

# IFRE Volunteers Abroad

Most affordable, reviewed & trusted volunteer abroad experience since 2005



**Passionate about helping the less fortunates?  
Tired of expensive volunteer abroad companies?**

- ✓ Guaranteed, the best price starts \$105
- ✓ Pay directly to your host families and projects
- ✓ 18 countries, 200 projects, & 17,000 happy volunteers
- ✓ It will change you forever...



Costa Rica

Pre-registration Booklet 2014

[www.ifrevolunteers.org](http://www.ifrevolunteers.org)



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IFRE Volunteers, a 501 C 3, is one of the leading volunteer abroad programs based in Dallas Texas. Since 2005, IFRE volunteers' has been offering life changing volunteer abroad experience to thousands of volunteers. A volunteer trip with IFRE will change you forever. In our volunteer abroad program, you will discover your purpose while making a dramatic impact on the lives of incredible people who desperately need you!

## Our Mission

The mission of IFRE Volunteers is to offer the most affordable as well as the highest quality volunteer and humanitarian abroad experiences - enabling us to make a contribution for all of humanity in its quest to make the world a better place. Through our volunteer and humanitarian trips abroad, we aim to spread love and compassion worldwide while improving the lives of destitute children and less-fortunate communities. We at IFRE also seek sustainable solutions in the fields of education, healthcare, conservation efforts and development issues through international volunteering.

## Our Partners and Coordinators

IFRE works with terrific country co-ordinator, most of them are mature, educated, socially respected, and having long history of working with international volunteers. Before joining IFRE Vounteers, our country coordinators were working as a expedition leader, social worker, trek leaders, teachers, and other professional. Country- coordinators of IFRE Volunteers have tremendous enthusiasm to their job. They are committed for a high quality and responsible program in their native country. National co-ordinator is your main contact when you will be in your placement. He/she will help you on:

- Airport receive and transfer
- Management of room and food in host family/hostel
- Orientation of local country, culture, host family, safety, and related issues
- Introduce you to your host family and project staffs
- Periodic follow up visit to ensure everything going good for you
- Offer advices to solve any issues, problems,and concerns





## Why IFRE Is Unique Compared To Other Volunteer Abroad Programs?

The Most Affordable Fee - Internet research shows us as the most affordable volunteer program

At IFRE, we are committed to making Volunteer Abroad possible for everyone. So when you join us you not only pay lowest fee in the world, but you also pay it directly to your host family or to the project. This way, people who need and deserve the money get it. Our commitment to providing volunteer programs for all ages and interest has made us a leading volunteer abroad provider in the world with unbeatable prices.

Just As An Example, Compare Your 4 Week Program Fees For Costa Rica (as of Sept 1, 2014)		
PROJECTS ABROAD	<a href="http://www.projects-abroad.org/prices">http://www.projects-abroad.org/prices</a>	\$3,080
Cross-Cultural Solutions	<a href="http://www.crossculturalsolutions.org">http://www.crossculturalsolutions.org</a>	\$4,976
Global Vision International	<a href="http://www.gvi.co.uk/programs">http://www.gvi.co.uk/programs</a>	\$2,482
Global Volunteers	<a href="http://www.globalvolunteers.org/costarica">http://www.globalvolunteers.org/costarica</a>	\$2,595
United Planet	<a href="http://www.unitedplanet.org">http://www.unitedplanet.org</a>	\$3,265
International Volunteer HQ	<a href="http://www.volunteerhq.org">http://www.volunteerhq.org</a>	\$1,224
IFRE volunteers	<a href="http://www.ifrevolunteers.org/costarica">http://www.ifrevolunteers.org/costarica</a>	\$764

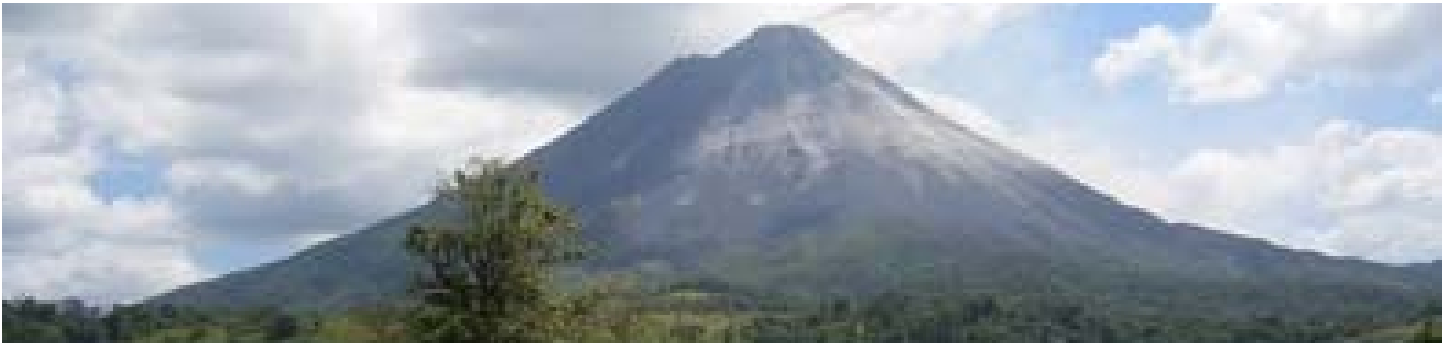
## Pay Your Fee Directly To Host Families

