

WanderWork:

A Guide to Working and
Traveling Abroad



Costa Rica Edition

The Benefits of Working and Traveling in Costa Rica as a Canadian



Are you ready for the adventure of a lifetime, but the thought of figuring out the visa process and finding a job abroad is making your head spin?

Do you have questions about where to go, how to get the work visa, how to get a job overseas?

Have you started to book your trip and need some travel suggestions and advice?

In this guide to working abroad in Ireland you will find detailed information about jobs, housing, travel, safety and much more!

At GO International we understand what you are going through and we are here to help.

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An Introduction to International Experience Canada (IEC)

Are you ready to turn your travels into a life-changing experience? Did you know there's a government program that makes it possible for you to work in over 35 countries while you explore the world? It's true!

As a Recognized Organization (RO) of IEC, GO International has been designated a partner in raising awareness and providing support services to foreign national and Canadian youth. The Government of Canada works with key stakeholders like GO International in Canada and abroad to raise awareness of the program, promote the benefits of international experience, and to equip Canadian youth with information to successfully embark on international work and travel experiences through IEC.

What is International Experience Canada?

International Experience Canada (IEC) is the Government of Canada's flagship youth mobility program, facilitating work and travel opportunities for thousands of Canadian and foreign youth each year. Although Canadian citizens enjoy passports that provide visa-free access to many countries around the world, most do not allow easy access to labor markets, making it difficult to obtain international work experience without specialized, in-demand skills.

Through the negotiation of youth mobility arrangements, IEC facilitates international work experience opportunities for youth aged 18-35 in partner countries and territories around the world.

Originating in 1951 as a cultural youth exchange initiative following World War II, the program now has more than 30 active youth mobility arrangements with country and territory partners across Europe, East Asia, Oceania, and the Americas.

Its primary objectives include building the global competencies of Canadian and foreign national youth and leveraging youth mobility arrangements as a strategic tool in diplomatic relations to strengthen global relationships.



"Traveling allows you to become so many different versions of yourself."

How does it work?

IEC has three program streams through which foreign youth may work and travel in Canada:

Working Holiday

The Working Holiday stream facilitates work and travel through an open work permit that allows foreign youth to work for virtually any employer in any location in Canada.

International Co-op & Young Professionals

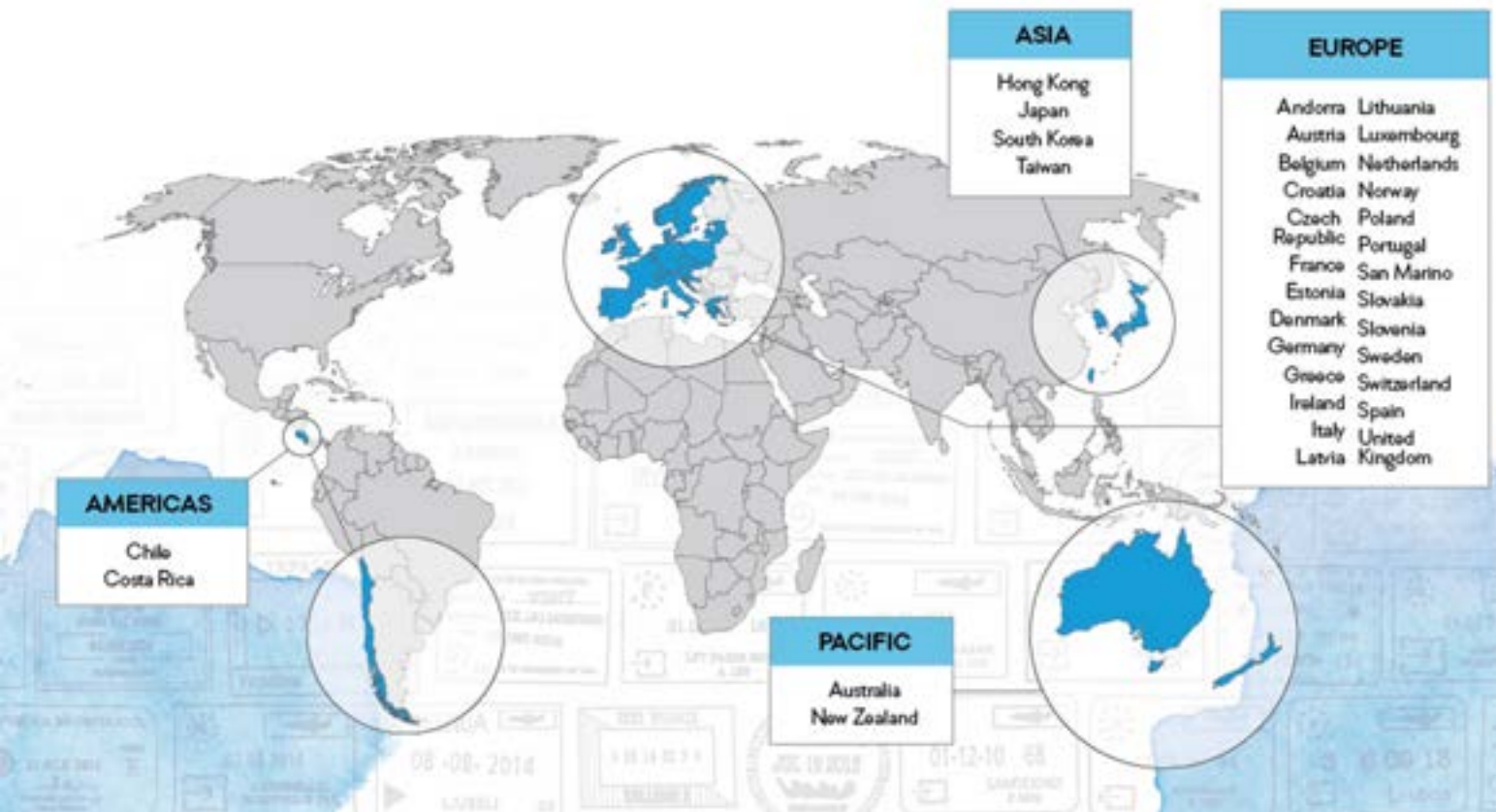
The International Co-op and Young Professionals streams facilitate internships and professional work experience through employer-specific work permits.

