



Is international volunteering right for you? This document will give you a brief outline about volunteering with the **Santa Elena Reserve** in **Costa Rica** next year. Please read this information carefully. You can apply directly My Hub by clicking on the Apply Now button on the website or [click here](#). Application deadline is Sunday 11th November 2018.

Project Information

We are pleased to be in our third year volunteering partnership with the not-for-profit organisation, Santa Elena Reserve, near Montverde. A maximum of 10 volunteers are able to join the volunteering team to support a variety of activities, with particular emphasis on undertaking physical work maintaining the park (such as digging holes for trees to be planted, restoring and maintaining paths), and also assisting with marketing and communications to help promote the Reserve.

Depending on time of year, there may also be an opportunity to support educational sessions with pupils at a local schools and the wider community.



Oriel Kenny is a lecturer in Global Development with many years' experience volunteering in volunteering – both internationally and at a range of music and film festivals. Oriel has previously led a team of volunteers in Israel-Palestine in 2014 and is an active volunteer in a range of conservation activities with the British Trust. Oriel speaks Spanish fluently.

Accommodation



Volunteers will stay with local families as part of a home-stay programme and will experience true Costa Rican food, culture and vibrancy. These houses are located a short bus-ride away from the Reserve, and you will most likely be sharing a room with one other volunteer in each of these homes, all located very close to the rest of your team. All meals will be provided by the families each day.

The town of Monteverde and surrounding area has several areas of natural beauty including beaches, hot springs and zip-wire adventures that volunteers can organise to experience in their free-time.

The Reserve and the volunteering team at Leeds Beckett will provide all of the relevant training, preparation and fundraising assistance for volunteers prior to departure. The volunteer team will then travel out to Costa Rica for a challenging and rewarding 2 weeks. There is also the option for an additional week of free travel.

Project dates: *Please note dates below are dependent on flights so may +/- 1 day return date*
Depart U.K. Friday 2nd August 2019 > Sunday 18th August 2019

Duration: Two weeks volunteering plus optional independent travel (self-funded)

About the organisation

Santa Elena Reserve was established in 1983 to share the benefits of the tourism. The income from the entrance fees are used for the protection, management of the Reserve and to promote a better quality of

education on the high school and primary schools of the area, collaborating also with some projects of the community.

The idea was to use the donated land for agriculture and education but because of the access, weather, topography etc, the lands were not suitable for these activities; so in 1989 the community decided to convert it into a Nature Reserve, together with Youth Challenge International, the Ambientalist Association Vida and the participation of students of the High School and their fathers, and Volunteers of the Community. The Santa Elena Cloud Forest Reserve was opened to the public on 1st March 1992.

About the volunteer role

You will be supporting the national park in Montverde with their fantastic conservation, promotional and educational efforts on a variety of tasks dependent on what the Reserve needs at the time.

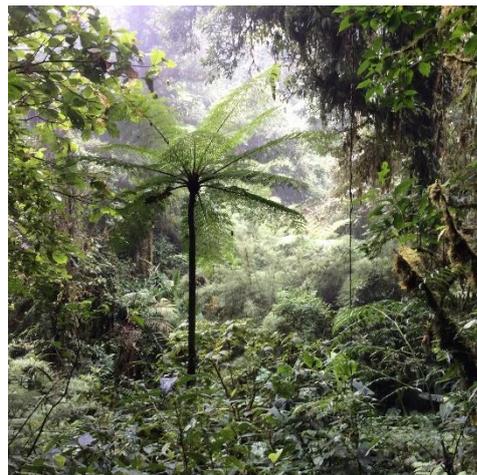
Depending on what the Reserve needs at the time, and volunteers' skills and interests within the team, you will undertake *some or all* of the below tasks;

Volunteer role(s):

- Practical work to help to maintain the paths and national park;
- Assisting with marketing and communications to help promote the reserve

As a group with your Team Leader, and guided by the Reserve, you will agree and decide objectives and outputs to achieve whilst volunteering and plan accordingly. We provide equipment including SLR's, GoPro's, laptops, mics and other items to help you.