Thousands of volunteers join volunteer abroad program and pay as much as \$3000 for a 2 weeks experience. Unfortunately, only a small portion of it goes to the host family/project. And when you stay with the host family, gradually you learn that your host family is getting a very small fraction of it. You may wonder “where the heck is all that money going” and “does anyone actually care about the projects and host families”? Therefore, to maintain the honesty and financial transparency, we adopted a model where you pay your fees directly to the host families and projects (through country coordinator).

## Our Experience Of 8 Years & 17,000 Happy Volunteers

When you join IFRE volunteers, you will be part of an establishment which has received highly positive feedback and become a reputed volunteer organization globally.

There are hundreds of online reviews on what volunteers are saying about IFRE. [http://www.ifrevolunteers.org/volunteer\\_testimonies.php](http://www.ifrevolunteers.org/volunteer_testimonies.php)



## Costa Rica - Country details

Small and fabulous, Costa Rica is the envy of its larger, more chaos-splattered Central American neighbors. Delightfully embedded along the sparkling Pacific, the country boasts perfect beaches, lush rainforests and hip urban areas. Enjoy bird watching, ecotourism, rafting, golf and more adventures. Keep an eye out for dozens and dozens of exotic bird species, poison-dart frogs, lizards, sloths and more monkeys than you can shake a stick at.

### Projects in Atenas

- Work in Orphanage
- Teaching English
- Work with Underprivileged Children
- Work in Public Health
- Teach in a Community Center
- Work in a Conservation Project
- Work with Organic and Sustainable Farming
- Save Animals
- Work with a Women's Cooperative
- Help the Elderly

### Projects in Puntarenas

- Work in Orphanage
- Teaching English
- City Improvement Project
- Medical Project
- Marine Project

### Projects in San Jose

- Construction Project
- Medical Project
- Turtle Conservation (Location – Gulf of Dulce, Osa Peninsula)
- Turtle Conservation (Location – Caribbean Coast)
- Summer Volunteer and Adventure Program Costa Rica (4 Weeks)

## Schedule

Our programs start every Monday, although we allow for flexibility due to travel constraints. Programs last from 1 to 12 weeks.

# Volunteer Program Fees & Dates



*Start Dates: Our programs start every Monday, although we allow for flexibility due to travel constraints.*

IFRE is a 501(c)3 organization, so your program fee will be tax deductible. IFRE Volunteers is proud to offer the world's best fee. Our programs are now more affordable than ever. We are proud to focus on the humanitarian aspect of our business, not on profit. We work very hard and smart to keep our costs down, especially for the volunteers because we know the value of your donated time and efforts. We remain devoted to maintaining both the quality of the program and the safety of all volunteers involved. Below is a brief summary of the program fee and services that IFRE Volunteers offers.

IFRE fees comprise of two separate fees. An application fee of \$299 USD (covers advertising, staff/office expenses, etc.) and a nominal weekly program fee (covers room/board, field support, etc). You will pay your fee directly to host families and projects. In this way, what you pay will go for you or people who deserve it (not for profit).

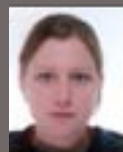
## Volunteer Program Fee (US\$)

Duration	Puntarenas	Atenas	Sea Turtle Pacuare	Turtle/Osa Peninsula
1 Week	\$105	\$220	\$345	\$450
2 Weeks	\$225	\$340	\$590	\$800
3 Weeks	\$345	\$460	\$835	\$1,150
4 Weeks	\$465	\$580	\$1,080	\$1,500
5 Weeks	\$585	\$750	\$1,325	\$1,850
6 Weeks	\$705	\$870	\$1,570	\$2,200
7 Weeks	\$825	\$990	\$1,815	\$2,550
8 Weeks	\$945	\$1,110	\$2,060	\$2,900
9 Weeks	\$1,065	\$1,280	\$2,305	\$3,250
10 Weeks	\$1,185	\$1,400	\$2,550	\$3,600
11 Weeks	\$1,305	\$1,520	\$2,795	\$3,950
12 Weeks	\$1,425	\$1,640	\$3,040	\$4,300

- \* Spanish Lesson (10 hrs per week, M-F) \$70/Week
- \* Airport pick up/transfer \$85 (Atenas and San Miguel)
- \* Airport pick up/transfer \$110 (Puntarenas)

### What's Included:

- Accommodation & Meals
- Comprehensive Travel Insurance
- Airport Welcome
- Country Coordinator Support
- Volunteer Care and Other Services



“It was very reassuring to be picked up from the airport and transferred to the hostel and the placement as well as knowing that there was always support available at the IFRE office. I really enjoyed the experience.”