Similarly, Canadian youth can access a variety of work-travel program streams in partner countries and territories. Access to specific work permit streams depends on the negotiated arrangement between Canada and each of its partners.



IEC Partner Countries

The following countries have reciprocal Youth Mobility Agreements (YMA) with Canada. This means, that as a Canadian citizen, you can get a Youth Mobility visa / Working Holiday visa for any of these destinations - always depending on the agreement between Canada and the IEC country.



Planning Your Trip: How to Budget and Plan Your Itinerary for Costa Rica

Keep calm and travel to Costa Rica for your Working Holiday adventure!

Indulge in the ultimate fusion of professional growth and wanderlust with a Working Holiday in Costa Rica. This opportunity allows you to not only teach and inspire but also to explore the lush landscapes and vibrant culture of this Central American gem.

Whether you're a seasoned educator or simply have a passion for sharing knowledge, this program offers a unique avenue to contribute to local communities while immersing yourself in the pura vida way of life. Step out of your comfort zone, embrace the unknown, and pave the way for a chapter of your life that promises both personal and professional enrichment against the backdrop of Costa Rica's stunning beaches, tropical rainforests, and welcoming communities.

Requirements for Traveling and Working in Costa Rica as a Canadian

TO BE ELIGIBLE FOR THE WORKING HOLIDAY VISA:

- You must be a Canadian citizen with a valid Canadian passport (valid for at a minimum six months past the end date of the visit)
- You must be between the ages of 18 and 35 years
- You must be in good health
- You must have a clear police record
- You must provide proof of financial resources (at least \$2,500 CAD)
- You must not be accompanied by any dependants
- You must purchase a travel health insurance for the full duration of your stay in Costa Rica
- You have not held a Working Holiday Visa for Costa Rica before.

Note: You need a job offer to apply for the Working Holiday visa. But you can enter Costa Rica as a tourist and stay there for 90 days until you have been placed in a teaching position by our partner. You then need to apply for a temporary residence permit, which costs \$200 USD.

Through the Working Holiday Visa, you are allowed to stay in Costa Rica for up to 12 months.

"The journey of a thousand miles begins with a single step."

Requirements for the Teach in Costa Rica program

TO BE ELIGIBLE FOR THE PROGRAM:

- You must be eligible for the Working-Holiday Visa for Canadian Citizens
- You must hold a TESL/TEFL certificate (120 hours) or be willing to book our Teach in Costa Rica + TESL program
- You must hold a 4-year Bachelor degree or pay the \$250 CAD extra charge
- You must be between the ages of 22-35 years (18-21 years only by request)
- You must be a native English speaker with no strong accent
- You must be willing to commit for 6-12 months
- You must provide a clear background check during your application
- You must purchase a travel health insurance for the full duration of your stay in Costa Rica
- You must be of good health and disclose any mental or physical health conditions during your application
- You must cover any tattoos and remove any facial piercings (apart from standard ear piercings) during teaching

"One cannot discover new oceans unless one they have the courage to lose sight of the shore."

Must-See Travel Sites to Visit on Your Trip

Arenal Volcano and La Fortuna



Located in the northern part of Costa Rica, Arenal Volcano and the town of La Fortuna offer a remarkable blend of adventure and relaxation. Hike through lush rainforests, witness the breathtaking Arenal Volcano, and rejuvenate in the area's natural hot springs.

Monteverde Cloud Forest Reserve



Set atop mist-covered mountains, the Monteverde Cloud Forest Reserve is a haven for nature enthusiasts and birdwatchers. Wander along suspended bridges through the misty forest canopy, explore a myriad of plant and animal species, and immerse yourself in a truly unique ecosystem.

