



MEANINGFUL TRAVEL

VOLUNTEER &
WORK ABROAD

2008

800-985-4864
www.i-to-i.com



INSIDE → **Volunteer Experiences in Costa Rica**

meaningful travel



The i-to-i philosophy

We believe that travel should be beneficial to everyone involved, which is why we work closely with locally run projects and tour operators. Travel with i-to-i and you'll spend time with local people, work with locally run projects and live in locally run accommodation. You'll have a truly unique travel experience and return home knowing that you have made a real and lasting difference to the lives and futures of the friends you've made along the way.



i-to-i Travel Experiences

There are many ways to travel with i-to-i, and we realise that everyone who travels with us is looking for something different. To make it as easy as possible for you to find your perfect trip, the icons below will give you an idea of what each trip is all about. Look out for them throughout the brochure.



Teaching

Rewarding and fulfilling, these projects offer you the chance to work with schools and community groups in more than 20 countries worldwide.



Sports

Working with community groups and schools, you'll share your passion for sport with the next generation.



Work Experience

Health, media, marketing and tourism projects that are ideal for people looking for a career break or gap year.



Conservation

Join the fight for the future of the planet by working alongside local conservation projects worldwide.



Community Development

Caring and patient volunteers are needed to work with vital community projects that offer hope of a better future to people living in poverty.



Tours

Combining top quality overland tours with vital environmental and humanitarian volunteer work. Truly ethical tourism.



Building

Fun and physical building projects that make a real difference to the lives of underprivileged communities in the developing world.



TRAVEL WITH i-to-i

Responsible Travel

We've developed an ethical policy that guides every aspect of our business. We're committed to providing responsible travel experiences, which benefit local communities and endangered environments worldwide whilst minimising the negative effects of mass tourism.

Supporting Local Communities

By travelling with i-to-i you'll be helping to ensure the long-term sustainability of the local projects that we work with and the communities and environments in which they operate.

We do not give direct funding to the projects we work with. Many experts believe that the constant flow of financial aid into the developing world causes an over-reliance on foreign aid and actually harms the long-term stability of local economies. It is your time and effort (rather than cold hard cash) that makes a difference. What we do is ensure that the infrastructure is in place for you to make a difference. We truly believe that by working together and forging relationships with the developing world, we can make a real and lasting difference.

No Single Supplement

Unlike most major travel companies, we don't think that you should be penalised for choosing to travel by yourself. Travelling solo offers you the chance to reflect upon life, to make new friends and to experience travel in a way that is often impossible when travelling with friends or partners.

A Global Support Network

We have well trained people in every country we work in to ensure that all the day-to-day realities are taken care of. We also retain the services of the world's leading crisis management consultancy, Docleaf. They have helped us to implement a global safety plan, which ensures that in the unlikely event of something going wrong, we have all the bases covered.

Worldwide Choice

With over 500 projects and tours on 5 continents, we offer an unrivalled choice of responsible travel options. We haven't put all our projects in this brochure because it would have been the size of a phone directory and we'd have had to cut down a small forest to print it! To see our full range of products, visit our website - www.i-to-i.com

Worldwide Reputation

Because of the quality of our overseas trips and the dedication of our staff, we have a worldwide reputation as the leader in our field. This excellent reputation has led to long-term partnerships with companies like Lonely Planet, STA Travel and Opodo. Because we love what we do, we are the very best at what we do, which means you can rest assured that everything that can be done has been done to ensure your overseas trip goes smoothly.

A Travel Company run by Travellers

We know about travel because we've travelled ourselves and have years of experience helping people get out there and do it. Our Managing Director got involved in the travel

industry after leaving a well-paid job for a leading consultancy firm and travelling from Cape Town to London in a Land Rover. It took him 8 months and he hasn't stopped talking about it since. We are passionate about what we do and we truly believe that by working for i-to-i, we are doing something positive and worthwhile.

The i-to-i Foundation

The i-to-i Foundation (Reg.1099482) is a registered charity designed to provide essential resources to projects that really need them.

In the last year alone the i-to-i foundation has made significant donations to eight of our most disadvantaged projects. These included:

- Providing educational resources to schools and learning centres across India
- The renovation and refurbishment of a medical clinic in Tanzania
- The construction of a community centre in Brazil





ACCOMMODATION

When you travel with i-to-i, you will stay in locally run accommodation. By staying in local hotels, guesthouses and homestays, the money you pay for accommodation goes directly into the local economy, so before you've even lifted a finger you've already made an important contribution.

