



DIVE WITH A PURPOSE

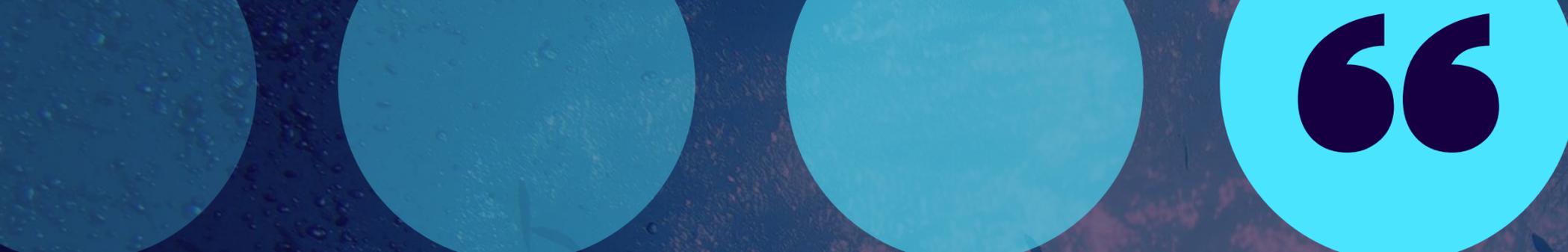
**7-DAY MARINE CONSERVATION
EXPEDITION IN COSTA RICA**

Handbook



Innoceana

TROPICAL PACIFIC COSTA RICA | OJOCHAL | INNOCEANA.ORG



“

SAVING THE OCEAN STARTS WITH YOU

"With every drop of water you drink, every breath you take, you're connected to the sea. No matter where on Earth you live."

SYLVIA EARLE, OCEANOGRAPHER



WHAT CAN YOU EXPECT?

Our Marine Conservation Expedition consists of seven days full of **adventure, learning, laughter, and hard purposeful work.**

This expedition is for experienced and non-experienced divers alike. It creates a space for **the everyday person to tap into the world of marine conservation** and all the wonders it has to offer through our facilities at Innoceana Ojochal.

Each day, expeditioners are taught a new subject which they will apply the next day during their underwater dives. **These captivating lectures range from invertebrate theory, to sea turtle migration studies, to 3D Coral Modeling** – providing a subject that will surely resonate with each person. By the end of the week, expeditioners will leave with an abundance of knowledge, skills, friends and memories.

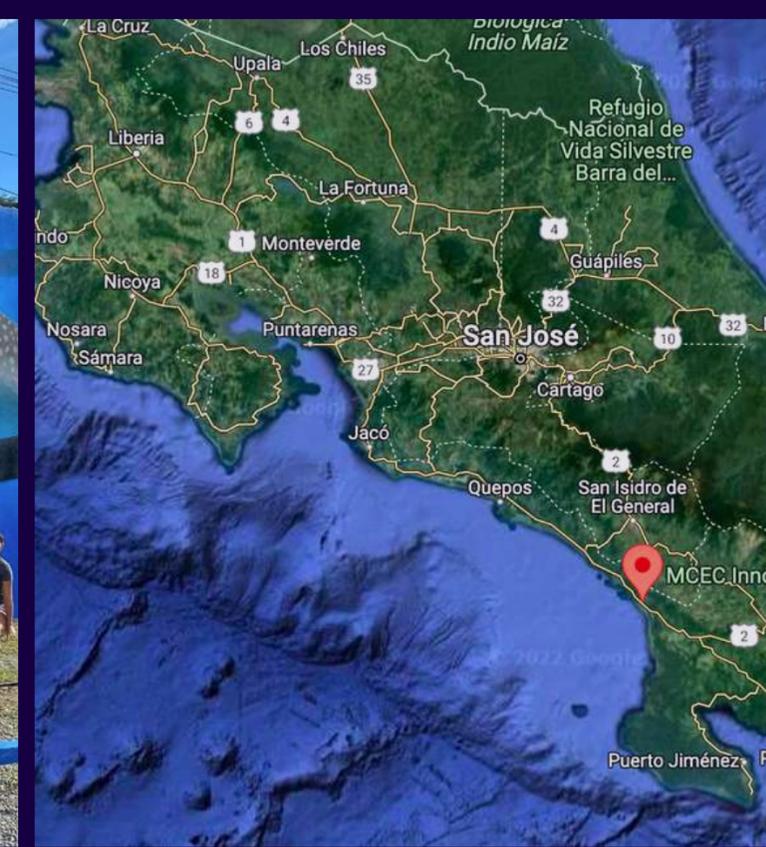


WHERE ?