Manuel Antonio National Park



Nestled on the Pacific coast, Manuel Antonio National Park is renowned for its pristine beaches, lush rainforests, and abundant wildlife. Hike through well-maintained trails that lead to stunning viewpoints, and don't be surprised if you encounter capuchin monkeys, sloths, and a variety of colorful birds along the way. The park's blend of lush greenery and turquoise waters offers an idyllic tropical experience.

5 MUST-SEE PLACES FOR YOUR **COSTA RICA** BUCKET LIST!



THE FORTUNA WATERFALL - LA FORTUNA

The Fortuna waterfall is located in a biological reserve within a tropical wet rainforest and towering over 230 feet high. It is one of the most popular waterfalls in Costa Rica and a must-see attractions during your stay in Costa Rica. The hike is well worth the effort.



NATIONAL THEATER OF COSTA RICA - SAN JOSÉ

The building is considered the finest historic building in the capital of Costa Rica, and it is known for its amazing interior which includes lavish furnishings. It opened to the public on 21 October 1897 with a performance of Goethe's Faust.

MANUEL ANTONIO NATIONAL PARK - QUEPOS, PUNTARENAS

With a land area of 1,983 ha, it might be the smallest National Park in Costa Rica. However, it is well-known for its beautiful beaches and hiking trails. The park welcomes as many as 150,000 visitors annually.



5 MUST-SEE PLACES FOR YOUR **COSTA RICA** BUCKET LIST!



MISTICO ARENAL HANGING BRIDGES - ALAJUELA, LA FORTUNA

Hanging bridges are a highlight of any trip to Costa Rica. From the amazing canopy views to the wildlife on the trail, this activity is one to experience. The Hanging Bridges guided tour is a perfect opportunity to connect with nature.

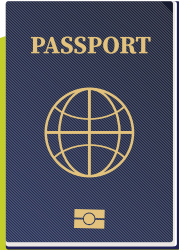


ARENAL VOLCANO - ALAJUELA, LA FORTUNA

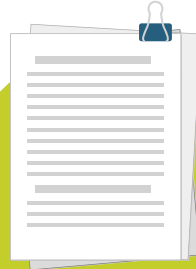
Without a doubt, the most popular and recognized of Costa Rica's volcanoes that will take your breath away. The Arenal Volcano will be in the background as you make your way through forests and old lava fields.



What to pack for your *Carry-on Luggage*



Passport



POE Letter



Health Insurance



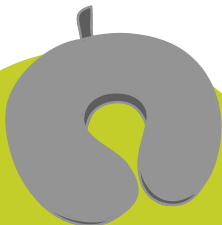
Credit or Debit Card



Cash



Emergency Contacts



Travel Pillow



Charger & Adapter



Important Documents



Electronics



Snacks & Water



Change of Clothes



Check the carry-on rules for your airline!

Travel Preparation Checklist



Travel Preparation

- Renew/Check passport
- Book medical insurance
- Change CAD to local currency
- Check flight status, online check-in, & seat reservation
- Download offline maps
- Print important documents
- Make copies to give to parents or someone you trust
- Get a credit card
- Write down important contact numbers
- Visit doctor (e.g. dentist)
- Apply for an international driving permit
- Check vaccination requirements
- Prepare a general resume
- Check that your cellphone is unlocked
- _____

Home Preparation

- Organize plant & pet care
- Empty the fridge of perishables
- Forward or hold mail
- Give keys to a relative/friend
- Cancel contracts/subscriptions



Packing Checklist

Clothing

- Shirts / T-shirts
- Pants / Jeans
- Shorts
- Socks
- Sweater
- Hat
- Underwear & Pajamas
- Bras
- Dress / Skirt
- Pantyhose
- Collar Shirt
- _____
- _____

Cold Weather Clothing

- Jacket (Wind breaker)
- Gloves
- Hat
- Scarf
- _____
- _____

Optional Clothing

- Belt
- Raincoat
- Umbrella
- Jewelry
- Glasses / Contact lens kit
- Smart interview outfit
- _____

Beach Gear

- Swimsuit
- Sunglasses
- Sunblock
- Beach towel
- _____
- _____

Shoes

- Runners / Walking shoes
- Sandals
- Dress shoes / Heels
- Shower shoes
- _____

Electronics

- Cellphone / Charger
- Extra batteries
- Power bank
- Laptop
- Watch
- Headphones
- Travel adapter
- _____

Luggage

- Backpack
- Carry-on bag
- Suitcase
- Safety pins
- _____

Personal Hygiene

- Toiletry bag
- Hair Brush / Comb
- Razor / Electric Shaver
- Toothbrush / Tooth Paste
- Dental floss
- Soap/ Cleansers
- Shampoo/ Conditioner
- Deodorant
- Moisturizer
- Lip Balm
- Quick-dry towel
- Make-up
- Feminine products
- _____
- _____

Health & Medications

- Prescription medicine
- Contraception/ Condoms
- Motion sickness pills
- Pain/ Aspirin medication
- Antibiotic ointment
- Laxative/ Diarrhea medicine
- First Aid Kit
- Insect repellent
- Band-aids
- _____

Quick Packing Tips

1 Don't overpack!

Pack only as if you'll be gone for 3 weeks and take just your favorites.