There are 100's of different accommodation options when travelling with us, so we can't list them all. The options below will give you a pretty good idea of the sorts of places you might stay.

Accommodation varies from place to place, so the exact details will vary depending upon location and not all the choices below are available in all destinations. But one thing remains certain... you'll receive a warm welcome wherever you lay your head.



Homestays

We think that the best way to really get under the skin of a foreign country is to live with a local family. You'll stay in a comfortable home and get a taste of local specialities.



Hotels and Guesthouses

The locally-owned and locally-run hotels and guesthouses we work with offer a safe and comfortable place to lay your head. They are also a great place to meet fellow travellers.



Tented Camps and Jungle Camps

These camps are often pretty basic and offer our more adventurous travellers the chance to experience outdoor life in some truly stunning locations.



Volunteer Houses

These places are owned and run by our in-country teams. You'll be staying in a house full of other volunteers, which makes them a great place to swap stories, make friends and start parties!



Premier Accommodation

If you want a more comfortable and relaxing place to lay your head after a long day of making the world a better place, this may be the perfect solution. Our premier accommodation options offer things like cable TV, en-suite bathrooms and air-conditioning.



WHAT TRIP SHOULD I CHOOSE?



Teaching

Many of the projects we work with offer children from poor backgrounds the opportunity to attend school and gain a vital education. Full Teaching English as a Foreign Language (TEFL) training is included for all teaching trips.



Conservation

Join the fight for the future of our environment by working with vitally important ecology and conservation projects across the planet. Projects include Orang-utan conservation in Borneo, reforestation on Mount Kenya and many more.



Community Development

Work with community groups in some of the poorest parts of the planet. Join forces with local projects and help them grow in a sustained and manageable way. Full TEFL training included.



Building

If you want a hands on volunteer experience our building projects may be just what your after. Projects include building community centres in the favelas of Rio and house building projects across Africa, Asia, Latin America and the Caribbean.



Work experience

Ideal if you're looking for a constructive way to spend your gap year or career break. Use the skills you have and learn a few more. Media, Health and Journalism are available.



Sports

Working with community groups, schools and orphanages, these trips offer you the chance to pass on your passion for sport and get a little exercise into the bargain. Projects available worldwide.

COSTA RICA



You can't help but love Costa Rica. This small Central American republic decided way back in 1948 to dismantle its military and spend the money on education and social services instead. Despite the years of civil war and military dictatorship that have engulfed much of Central America, Costa Rica has stayed true to its peace-loving principles.

Add that to the fact that the place is absolutely stunning and you have a winning combination. Costa Rica is a real tropical paradise where pristine rainforests run down to idyllic golden beaches, and the 'poco a poco' (little by little) pace of life makes it a relaxing place to spend a little time. It's an easy place to get around too, which makes it a great destination for first time visitors to Latin America.

Why Costa Rica needs volunteers

Due to the long-term stability and stunning natural beauty of Costa Rica it has become something of a tourist hotspot for the richer nations of North America. As a consequence, large scale coastal development has had a negative impact on natural habitats and conservation volunteers are needed to redress the balance.

Costa Rica: Top Tips

- ➔ Take a trip out to the Osa peninsula to enjoy the country's stunning wildlife.
- ➔ The spectacular Volcan Arenal is one of the most active volcanoes in Central America and an absolute must-see.
- ➔ Visit Puerto Viejo out on the Caribbean coast. A real party town and a great place for weekend trips.

Costa Rica: Top Trips

Building Homes for Underprivileged Families

Many Costa Rican families live in homes that lack adequate sanitation and protection from the elements. These projects help to change that for the better.

Sea Turtle Conservation

Beachside tourist developments have taken a toll on the now endangered leatherback turtle population, this projects plays a major part in their continued survival.

Community Work with Underprivileged Children

By working with day care centres and shelters in the poorest parts of Costa Rica, you'll help youngsters recover from the unfortunate start they've had in life.

i-to-i suggests

Make your i-to-i trip even more special by combining it with the 'Discover Costa Rica' overland trip from our friends at Exodus.

Find out more

In an attempt to save a few trees, we haven't included all our trips in this brochure. To check out the full range of projects in Costa Rica, visit www.i-to-i.com/costarica



Teaching English at urban schools in Costa Rica

Want to take your first steps in international teaching? This is a great opportunity for those people who would like to dip their toe into the world of international teaching but aren't quite confident enough to jump right in. At schools in various towns in the Central Valley you'll build confidence in and around the classroom as a teaching assistant, with the option of taking on more responsibility if you feel comfortable. Privately funded schools generally have good resources and lessons are normally well organised. The government schools tend to have fewer resources, so you might find the lessons more challenging and quite lively. Accommodation is with local families which gives you the chance to enjoy all the region has to offer with people who really know what they're doing.