1. MARINE CONSERVATION AND EDUCATION CENTER INNOCEANA OJOCHAL

Our marine conservation and education center **is the home of Innoceana Ojochal**. Not only does it have an education room, dive shop, office, and info center, it also has beautiful cabins for our interns and expeditioners! The cabins include dorm-style and two-person rooms, private bathrooms and showers, a large kitchen, garden, and plenty of room to hang out after a long day of conservation work.

Innoceana Ojochal had its grand opening in January 2022, so everything is fairly new and ready to be utilized by **anyone interested in an internship to take their skills in marine conservation to the next level.**



2. ISLA DEL CAÑO

Isla del Caño has been a biological reserve since 1978, meaning it has the highest level of protection possible. This pristine island is located in the Pacific Ocean, approximately 50 km away from the Sierpe River (90 min by boat).

Known to host the biggest variety of hard coral species in all the Pacific of Costa Rica, it is the perfect place to dive. Naturally, with an abundance of corals comes an abundance of marine life. While diving it is not uncommon to see sea turtles, reef sharks, eels, many types of beautiful fish and so much more. Most of the island is highly protected and solely open for research and conservation work.



3. MARINO BALLENA NATIONAL PARK



Named after the Humpback Whales that migrate here each year, Marino Ballena National Park is located in the south pacific coast near the town of Uvita, in the province of Puntarenas, Osa, Costa Rica. The park was officially declared as a Marine National Park in 1992 and is a very important area for conservation in the Osa region.

Since this area is protected, there is an abundance of life found here including Humpback Whales, Olive Ridley and Hawksbill turtles, spotted dolphins, corals, sponges, anemones, and an important population of sea birds using the park for nesting.



4. BORUCA INDIGENOUS COMMUNITY

The Boruca community is composed of around 2660 indigenous people living in the South Pacific of Costa Rica, close to the border with Panama, following the Rio Terraba. They are known for their art and artesanía: weaving, paints, or wood masks. But their culture is also amazingly rich with legends and myths that they love to share with their visitors.

Innoceana has been working in collaboration with the Boruca community for the past few years on reforestation programs, education programs with the kids, and cultural activities. Land and ocean are more connected than you could ever imagine. The conservation of the ocean starts on the land and with the involvement of local communities.





EXPEDITION OPTION #1

FISH, SEA TURTLES, AND ELASMOBRANCHII
(SHARKS AND RAYS)