2 Pack smart

Use packing cubes or the rolling technique so you won't lose any suitcase space.

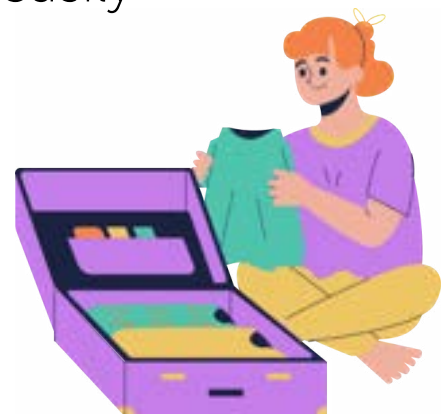
3 Be wise, carry travel size

Bring travel size items like shampoo, sunscreen, etc., and buy bigger packages at your destination.

4 Easily access certain items

Pack these items so they are easily accessible in your carry-on:

- Medication
- Change of clothing
- Important documents
- Liquids bag



General Tips

Get your paperwork in order

Once you have decided on your visa, you will need to gather the necessary paperwork. This typically includes a valid passport, proof of sufficient funds, and a completed visa application. Make sure to have all your documents ready and in order before your departure to avoid any delays.

Pack wisely

Pack only what you need and make sure you have enough space for souvenirs. Make sure to check the weather forecast for your destination and pack accordingly.

Sort out your finances

Make sure you have sufficient funds to cover your expenses while in Costa Rica. This includes your airfare, accommodation, transportation, and daily expenses. It's also a good idea to research different banking options and compare fees and services, so you can choose the one that best suits your needs.

Make a list

Make a list of the things you need to do before you leave, such as canceling your bills, changing your address, and so on. This will help you stay organized and ensure that you don't forget anything important.

Prepare for the culture shock

Costa Rica has its distinct culture that is different from Canadian culture. Research the country, the state you will be working in, customs, and social norms to get a better understanding of what to expect. Make sure to pack accordingly, and be open-minded to new experiences.

Create a budget

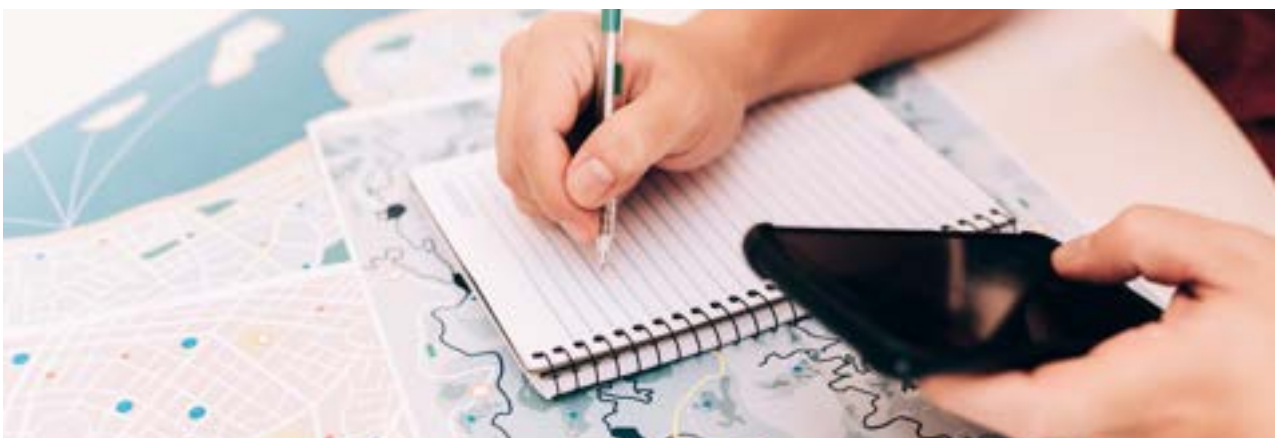
Create a budget and stick to it. Have a plan for how much you will spend each day, week, or month. This will help you keep your finances in check and make sure you don't overspend.

Other Key Things

- **Transportation:** Research transportation options in your destination city and consider purchasing a car or bike if you plan on staying in one place for a longer period of time. Make sure to check if you need a special license to drive in Costa Rica.
- **Banking:** Setting up a bank account in Costa Rica will make it easier for you to manage your finances and get paid. Research different banking options and compare fees and services.
- **Health insurance:** It's important to have health insurance when working and traveling in Costa Rica. The duration of your insurance should cover your entire stay in Costa Rica.
- **Currency:** Get familiar with the currency used in Costa Rica and consider getting your money exchanged before you leave Canada or when you arrive in Costa Rica.
- **Visa regulations:** Make sure you understand the rules and regulations of your visa and ensure you comply with them during your stay in Costa Rica.
- **Taxes:** Make sure you are aware of your tax obligations in Costa Rica and how to file your taxes.
- **Cultural differences:** Be aware of the cultural differences between Canada and Costa Rica. Research the customs and social norms of your destination and be prepared to adapt to the new culture.
- **Safety:** Research the safety situation in your destination city and take necessary precautions to ensure your safety while working and traveling in Costa Rica.

