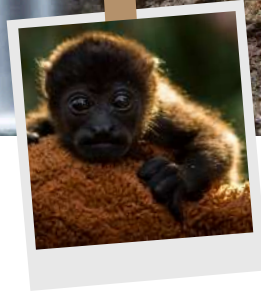
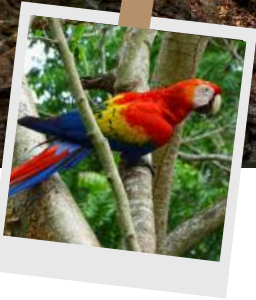


VI GIVES in Costa Rica

VI VETERINARIANS
INTERNATIONAL

DECEMBER 15 – 21, 2024



Veterinarians International, Pura Vida Veterinary Wellness and Wild Sun Rescue offer you a transformative experience to support conservation, serve the local community, honor your well-being and self-care.

THIS 6-NIGHT EXPERIENCE IN CABUYA, COSTA RICA INCLUDES:

Conservation, rescue & rehab

Wildlife Sun Rescue will be your host for the week! Get a firsthand look at their daily work of treating sick, injured and orphaned animals, while also learning about their conservation efforts of species reintroduction, rehabilitation, and release.

Serve the local community

Participate in a 2-day spray & neuter clinic for the underserved local community that often do not have access to vet care. Your VI GIVES registration also sponsors 1 Costa Rican vet student to attend the week-long learning experience

Wellness & self-care

Take part in one of a kind (RACE approved) wellbeing and continuing education courses, workshops, and team building for veterinary professionals to promote better relationships and sustain job satisfaction.

In addition, there will be excursions to see the macaws in Tambor, visit the Montezuma Waterfalls, experience a bioluminescence tour and witness a breathtaking Santa Teresa sunset.

Itinerary

DECEMBER 15 - 21, 2024

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DAY 1

- 6:00 PM • Welcome & Orientation
- 7:00 PM • Dinner

DAY 2

- 7:00 AM • YOGA
- 8:30 AM • Breakfast
- 9:30 AM • AVMA CE: Communication/Setting boundaries workshop
- 1:00 PM • Lunch
- 2:15 PM • Macaws in Tambor
- 7:00 PM • Wild Sun Intro & Tour
- 7:00 PM • Dinner

DAY 3

- 7:00 AM • YOGA
- 8:30 AM • Breakfast
- 9:30 AM • Montezuma Waterfalls
- 1:00 PM • Lunch
- 2:15 PM • Clinic Prep Workshop
- 7:00 pm • Dinner

DAY 4

- 7:00 AM • YOGA
- 8:30 AM • Breakfast
- 9:30 AM • Castration Clinic
- 1:00 PM • Lunch
- 2:15 PM • Bioluminescent tour
- 7:00 PM • Dinner

DAY 5

- 7:00 AM • YOGA
- 8:30 AM • Breakfast
- 9:30 AM • Castration Clinic
- 1:00 PM • Lunch
- 2:15 PM • AVMA CE: Resilience Skills
- 7:00 PM • Sound Journey Excursion
- 7:00 PM • Dinner

DAY 6

- 7:00 AM • YOGA
- 8:30 AM • Breakfast
- 9:30 AM • AVMA CE: Skills for managing stress & depression
- 1:00 PM • Lunch
- 2:15 PM • Santa Teresa Sunset Excursion
- 7:00 PM • Dinner

DAY 7

- 8:30 AM • Breakfast
- 11:00 AM • Check out & Departure



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Vet Student , LVT , Assistant

(\$1600 tax deductible)

\$ 4,600/person

Veterinarian

(\$2000 tax deductible)

\$ 5,600/person

International airfare is not included.

✓ Above costs include sponsoring 1 Costa Rican vet student, food, lodging, transportation, all programs and excursions. Physical Activity Rating is 3 (see physical activity rating page)

Referral bonus of \$100 deducted from your cost if your referral goes on the trip!