EXPEDITION OPTION #2

CORAL REEFS AND INVERTEBRATES



WHAT YOU WILL LEARN

FISH, SEA TURTLES & ELASMOBRANCHII EXPEDITION

#1



FISH SURVEY



TURTLE ID



WATER QUALITY STUDIES



ELASMOBRANCH SURVEY



WHALE BIOACOUSTICS



FISH ID



TURTLE MIGRATION STUDIES



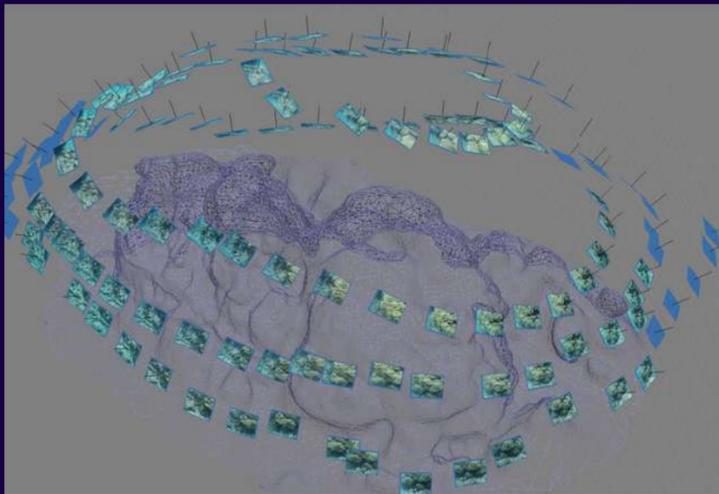
ELASMOBRANCH ID



WHAT YOU WILL LEARN

CORAL REEFS AND INVERTEBRATES EXPEDITION

#2



CORAL 3D MODELS



INVERTEBRATES SURVEY



WATER QUALITY STUDIES



REEF MONITORING



MICROPLASTIC



CORAL TAXONOMY



INVERTEBRATE ID



CORAL IMMUNOLOGY



SCHEDULE

#1

FISH, SEA TURTLES & ELASMOBRANCHS EXPEDITION

SUNDAY

MEETING AT 4PM AT
UVITA BUS STATION

5PM - PRESENTATION

7.30PM - DINNER

MONDAY

6:00 – BREAKFAST
8:00 – ARRIVE TO SIERPE
9:30 – 2 DIVES IN CAÑO ISLAND
4:00 – BACK AT THE CENTER
6:00 – THEORY CLASS
7:30 – DINNER

TUESDAY

6:00 – BREAKFAST
8:00 – ARRIVE TO SIERPE
9:30 – 2 DIVES IN CAÑO ISLAND
4:00 – BACK AT THE CENTER
6:00 – THEORY CLASS
7:30 – DINNER

WEDNESDAY

EXPEDITION TO THE
INDIGENOUS BORUCA
COMMUNITY AND
REFORESTATION

THURSDAY

6:00 – BREAKFAST
8:00 – ARRIVE TO SIERPE
9:30 – 2 DIVES IN CAÑO ISLAND
4:00 – BACK AT THE CENTER
6:00 – THEORY CLASS
7:30 – DINNER

FRIDAY

6:00 – BREAKFAST
8:00 – ARRIVE TO SIERPE
9:30 – 2 DIVES IN CAÑO ISLAND
4:00 – BACK AT THE CENTER
6:00 – THEORY CLASS
7:30 – DINNER

SATURDAY

VISIT TO ALTURAS
WILDLIFE
SANCTUARY
RESCUE CENTER

SUNDAY

6:00 – YOGA OPTIONAL
7:00 – BREAKFAST
8:00 - 2 DIVES IN MARINO
BALLENA NATIONAL PARK
4:00 – BACK AT THE CENTER
6:00 - CERTIFICATIONS
7:30 - DINNER

This schedule is flexible and can vary depending on the weather and energy of the whole group



SCHEDULE

#2

CORAL REEFS AND INVERTEBRATES EXPEDITION

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UVITA BUS STATION

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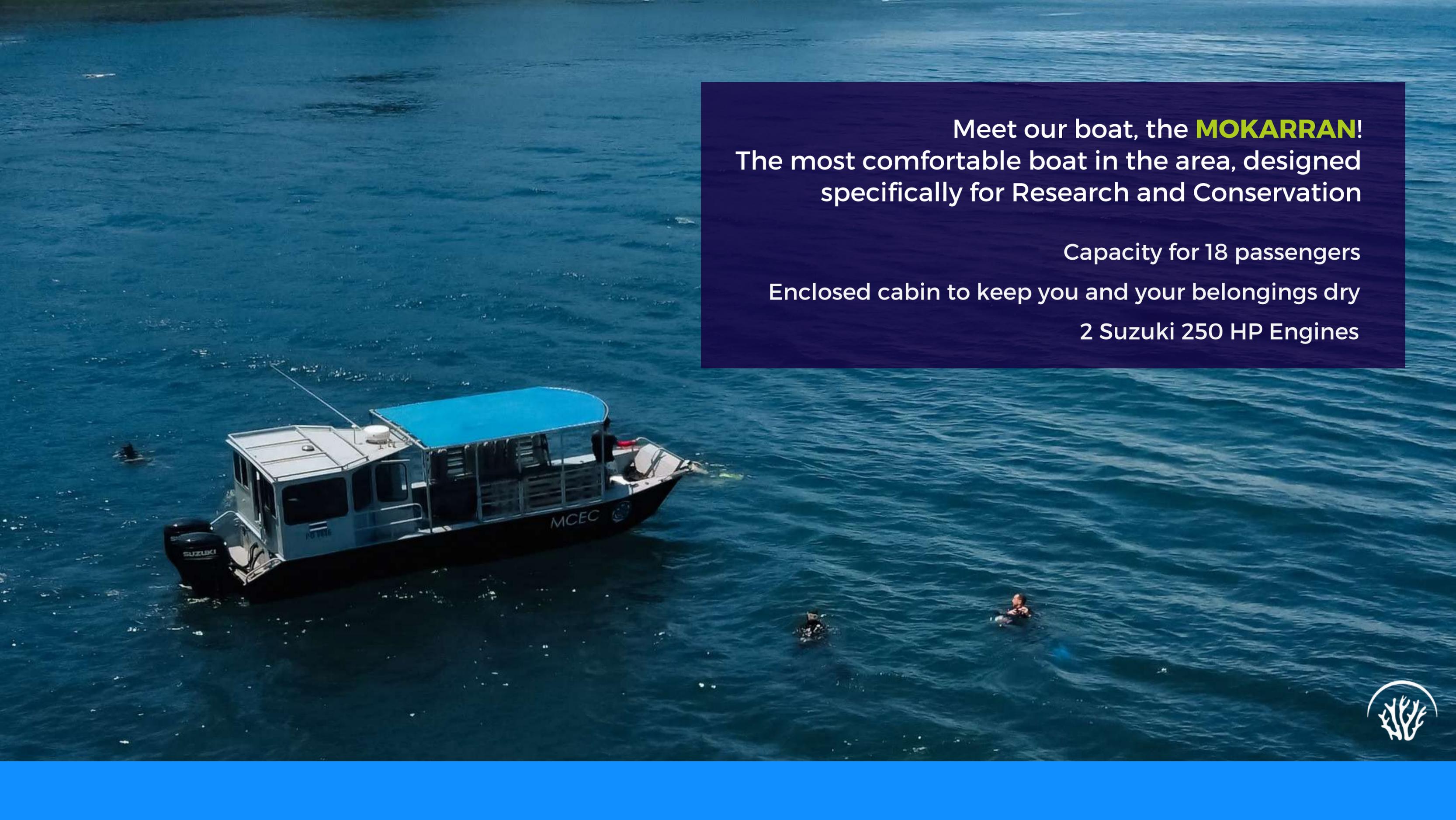
CORAL RESTORATION
WITH COSTA RICA
CORAL RESTORATION