Emergency contact information

Make sure to keep emergency contact information, such as the contact information of your embassy and your insurance provider, on hand in case of an emergency.



Flight Booking Tips

Decide on where and when you want to fly - it's better to be flexible about the dates to find a cheaper rate and/or better connection.

Check flight comparison websites like Expedia, Skyscanner, Kayak, but if possible book directly through an reliable airline (e.g. Air Canada).

Sign up for price alerts by using flight search tools such as Google Flights, Kayak, Hopper, and Skyscanner.

You'll definitely want at least a 1.5 to 2-hour window for layovers. Make sure to have sufficient time to make your connection.

Decide if you want to book a one-way or return ticket. You will need to prove extra funds if you only book a one-way ticket. If it's a return ticket, make sure you can reschedule the return date.



Arrival in Costa Rica - Three Essential Tips

Once you arrive in Costa Rica, there are three essential things to do:

1 Immigration and documentation

Begin by clearing immigration and customs procedures at the airport. Make sure to have your passport, visa, and any necessary travel documents ready for inspection. Follow the instructions provided by the authorities and ensure you understand the entry requirements for Canadians.

2 Local currency and communication

Exchange some of your currency for Costa Rican colones or withdraw local currency from ATMs at the airport. Having local currency on hand will be helpful for small purchases, transportation, and other immediate expenses. Additionally, get a local SIM card or activating an international roaming plan for your phone to stay connected and have access to maps and communication tools.

3 Transportation and accommodation

Arrange your transportation to your accommodation. If you haven't already, pre-arrange transportation with your accommodation provider or use official taxi services. Make sure you have the address and directions readily available. Upon arriving at your accommodation, check-in, get settled, and familiarize yourself with the surroundings. Take some time to rest and recharge before beginning your exploration of Costa Rica.





Visa Applications for Canadians: A Detailed Guide on How to Apply for Different Types of Visas

Everything You Need to Know About the Costa Rica Working Holiday visa

Are you planning to work and travel in Costa Rica? Then, it's essential to know everything about the working holiday visa for Ireland.

The process of getting a visa, finding a job, and settling down in a new country can be a bit challenging, but it can be made simpler if you know what to do. In this section, we'll go through everything you need to do before and after arriving in Costa Rica to start your working holiday.

Costa Rica Working Holiday visa for Canadians

APPLICATION PROCESS & DOCUMENTS

Canadian citizens interested in applying for a young professional or working holidays category can enter as a tourist (without needing to apply for a visa), which would enable the person to stay up to a maximum of 90 days in Costa Rica, following the entry requirements for tourism.

Within those 90 days, the person can search for a job and, if found, request the change of immigration status in Costa Rica, from tourist to a work category. This will have a cost of US\$200, as a fee to process the immigration status change.

To be eligible to request a change of immigration status in Costa Rica, before you leave Canada you have to prepare the following:

STEP 1. Legalization of Documents

Before leaving Canada, the applicant has to take with him/her all the Canadian documents that would be needed for the application of the special category, permit or residency in Costa Rica.

The documents to be prepared in Canada are the following documents:

- Birth certificate
- Criminal record check (with no more than 6 months of emitted)
- Recent certification (no more than one month of issuance) covering the last three months to prove you have enough funds (CAD\$2500) to cover your expenses at the beginning of your stay in Costa Rica

Please review section "Legalization of Documents" to have the documents properly authenticated by the corresponding Canadian authorities before coming to the Consulate.

The documents will be legalized and given back to the applicant. The applicant will take these documents to Costa Rica, to finish the procedure to have a temporary residence.

Documents legalized by the Consulate must be taken to the Authentication Office of the Ministry of Foreign Affairs of Costa Rica for authentication of the Consul's signature. Documents issued in other language than Spanish to be valid in Costa Rica must be translated by an official translator. The [list of official translators](#) is available at the website of the Ministry of Foreign Affairs of Costa Rica.

Costa Rica Working Holiday visa for Canadians

APPLICATION PROCESS & DOCUMENTS

STEP 2. Temporary Residence/Permit Application

Once you are in Costa Rica, you must continue the process to get a temporary residence/permit at the General Direction of Immigration in San José, Costa Rica, where the applicant will request the temporary residency under the category that apply to their case. For example: specific occupation worker, professional, specialized technician, worker under contract, as appropriate.