Please do contact us if you have any other skills which you feel would be useful for this project.



Pre-Departure Activities and Commitments

There's quite a lot for volunteers to do before departure. If you are interested in applying, you must make sure that you will have enough time for the project in between your studies and your work.

After your team has been recruited, there will be a compulsory team briefing and you will need to fundraise, some of which will be with your team, and some you will probably do on your own. There will be other compulsory team meetings to help prepare you for the experience. The team meetings will discuss essential health information and lots of other things to help prepare you about what to expect as a volunteer in your chosen project. Although it's not spread evenly, we'd recommend allowing an average of two hours a week from when you find out you get a place to departure. This includes:

- Attending regular team meetings (every 4-6 weeks)
- Keeping in contact with your Team Leader
- Providing key documents to the volunteering team as required (e.g. Passport)
- Completing DBS checks or visa applications
- Ongoing fundraising activities
- Planning project resources and objectives

Key Dates

Application deadline	Sunday 11 th November 2018
Shortlisting	W/C Monday 12 th – Friday 16 th Nov
Selection Event <i>Please keep this date in your diary as you will need to attend</i>	Thursday 22 nd November 2018 2 – 5 pm City campus

First team meeting <i>Please keep this date in your diary as you will need to attend</i>	Wednesday 5 th December 2018 4 – 5.30 pm City campus
January - July 2019	Compulsory team meetings (dates TBC)
Saturday 6th April 2019	The Big Abseil event
Saturday 11th May 2019	Yorkshire 3 Peak Challenge
Project	See dates below
Optional travel time	You must decide whether you wish to remain in country for one week following the end of the volunteering project. <i>This must be confirmed by the first team meeting in December. If not, an immediate return will be booked and you must cover any additional costs to change your flight.</i>

About the project

Project dates: Please note dates below are dependent on flights so may +/- 1 day return date

Depart U.K. Friday 2nd August 2019 > Sunday 18th August 2019

Travel – Transport is arranged for you to travel as a team from Leeds Beckett University based on immediate return after volunteering. Your project fees include travel between Leeds and the departure airport only, and unfortunately, we cannot make exceptions/alternative arrangements if you require another pick-up and/or drop-off point. If you are travelling independently, you may have to make your own return journey to Leeds.

Volunteer support – Each volunteering team has a Team Leader who is a Leeds Beckett member of staff, as well as an in-country coordinator. Thorough risk assessments and careful planning is undertaken to ensure your experience is safe from start to finish. The International Volunteering staff at Leeds Beckett will also be on-call 24/7 whilst you are volunteering, though point of contact will usually be via your Team Leader.

Accommodation –

Project specific: You will stay with local families in home-stay accommodation, with meals prepared for you by the family. You will most likely be sharing with another volunteer; either sharing a bedroom, or, in separate bedrooms in the same house. The other volunteers will all be located close-by. There is access to a washing machine.

General: With all our international volunteering projects, please remember that we are working with not-for-profit organisations and accommodation will be different and more basic than that of U.K. and westernised standards. Please be prepared that there may only be cold water showers, basic sanitation facilities and limited electricity, with intermittent WiFi access in some places. Insects, extreme weather (hot, cold, wet, humid) and no air-conditioning should be expected.

Food - is wholesome and filling. Please be prepared that there is not a great variety of food and meals can be repetitive and basic – you will eat a lot of rice (and then some more rice). You will be provided with three meals per day during the volunteer project.

Challenges - You may feel a sense of culture shock when arriving into the new community. Volunteering can be a challenge and third world conditions can leave you feeling a world away from home. It is completely normal to feel uncomfortable and out of your depth at first. By the end of the project, we find our volunteers look back upon the challenges as their proudest moments and they feel as though they have a second home

in their volunteering country. The interaction with local people and learning about local culture is what our volunteers come to cherish most from their time in the local communities.

