

# RALEIGH INTERNATIONAL COSTA RICA SPENDING MONEY GUIDELINES

Updated 13 Oct 2024

All costs including food, accommodation and transport are fully included in Raleigh Expeditions. Therefore, the amount of spending money you bring with you is entirely down to personal preference, and that would likely cover optional snacks, extra supplies i.e. toiletries, items from the Raleigh Shop, souvenirs.

You will be working with a variety of people from different backgrounds and with rural, disadvantaged communities. Due to this we need to be sensitive and considerate about the financial and economic levels of people in the community, and other Venturers in your Expedition, who will come from different financial backgrounds. We encourage you to be considerate and respectful and only spend minimal amounts whilst on the project to allow for a fully immersive experience.

We recommend only bringing a minimal amount of cash for discretionary spending (USD\$200 – USD\$300). The currency in Costa Rica is the Costa Rican colon (CRC). US dollars are widely accepted in tourist areas but not British pounds.

Throughout the Expedition there are various opportunities to buy additional snacks, souvenirs or top up on extra kit/toiletries. This will include short town trips into Turrialba, as well as the opportunity to visit small shops on some projects.

## Top Tips

- **Have money available on your card:**  
Most larger places and shops/supermarkets accept card payments, and you can also withdraw cash at ATM's in Turrialba, so we suggest having funds available in your bank account for that (VISA and Mastercard are the most commonly accepted, please ensure that you inform your bank that you are travelling before you depart).
- **Exchange money prior to departure & have a travel card**  
It is not easy to exchange GBP in Costa Rica, so get some colones & USD ahead of arriving.
- **Bring smaller bills**  
If you are bringing USD then please only bring smaller bills as it is hard to exchange large bills. There is a money exchange at the San Jose airport, but the rate is not the best and the fees can be high. There is also an ATM at the airport where you can get money out (at baggage claim). Small shops in Costa Rica will only accept colones and not USD or credit cards.

### Exchange rate currently (October 2024):

**\$1 = ₡517.94**

**£1 = ₡687.22**

**Euro1 - ₡571.97**

### Emergency Spending

**If you require medical treatment in Costa Rica that is over and above what the Raleigh medics can provide, i.e. a visit to the doctor, dentist, blood tests, prescription medication or admission to hospital you will need to cover this cost yourself up front.**

Most travel insurance companies work on a pay-and-claim system whereby you need to submit your receipts for reimbursement after the fact. It is recommended that you bring a credit card with a suitable limit for this, or, at least \$300 in USD cash for emergencies. This will be reimbursed by your insurance provider, however it is best to come prepared!

### Induction/Changeovers:

During induction and changeover, you will have time to go into Turrialba town and purchase things that you might need, extra toiletries, snacks, clothing etc. Usually this is two to three trips into town for each changeover.

### Trek:

There are several small shops (pulperias) along the trek route where you can purchase ice creams, snacks, fresh fruit etc. Bring small-bill colones, as USD or credit cards are not accepted.

### Community projects:

There will be very limited opportunities to purchase anything on the Community project, as there are no shops. There is however, a "mobile pulperia" which comes once a week where you may be able to purchase small snacks. Small-bill colones only, no USD or credit cards.

### Environmental Projects:

For the environmental projects there will be more opportunities to purchase souvenirs and extra snacks. In some of the tourist areas that we travel through you will have the opportunity to stop and purchase things along the way, use colones if you are in non-tourist areas.

## SUMMARY

Along with your emergency fund it is recommended that you bring the following amounts in cash (small bills). You are also encouraged to bring your credit card with you on project in case you are evacuated to the hospital (unlikely but it does happen!).

- **10 Weekers** – Optional spending money: USD\$300 equivalent
- **7 Weekers** – Optional spending money: USD\$200 equivalent
- **4 Weekers** – Optional spending money: USD\$100 equivalent