

UBL Volunteer Information Sheet

San Jose, Costa Rica
Updated June, 2017

HOUSING

- Comfortable, simple, pleasant dorm rooms measuring about 6' x 10' complete with small sink, mirror, desk, book case and closet with shelves
- All bed and bath linens provided
- Communal bath and shower facilities, one each for women and men
- Shared kitchen and dining area facility equipped with stoves, ovens, refrigerators, microwave, small appliances, dishes, cabinets and countertops, dining table
- Water is safe for drinking directly from the faucets at UBL and most places in CR
- Automatic washers are provided in the dorm; line-drying
- UBL facilities do not have air conditioning

MONEY

- Credit and debit cards can be used in almost every situation with appropriate ID
- Many places accept U.S. dollars
- Current exchange rate is approximately \$1 U.S. dollar to 550 Colones

TRANSPORTATION and TRAVEL

- Local bus transportation all over CR is excellent and very reasonable.
- A 90 day tourist visa limit is placed on travelers into CR.

WEATHER

- In the Central Valley of CR (where the UBL is located) the weather is temperate and lovely almost all year
- Dec. thru April, sunny and pleasantly warm, very little rain
- May thru Nov, rainy almost every day but also some sun each day
- In the coastal areas east and west (if you travel to these areas) the weather is very hot and tropical all year round

CLOTHES

- Professionally casual wear is usual for the UBL, remembering that jackets and sweaters are often needed, and that lightweight clothes perhaps allowing for some layering of garments would be useful.
- For travel to cloud and rain forests, beaches, volcanoes and mountains, it will be wise to pack accordingly with comfortable shoes and rainwear.

EATING

- Each volunteer is responsible for preparing and providing for his/her own food
- There are no cafeteria services at the UBL
- Several grocery stores (large and small) are within an easy 3-4 block walk

SAFETY

- The UBL campus is a very safe place to live and serve—there are round-the-clock guards who open and close the gates, and every room within the residence has its individual key.
- The surrounding neighborhood in Cedros is a peaceful area with modest and comfortable homes, schools, churches and friendly people
- As in any city, it is always wise to walk in the company of others after dark (6 p.m.) and to never carry valuables on such after-dark outings.

COSTA RICA

- Indeed, CR is a very beautiful country with a very growing tourism business: attractions of natural splendor, birds and beasts and flowers, mountains, volcanoes, beaches, cloud and rain forests, national parks call visitors to its shores.
- While serving as a volunteer, you will have opportunities for brief travel to places of interest all quite close to the UBL in this small Central American country and easily accessible.
- Spanish is the first language of Ticos and Ticas (Costa Ricans); a little English is understood by many, but it is always better for visitors to try out their Spanish!