How to Book

Contact Dr. Lonnie Kasman: lonnie@vetsinternational.org

Reservations should be made well in advance as accommodations are limited, and sell out fast.

Deposit: A non-refundable deposit equal to 20% of your total tour cost is required to guarantee your reservation. If departure date is within 65 days, full payment is required to book your space.

Final Payment: Full payment is due 65 days prior to departure.

Cancellation Charges

- 20% of total tour cost is forfeited for cancellation made for any reason 66 days or more before departure.
- 100% of total tour cost is forfeited for cancellations made for any reason 65 or fewer days before departure. Should the tour be cancelled by Veterinarians International then these funds will be applied to a future trip.

VI GIVES
in Costa Rica

DECEMBER 15 - 21, 2024

PAYMENT OPTIONS

Wire money to Chase Bank:

Please email info@vetsinternational.org for wire transfer.

Online payment:

PayPal: Send to: info@vetsinternational.org

Venmo (US only): Send to: info@vetsinternational.org

FAQ

FREQUENTLY ASKED QUESTIONS

Q: Are the trips safe?

A: Because of the adventurous nature of our trips, safety is our #1 priority. We are adventurous, not reckless. We are always careful choosing the best local operators and guides and very closely monitor their performance on every trip. Safety is paramount to us, and you can rest assured that we are watching out for you every minute of our trips.

Q: I will be coming by myself and won't know anyone in the group. Will I feel awkward?

A: Not at all. You will come by yourself, but will immediately meet other travelers just like you, who will make you feel surrounded by people with similar interests. We are very inclusive, friendly, welcoming, and our Group Leaders focus on creating an atmosphere in which everyone feels like they are among a group of old friends.

Q: Will I have to pay extra if I come by myself?

A: No. Our prices are based on double occupancy (unless otherwise specified), and we will always pair you up with a person of the same gender if you join the group by yourself. Of course, if you want your own room, that can also be arranged for an additional cost.

Q: I want to come with a friend. Is that OK?

A: Absolutely. Our groups have a mix of solo travelers, couples, and friends. If you join with a friend or significant other, you will room with your friend unless otherwise requested. Regardless, if you initially come with a friend, in the end you will have made several other friends as well!

Q: How big are the groups?

A: Our groups range between six and ten people.

Q: Where are people from?

A: Because Veterinarians International is based in the United States and our trips are conducted in English, most of our travelers come from the U.S. but may come from other countries as well.

Q: What is the age range of the groups?

A: The minimum age is 18, but we don't have an upper limit. So long as you are a friendly and healthy person who wants to make friends and be with a great group, you are welcome. Since our groups are so varied, you will almost certainly find people within your age range on every trip. However, you will also find that you will make friends with people of all ages. One amazing thing we find in our groups is that age becomes irrelevant because our travelers possess a common interest. It is not unusual for us to spot a twenty-something year old hanging out with a sixty-something year old, laughing and engaging as if they were best friends of the same age.

FAQ

FREQUENTLY ASKED QUESTIONS

Q: What is the minimum age? Can I bring my kid?

A: Our trips are usually adult-oriented, and the minimum age to travel with us is 18. Depending on the trip, you may be allowed to bring your child/children. Please inquire with us before joining a trip with a minor.

Q: I am not in good shape. Will I be able to keep up with the group?

A: We list the fitness/activity level of each trip and explain them in detail on our Physical Activity Ratings page. Trips are rated from 1 (little to no physical activity) to 6 (extremely demanding). Before signing up for a trip, look at how it's rated and decide if you are in the physical condition necessary to keep up. In addition, we normally post our trips with enough advance notice that you can improve your fitness level by the time the trip happens. You might not be able to go all the way from 1 to 6 in that time, but depending where you are fitness-wise, and how physically demanding the trip is, you may be able to train appropriately for the trip in the interim.

Q: Some of the activities seem too adventurous for me. Can I opt out of some activities?