→ 4-8 WEEKS

FROM **\$123-**
\$205 PER EXTRA WEEK
0



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 4 weeks - Max 8 weeks

Project Costs: US\$ 1230.00 for 4 weeks, US\$ 205.00 for every week thereafter

Location of project: In various towns in the Central Valley

Arrival Airport: San Jose (airport code SJO)

Activities: Teaching English and other subjects

Working Hours: Flexible; Monday to Friday approximately 5 hours a day at schools, all other time is free

Getting to the project: Dependent on location; within walking distance or a short bus ride (budget approximately US\$10 per week)

Requirements: Minimum Age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared room in homestay

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

Charleen French
gives this project **8/10**

It was a fantastic experience!



Community work with underprivileged children in Costa Rica

Do you want to work with children in beautiful Costa Rica? The diversity in Costa Rica doesn't stop with the animals swinging and jumping around its jungles. It has a vibrant cultural life and though its simple charms attract more than 1 million visitors every year, it still manages to keep its relaxed way of life. This important project runs day care centres and shelters to help children who have been affected by poverty and abuse in the poorer suburbs of the Central Valley towns. Your role would be to give positive direction to a range of ages and help encourage community development. Your days will be spent playing with the kids, teaching English, preparing meals and even helping with homework.

→ 4-12 WEEKS

FROM **\$154-**
5 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 4 weeks - Max 12 weeks

Project Costs: US\$ 1545.00 for 4 weeks, US\$ 260.00 for every week thereafter

Location of project: Palmares, Atenas or San Ramon

Arrival Airport: San Jose (airport code SJO)

Activities: Various types of support work

Working Hours: Flexible; Monday to Friday 5 to 7 hours a day, all other time is free

Getting to the project: Dependent on location; 10-15 minutes walk or 15-20 minutes bus ride (budget approximately US\$15 per week)

Requirements: Minimum Age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Single room in homestay

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24 hour emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

Anna Scott
gives this project **9/10**

"life enhancing, mind opening, perspective changing, wonderful cultural extravaganza!"



Ecology Conservation in Costa Rica

Want to protect a real life paradise? For a new generation of travellers the 'must see' lists of the past have been replaced by new 'must help' ones, and on those, the diverse ecosystems of Costa Rica are right at the top. Having disbanded its military and spent the money on education and social services instead, Costa Rica has escaped the civil wars and dictatorships that have troubled its near neighbours; however its natural environment faces a predictable battle for survival. It's certainly worth protecting though; if you ordered a tropical paradise and Costa Rica came, you wouldn't send it back. Splitting your time between national parks, wildlife reserves and eco-tourism projects you will help construct trails, help out with organic farming and develop education programmes.

→ 4-8 WEEKS

FROM **\$144-**

\$175 PER EXTRA WEEK

0



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 4 weeks - Max 8 weeks

Project Costs: US\$ 1440.00 for 4 weeks, US\$ 175.00 for every week thereafter

Location of project: Various locations in Costa Rica

Arrival Airport: San Jose (airport code SJO)

Activities: Various including reforestation, river and creek preservation, walking trails and wildlife data collection

Working Hours: Flexible; 6 days a week approximately 5 hours a day, all other time is free

Getting to the project: On site

Requirements: Minimum Age 17

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Dependent on location; shared rooms, dormitories or homestay

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport



Build homes for underprivileged families in Costa Rica

Interested in building futures? If you want to immerse yourself in the laidback Costa Rican culture while making a real difference to the lives of local people, this project is just the thing. You'll have the chance to work closely with Costa Rican families as you help them to build a home that will really improve their quality of life. There are an estimated 150,000 people in Costa Rica who live in sub-standard housing that doesn't have adequate sanitation or safe weather protection. By working with our partner project you could help our ongoing efforts to help improve this situation and make friends for life in the process.

→ 1-12 WEEKS

FROM **\$1130**

\$260 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week - Max 12 weeks

Project Costs: US\$ 1130.00 for 1 week, US\$ 260.00 for every week thereafter

Location of project: Various locations within San Ramon; sometimes further afield according to the needs of the project

Arrival Airport: San Jose (airport code SJO)

Activities: Assisting the local community with all aspects of building and renovating homes

Working Hours: Flexible; Monday to Friday up to 8 hours a day, all other time is free.

