

Referencia: 1

Code: ACIWC03-16

Year: 2016

Name: Community of Quebradas (C. EXTRA 180 EUR, C. MOTI)

Location: SAN JOSÉ

Address:

Project: CONS-ENVI - Construction-Environmental

Initial Date: 22/07/2016

Final Date: 06/08/2016

Min Age: 18

Max Age: 30

Places: 5

Description of Introduction:**Workcamp:**

The village of "Las Quebradas" is located very near of the middle size city of San Isidro del General, 6 kms away by a good road. Quebradas is located in the mountains, over 744 meters above the sea level, and it is part of the General's Valley. This valley is surrounded by very high mountains, like El Cerro de la Muerte, to the north, with 3491 meters, and off course, we can find the highest peak of the whole country, El Cerro Chirripó, with more than 3820 meters (about 12000 feet). The weather of the region is very, very humid and it rains a lot during the rainy season (may to dec), however it could rain during the dry season too. (The rain in the area is about 3800 mm of precipitation per year). The temperatures are between 22C and 29C. The main economic activities are the agriculture (coffee, sugarcane, corn, beans, fruits y vegetables in general.

Probably "Las Quebradas" was founded with farmers of the area, who moved to the mountains to the north of San Isidro and established in the border of the river Quebradas. Right now and because of private and communal initiatives, Quebradas is preserving the high lands in those mountains to protect the river Quebradas, which by the way is supplying drinking water to Quebradas, San Isidro and other surrounded communities.

El Centro Biológico Las Quebradas - FUDEBIOL - and its Biological Reserve, are protecting the water source, plus the flora and fauna of the place.

During more than 10 years, ACI Costa Rica has cooperated with this placement, by sending international volunteers, young people who have shared with the locals and supported the Biological Centre and Natural Reserve of FEDEBIOL. The Reserve is located 3 km away from the centre of Quebradas (between 1000 y 2500 meters above the sea level). FUDEBIOL, a non-profit organization, created the reserve (on May 13th, 1989), as a real answer to the problems of deforestation in the area. The reserve has an environmental education centre, plus a lodge where the visitors (tourists, biologists and volunteers can stay).

The main objectives of the Reserve are:

- Conservation of the River Quebradas and the source of the water.
- Development of an Environmental Education (Conscience).
- Creation of several ways of Sustainable Development, giving economical options to the community.
- Finally, to be completely auto supported (financially), by eco tourist.

The reserve is very proud of the great biodiversity of birds and butterflies that you can see. The experts said that FUDEBIOL has more than 200 different species of birds.

NOTE: San Isidro is the place, where the group will find the banks, internet cafes, super markets, hospitals and many other services.

The main tasks for Volunteers:

1-Infra - structure project (to be confirmed a month before the starting date for the workcamp). It can be:

- a-Painting of different areas.
- b-Building sidewalks and/or trails.

2-Maintenance of green areas and different facilities when it is needed.

Requirements for Volunteers:

- A lot of maturity.
- Willing to follow instructions and to work as a team.
- Willing to do physical work.
- Volunteers must like to be in the nature and willing to live in simple conditions.
- To fill up ACI´s application form.
- Motivation Letter (to be sent before travelling).

Meeting Point and Time (very important to be on time that day)

FRIDAY, JULY 22nd, 2016 AT 8AM / IN FRONT OF NATIONAL THEATRE IN SAN JOSÉ DOWN TOWN, BY THE MAIN ENTRANCE.

How to get to the Meeting Place:

1-From the airport

a-take a bus of TUASA (on the way to San José, NOT to Alajuela, stop at the last station right in front of the Second Avenue, take a taxi from this station and ask for National Theatre in San José downtown, it is only a couple of minutes away.

b-take a taxi and request National Theatre, it will take about 30 minutes depending traffic conditions, about US \$ 25 or US \$ 30.

2-From wherever else in San José

Just take a taxi and request National Theatre as well.

How to get to Quebradas:

From Hostel to Bus Station in San José:

-Volunteers will share taxis to get to the Bus Station of MUSOC in San José. It will take 20 minutes as the most.

THEN, From Bus Station in San José to San Isidro:

-Volunteers will take a bus from San José to San Isidro, which costs about 3000 CR Colones or (US \$ 6). It will take around 3 hours and a half.

FINALLY, From San Isidro to the Biological Reserve of FUDEBIOL:

-Volunteers will share taxis to get to the Reserve of FUDEBIOL. It will take around 20 minutes to get to final destination.

NOTE: Volunteers will be led by our ACI Supervisor during the entire trip.

Lodging and Food during the Workcamp:

During Orientation Process (first night in San José): ACI Costa Rica will place the group of international volunteers in a Hostel located in San José, very closed from ACI Office. Lodging and food will be covered by ACI Costa Rica.

During the time in FUDEBIOL: Local Families will be more than happy to receive 15 international volunteers plus our ACI supervisor and leader of the group. Families will supply three meals a day, a private room and all their care to the volunteers. Families may be included in some of the activities as well.

Extra Fee:

¿180 is required for administration costs of ACI Costa Rica and the workcamp, it includes

- Lodging and food during the workcamp.
- Official Activities during the schedule of the workcamp.

-Guidance by a Group Supervisor of ACI during the workcamp.
Local transportation, international insurance and airfare will be covered by the volunteer.

Codes Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
Costa Rica						
Community of Quebradas (C. EXTRA 180 EUR, C. MOTI)	ACIWC03-16	CONS-ENVI	18 - 30	22/07/2016 - 06/08/2016	5	1
Total N° Campos: 1				Total N° Plazas:		5

Dates Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
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