Below you will find the main requirements that you with your employer must present to the General Direction of Immigration to process your temporary residence:

- Written and signed request to the Director General of Immigration Costa Rica, to get a temporary resident or special category as specific occupation worker, professional, specialized technician, worker under contract, whichever is applicable. Such written request must include the following applicant's information: Full name, nationality, profession/occupation, date and place of birth, passport number, validity and type, address and place or means to receive notifications. The signature can be placed in front of the immigration officer that receives the application or have it notarized by a Costa Rican public notary.
- Complete the [affiliation form](#) available at the website of the Direction of Immigration.
- Birth certificate legalized and translated into Spanish by an official translator.



Costa Rica Working Holiday visa for Canadians

APPLICATION PROCESS & DOCUMENTS

- Criminal Record legalized and stating not being condemned in the country of origin or any other country of residence in the last three years and translated into Spanish by an official translator.
- Certified true copies of all passport's pages of the applicant or presentation of the original passport and a copy to be confronted by the official who receives the application.
- Proof of registration in the Consular Registry of the Embassy of Canada in Costa Rica.
- Proof of registration of fingerprints with the Police Archive at the Ministry of Public Security of Costa Rica.
- Two recent Passport photos.
- Pay applicable fee of US\$50 to be deposited in Banco de Costa Rica account number 242480-0
- Applicable fee of 125 colones plus 2.50 colones per page of application presented to be deposited in Banco de Costa Rica account number 242480-0
- Contract of employment from a Costa Rican employer accrediting the applicant as a specific occupation worker, professional or specialized technician, as applicable, indicating the name of the employer, address and other relevant contact information, the job title of the position being offered, job description, duties and terms of employment, including salary, normal working hours, and duration of the contract.
- Under oath declaration of the employer indicating the specialized functions and knowledge of the person to be fitted for the job.
- Legal Identification of the company/employer that requests the working permit for the foreigner, with no more than one month of issuance as well as confirmation that the hiring company is up to date with their legal obligations (sanitary and health permits, operating permit and taxes, as applicable)

Working and Living in Different Cultures - an Overview of Cultural Differences and How to Navigate Them

Cultural differences can be both fascinating and challenging, especially when traveling to a new country for work or travel. As a Canadian visiting Costa Rica, you may encounter various cultural differences that can affect your social interactions, communication style, and work etiquette. Understanding these differences and how to navigate them can help you avoid misunderstandings, adapt more easily to your new environment, and enhance your overall experience in Costa Rica.

General Tips

Respect cultural norms:
Research and learn more about the country, culture, and the people before deciding on your destination.

Get in touch with locals (e.g. join groups, clubs, events) and maintain good communication with new friends.

It is essential to research and learn about the customs and traditions of Costa Rica to avoid any misunderstandings.

Talk with someone who has traveled to Costa Rica before and learn from previous experiences.

Be willing to learn about the local culture. This can help you better understand the differences and make you feel more comfortable.

Observe how locals behave and interact before you act. This can help you get a sense of the social norms and avoid offending anyone unintentionally.

Costa Rica has a diverse population, and each culture has its own unique set of customs and traditions. Be mindful of these differences and show respect for them.

Visit art exhibits, museums, join walking tours, read literature and watch documentaries to find out more about Costa Rica.

Costa Rica has a unique vocabulary and slang, so be mindful of the language you use. Avoid using offensive language and try to use the appropriate terms.

Try the local cuisine and be open to trying new foods and drinks and explore the variety of tastes offered.

Learn about culture shock and how to deal with it (5 stages of culture shock).

Costa Rica has a different culture, and embracing this difference can be a rewarding experience. Take the opportunity to learn from people of different backgrounds and customs.

Cultural Differences To Consider And Tips On How To Navigate Them

Costa Rica is a country with a rich history and many unique customs and traditions. Here are some cultural differences in Costa Rica and tips on how to navigate them:

- **Communication style:** Costa Ricans often value indirect communication and might use euphemisms to convey messages while Canadians generally prefer straightforward communication. In Costa Rica, pay attention to non-verbal cues and context to understand the underlying message.
- **Personal space:** Costa Ricans tend to stand closer to each other in conversations and interactions but Canadians value personal space. In Costa Rica, respect personal space norms by not stepping back when someone approaches closely.
- **Punctuality:** Canadians generally value punctuality and expect appointments to start on time while Costa Ricans have a more relaxed approach to time, and being a few minutes late might be considered acceptable. In Costa Rica, be patient and flexible with timing, especially in social contexts.
- **Hierarchical structure:** Costa Rican society might have a more hierarchical structure with respect for authority and age. Canada often values equality and might have a flatter organizational structure. In Costa Rica, show respect for authority figures and address them with appropriate titles.
- **Work-life balance:** Costa Ricans and Canadians both value work-life balance. In Costa Rica, appreciate the importance of family time and relaxation!