Getting to the project: Dependent on location; up to 1 hour bus ride (budget approximately US\$15 per week)

Requirements: Minimum Age 17

Others: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared room in homestay

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, local in-country team and 24 hour emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

James Longden
gives this project **9/10**

the best two weeks of my life!



Teach English in rural Costa Rica

Ever fancied visiting a tropical paradise? In Costa Rica, as in most countries in the world, it's the rural areas that need volunteers the most; outside the cities resources tend to dry up and children are left with far less opportunities. Luckily for you, rural Costa Rica is also home to some of the most inspiring scenery this side of the National Geographic channel and these schools in particular provide a stunning backdrop to your time here. They are located in the small village of San Carlos in the Central Valley, close to Volcano Arenal, although hopefully not too close! Rural schools in Costa Rica do not have any English teachers so you will be a welcome resource for the children and they're guaranteed to make the most of you! Don't worry we'll prepare you with our TEFL certification when you sign up for the project.

→ 4-8 WEEKS

FROM **\$123-**
\$205 PER EXTRA WEEK
0



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 4 weeks - Max 8 weeks

Project Costs: US\$ 1230.00 for 4 weeks, US\$ 205.00 for every week thereafter

Location of project: San Carlos in the mountains in the central valley near Arenal volcano

Arrival Airport: San Jose (airport code SJO)

Activities: Teaching English and other subjects

Working Hours: Flexible; Monday to Friday with optional classes for local teenagers and adults, all other time is free

Getting to the project: Dependent on location; 5 to 15 minutes walk

Requirements: Minimum Age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Single room in homestay

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

Laura Mcqueen
gives this project **8/10**

tough going but worth it.



Sea turtle conservation in Costa Rica

Interested in beautiful beaches and preserving our flappy-friends? This is an ideal project if you want to play an important role in preserving an endangered species and gaining an insight into marine biology. Leatherback turtles are critically endangered (i.e. over 80% of the population lost in the last 10 years!), so you'll receive specific training which will enable you to help with research and data collection. You could be working on one of two specialised marine turtle conservation projects where you can get involved in clearing beaches in preparation for the nesting season, as well as regular beach patrols. This is a great opportunity to help safeguard the existence of these fascinating animals, whilst spending lots of time on the sun-kissed beaches of Costa Rica's pristine coastline.

→ 1-12 WEEKS

FROM **\$102-**

5 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week - Max 12 weeks

Project Costs: US\$ 1025.00 for 1 week, US\$ 310.00 for every week thereafter

Location of project: Various locations on Pacific or Caribbean coast depending on time of year

Arrival Airport: San Jose (airport code SJO)

Activities: Turtle beach patrols, monitoring nests and recording data

Working Hours: Flexible; including 1 to 4 hour beach patrol shifts and 4 hour shifts during the day, all other time is free

Getting to the project: Dependent on location; on site or walking distance

Requirements: Minimum Age 17

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared basic hut, tent, dormitory or homestay

dependent on location

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, local in-country team and 24 hour emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

Fiona Fowler
gives this project **10/10**

Sun, sea, sand, sweat, satisfaction.



Work with animals in Costa Rica

Have you got a soft spot for animals? If caring for an array of cute little animals doesn't relax you then Costa Rica's 'poco a poco' (little by little) pace of life certainly will. Set amidst the stunning scenery of the Guanacaste region, which stretches down to the Pacific in the west and up into the volcanic ranges in the east, this tropical dry forest is a rescue facility that cares for numerous species of indigenous wildlife. Your efforts will help to safeguard the existence of Costa Rica's diverse wildlife and promote the area as an ecologically-aware tourist destination. The project allows you ample opportunity to explore the wider environment through conservation work in the area as well as superb surfing beaches and world class hiking.

→ 4-6 WEEKS

FROM **\$164-**

5 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 4 weeks - Max 6 weeks

Project Costs: US\$ 1645.00 for 4 weeks, US\$ 310.00 for every week thereafter

Location of project: Dependent on project; Guanacaste, Puntarenas or Alajuela province

Arrival Airport: San Jose (airport code SJO)

Activities: Various types of work with animals, including helping with feeding and facilities maintenance

Working Hours: Flexible; you will work 6 days a week with one day off, hours will vary from day to day, all other time is free

Getting to the project: On site

Requirements: Minimum Age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Homestay with local family or shared dormitory at project

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch is not provided)

Nicole Townsend
gives this project **10/10**

An amazing life changing, friend making experience.



