

Costa Rica

# COPROT

OSA  
PENINSULA

ENVIROMENTAL  
PROJECT

CONSERVATION  
& TURTLES



# COPROT IS...

a community-driven conservation project that aims to conserve sea turtle nesting beach habitat on the the Osa Peninsula, Costa Rica. We protect 8km of beach where we register over 7000 nests per season.

[www.tortugasdeosa.org/carate](http://www.tortugasdeosa.org/carate)



Osa Carate,  
Costa Rica



Minimum  
1 Weeks



No  
Spanish Needed



1° Time  
Volunteer



minimun 18  
years old

# GENERAL PROJECT INFORMATION

Volunteering with COPROT offers an enriching experience for individuals from all walks of life. We value your enthusiasm, eagerness to learn, and initiative. Whether you're passionate about conservation, looking to gain new skills, or simply want to make a positive impact, our grassroots project welcomes you with open arms.

Experience the Mariposa Azul volunteer camp, situated at Playa Carate. Set in a serene rural environment just a stone's throw from Corcovado National Park, you'll be immersed in nature. The Shady Lane path connects our camp to both the rainforest and the nesting beaches, providing a picturesque backdrop for your conservation journey.

Your stay at Mariposa Azul includes basic camp accommodations with meals provided, mostly vegetarian. An English-speaking volunteer coordinator will help ensure a well-balanced experience, with structured work commitments and plenty of leisure time.

Get involved in meaningful work—protect sea turtle nests, conserve beach habitats, and contribute to community initiatives. In your free time, explore local attractions, join community events, or simply relax and enjoy the natural beauty surrounding our camp. Join us in making a difference!