A: Absolutely. Although we encourage you to be adventurous, and take every precaution to ensure your safety, we never want you to partake in an activity that you are not comfortable with. Although it's a rare occurrence, you may incur extra expenses, especially if special arrangements have to be made for different kinds of transportation or separate accommodations. That said, forgoing an activity usually simply entails waiting on the bus or somewhere in the area, or even staying at the hotel while the group is out doing the activity.

Q: What is included in the price of the trips?

A: This can vary from trip to trip, but generally all the transportation within the destination is included, including internal flights (flights to our original arrival and from our final departure destinations are not included), all the entrances to the included activities, all accommodations from the beginning of the trip, and daily breakfast. We sometimes include lunch and/or dinner as well, but, often times, those meals are best not to be included so you can have the freedom to choose where to go.

Q: What is NOT included in the price of the trips?

A: This also varies from trip to trip, but we usually don't include tips to guides and staff (although we strongly encourage you to be generous with them), extracurricular activities, sometimes lunches and dinners, and rentals (unless the rented equipment is necessary for an included activity) and airfare to and from the trip arrival and departure points (see next Q)

FAQ

FREQUENTLY ASKED QUESTIONS

Q: Is airfare included?

A: Airfare to our original arrival (where the trip begins) and from our final departure (where the trip ends) destinations is NOT included. Our group members come from different places and often want to do side trips before or after our main trip, so it becomes impractical to include flights. Flights are very easy to book on your own, and many of you can use miles or other modes to make your flight free or lower cost by booking them yourself. Instead of including airfare, we will give you guidelines so you can book your own, and we'll meet you at the beginning of the trip.

Q: What are our accommodations going to be like?

A: Depending on the location, we may stay in luxury hotels, or may stay in simpler accommodations. Wherever we stay, we always make sure to request clean, comfortable, and safe accommodations in safe areas, and preferably at central locations.

Q: Do I need a passport?

A: A passport is required for all international travel. Your passport must be valid for 6 months after your return date. If you don't have a valid passport, or if your passport expires before 6 months after the date you will arrive back in the U.S., make sure to get started on a new one ASAP. Here's the link for the Department of State Passport section: <http://travel.state.gov//content/travel/en.html>

Q: Do I need travel insurance?

A: Yes. Travel insurance is REQUIRED. You may purchase insurance with any company you wish, but we require that your policy covers personal injury, death, medical expenses, emergency evacuation and treatment, repatriation, and personal liability, with a minimum coverage of \$200,000 USD. You will be required to submit proof of insurance no later than seven (7) days prior to the start of the trip. Although not part of the requirement, we STRONGLY suggest that you get insurance right away (within 15 days of making your deposit), and that you buy a policy that will cover you in case you need to cancel your trip for any reason.

Q: How much cash should I bring? Should I exchange it into local currency?

A: We recommend that you bring local currency to help facilitate transactions and leave tips. Our general recommendation is that you bring the equivalent of \$350 USD in local currency to spend per week. However, that is just a suggestion. Since people have different spending habits, you must make the determination based on your personal needs and preferences.



PHYSICAL ACTIVITY RATING PAGE

Does not participate regularly in programmed recreation, sport, or physical activity.

0 points - Avoids walking or exercise (for example, always uses elevators, drives whenever possible instead of walking).

1 point - Walks for pleasure, routinely uses stairs, occasionally exercises sufficiently to cause heavy breathing or perspiration.

Participates regularly in recreation or work requiring modest physical activity (such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling, weightlifting, or yard work).

2 points - 10–60 minutes per week

3 points - Over 1 hour per week

Participates regularly in heavy physical exercise (such as running or jogging, swimming, cycling, rowing, skipping rope, running in place) or engages in vigorous aerobic type activity (such as tennis, basketball, or handball).

4 points - Runs less than 1 mile per week or spends less than 30 minutes per week in comparable physical activity.

5 points - Runs 1–5 miles per week or spends 30–60 minutes per week in comparable physical activity.

6 points - Runs 5–10 miles per week or spends 1–3 hours per week in comparable physical activity.