Sports: Surf and save turtles in Costa Rica

Want to make waves in the world of conservation? If you are looking for a beach break then these projects on the beautiful Pacific coast need you on board. You will be learning to surf and helping to conserve the local sea turtle population during two sun-kissed weeks. You'll be living on the beach coupling surfing lessons and supervised surf practice with patrolling the beaches and preparing turtle hatcheries. Providing you can swim, love the outdoors and have a passion for working with animals you will make a big difference and a lot of friends!

→ 1-2 WEEKS

FROM **\$133-**

\$205 PER EXTRA WEEK
5



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week - Max 2 weeks

Project Costs: US\$ 1335.00 for 1 week, US\$ 205.00 for every week thereafter

Location of project: Either Samara on the Nicoya Peninsula or Matapalo further south; both on the Pacific Coast of Costa Rica

Arrival Airport: San Jose (airport code SJO)

Activities: Surfing sessions and practice, turtle beach patrols, monitoring nests and recording data

Working Hours: Flexible; 6 days a week with one day off. Will include night patrols

Getting to the project: On site; 1 hour walk to the surf lessons

Requirements: Minimum Age 17

Others: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared basic hut

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, local in-country team and 24 hour emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch not provided)

Bonne Bete
gives this project **9/10**

Everyone should do this at least once in their life.



Biodiversity work with the indigenous people of Costa Rica

Want to get off the beaten track (if you can find one)? Hidden away in the dense jungle in an area of extreme natural beauty (which is really just another name for Costa Rica) lies Kéköldi Indigenous Reserve. The area has a huge concentration of bird and animal life as well as several indigenous tribes. Unsurprisingly in such a precious area a number of conservation and community projects have developed which monitor the local bird communities, help reforestation efforts and promote community ecotourism. In Costa Rica it's tough to get off the beaten track because there are very few beaten tracks to start with but this is about as remote as it comes. If you can successfully navigate the waterfalls and the mud you can join activities including reforestation, migration monitoring and trail maintenance.

→ 2-12 WEEKS

FROM **\$1125**

\$310 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 2 weeks - Max 12 weeks

Project Costs: US\$ 1125.00 for 2 weeks, US\$ 310.00 for every week thereafter

Location of project: Talamanca, approximately 150kms from San Jose

Arrival Airport: San Jose (airport code SJO)

Activities: Various types of conservation work, including planting, surveys and data collection, path clearance and facilities maintenance. You may also get involved with community education

Working Hours: Flexible; Monday to Friday 6-8 hours a day, all other time is free

Getting to the project: On site

Requirements: Minimum age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

Accommodation: Shared dormitory room at project

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport

• What's Included



Hannah Joyce
gives this project **8/10**

Good luck with leaving!





Meaningful Tour: Turtle tour through Costa Rica and Panama

Are these the cutest animals in the sea? Central America remains one of the last undiscovered gems of world travel so expect to see travellers flock to its shores over the next few years. This is a great chance to beat the hordes and at the same time enjoy the company of two of the sea's cutest residents; the leatherback turtle and the manatee. You'll start in pulsating San Jose, a town so vibrant even its name sounds like a song, before heading off to Gandoca to lend a hand on the world renowned turtle conservation project. When you've finished there you'll travel to Panama to visit the manatees and compare which country's Caribbean coast is the best, before dashing back to Costa Rica for a rousing end of trip celebration.

→ 3 WEEKS

\$1750



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 3 weeks

Project Costs: US\$ 1750.00 for 3 weeks

Location of project: Travel through Panama and Costa Rica. Volunteering in Gandoca, Costa Rica and San San Pond, Panama

Arrival Airport: San Jose (airport code SJO)

Activities: 7 days travel through Panama and Costa and tourist activities. 14 days volunteering beach patrols, monitoring nests and recording data

Working Hours: Flexible; usually full days on the tour and at the project

Getting to the project: Walking distance

Requirements: Minimum age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared accommodation in hostels, homestays

and rooms

Food: All meals while at projects, some meals on tour not included

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Food (some meals not included)

Sabrina Turczynowicz
gives this project **10/10**

Meaningful experience with a lot of fun along the way.



