



GENERAL INFORMATION
Internships and
Volunteering Program



Contents

Program description

- I. About Tirimbina
- II. Purpose of the volunteer and internship program
- III. Benefits
- IV. Rates and services
- V. Selection process
- VI. Requirements
- VII. Schedules and recommended months
- VIII. Norms and rules

Getting ready to come to Tirimbina

- IX. How to get?
- X. What bring?
- XI. What is the community like?

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Bandera Azul Ecológica





DESCRIPTION

Internships and Volunteering Program



About Tirimbina

The Tirimbina Biological Reserve is a natural sanctuary in the Sarapiquí region, Costa Rica, recognized for its research and conservation of biodiversity, with projects funded by ecotourism. It offers enriching opportunities for foreign interns and volunteers interested in conservation and scientific research, providing practical knowledge in a unique natural environment. Tirimbina's work model includes conservation projects, scientific research, environmental education, and relationships with local communities, all of them financed by sustainable tourism. Volunteers and interns can actively contribute to those areas and gain an understanding of tropical ecosystems and our environmental management.

Purpose of the volunteer and internship program

General objective:

∞ Provide mutually beneficial opportunities between Tirimbina and people interested in research, environmental education, ecotourism, or sustainability to promote conservation and sustainable development.

Specific objectives:

∞ Integrate volunteers and interns into various projects or activities of the Tirimbina Biological Reserve, making them an active part of the conservation of the natural resources of Sarapiquí.

∞ Provide opportunities for interns and volunteers to apply, acquire or develop skills and knowledge in a way that is practical and useful for their professional training.



Benefits

Tirimbina's internship and volunteer program offers the opportunity to collaborate directly in the area of conservation by generating useful information and putting into practice knowledge acquired in life or through an academic career. It is an excellent opportunity to develop skills related to your area of interest, which can be valuable for your personal and professional growth. Facing new challenges and completing proposed tasks during volunteering or internship can increase self-confidence and self-efficacy. Visualizing the contribution of the results of your project to Tirimbina's mission is a factor that contributes to the feeling of achievement and professional confidence of interns and volunteers. Developing in a different cultural environment is also an opportunity to put into practice the flexibility and adaptability of interns or volunteers.

Rates and services

Volunteers and interns who participate in the Tirimbina program have a different rate compared to tourists and other visitors. The cost per night of accommodation with breakfast included is reduced to \$30 for stays of less than one month, and \$600 per month with breakfast included for stays of one month or more. Accommodation is provided in student rooms that have two bunk beds, a desk, a fan, and a shared bathroom. Interns and volunteers have a kitchen space to prepare lunches and dinners, equipped with the basic utensils for cooking. The rate includes cleaning service once a week and the possibility of using a space in the laundry room so they can wash their clothes, at a time to be coordinated with the laundry staff. Tirimbina has private security and surveillance cameras, as well as emergency protocols and risk policies for visitors within the facilities.

Interns and volunteers rooms



Selection process

The selection process begins with the first contact of the potential intern or volunteer to the Tirimbina Academic Department by email. The difference between interns and volunteers is that interns carry out their work assigned to some academic entity and their project will be evaluated as part of some study program, while volunteers carry out their work without having to report to an academic institution.

After the first mail, candidates will be asked to provide a resume, project idea, proposal or at least the area of interest, and complete an application form with information about their education, relevant experience, skills, motivations, and availability. The Academic Department reviews applications and resumes, evaluating the suitability of the candidates based on the characteristics of the project to be carried out and the specific needs of the reserve, and consulting with the reservations department about the availability of space in the lodge. Candidates to be interns or volunteers can propose their own projects or get involved in an existing project of the reserve, as well as collaborate in activities recommended by Tirimbina staff. Both parties coordinate the possible project to be carried out and its feasibility.



[Internship form](#)



[Volunteering form](#)



Requirements

- ∞ Speak intermediate or good English and/or Spanish at the level necessary to perform the projects (requirements vary with each project, better Spanish is required to work with the community).
- ∞ Have a travel policy that covers you if you carry out activities outside Tirimbina.
- ∞ Ability to adapt to new environments and flexibility in the face of changes.
- ∞ Honesty and sincerity regarding your needs, skills and knowledge.
- ∞ Proactive within their role while respecting established norms.
- ∞ Ability to act consistently with the values of the organization and the personal values that are communicated verbally.
- ∞ Capacity for teamwork, assertive communication, empathy and good interpersonal relationships.





Schedules

- ∞ The schedule for volunteers and interns will be 40 hours per week, normally from 8 am to 3 pm Monday through Friday. This schedule can be varied according to the requirements of the project and with prior coordination between the parties.
- ∞ Volunteers and interns who stay for a period of more than 90 days in the country must leave the country to continue with their status as tourists. Tirimbina will give a week off to volunteers and interns who must make that trip. The planning of each trip is the responsibility of the volunteer or intern.

Recommended months

The rooms normally used for volunteers and interns are those used by student groups visiting the reserve. Therefore, sometimes they are busy well in advance. It is recommended that you contact us at least one month before the scheduled date to start your volunteering or internship to check availability. The months with the least occupancy are May, September and October.

For long stays it is recommended that they be a maximum of 5 months and done between the months of August to December. It is possible to carry out your internship or volunteering outside of those months, however it is more difficult to find space and situations may arise in which you have to change rooms to make room for groups of students who previously had the space reserved.