Cultural Differences To Consider And Tips On How To Navigate Them

- Gift-giving and hospitality: Costa Ricans have a strong tradition of hospitality and might bring small gifts when visiting someone's home while Canadians appreciate polite gestures instead. In Costa Rica, consider bringing a small gift when visiting someone's home to show appreciation.
- Cuisine and eating etiquette: Costa Rican cuisine features rice, beans, and fresh tropical fruits. Sharing meals is a central social activity. Canadian cuisine varies widely due to multicultural influences. In Costa Rica, embrace communal dining and enjoy traditional dishes.
- Tipping and services: In Costa Rica, a service charge is often included in bills, but additional tipping is appreciated for exceptional service while tipping is customary in Canada. In Costa Rica, check if a service charge is included before adding extra tip.



Staying Safe and Healthy - A Guide to Staying Safe and Healthy While Traveling Abroad

It's important to take basic safety precautions when visiting a new country. Some tips for staying safe while traveling in Costa Rica include keeping your valuables secure, staying aware of your surroundings, and avoiding poorly lit or unfamiliar areas at night.

Here are some further tips for staying safe and healthy while visiting and working in Costa Rica.

Tips for Staying Safe and Healthy



- Do your research about the destination, stay up to date on any travel advisories or warnings related to Costa Rica / the area.
- Inform yourself about water and food safety, and stay hydrated by drinking plenty of water, especially in hot weather.
- Consider registering your travel plans with your embassy or consultant, which can help provide assistance in case of an emergency.
- Visit a doctor for check-ups and vaccinations before traveling, and keep a list of emergency numbers handy in case you need medical assistance.
- Pack a first-aid kit, and be mindful of the risk of extreme weather events.
- Keep your important documents/valuables safe, and keep (digital) copies online.
- Keep your friends and family updated about your whereabouts, and carry emergency contacts with you.

Tips for Staying Safe and Healthy



- Make sure you book adequate health insurance coverage for your trip.
- Keep up to date with the current situation, news, events, and emergency alerts.
- Be smart about your money, and use local ATMs wisely.
- Have common sense and follow your gut feeling/ trust your instincts.
- Be cautious of unsolicited emails, phone calls, or text asking for personal information or money.
- Invest in a good travel bag/travel lock and rather splurge on extra safety.
- Know your skills, and limitations (e.g. when hiking), and wear sunscreen, a hat, and sunglasses.
- Ask locals for advice, and don't share too much information with strangers (e.g. exact location on social media).
- Avoid unsafe neighborhoods, especially alone at night, and travel in numbers.
- Stay up to date on any travel advisory or warning and be generally street smart (don't do dangerous things for photos!).

Tips for Staying Safe and Healthy

Staying safe and healthy while in Costa Rica is essential to fully enjoy your experience. Here are some tips to help you have a safe and memorable time:

- **Food and Water:** While the tap water in many tourist areas is generally safe to drink, it's still recommended to drink bottled or boiled water. Be cautious with street food, and choose reputable restaurants to reduce the risk of foodborne illnesses.
- **Insect Protection:** Use insect repellent to protect yourself from mosquito-borne diseases like dengue and Zika. Consider wearing long-sleeved clothing and using bed nets in areas where mosquitoes are more prevalent.
- **Sun Protection:** The tropical sun can be intense. Wear sunscreen, a hat, and sunglasses to protect yourself from sunburn and reduce the risk of skin damage.
- **Wildlife Interaction:** Costa Rica is home to diverse wildlife. Admire animals from a safe distance and avoid feeding or touching them, as this can be harmful to both you and the animals.
- **Traffic Safety:** If you're renting a car or crossing streets, be cautious. Traffic might be different from what you're used to, and road conditions can vary.
- **Adventure Activities:** Costa Rica offers numerous adventure activities like zip-lining, surfing, and hiking. Choose licensed operators with a good safety record, use appropriate gear, and follow instructions carefully.
- **Emergency Numbers:** Save the local emergency numbers for police (911) and medical assistance (911 or 128 for an ambulance) in your phone.
- **Medical Care:** Have travel insurance that covers medical expenses. Costa Rica has good medical facilities in urban areas, but remote locations might have limited access to healthcare.



Tips for Staying Safe and Healthy

Medical Care and Expenses in Costa Rica

Medical care in Costa Rica is known for its reliability and accessibility, especially within urban centers and popular tourist destinations. The healthcare system in the country operates through both public and private sectors. Public healthcare is primarily designed for residents who contribute to the Costa Rican Social Security Fund (CCSS), while private healthcare facilities cater to both residents and tourists, offering expedited and often more comfortable services.

When planning your trip to Costa Rica, it's crucial to secure comprehensive travel insurance that covers a range of medical needs. This includes medical expenses, emergency medical evacuation, and repatriation. While medical costs in Costa Rica tend to be more affordable than in many Western countries, expenses can still accumulate, particularly for specialized treatments or hospital stays. It's important to note that in private healthcare facilities, you might need to pay upfront for services and then seek reimbursement from your insurance provider. Keeping all relevant medical receipts and documentation is essential for this reimbursement process.

While many healthcare professionals in tourist areas are proficient in English, having a basic understanding of Spanish can greatly facilitate effective communication, especially in medical situations. It's also advisable to carry any necessary prescription medications along with copies of your prescriptions. While major cities and tourist hubs generally have well-equipped hospitals and clinics, more remote or rural areas might have limited medical facilities. In the case of a medical emergency, Costa Rica's medical emergency number is 911, or you can dial 128 for an ambulance.