GROUPS: Build homes for underprivileged families in Costa Rica

Can you and your team make a difference in Costa Rica? Costa Rica may be more famous for the wildlife which squawks and swings its way round the jungles and beaches, but this is your chance to discover the other reason to pay a visit; the people. Working with local people you will use sustainable materials to build houses with proper sanitation and weather protection. Each house is a co-operative effort and includes the sweat of dozens of workers, including the recipient of the house (so you can meet the people who will eventually live in the house you build!) You'll be adequately rewarded for your efforts both in the satisfaction you'll garner from helping people to a better life and also in the form of canopy tours, Spanish lessons and tram rides!

→ 1-2 WEEKS

FROM **\$184-**

5 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week - Max 2 weeks

Project Costs: US\$ 1845.00 for 1 week, US\$ 550.00 for every week thereafter

Location of project: Various locations within San Ramon; sometimes further afield according to the needs of the project

Arrival Airport: San Jose (airport code SJO)

Activities: Assisting the local community with all aspects of building and renovating homes. Activities are arranged for the weekends including canopy tour, aerial tour and zip slide

Working Hours: Flexible; Monday to Friday up to 8 hours a day, all other time is free

Getting to the project: Dependent on location; up to 1 hour bus ride (budget approximately US\$60 per week)

Requirements: Minimum age 17

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared room in guesthouse

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, local in-country team, 24 hour emergency support, local group leader

• What's not included

Flights, Insurance, Visas, Local Transport



GROUPS: Sea turtle conservation in Costa Rica

Want to help save the turtles before it's too late? While it may not take a group of people to catch these flappy little things, (they're not blessed with speed) Costa Rica is the sort of country you want to share with as many people as possible. However life's no beach if you're a leatherback turtle; 80% of the population have been lost in the last 10 years. The group will receive training in everything to do with sea turtles and will use that to assist with the vital conservation and research work that will hopefully stop the decline in numbers. Jobs include reparation of hatcheries, beach clearance, data collection and even night patrols. In your free time you'll discover Costa Rica from above on a pulsating zip wire through the exotic Costa Rican jungle.

→ 1-2 WEEKS

FROM **\$169-**

5 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week - Max 2 weeks

Project Costs: US\$ 1695.00 for 1 week, US\$ 500.00 for every week thereafter

Location of project: Various locations on Pacific or Caribbean coast depending on time of year

Arrival Airport: San Jose (airport code SJO)

Activities: Turtle beach patrols, monitoring nests and recording data. Activities are arranged for the weekends including canopy tour, aerial tour and zip slide

Working Hours: Flexible; including 1 to 4 hour beach patrol shifts and 4 hour shifts during the day, all other time is free

Getting to the project: Dependent on location; on site or walking distance

Requirements: Minimum age 17

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

Accommodation: Shared basic hut, tent, dormitory or homestay dependent on location

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, local in-country team, 24 hour emergency support, local group leader

• What's not included

Flights, Insurance, Visas, Local Transport

• What's Included



Mark Winter
gives this project **9/10**

very satisfying to be part of the cycle of life





Turtle and Treetops Experience

Do you love animals and have an adventurous streak? Looking at these ponderous little things clumsily crawling over the sand, we've no idea how turtles have managed to survive for millions of years, but they have, and anything that got here that long before us deserves our help. Combining a full itinerary of volunteer work and adventure you can be part of the global effort to help preserve turtles and their hatchlings before enjoying the white-knuckle side of Costa Rica. You'll be based on the Caribbean side of the country where duties will include nocturnal beach patrols, working in the turtle hatcheries and even releasing new hatchlings into the ocean. Then it's time for a completely different sort of thrill as you scale 90 ft trees and using zip wires and platforms, get an unforgettable view of the jungle.

→ 1 WEEKS

\$1025



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 1 week

Project Costs: US\$ 1025.00 for 1 week

Location of project: Various locations throughout Costa Rica. Volunteering based near Sixaola on the Caribbean coast near Panama

Arrival Airport: San Jose (airport code SJO)

Activities: 5 days tour including canopy zip-wire. 3 days volunteering activities include turtle beach patrols, monitoring nests and recording data

Working Hours: Flexible; usually full days on the tour and at the project

Getting to the project: On site or walking distance

Requirements: Minimum Age 16

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Shared hostel, homestay and tented camps

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport



Costa Rica Volunteer and Wildlife Tour

Have you got a few weeks free for a lifetime's worth of adventure? This is a fantastic trailblazing tour through the heart of Costa Rica; from the capital San Jose down to the Caribbean coast through lush rainforest and golden beaches. It'll be a tough job to share the country's famous laid back attitude when there's so much going on: somehow we are squeezing in active volcanoes, riverboat trips, rainforest hikes, butterfly farms, waterfalls, eco-centres, horseback rides, coral reefs, fishing tours and snorkelling in the Caribbean Ocean. Before you even pack your bags for the tour you will have the chance to volunteer at one of two projects; either helping preserve the island's turtle population or providing valuable help to building projects in the country's poorer areas.

