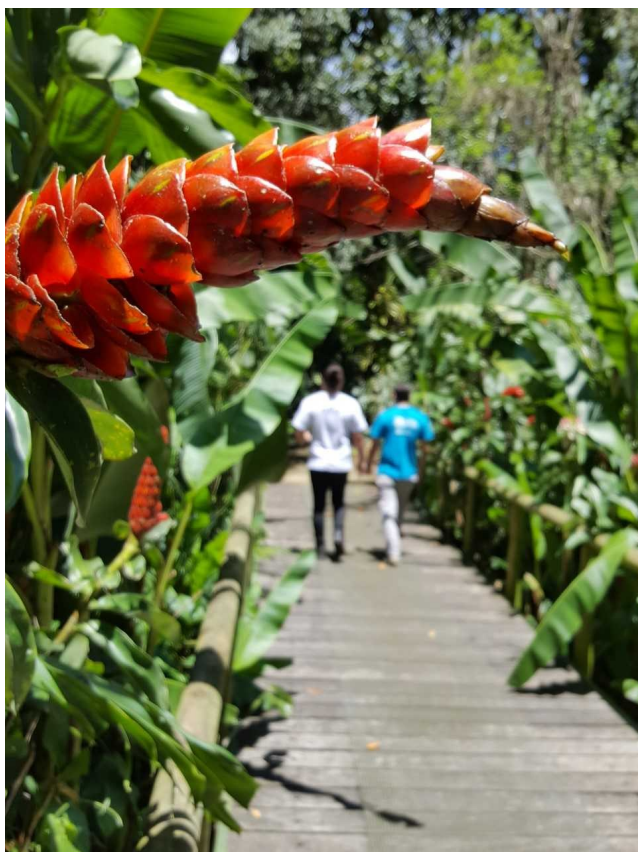
## JARDÍN BOTÁNICO LANKESTER

Jardín Botánico Lankester is an ecological project part of the University of Costa Rica. It is a centre for the exhibition and conservation of tropical plants. It works for the promotion, conservation and sustainable use of flora, through scientific research and educating the local community. Volunteer tasks include the general maintenance of the garden, clearing of paths and caring for the collections of plants both outside and in the greenhouses.

**Location:** Paraíso, Cartago.

**Desirable Volunteer profile:** a basic level of Spanish is advisable. The volunteer must be patient, tolerant and must enjoy physical work and working outside. They must also respect the rules of the project.

**Web Site:** <http://www.jbl.ucr.ac.cr/>





# Environmental: Reserves

Accommodation: Host Family/Project

## **REFUGIO DE LA VIDA SILVESTRE LA MARTA**

La Marta National Wildlife Refuge is a UNESCO-recognised project located in a beautiful mountainous range of tropical rainforest. It is home to several endangered species, including tapirs, anteater and jaguars. Volunteer tasks include daily assistance such as the maintenance of nature trails, installations and the gardens, painting and installing new signs and clearing fallen trees. The volunteer will also provide guided tours for the different trails La Marta has to offer (historical, bird watching, flora etc.) and attend to visitors (student groups, researchers and tourists) as well as helping with providing environmental education in the public schools of the community.

**Location:** Canton Jiménez, Province of Cartago.

**Desirable Volunteer profile:** the volunteer must be prepared to do hard physical work (maintenance of trails etc.) and must be able to live in a isolated, rural area.

**Web Site:** <http://www.lamarta.org/>



# Environmental: Reserves

Accommodation: Host Family/Project

## INBioparque

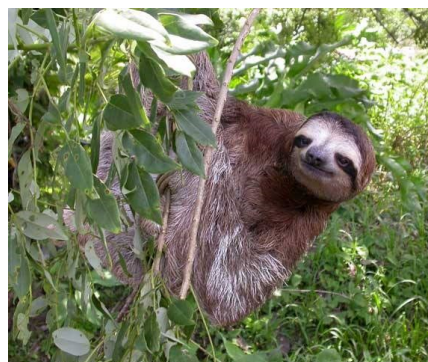
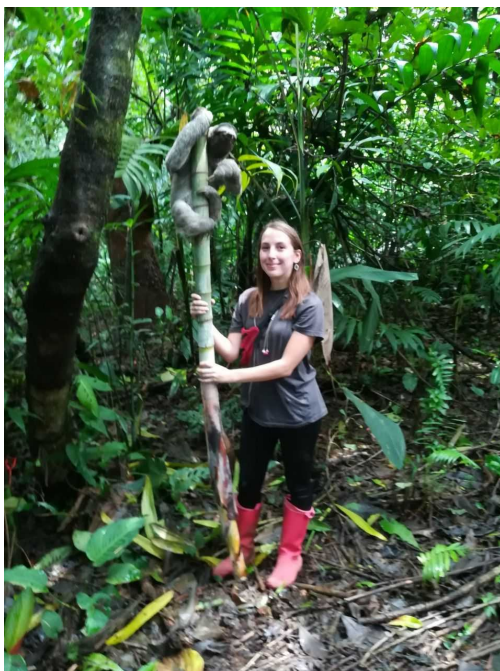
The National Biodiversity Institute (INBio) of Costa Rica is a private research and biodiversity management center, established in 1989 to support all efforts made to gather knowledge on the country's biological diversity and promote its sustainable use. The institute works under the premise that the best way to conserve biodiversity is to study it, value it, and utilize the opportunities it offers to improve the quality of human beings' life.