By taking a proactive approach to your healthcare needs, ensuring you have comprehensive travel insurance coverage, and familiarizing yourself with local medical facilities and practices, you'll be well-prepared to address any potential medical situations that may arise during your stay in Costa Rica.



WanderWork

Chapter 6

Returning Home - Tips on Re-Entry and How to Leverage Your International Experience



General Tips



- Arrange logistics for arrival home, for example where you will live and what do you want to do next.
- Prepare yourself for post-travel depression and reverse culture shock.
- Be patient with yourself and get some rest after returning home.
- Prepare emotionally for friendships that have changed.
- Avoid being a know-it-all about travel and your time abroad.
- Pre-plan your responses to popular questions.
- Make plans, so you have something to look forward to.
- Spend time with friends and family, but don't overwhelm yourself.
- Write down what you have learned and/or create a photo/scrapbook.
- Connect with other travelers.
- Find a new passion apart from traveling.
- Book a new trip - even if it's a short one. Reminder that you can still do Working Holiday programs in other countries as long as you are under 36!

General Tips

As your time in Costa Rica comes to an end, it is important to prepare for your return to Canada. Here are some tips on re-entry and how to leverage your international experience.

Plan Ahead

Returning home can be overwhelming, particularly if you have been away for an extended period. It is essential to plan ahead by considering your accommodation, transportation, and finances. You may need to arrange temporary accommodation, sell or store your belongings, and make travel arrangements. It is also important to have a budget in place and understand any tax or customs regulations that may apply.

Stay Connected

Your time in Costa Rica has likely resulted in new friendships and professional connections. It is essential to maintain these connections by staying in touch and networking. Social media platforms such as LinkedIn, Facebook, and Instagram are great ways to keep in contact and share updates. You may also want to attend networking events or join professional organizations related to your industry.



General Tips

Reflect on Your Experience

Your time in Costa Rica has likely been a significant personal and professional growth opportunity. It is essential to reflect on your experience and identify the skills and knowledge you have gained. This can include language skills, cultural awareness, adaptability, and problem-solving skills. These skills are highly valued by employers and can be leveraged when seeking new opportunities.

Update Your Resume and Cover Letter

As you return to Canada and begin your job search, it is essential to update your resume and cover letter to reflect your international experience. This can include highlighting any volunteer work, internships, or projects you worked on while in Costa Rica. You may also want to include any language skills, certifications, or awards you received during your time abroad.

Be Patient

Returning home and settling back into your routine can take time. It is important to be patient and allow yourself time to adjust. You may experience reverse culture shock, which can include feelings of disorientation, frustration, and anxiety. This is a normal part of the re-entry process, and it is essential to seek support from family, friends, or a mental health professional if needed.



General Tips

Stay Open-Minded

Your international experience has likely broadened your perspective and challenged your assumptions. It is essential to stay open-minded and apply this mindset to your personal and professional life in Canada. You may want to explore new hobbies, volunteer opportunities, or career paths that align with your values and interests.

Returning to Canada after your time in Costa Rica requires planning, reflection, and a positive mindset. By leveraging your international experience, staying connected, and being patient, you can successfully navigate the re-entry process and embrace new opportunities.



GO International Work and Travel Program Destinations:



Australia



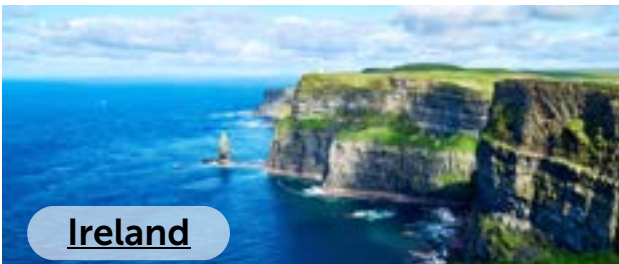
Costa Rica



France



Germany



Ireland



Japan



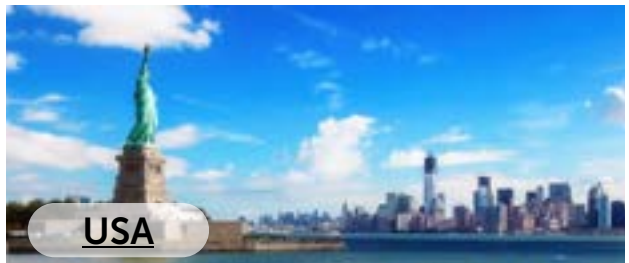
New Zealand



South Korea



UK



USA

Appendix - A List Of Helpful Resources





[Costa Rica Embassy.](#)

[Canadian Government info
about Costa Rica](#)

[Costa Rica Customs](#)

[Costa Rica Transportation](#)

[Buy and Sell on Craigslist Costa
Rica](#)

eBook

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