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An aerial photograph of a white motorboat with a blue canopy, labeled 'MCEC', on a body of blue water. Several divers are visible in the water around the boat. A dark blue text box is overlaid on the right side of the image.

Meet our boat, the **MOKARRAN!**
The most comfortable boat in the area, designed
specifically for Research and Conservation

Capacity for 18 passengers

Enclosed cabin to keep you and your belongings dry

2 Suzuki 250 HP Engines



WHAT DO I NEED TO BRING ?

We will provide all dive equipment but you can, of course, bring your own if you prefer. We also advise to bring your own mask + dive computer + camera + dive flashlight for more comfort, however, these can also be provided if needed.

Here is also a non exhaustive list of what to bring :

- Dry Bag
- Towel
- Natural mosquito repellent
- Natural coral friendly sunscreen
- Water Bottle
- Dry clothes (Sunny and hot weather)
- Long sleeve shirt for the boat
- Raincoat
- Snacks (nuts, fruit, cookies, etc.)
- Sunglasses
- Notebook and pen for classes
- Hat or cap for sun protection
- Swimsuit
- Comfortable sneakers / hiking shoes





BEAUTIFUL & NEW ACCOMMODATIONS

- Shared room with shared bathroom (2 people per room maximum)
- Air conditioning in every room
- A big shared kitchen
- Common area
- Deck to practice sport
- High speed internet
- 20 minutes away from the beach by foot
- 13 minute walk to the supermarket





AMAZING VEGAN MENU

Delicious, rich, and local vegan menu with vegetarian options!

3 plant-based meals per day freshly cooked every day by our local chef.

Local and sustainable ingredients.

Live the experience of healthy, sustainable and rich food!





REQUIREMENTS TO PARTICIPATE

OPEN WATER DIVER CERTIFICATION
minimum, or equivalent
& Personal Dive Insurance

WHAT IS INCLUDED

Accommodation for 8 nights
3 Vegetarian meals a day
Dive equipment
Theory classes
Certification of completion
10 dives
Conservation material
Yoga class



