



# ECO-SOCIO CAMPS

## Volunteering Short Term Programs



**aci** ASOCIACIÓN COSTARRICENSE  
DE INTERCULTURALIDAD

## About ACI:



We are a non-profit organisation with more than **60 years** of experience of work for a more united world, culture of peace & global citizenship.

We facilitate exchanges, volunteering, youth projects & other non-formal education experiences for personal growth & sustainable development.

## Eco-Socio Projects with ACI:

Our short-term volunteer programs offer the opportunity to participate in well-established projects in Costa Rica for periods ranging from two weeks to four months, get involved in social action, and learn both about the focus of the projects and the country's culture. Our projects are divided in two main areas:

### **Ecological & Social Projects.**

For any of the projects in this guide, we facilitate:

- Local guidance and preparation to volunteers during all the process before, during & after the program.
- On arrival, transfer from the airport to the hostel or host family before the orientation day.
- Orientation day that is meant as guidance for a positive experience in the project, an introduction to Costa-rican history & culture, also a cultural city tour in the capital of Costa Rica.
- Good quality projects thanks to our long-term collaboration & close relationship with local partners.
- Support to participants during the entire program & emergency contact.
- Certificate of Participation.
- Accommodation and meals with a host family or project.



## This program includes:

Transport from airport to the hostel or host family

If applicable:  
2 nights at the hostel before traveling to the project

Orientation day:  
a comprehensive preparation for a positive experience,  
including a San José cultural city tour

Additional option:  
private transport to the project

Accommodation and meals with a host family or project

## The program does NOT include:

Transfers

Breakfast at the hostel or any meals outside the time spent with the host family or the volunteer project. The meals included are those provided during the volunteering time and lunch on the orientation day

Accommodation or meals after the volunteering period (the hostel is only provided for the first nights, as volunteers usually make their own travel plans after completing the project).





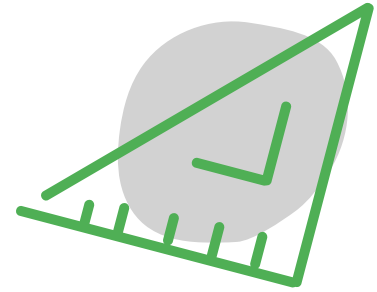
# SOCIAL PROJECTS



ACICRC14-20

# CHILDREN'S CENTRE

IN SAN JOSÉ



## Goals:

This institution provide care and support to around 30 children from marginalized communities of San José.

The goals focus on 3 fundamental areas: Education, health, nutrition and psychological well-being.

The institution strives to create a safe and nurturing environment where children can thrive and families can work towards a brighter future.

## Tasks:

Volunteers support the staff with care and management of the children, ensuring their well-being and development in a nurturing environment.

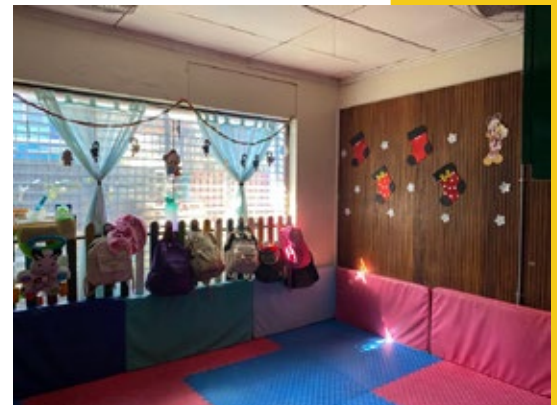
Tasks include assisting the children before, during and after meals, help create a positive and organised meal time experience.

Volunteers also contribute to enrich the daily activities whether through creative workshops or educational sessions.

Volunteers' involvement helps foster a holistic approach to care that benefits both the children and the staff.

### Important:

For social projects it is required to do a program of least 4 weeks.

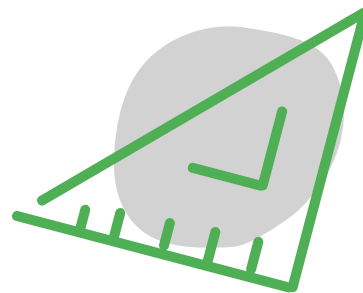


ACICRC14-20

# CHILDREN'S CENTRE

IN SAN JOSÉ

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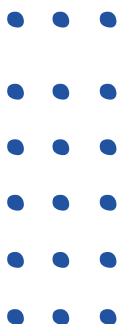
## Includes:

Host family (accomodation and meals) per 4 weeks

Transfer from Airport to Host family

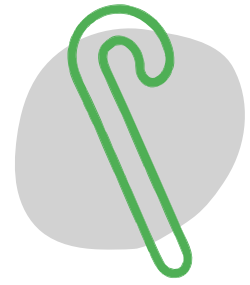
Orientation Day

ACI Fee



\*The final number of nights will be determined once the arrival date is confirmed

# ACICRC15-20 SENIORS' CENTRE IN HEREDIA



## Goals:

The organisation provide quality service to 45 elders who require assistance due to poverty, disability or other circumstances. The goals are to deliver comprehensive care that fulfil their physical, emotional and social needs. By adhering to current standards and guidelines, the organisation strives to create a nurturing setting where elders can experience improved well-being and a better quality of life.

