

Volunteer Program at Finca Carolina

Finca Carolina is the base camp of UTSI (Uvita Tropical Studies Institute), an area of 22 hectares, consisting of primary and secondary forest, forest of edible species and farmland. A network of trails runs through the property providing access to the pools and waterfalls that emerge in the river running through it. Wildlife is abundant, because we are surrounded by protected areas.

We practice organic farming systems, applying sustainable techniques in the production of vegetables, using efficient irrigation systems and producing organic fertilizers and natural pest controls.

The management of farm animals is also based on sustainability and respect for nature.

This way of life, alternative and sustainable, brings us closer to nature, drawing on the resources that it offers us, without abuses and with respect, being aware of the impact of our actions and minimizing it as much as possible.



Facilities

- ✓ Cabins with capacity for 6 people, a shower and a sink.
- ✓ Two dry toilets and one conventional toilet.
- ✓ A communal kitchen and a large dining room.
- ✓ A wood-burning oven.

Volunteers will be involved in community projects related to environmental education and conservation. We collaborate with several local organizations and initiatives.

Our volunteer program offers to all people who want to participate the opportunity to share the experience of working and living sustainably, acquiring new skills and knowledge, and sharing their own.

We offer breakfast, lunch, dinner and accommodation.

We share all tasks participating in the garden, care for small animals like chickens, the construction and maintenance of facilities and living tasks.

We are a Spanish speaking family, so you will have the opportunity to practice and improve your Spanish.

We organize activities and workshops on various topics on the farm.



Working on the Finca

Orchard

- ✓ General maintenance of farming systems:
 - ✓ Pruning
 - ✓ Weeding
 - ✓ Land clearing
- ✓ Production of fertilizers and compost
- ✓ Pest/disease control
- ✓ Irrigation
- ✓ Harvest

Spiral of Medicinal Plants

MINIMUM STAY:
One Week

Schedule

We work 30 hours a week, divided according to the needs of the farm.

Seedlings

- ✓ General maintenance of the seedlings
- ✓ Irrigation
- ✓ Transplant
- ✓ Propagation
- ✓ Labeling

Chicken House

- ✓ Cleaning and maintenance of the enclosure
- ✓ Prepare balanced food
- ✓ Feed the animals

Kitchen

- ✓ Collaboration on lunch and dinner
- ✓ Preparation of breads
- ✓ Food processing
 - ✓ Preserves
 - ✓ Dehydrated

Cleaning

- ✓ Cleaning of the cabins will be organized and carried out between volunteers out of working hours.
- ✓ Each person is responsible for washing their clothes.

Fruit Trees

- ✓ Labeling species
- ✓ Preparation of dried fruit
- ✓ Preparation of jams and preserves



Rules

- The minimum age for participation is 18 years.
- It is essential before engaging in any activity on the farm sign a liability release waiver.
- Promptly fulfilling the established working days and hours.
- The volunteer will be assigned to a cabin shared by people of the same gender and is committed to keep it neat and clean.
- Permanency of visits is not permitted in the cabins.
- The personal hygiene items that are used must be biodegradable.
- It is the responsibility of each volunteer to take care of their belongings. Finca Carolina is not responsible for loss or damage that may result.
- All volunteers are responsible for caring the resources, tools and facilities.
- In case of damage to facilities or tools by a misuse, is responsibility of the volunteer to replace it.
- If you have any allergies or food intolerance must inform in advance.

REASONS FOR EXPULSION:

- Drug use within Finca Carolina
- Theft
- Verbal or physical aggression
- Breach of the rules of Finca Carolina

The region

We are in Uvita, in the canton of Osa. In the South Pacific of Costa Rica during the rainy season begins in mid-May and ends in mid-November. Temperatures between 71 F and 91 F with an average of humidity of 90%.

We recommend bringing

- ✓ Light and fresh workwear
- ✓ Hats or caps
- ✓ Enclosed footwear for working
- ✓ Mosquito net for single bed
- ✓ Quick drying clothes
- ✓ Sheets or fresh sleeping bag
- ✓ Solar charger for electronic devices
- ✓ Solar flashlight
- ✓ Sunscreen
- ✓ Natural insect repellent
- ✓ Swimsuit
- ✓ Raincoat or poncho

Free Time

- ✓ Whales watching
- ✓ Hiking
- ✓ Ballena Marine National Park
- ✓ Corcovado National Park
- ✓ Terraba-Sierpe Wetlands
- ✓ Horse riding
- ✓ Bird watching

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