INBio is a non-governmental, non-profit, public interest organization of civil society that works in close collaboration with different government institutions, universities, the private sector and other public and private organizations, both within and outside Costa Rica.

**Location: Heredia.**

**Desirable Volunteer profile: the volunteer should be interested in ecology. As well it is desirable that the volunteer have good physical condition.**

**Web Site: <http://www.inbio.ac.cr/>**





# Social Project: Homeless

Accommodation: Host Family

## HOGAR EL BUEN SAMARITANO

This project deals directly with the homeless population of Alajuela. Founded in 1993, this shelter helps residents with both their physical and emotional wellbeing, aiming to bring people off the streets and help them to integrate back into society by means of providing them with guidance, education and support. Hogar el Buen Samaritano also offers residents medical care and referrals to rehabilitation facilities for treatment as well as religious services. The volunteer will help to keep the residents company and assist the staff in the general maintenance and daily tasks of the project as well as assuring the wellbeing of the residents.

**Location: Alajuela**

**Desirable volunteer profile: the volunteer must be willing to work with addicts and people who are ill, the volunteer may be either male or female. Spanish is highly recommended.**





# NGOs

## Accommodation: Host Family

### **ACI COSTA RICA**

ACI Costa Rica, a non-governmental organization, is a member of the “International Cultural Youth Exchange” (ICYE) federation, which promotes and facilitates international exchange programs. Volunteers can assist the long-term or the short-term coordinator in the organisation of volunteering placements within Costa Rica or the sending department who organise the volunteering placements of Costa Ricans who travel abroad.

**Location: San Pedro, San José.**

**Desirable Volunteer profile: the volunteer must have good English, basic-intermediate Spanish and willingness to improve their language intensively. The volunteer must enjoy working with people and foster good human relations. Knowledge of office work is useful and proactivity is a must.**

### **BANCO DE TIEMPO COSTA RICA**

The vision of a ‘time bank’ is to foster a community of people who exchange time and skills as opposed to money; for example, an hour of English lessons for an hour of driving lessons or cooking lessons. The aim of Banco de Tiempo is to encourage cooperation, trust and solidarity in the local community and to stimulate empowerment, self-esteem and proactivity of each of its members. This project also advocates intergenerational and intercultural exchange. Volunteer tasks include administrative work, promoting the organisation and organising social gatherings for the members. This project is part of the ACI Office and is managed and maintained by volunteers.

**Location: San Pedro, San José.**

**Desirable Volunteer profile: the volunteer must be proactive and motivated as well as able to multitask and work independently. Intermediate Spanish, both written and spoken, is necessary. The volunteer must have good communication and organisational skills and must be interested in social work.**



# NGOs

## Accommodation: Host Family

### FUNDACIÓN CEPPA

Fundación CEPPA (Center for Peace Studies) is a non-governmental organization, established in 1988. Emerged as a foundation with the objective to create a culture of peace. Their mission is to offer a renewed and updated education which creates and fosters a better understanding of peace and its consolidation in order to respond to the deepest and most urgent needs of society: CEPPA provides the training of professionals with a solid, civic and humanistic education and contributes the development of tools that foster commitment to democracy, gender equity, social justice, inclusion and human rights. They have programs focussed on: creative response to conflicts and alternative solutions to violence.

The volunteers have the chance to work with adults, professors, prisoners (workshops in jails; always supervise by a staff member) and students.

**Location:** Barrio Escalante, San José.

**Desirable Volunteer profile:** volunteers who are interested in social fields, interpersonal abilities, open to work with group dynamics.

**Web Site:** <http://ceppacr.org/>

**¡Voluntario!**

**¡Te Necesitamos!**



Contribuya a crear un país  
con más seguridad.  
Hágase facilitador de la  
Fundación CEPPA.

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¡BUSCAMOS PERSONAS COMO USTED!



# NGOs

## Accommodation: Host Family

### **FUNDACIÓN ACCIÓN JÓVEN**

Fundación Acción Joven is a non-profit organization created in 2006 to prevent high school dropouts. They work with public high schools and vulnerable communities. There, they develop empowerment and leadership programmes in order to encourage the students to finish school and to enter the labour market as well as to prevent violence. This project follows a model called “Modelo Integral de Prevención de la Exclusión Estudiantil”. This model enables students and professors to detect the causes that generate high school dropouts. Subsequently, this leads to a construction and consolidation of the cultural, athletic and artistic field. Furthermore, academic performance and group cohesion are built.

**Location: Barrio Escalante, San José.**

**Desirable Volunteer profile:** empathic volunteers, passionate about working with vulnerable populations (youth). Ability to communicate in Spanish is required, as well as assertive communication, respect, creativity, problem solving skills, flexibility, social skills, and the capacity to think independently. **Desirable interest in the following areas:** psychology, sociology, anthropology, education, social development. The volunteers are at all times accompanied by Fundación Acción Joven project coordinators, who supervise and guide the implemented methodologies, such as workshops on specific subjects, academic support, Vocational Orientation / coordination of Company Visits, etc.

**Web Site:** <http://www.accionjoven.org>