→ 3 WEEKS

\$2990



Fast facts

Learn more: www.i-to-i.com/costa-rica 800-985-4864

• Project Information

Project Duration: Min 3 weeks

Project Costs: US\$ 2990.00 for 3 weeks

Location of project: Travel throughout Costa Rica. Volunteering is based in San Ramon (Building) or on the Caribbean Coast (Turtles) dependent on choice

Arrival Airport: San Jose (SJO)

Activities: 1 week volunteering; building work with a local housing initiative or turtle patrols and working on the hatcheries. 2 weeks tour throughout Costa Rica including visits to Costa Rica's key wildlife areas plus white-water rafting, hot springs and more

Working Hours: Flexible; usually full days on the tour and at the project

Getting to the project: On site

Requirements: Minimum age 18

Other: Semana Santa (Latin America Holy week) will be from April 3rd to 12th 2009 and March 26th to April 4th 2010, you may have some disruptions to the placement during this time

• What's Included

Accommodation: Varies; on arrival shared room in hostel, at project shared room in homestay and on tour shared hotel room

Food: All meals

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport



WHAT'S INCLUDED

Because travelling with us is a little different from taking a traditional holiday, we thought it best to let you know what's included in the price.

Expert Travel Advice

- Help and guidance to find the right project for you
- Inoculation and vaccination advice
- Information and advice on obtaining the right visa for your trip

Pre-departure support

- Full project information and personal support from our travel team
- Advice on preparation and fundraising
- Free DVD 'Going Abroad with i-to-i'. This DVD is filled with information from travel safety experts, kit advisors and returned volunteers. It's the perfect preparation for your time overseas and will help ensure you have a safe and rewarding trip.

In-country Support

- Airport pick-up (except in Australia - it's just too big)
- Full cultural orientation
- Accommodation (and meals on most projects)
- Experienced and fully trained co-ordinators
- Emergency back-up teams available 24 hours a day, 365 days a year
- Crisis response support from docleaf, the world's leading crisis response specialists

Free TEFL Certification

All teaching and community development trips include FREE Teaching English as a Foreign Language (TEFL) training. This certificate will enable you to live and work as an English teacher in thousands of destinations worldwide.

WHAT'S NOT

An i-to-i Holiday Rep

We don't think that our travellers need their hands held every minute of the day, (we're guessing that you wouldn't be reading this if you wanted a package holiday). So there won't be an annoying holiday rep following you around, pointing out what you should be taking pictures of or telling you where to have lunch. Our in-country teams will be there to help you sort out your travel plans, offer a little local insight and generally make your time overseas as hassle free as possible. The rest is up to you!

Travel Insurance

Travel insurance is compulsory when travelling with i-to-i, and we can offer comprehensive travel insurance with one of our world-class suppliers. Unlike many insurance providers this policy covers volunteer work and many adventure activities.

The policy covers:

- Medical insurance
- Luggage cover (low excess)
- Cancellation cover in case of medical emergency
- Flights home in case of a medical emergency

Call one of our expert Travel Advisors for more information.





EARN MONEY OVERSEAS



What is TEFL?

If you can speak and write English, then you already have the most important skills you'll need to Teach English as a Foreign Language (TEFL). Once you are fully qualified (which can take as little as two days with our weekend courses), you'll be in a position to find well paid teaching work worldwide.

You don't need any previous teaching experience; our internationally recognised courses will give you all the skills, confidence and qualifications you'll need to fund your future travels or start a new life and a lucrative career living and working overseas as an English teacher.

The TEFL lifestyle

Teaching English abroad is one of the last truly authentic cultural adventures around. You'll experience a complete immersion into the daily life of the local community; you'll shop in the same markets, eat the same food, take the same buses and live in the same neighbourhoods... you'll be welcomed into the community as a friend and a colleague.

And you'll be making a real and lasting contribution to the lives of your students by improving their educational and career choices.

i-toi TEFL Courses

We have been running TEFL courses for more than 12 years and in that time we have trained more than 50,000 people to teach English abroad.

Our TEFL courses are accredited by the Open and Distance Learning Council (ODLQC). The ODLQC is one of the UK's most respected accreditation bodies, so you can book with complete confidence that you're getting the best possible course at the best possible price. Because of the quality of our courses language schools the world over actively seek out i-to-i TEFL graduates for teaching jobs abroad.