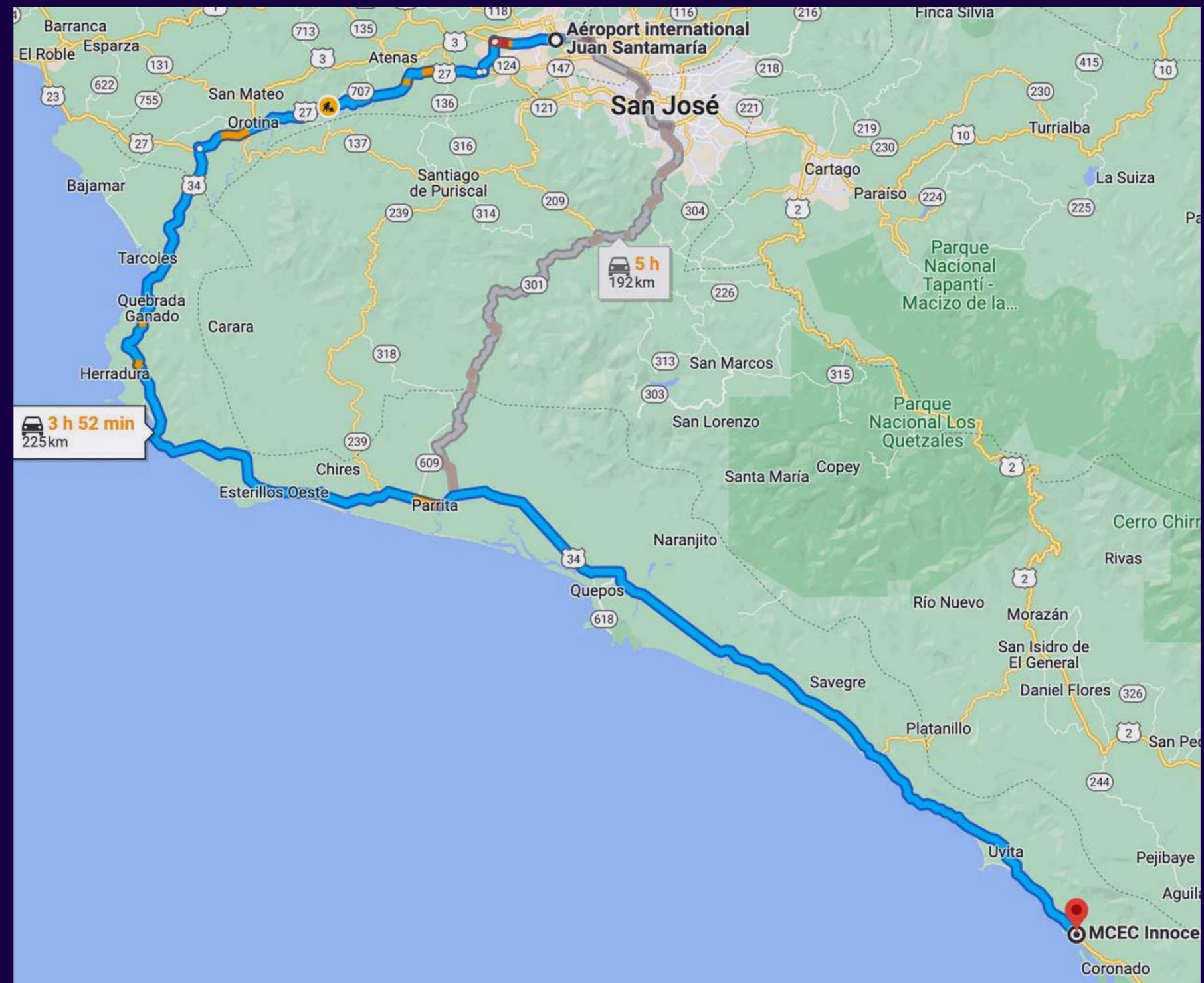
HOW TO GET TO INNOCEANA OJOCHAL?

BUS:

From San José Airport you will need to take a TAXI or UBER to San José center: about 1 hour for about \$20. You can then take a direct bus called TRACOPA. It will take you 4 hours to arrive to Uvita and will cost around \$10 for the bus ride.

CAR:

You can also rent a car in the airport. The ride will take you around 3-4 hours to Uvita. Make sure to use WAZE to find the fastest route.





ABOUT THE COST

\$ 2,195 USD / per person, all inclusive
Except for: insurances and flights.

HOW DO I PARTICIPATE?

By providing a deposit* of \$ 1000 USD you will reserve your spot for the expedition.

Only 8 spaces available. Minimum of 4 participants necessary!

(if less than 4 participants, deposit will be entirely refunded)

**The deposit is not refundable unless cancelation is due to a COVID19-related reason. For the deposit to be entirely refunded, proof of the COVID19-related reason should be shown.*



MAKE A DIFFERENCE, GROW YOUR CAREER

