



La Reserva Forest Foundation

Want to be a volunteer? Here's how you can help!

Based in Tilarán, Costa Rica, La Reserva Forest Foundation (LRFF) is dedicated to replanting, restoring and protecting tropical forests. Through native-tree nurseries, tree planting, Payments for Ecosystem Services (PES), eco-tourism and educational initiatives, LRFF works closely with the local community and indigenous peoples as well as partners abroad to achieve both environmentally and socially desirable outcomes.

As forests are critical for preserving biodiversity, maintaining healthy soil, water and air, and mitigating and adapting to climate change, LRFF seeks volunteers to support its important work in reforestation and forest preservation. Although we encourage and welcome all potential volunteers, we are especially looking for volunteers with experience or expertise in the following:

› **Spanish/English Translation**

As LRFF is active in both the United States and Costa Rica, it is important to us that our outreach and educational materials are available in both Spanish and English. We could also use help translating the critical feedback we collect from the communities where we work.

› **Graphic Design**

Help us make our outreach and educational materials eye-catching and aesthetically pleasing. We're especially interested in working with volunteers to create "infographics," well-designed graphics that pair icons, photos and other images with text/numbers to convey important information about the services that forests provide and the work we do.

› **Grant Writing & Fundraising**

LRFF relies on grants and donations to plant, restore and protect tropical forests. At least 90% of the funds we help raise goes *directly* to planting trees. You can help us by writing grants, reaching out to our audiences, or hosting fun events in your community to raise funds.

› **Social Media**

Facebook, Twitter, LinkedIn and other social media sites are great ways for us to stay in touch with a largely international audience. If you know how to maximize the impact that these online tools can provide, we'd love your help.

Why volunteer?

In addition to supporting tropical forests, when you volunteer you can...

- › **Pursue your interests:** We will work closely with you to develop a personalized work plan that fits with your schedule and best utilizes your skills and interests.
- › **Build your resume:** This is a great way to gain experience. We are also happy to provide references and recommendations for volunteers.
- › **Work from home:** Although we welcome you to visit us in Costa Rica, most volunteers find it best to contribute remotely.

Questions? Comments?

Please contact Gretchen@lrff.org or Roberta@lrff.org