

The official Newsletter from Costa Rica

"PURA VIDA"

ProjectsAbroad™



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Editorial

Happy month to everyone!!!

May has been a very interesting month here in Costa Rica. Through this newsletter, I would love to share all the important information and amazing happenings in the different projects in Costa Rica, as well as the wonderful work the volunteers are involved in. We hope you enjoy this read; until next time, friends!



Laura Estrada

Social Manager

Labor's Day

The reason for the celebrations in Costa Rica on the 1st of May happened in 1913. The holiday comes from the General Confederation of Workers and Germinal Center for Social Studies, bringing together intellectuals and workers.



Throughout the 1920's strike movements are recorded throughout the country and on December of that year the law was passed which set the maximum hours of work at eight hours. However, this decision was not always carried out and this generated new social struggles in Costa Rica. The result of a partnership between the President Rafael Angel Calderon Guardia, the Catholic Church, led by Monseñor Sanabria and the Popular Vanguard Party, whose leader was Manuel Mora Valverde in 1943, the eight hour work day was raised to constitutional status.

In Costa Rica the majority of workers have the day off, just there are some kind of enterprises in which people have to work, but according with the law they receive double payment for this.

In the different schools of the country students also have the day off, but they celebrate the date with different activities with the purpose to commemorate its meaning through histo

Presentation about the Health System in England by the Medicine volunteers Kim Stallard

The volunteer Kim Stallard from the medicine programme in Heredia City made a speech about the health system in her home country of England. This was in one of the schools of the city in which some medicine students and doctors were present with the purpose to know how other health care systems work.

Medicine Students from Costa Rica are very interested to learn from other countries, and with Projects Abroad many of them have that possibility. Thanks a lot to those volunteers for this important information.



May Events

Volunteer from Liberia and Heredia city were part of some social events, in Liberia we had some ice-cream time at “Gelato Italiano” and in Heredia they went for coffee together. Thanks to all who wanted to participate on this, see you next time.



Conservation Article

In this month, Costa Rica is going on a weather transition from dry to rainy season, most of the time start to rain after 5 pm. We can see how many animals that were waiting for the first rains, like amphibians, are common to observe close to the camp area catching insects.

Butterflied Project

In Barra Honda Dry Forest Conservation, we are still working in the butterfly inventory. We are going to the Waterfalls sector. To be there we need to walk about two hours through the forest. We are working in transects catching butterflies with a fermented fruit trap, these traps are installed in different highs 2m, 4m and 6m, also we using “coup traps” to catch butterflies that are not tract by fruits. Because of long distance we need to start early in the morning and is necessary to carry our lunch with us.



Bio digester

This project is already finish, we are just waiting for the Universidad Tecnica Nacional who are interesting in helping to install the big plastic bag that will keep the waste water in side. This will be the first protected area with a biodigester.

Bat Project

When there is no full moon, we go to the forest in the afternoon to install the mist nets that we use to catch bats. In the places we are working now, we have been catching many vampire bats; this can say many things about problems between vampire bats and cattle ranching.

Environmental Education Project

This is the new project in Barra Honda Dry Forest



Conservation; this one is trying to know the environmental knowledge that children have before, during and after the project, also we want to know how much information passes between the children and their fathers.



We are going to three different schools around the National Park (Santa Ana, Barra Honda and El Flor) all the weeks. We play games, watch videos, we paint and we make presentations. The volunteers have the opportunity to make conservation in schools with the people that will be the future of this place.

This project lasts for five months, one has already been completed. All the months have a different topic, the next one will be **Forest Fires**, and this is one of the most common environmental problems in the area.

Nursery garden and Seed Project

In this moment we have endangered tree seedlings growing like Cocobolo (*Dalbergia retusa*), Caoba (*Swietenia macrophylla*), cedro amargo (*Cedrela odorata*), cedro dulce (*Cedrela salvadorensis*) Ron ron (*Anstronium graveolens*) and some others.

Now we have a bigger nursery garden, because the idea is to give the trees to different reforestation projects around the national park.

Cultural day

In May first in Costa Rica we celebrate the work's day, because of this, we made a cultural day in a place that some people are working in an interesting and old handcraft technique that our native people did 500 years ago.

The volunteers and staff members had the experience to know this technique and also work in it. Also we visited the famous



colonial church en Nicoya that also was created in the colonization time.

Volunteer Supervisor

José Mario González Portilla

Parque Nacional Barra Honda