Norms and rules

- ☞ Smoking is prohibited within the facilities and the consumption of alcoholic beverages is not permitted within working hours and outside of this, it must be moderated, so that it does not cause inconvenience in social interactions or daily work.
- ☞ Closed shoes should be used to enter the forest and ideally also in the gardens.
- ☞ Respect restricted access areas on trails and facilities.
- ☞ To enter the forest at night you must ask for authorization, and you cannot do so without the company of a person from the Tirimбина staff, except in special cases.
- ☞ Respect the opening hours for food and laundry use, if changes are required, coordinate at least one day in advance.
- ☞ Be responsible for your own materials and equipment as well as those provided by the organization, including the care of the furniture in your room.
- ☞ Maintain order in the kitchen area and other common spaces that you use.
- ☞ Use devices that play audio with headphones or at low volume so as not to disturb other visitors, guests or collaborators.
- ☞ Inform Tirimбина staff of any problems or disagreements.
- ☞ Manage all waste produced according to Tirimбина's sustainability standards.
- ☞ Avoid as much as possible any activity that could generate a negative impact on the ecosystem or local communities.
- ☞ Seek to save resources such as water or electricity.
- ☞ The use of only biodegradable detergents is required because wastewater is used in the Tirimбина Biodigester.
- ☞ Maintain respectful and cordial treatment towards all people.



GETTING READY
to come to Tirimbina



How to get?

Tirimbina is located in [La Virgen de Sarapiquí](#), province of Heredia. Transportation from the airport to Tirimbina is not included, but if for any special reason you require the service, you can arrange to pick you up if is possible to us and with the expenses covered by the intern or volunteer. The ways to get there on your own can be the following:

BY BUS (PUBLIC TRANSPORTATION)

Two main options, both stop at the main entrance of Tirimbina and are taken at the Gran Terminal del Caribe in San Jose ([location here](#)) (For bus schedule queries use the bus company catalog on WhatsApp (+506 6034 2578) There are two main routes:

1. Take the bus to Puerto Viejo de Sarapiquí through route 32 (also called Zurquí). Once in Puerto Viejo de Sarapiquí terminal, take the next bus that goes to La Virgen and get off at the entrance to Tirimbina. With this route you must transfer buses. It takes approximately two and a half hours.
2. Take the bus to Puerto Viejo de Sarapiquí through Vara Blanca and get off directly at the main entrance of Tirimbina. The route offers beautiful landscapes but is not suitable for people who get dizzy with the curves. With this route you do NOT have to transfer buses, but it is longer. It takes approximately three and a half hours.

BY CAR

The route is entirely on paved roads, from the airport it takes approximately two hours. We have secure parking for visitors.



What Brig?

- ☞ Copies of your passport, travel medical insurance, and travel documents.
- ☞ Personal medications: both prescription and over-the-counter.
- ☞ Cool, comfortable clothing appropriate for hot, humid weather. Clothing without offensive slogans. At least a long-sleeved shirt and light long pants are recommended to protect yourself from the sun and mosquitoes in the forest. Clothing for cooler climates if you want to visit other areas of Costa Rica (the climate varies greatly in the country).
- ☞ Biodegradable personal hygiene products if you prefer not to use the soap and shampoo provided in the lodge.
- ☞ Hat or cap.
- ☞ Lightweight waterproof coat: It can rain at any time of the year.
- ☞ Closed shoes for walking in the forest.
- ☞ Headlamp or hand torch.
- ☞ Water bottle.
- ☞ Backpack.
- ☞ Sunscreen.
- ☞ Repellent.
- ☞ Rubber boots (if you don't have them, you can borrow them at the facilities).
- ☞ Binoculars (if you don't have them, you can borrow them at the facilities).

What not to bring?

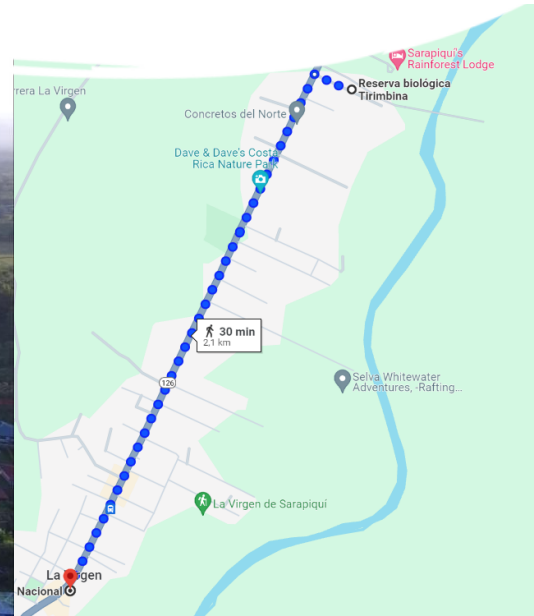
- ☞ Unnecessary electronic devices that are expensive, delicate, or sensitive to humidity.
- ☞ Illegal substances or objects.
- ☞ Bedding, pillow, towel



What is the community like?

Tirimбина is located in a rural town in the province of Heredia, called La Virgen, which belongs to the canton of Sarapiquí. This canton has made an effort to certify itself as a sustainable tourist destination (<https://sarapiquisostenible.com/>). Surrounded by lush tropical landscapes and located on the banks of the Sarapiquí River, La Virgen offers visitors a rural experience close to nature. The community displays a relaxed atmosphere and offers foreigners an experience that combines natural beauty and Costa Rican culture.

The community has been developing along the road, that is where most of the homes and businesses are located. From Tirimбина to the center of La Virgen there is a 2 km distance, which you can walk easily and safely. In the community, you will find everything you need, the nearest [supermarket](#) is 1 km away from the reserve and others are further ahead. On the way you can find several small restaurants called "Soda", a [bank](#) branch, a [drugstore](#), a [health center](#), a [park](#), two gyms, a football plaza, a [sports center](#), some bars, and public places where locals go to bathe to the river.





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