Online TEFL Courses

Enrol today, start today. Our Online TEFL course was the first of its kind and remains the most innovative and respected Online TEFL course available. All you need to become a fully qualified TEFL teacher is access to the internet and a little determination.

Online TEFL: The benefits

- Study from anywhere on the planet
- Enrol today, Start today
- The original Online TEFL Course
- Internationally recognised qualification
- Interactive audio and video course modules
- Take up to 6 months to finish the course
- 8000+ job contacts when you pass

Go to www.i-to-i.com/tefl/online-tefl for more information.

Weekend TEFL Courses

Get qualified in just 2 days! We've been running Weekend TEFL courses for more than 12 years and in the last year alone we have trained more than 5,500 new TEFL teachers. You can do a Weekend TEFL Course in the UK, USA, Australia, Canada, Ireland and Greece.

Weekend TEFL: The benefits

- Get qualified in just 2 days
- 12 years experience
- Courses worldwide
- Help finding work overseas
- 8000+ job contacts when you pass

Go to www.i-to-i.com/tefl/weekend-tefl for more information.

The Experience

"The i-to-i Online TEFL Course is a perfect online course for busy people aspiring to become English teachers, for those who would like to expand their professional knowledge of English teaching, and especially for those near-native or non-native speakers who would like teaching English as their profession.

I'm so thankful to my tutor for giving me a lot of practical suggestions for activities in the course and for being so considerate when I was beyond my course deadline."

Elvira Okabe



TEFL COURSES AND JOBS WORLDWIDE



TEFL Jobs Abroad

Recruiting Now!

If you're looking for a hassle free way to find well-paid teaching work overseas, look no further. i-to-i TEFL Jobs Abroad offer full training and a guaranteed teaching job overseas. Because of our excellent reputation, we will find you a job at a well respected and well-resourced language school at one of 12 destinations worldwide.

We are currently recruiting for TEFL jobs in:

- Latin America: Brazil, Ecuador, Honduras
- Asia: China, India, Indonesia, South Korea, Taiwan, Thailand
- Europe: Czech Republic, Greece, Hungary

Go to www.i-to-i.com/jobs-abroad to find out more.

Specialist Certificates

Our TEFL courses will give you comprehensive training, but it can be really beneficial to hone your skills to suit the teaching position that you're looking for. Our Specialist Certificates give you the opportunity to do just that. Not only will these courses improve your skills and build your confidence, they'll help you stand out from the crowd in the competitive English teaching market.

Specialist Certificates are available in:

- Teaching English to Young Learners
- Teaching English to Large Classes
- Teaching English with Limited Resources
- Teaching Business English
- A Full Day of Lesson Planning and Teaching Practice

Go to www.i-to-i.com/specialist-certificate to find out more.

Extra Training for Volunteers

All volunteers travelling to community development or teaching projects receive full TEFL training. However, our Specialist Certificates in Teaching with Limited Resources and Teaching English to Large Classes are a really useful addition to your skills. They'll help you prepare for your classes and ensure that your students get as much out of the experience as you do.

Go to www.i-to-i.com/specialist-certificate to find out more.

The i-to-i TEFL Promise

Because we know that our TEFL courses are the very best short courses available, we'll make you the following promise so that you can book with complete confidence.

1. If you find an equivalent course at a lower price, we will refund the difference plus 50%.
2. If you're not entirely satisfied after the first 7 days, we'll give you a full refund: no arguments, no hidden charges, just a cheque in the post!
3. Our experience, our high academic standards and the quality of our courses means that i-to-i TEFL certificates are recognised by 1000's of language schools worldwide.

10% OFF Travel with i-to-i

All TEFL graduates receive 10% off all i-to-i community development and teaching volunteer trips. These trips not only make a real and lasting difference to people lives, but they give newly qualified TEFL teachers the chance to gain invaluable experience of teaching overseas. Experienced teachers benefit from better job offers and higher wages.

Call us now for more information about volunteer teaching and community projects in more than 20 countries worldwide.

MEANINGFUL TRAVEL

VOLUNTEER &
WORK ABROAD



Meaningful Tours

These trips combine the very best bits of a traditional tour with vital volunteer work.



Teach English Abroad

Internationally accredited TEFL Courses and jobs worldwide. A passport to live and work overseas.



Employee Volunteering

A range of overseas volunteering options for businesses. Ideal for team building.

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Friday 3am - 2pm (MDT)



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