Here we provide daily recreational activities, special celebrations and integration moments, which help maintain your physical, emotional and social well-being.

## Tasks:

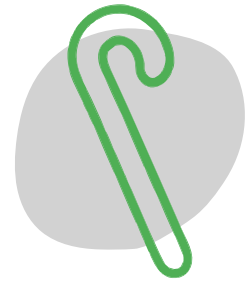
Volunteers help enhancing the daily lives of the elders through various activities. It includes participating in exercise sessions and facilitating workshops such as sewing, cookings, arts and crafts. During mealtimes, volunteers assist by serving food and offering support to ensure comfortable eating.

Beyond these tasks, engaging in daily conversations with the elders, getting to know their interests, needs and health concerns. This not only helps to build meaningful connections but also allows volunteers to benefit from the wisdom and life experiences shared by the elderly, fostering a sense of mutual respect and understanding.

### Important:

For social projects it is required to do a program of least 4 weeks.





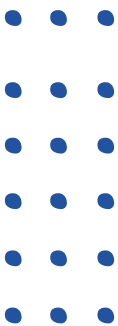
## Includes:

Host family (accomodation and meals) per 4 weeks

Transfer from Airport to Host family

Orientation Day

ACI Fee

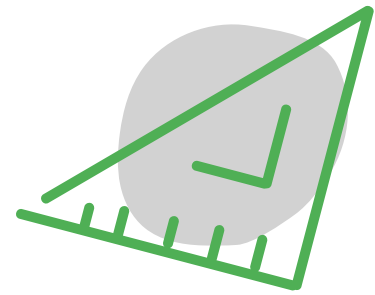


\*The final number of nights will be determined once the arrival date is confirmed

ACICRC16-20

# ESCUELA LABORATORIO

IN SAN JOSÉ



## Goals:

This public school collaborates with the University of Costa Rica, working together on a variety of educational and developmental initiatives.

The partnership focuses on pedagogical subjects, fostering innovation and research, supporting students through psychology services, nursery care and orientation processes.

This enhances the educational experience by integrating academic expertise and professional guidance into the school's daily activities.

## Tasks:

Volunteers will assist teachers in the classroom with various tasks, providing support during lessons. Engage with the children by playing games and developing interactive workshops to enhance their learning experience. Volunteers can also help prepare educational materials to support the curriculum.

In addition to assisting with English classes, volunteers have the opportunity to teach lessons in their native language, enriching the cultural exchange and broadening the childrens linguistic exposure.

**Not available from mid-December to mid-February (due to holidays).**

### Important:

The minimum duration for this project is 8 weeks.

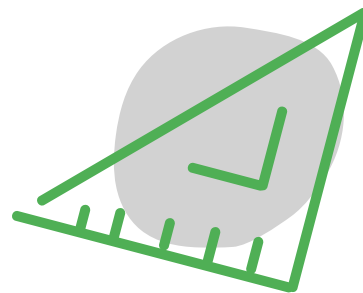


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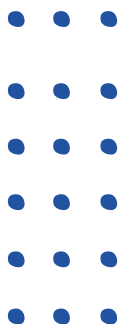
# ESCUELA LABORATORIO

IN SAN JOSÉ

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## Includes:



Host family (accomodation and meals) per 4 weeks

Transfer from Airport to Host family

Orientation Day

ACI Fee

\*The final number of nights will be determined once the arrival date is confirmed



# SPANISH LANGUAGE & CULTURAL LEARNING PROGRAM

- Recognise volunteers' Spanish level and set a starting point for their short-term course.
- Help volunteers to understand Costa Rican culture, customs and etiquettes, including greetings, gestures and basic social norms.
- Ensure that students can confidently introduce themselves, hold simple conversations, express their basic needs and preferences in Spanish.
- Expand volunteer's vocabulary with relevant terms and phrases related to their volunteer program.

## ONLINE COURSE

or

## IN-PERSON COURSE

This option depends on the conditions of the project and volunteers' time availability. For this type of program an internet connection is required, not all the projects have the required conditions.

Volunteers will participate in the daily classes (2-4 hours per day) at ACI Office, this will require them to be hosted in a host family in San José.



# Important Information

- All applicants should contact us through email, to consult on the availability of the projects on the dates that are requested.
- All applicants must complete the **ACI agreement and application form**, send it signed, and a **proof of insurance**. Both documents are indispensable for a complete application to the program.
- Pre-confirmations & confirmations are sent to inform organisations & volunteers of the final investment of the program.
- Full funds transfer must be made **prior** to the volunteer's arrival in the country.
- The orientation day is **mandatory** before the start of the program. This one can take place all week days; **Monday to Friday**, with the exception of public holidays. This means, the volunteer should arrive 2 nights before the start date at the project.
- In case the volunteer arrives earlier, more nights can be added in the hostel/host family to match the Orientation day. **This would represent an extra fee**, depending on the arrival date. The accommodation included in the program fee, covers two (2) nights, the arrival night & the Orientation day.
- Any questions regarding the program should be sent to the email address mentioned below.

Phone: +(506) 7254 - 1115

Email: [repcion02@aci-cr.org](mailto:repcion02@aci-cr.org)

Insta: @acicr