# WHAT IS INCLUDED



PRE-DEPARTURE ONLINE ORIENTATION

DONATION TO THE PROJECT

ONSITE ORIENTATION MEETING

DEDICATED LOCAL SUPPORT FROM A VOLUNTEER COORDINATOR

1 OVERNIGHT IN PUERTO JIMENEZ IN A HOSTEL

OVERNIGHT AT THE VOLUNTEER CAMP MARIPOSA AZUL

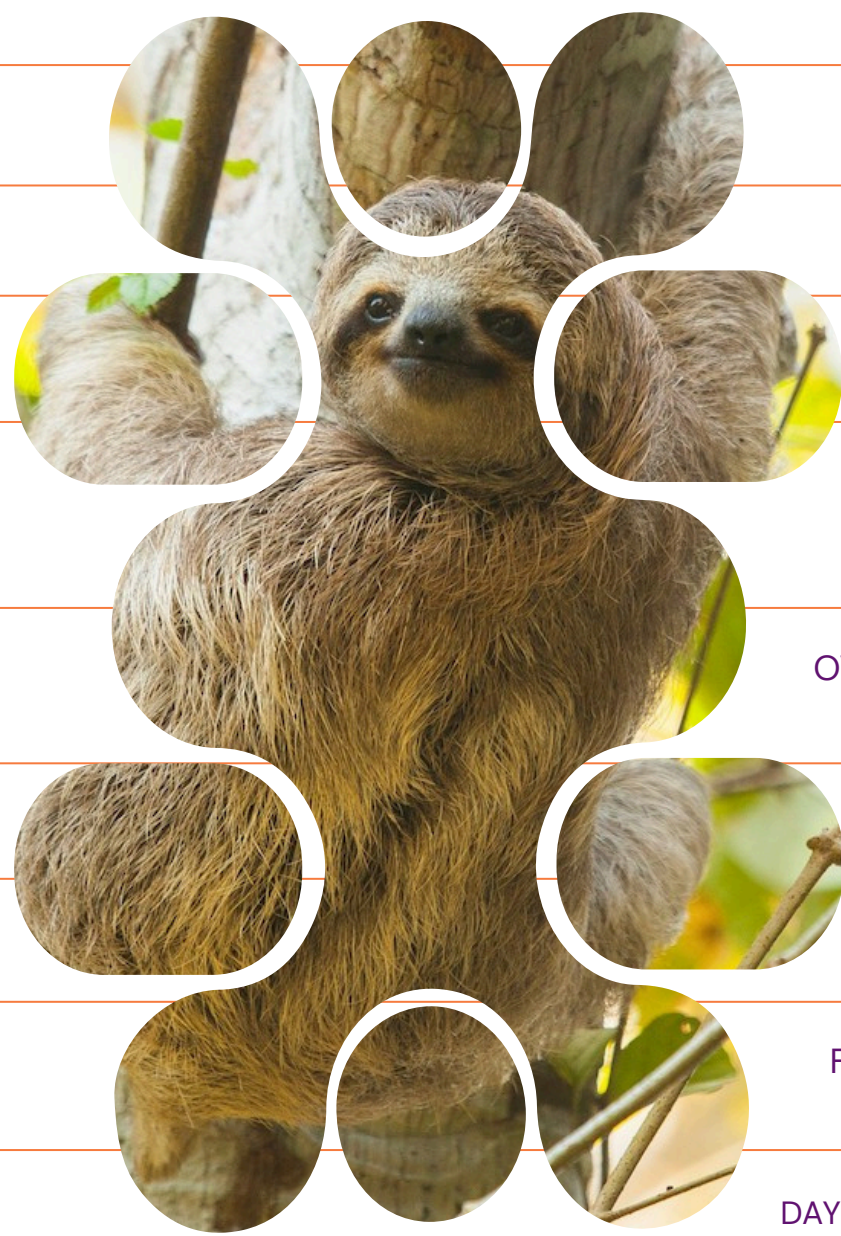
MONDAY MORNING 6AM COLECTIVO/BUS TO CAMP MARIPOSA AZUL

INCLUDING MEALS (MOSTLY VEGETARIAN)

FREE ACTIVITIES: NIGHT WALKS, JUNGLE WALKS, GAME & MOVIE NIGHT, PIZZA NIGHT, ETC

DAY 9 (MONDAY) BUS TICKET BACK TO PUERTO JIMENEZ

NOTE: THE ABOVE IS CONSIDERING A BOOKING FOR ONE WEEK





# WHAT TO CONSIDER

- **Arrival Airport:** SJO (San José)
- **Location:** Playa Carate, Osa Peninsula, Costa Rica
- **Pre-stay Option:** Available in San José upon request
- **Project Duration:** Starts on Monday and ends on Monday; volunteers must be in Puerto Jiménez the night before (included in the project)
- **Minimum Stay:** One week; longer stays preferred
- **Wi-Fi:** Limited availability; expect poor connectivity
- **Physical Demands:** Work can be physically demanding; volunteers should be fit and prepared
- **Maximum Volunteers:** Up to 18 volunteers per session
- **Environmental Focus:** Striving to become a zero-waste facility; mindful packing and waste reduction encouraged



# WHAT IS NOT INCLUDED

- MEDICAL INSURANCE (MANDATORY TO CONFIRM THE RESERVATION)
- TRANSPORT, EXCEPT THE BUSES MENTIONED
- PERSONAL EXPENSES

# VOLUNTEER ACTIVITIES



Join us and be part of an incredible effort to protect sea turtles and their habitats!

Here's a snapshot of the exciting activities you'll be involved in:

- **Turtle Patrols:** Join daily patrols—spend 3–5 hours on Morning Patrols or 4–7 hours on Night Patrols. Protect new nests, record data on nesting females, tag flippers, excavate hatched nests, and assist with hatchling releases.
- **Daytime Activities:** Participate in Beach Clean-ups to keep nesting sites pristine, sort and manage beach-collected plastics during Plastic Classification, teach English to locals through English Lessons, give Sea Turtle Conservation School Presentations, and help with Tree Planting and Maintenance to support **local biodiversity**.
- **Commitment and Enjoyment:** Dive into project activities while also enjoying downtime to relax and explore the stunning Osa Peninsula.
- **Community Engagement:** Connect with local communities to promote sustainable practices and environmental education, making a direct impact on sea turtle protection and conservation.





# A TYPICAL DAY AS A VOLUNTEER

Our weekly schedules are designed to be flexible due to the dynamic nature of our environmental and community work. If there are any changes to the schedule, our staff will inform you as soon as possible. Your workload may vary depending on the number of people at the camp, and there may be times when we need you to contribute a bit more. However, we will ensure you have time to rest and recharge.

Each volunteer will have at least one full day off from required activities, though the exact day will be determined by your camp leader and adjusted based on the week's activities. If you wish to request a specific day off, please let us know before the start of the week so we can incorporate it into the schedule.



# WHAT TO DO IN FREE TIME



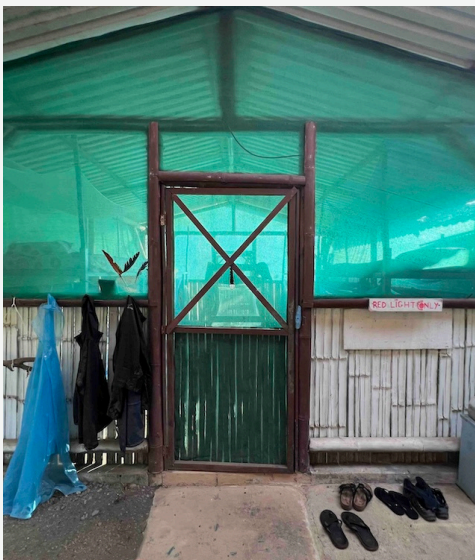
There are plenty of activities to enjoy around the Osa Peninsula:

- **Corcovado National Park:** Explore one of Costa Rica's most biodiverse national parks, filled with stunning wildlife and lush rainforests.
- **Surfing in Matapalo:** Catch some waves at Matapalo, a popular surfing spot known for its beautiful beaches and excellent surf conditions.
- **Horse-Riding & Chocolate Tour:** Experience the local culture with a horseback ride through the jungle and a visit to a cacao farm where you'll learn about chocolate-making.
- **Whale and Dolphin Tour:** Embark on an unforgettable tour to see whales and dolphins in their natural habitat, a must-do activity in this region.
- **Waterfall Hike:** Take a guided hike to one of the many breathtaking waterfalls in the area, perfect for cooling off and enjoying nature.
- **Guided Gold-Mining Tour:** Discover the rich history of gold mining in the region with a guided tour that takes you through the process and shows you how it's done.
- **Free Activities:** Enjoy a variety of free activities such as night walks, jungle walks, beach clean-ups, game and movie nights, and pizza nights.
- **Beach Activities:** While swimming is not allowed at the nearby beach due to safety concerns, you can still enjoy beach games, wildlife spotting, or simply take in the stunning views.

These activities give you a great mix of adventure, relaxation, and local culture, making sure your time volunteering at the Osa Peninsula is fun and memorable.



# THE ACCOMMO DATION



Tucked away in Costa Rica's vibrant jungle, the rustic camp at COPROT offers a down-to-earth yet immersive living experience surrounded by nature. You'll stay in dorm-style cabins with 8-10 other volunteers, making for a friendly, communal vibe. The communal kitchen is where the magic happens—our cook whips up meals, and you can catch up with fellow volunteers over hearty food at the shared table.


The camp also boasts a garden with fruit trees, a small greenhouse, and a chicken coop, all contributing to our sustainable living efforts.

We use basic solar power for essential needs and have limited WiFi for staying connected with family and friends.

Nature is all around—trees above the camp are often used by monkeys and birds, and the river behind us is home to small mammals and amphibians. Plus, we have some friendly pets roaming around, adding a bit of extra charm to the camp. Here at COPROT, you'll experience the simplicity of life in nature while playing a vital role in sea turtle conservation on the Osa Peninsula.

# ABOUT OSA PENINSULA

You will travel to one of the most beautiful places on the planet; the Osa Peninsula, located in the Southern Pacific of Costa Rica



Get ready for an adventure to one of the most stunning spots on Earth—the Osa Peninsula in Southern Pacific Costa Rica. This wild paradise is home to a jaw-dropping 2.5% of the world's biodiversity, including rare animals, vibrant tropical birds, and expansive rainforests that seem to go on forever. As you make your way along the scenic path to Puerto Jimenez, you'll feel the unique allure of this remote wilderness, where the heartbeat of nature is at its most intense.

Corcovado National Park, celebrated by National Geographic as one of the planet's most biologically rich spots, is a must-see. We work with eco-lodges dedicated to sustainability and protecting this incredible natural environment. Prepare to be amazed by the Osa Peninsula's wonders, where each moment highlights the extraordinary beauty and resilience of our planet.

The climate here is typically tropical, with a warm and humid atmosphere throughout the year. The rainy season runs from May to November, bringing frequent showers and lush greenery, while the dry season from December to April offers plenty of sunshine and slightly lower humidity. Temperatures generally hover between 24°C and 30°C, making it ideal for exploring this natural paradise.



# WHAT TO BRING

- Small backpack (for turtle patrols and as a day bag, preferably a dry bag backpack)
- Dry bag (important in wet season, can be a smaller size to keep your electronics dry if you already have a dry bag backpack)
- Hat and sunglasses for sun protection
- Water bottle with at least a 1L capacity
- Wash kit:
- Toothbrush (2), toothpaste, hairbrush
- Tweezers, small scissors, nail file
- Sanitary products (a menstrual cup or reusable pads are preferred to reduce waste)
- Talc powder (to keep your feet dry during the rainy season)
- Antibacterial soap, shampoo/conditioner, deodorant (all must be fully biodegradable)
- Natural insect repellent (must be DEET-free)
- Suncream (factor 50+), after sun/moisturizer, aloe vera/coconut oil (useful for after sun and for mosquito/sandfly bites)
- Headtorch with red light function (red light is used during night patrols, rechargeable ones are preferred, and if you're staying long-term, bringing a spare is a good idea) and batteries
- Waterproof wristwatch
- Medical kit
- Power converter for 110v sockets
- Travel documents (passport, copy of medical insurance, personal medication information)

Please remember to bring enough of your own medications for the entire duration of your stay in Osa. There are no pharmacies close by and having your personal medication with you is essential.





# VOLUNTEERING

Volunteering is an exciting journey to personal growth and self-discovery. When you dive into mindfulness volunteering, it's not just about helping others—it's about exploring, learning, and really understanding yourself and the world. It's all about staying open-minded, living in the moment, and being tuned in to what's happening around you.

Mindfulness practices aren't just for yoga class—they're about developing a mindset that boosts both your personal and professional life. They help you accept things you can't control and build up your own trust. Plus, they teach you to be generous and thankful for every bit of life's goodness.

Remember, changing the world starts with changing yourself. So jump in and see where this journey takes you!

You cannot change the world if you don't change yourself





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CONTACT US

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