FOOD

At Travelteer we think that local cuisine is a huge part of the volunteering experience and luckily Costa Rican food is absolutely delicious!

At the camp, volunteers are encouraged to get involved with cooking and cleaning responsibility. Volunteers can expect mainly vegetarian dishes but some western favourites still appear! Most dishes derive from rice and legumes with fruit and vegetables included and occasionally meat and fish. This cuisine is ideal for many diets including vegans and those with gluten or lactose intolerances.
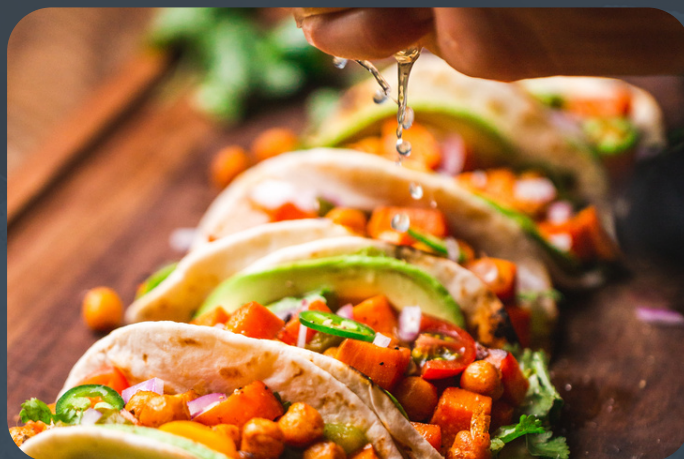
BREAKFAST

Typically for breakfast, volunteers have the choice of oats and fruit or traditional gallo pinto, which is rice and beans, with eggs and fried bananas, or pancakes.

LUNCH

Lunch options vary from tortillas with refried beans and vegetables to a lighter snack of hummus with carrot sticks, or vegetarian rice/pasta.

DINNER

For dinner, volunteers can expect chickpeas with spinach, tortillas with back beans, or vegetarian burgers and salad.

FURTHER INFORMATION

ALLERGIES

Travelteer take allergies very seriously! All chefs in our volunteering destinations are able to accommodate specific needs if notified ahead of time. If you are affected by any form of allergy, please let our team know in your pre-departure cal!.

WESTERN ALTERNATIVES

We believe that eating traditional food is a huge part of responsible travel and really completes the experience. However, if you do end up having difficulties with the local cuisine we will try our hardest to sort a simple western alternative.

SUPERMARKETS

Supermarkets or shops can usually be found in Puerto Jimenz (the closest town to our volunteer accommodations) - we recommend bringing some spending money with you just in case you're missing some home comforts!!

CONTACT US

Our friendly staff are always ready to help out with any queries! If you would like to get in contact, please use the below details:

Email: admin@travelteer.co.uk
Phone: 0115 874 4399