- Claire Gomer



## Eating and sleeping

Almost all volunteers stay with host families. Living with a host family provides volunteers the opportunity to get unique insight and exposure to the local culture and the opportunity to enjoy home cooked meals. Costa Rican meals are offered three times a day.



“This was a fantastic experience from start to finish, from being picked up at the airport at exactly the agreed time, everything continued in this way.”

- Simon Williams

## Volunteers' qualifications

No special skills are required for participating for most IFRE programs other than being open-minded, passionate about serving humanity, physically fit and ready for the hardships of living in a developing country. Volunteers for health projects need to be a medical professional or studying to become one. Teachers in English teaching projects must be fluent in English. Volunteers with some knowledge of Spanish are preferred. In health project, volunteers must be either medically trained professionals (doctors or nurses) or currently on the process of being trained (medical students). You must produce proof of this.



## Orientation

A 1- or 2-hour long orientation program is provided for volunteers. Some knowledge of local do's and don'ts will be shared. Knowledge on everything from politics to transportation will be passed along as well.

## Daily Life of a volunteer

The day to day agenda of volunteers varies according to the project, season and location. Here is a typical schedule:

- 7AM - 8AM: Wake up, enjoy breakfast and get ready for the project.
- 8AM - 10AM: Arrive in the project, discuss about daily schedule with project coordinator and other agendas.
- 10AM -12Noon: Work in the volunteer projects alongside local staffs.
- 12Noon - 1PM: Launch break, relax, and rest.
- 1PM - 3PM: Work in volunteer project.
- 3PM - 4PM: Wrap up volunteer work for the day and head home to either host family or home base.
- After 4PM: Your free time - use it to explore the country, culture, or just simply rest and relax.



“The IFRE staffs were extremely helpful and warm. They made my time while volunteering unforgettable. The children in my project were amazing and the project was so rewarding. I loved every second.”

- Shandah Inglis



## Arriving

Volunteers fly in and out of Juan Santa Maria International Airport. Make sure to let IFRE know about your travel details. You will be picked up by an IFRE's representative and taken to the host family.



## Visas

While tourist visas can be obtained upon arrival in Costa Rica, IFRE recommends its volunteers to get a visa in a Costa Rican embassy or consulate, as getting a visa on arrival is marked by chaos and a long line.

## Safety

Nothing is more important at IFRE than the safety of its volunteers. Families, staffers and the status of destination countries have all been carefully considered and screened long before projects are decided upon. Four layers of safety are provided for our volunteers: the country coordinator, project staff, field staff and comprehensive insurance coverage.



“IFRE did really well to correspond with me via email & phone. They were thorough with the questions I had. Volunteering has changed my life and I would recommend to everyone.”

- Heidi Jayner



“I had an excellent experience. I have been assisted by a knowledgeable and professional staff. The facilities are comfortable and secure. I had an excellent time in my placement.”

- Lyn Edward

## Vaccinations

IFRE suggests its volunteers to look at the Costa Rica country guide from the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov). It is recommended that travelers to Costa Rica get vaccines for:

- Routine (Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.)
- Hepatitis A or immune globulin (IG)
- Hepatitis B
- Typhoid
- Rabies
- Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc

## Applying

To apply to become an IFRE program volunteer, visit [www.ifrevolunteers.org/apply-now.php](http://www.ifrevolunteers.org/apply-now.php) and download the application you find there. It can be submitted online, or sent by post or fax to IFRE's US-based office.

## Airfare

Airfare is the responsibility of the volunteer. To get a cheap flight you must book your ticket two to three months before your travel time. Good deals on airfare can be found at:

[http://en.wikipedia.org/wiki/list\\_of\\_low-cost\\_airlines](http://en.wikipedia.org/wiki/list_of_low-cost_airlines)  
[www.kayak.com](http://www.kayak.com)  
[www.bargainbox.com](http://www.bargainbox.com)  
[www.travelzoo.com](http://www.travelzoo.com)

We appreciate the interest you have taken in the rewarding programs offered by Institute for Field Research Expeditions. You are about to embark on a life-changing adventure!

Best Regards,

IFRE Volunteers  
8500 N Stemmons Frwy #5030K  
Dallas, TX 75247  
1-800-675-2504 (toll free: US)  
0-800-310-1437 (toll free: UK)  
Tel: 214-390-7950 (overseas)  
Fax: 214-666-3169  
[info@ifrevolunteers.org](mailto:info@ifrevolunteers.org)

Note: Information given in this guidebook can change depending on the situations in the field. Please see our [website](#) for recent and updated information.



Thank you