Other important information

If you are considering applying, please consider the following points:

- As with most volunteering projects there are often last-minute changes to the programme, either before departure or perhaps on a day-to-day basis with the host organisation. Volunteers need to be patient, flexible and understanding about the fact that arrangements can sometimes change last-minute and sometimes things do not run exactly to plan.
- Unfortunately, the experience will not always be fun and volunteers often find certain aspects of their trip challenging. Living 24/7 with other volunteers can present its own surprising challenges too, but don't worry, we expect that most volunteers will have an amazing time, and we have team leaders on hand to support you.

Fundraising

Fundraising for your host organisation is a requirement to being accepted on the project. **In addition** to the project fees, you also need to fundraise £100 for the host organisation. Many of our previous volunteers have had great success fundraising, and some have continued raising money after returning because they have been so inspired by the work of the organisation. We'll help you with your fundraising and encourage you to work as a group. Your Team Leader will help encourage you, and try to coordinate group activities to help you all reach your targets. Previous fundraising examples include cake sales, abseils, sponsored walks, charity nights and even approaching companies for donations to raffle. We have lots more suggestions and will cover ideas in one of our team meetings, and provide resources for you to use, plus you can look online for other recommendations.

Beyond raising money for the organisation you are volunteering with, fundraising looks fantastic on your CV! It shows prospective employers that you have are confident, have strong marketing and communication skills, can manage events and many other skills.

Each year, to help volunteers with their fundraising targets we organise some events. This year we will be organising a Yorkshire 3 Peak Challenge and a Big Abseil off Portland Building. Anything you raise over your £100 target can be used towards your fees, or as additional donation to the organisation.

Minimum fundraising target: £100

Project Fees

The project fees are £1500 plus £100 Fundraising. However, all volunteers are eligible for our Global Engagement £250 bursary*, which means:

Total FEES payable £1250, *plus* your FUNDRAISING target of £100 = £1350

What IS included in your project fees:

- Transport between Leeds Beckett University and a U.K. airport (*based on immediate return*)
- Return flights to volunteering country
- Transport from destination airport to volunteering site
- DBS (if applicable)
- Accommodation whilst volunteering
- Breakfast, lunch and dinner whilst volunteering
- Travel insurance (subject to eligibility)
- 24-hour support
- Pre-departure training
- Branded Volunteering 1 x hoodie & 2 x t-shirts

What IS NOT included:

- Any costs for free-time activities (non-volunteering time)
- Any additional independent travel, food and accommodation costs (e.g. weekend activities, eating elsewhere or sight-seeing costs)
- Personal spending money for free-time (non-volunteering time)

- Vaccinations – Visit www.gov.uk/foreign-travel-advice for details on essential and recommended vaccinations

FEE Payment Deadlines £1250 payable

Category	Total Cost (£)
Deposit (<i>non-refundable</i>)	£200
Remaining balance (less deposit) <i>To be paid at least 3 weeks prior to departure</i>	£1050

FUNDRAISING Deadline £100 payable

Minimum donation <i>To be paid at least 3 weeks prior to departure</i>	£100
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Where your money goes:

The largest percentage of your costs is for the long-haul flights and accommodation, which often are around 90% of the total fees. We often pay the money for food and accommodation, plus other associated costs directly to the charity host organisation and they do not make any profit from this money. This covers the cost of you being there, for to ensure you have a place to sleep and food to eat, but you are not paying to volunteer with the organisation.

You do not pay any Leeds Beckett staff costs as part of your fee. The Team Leader gives their time for free (using their personal annual leave) and, in return, their travel expenses are paid by the University. This enables us to try to ensure that you have a safe and enjoyable experience, without worrying about transfers, directions and other logistics.

* **Bursary terms**

In exchange for the Global Engagement bursary, we would like you to submit three photos **and** one of the following within one month of your return to the U.K.:

- Blog *written whilst volunteering* (300 word minimum)
- Testimonial *when you return* (300 words min) describing the impact the experience has had on you
- Vlog (1 minute minimum)
- Video edit of your volunteering experience (1 minute minimum)

How to apply

Thank you for your interest! To apply for this international volunteering opportunity, please complete the application by clicking on the Apply Now button on the website or **click here**.

Contact

If you are having any problems please contact volunteering@leedsbeckett.ac.uk / 0113 81 29295

We look forward to hearing from you!