



UBL Volunteer Information Sheet

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

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!

