

La Reserva Forest Foundation
Breakdown of Estimated Volunteer Costs

Expense Category	Description	Estimated Cost - USD (per person/month)
Accommodation	Depending on the time of year, small 1-2 bedroom homes or apartments (furnished, and including internet and utilities) can be rented for approximately \$400-\$500 a month. These costs may be divided if more than one person is sharing the rental unit.	\$400-\$550
Food	These costs assume that visitors, volunteers and interns will be primarily preparing meals at their place of accommodation, as opposed to eating at local restaurants/cafes. Local, unprocessed foods are less expensive than imported, highly processed foods.	\$200-\$300
Transportation to/from the reserve	Visitors, volunteers, and interns can commute to La Reserva on public buses that run each day for approximately 800 colones (\$1.50) round trip, per person. The cost is based on a 4-5 day workweek, and does not include money for travel related to tourist activities.	\$25-\$35
TOTAL (Approximate Min.-Max)		\$625-\$885

Some monthly costs are not accounted for above because they vary greatly based on the visitor, volunteer, or intern’s circumstances and interests. However, the below should also be considered in any traveller’s budget:

- Tourist activities
- Souvenirs/gifts
- Miscellaneous expenses (e.g. alcohol, sunscreen, medical care, etc.)

Some one-time costs are not accounted for above because they vary greatly based on the visitor, volunteer, or intern’s circumstances. However, the below should also be considered in any traveller’s budget:

- Tourist visa (depending on nationality – Americans do not need a visa to enter Costa Rica)
- Airfare
- Travel insurance
- Departure tax (as of 2014, the departure tax for visitors staying 90 days or less is \$29 and must be paid upon leaving the country)