

Puerto Rico needs our support. Thanks for stepping up to be a Team Leader for your volunteer team. We greatly appreciate and respect your service and willingness to lead.



The purpose of this Team Leader Guide is to give you info and resources that will help you in preparing the ground work in forming a motivated, high energy team open to all the learning and inspiration that can come with a service

project. The more a team puts into building their sense of purpose and esprit de corps beforehand the better the experience will be. Many of our volunteer projects involve hard work that requires volunteers to have some grit and persistence. Having said that, those very same challenging conditions encourage volunteers to reach down and find the good will and joy of service that bonds them together and forms lifelong memories and lasting friendships.



When packing for a trip, two old sayings hold true. First, lay out what you want to bring, **then take half of that**. The second, an adage of international journalists and inveterate business travelers, warns to take only as much as you could **carry at a dead run for half a mile**.

In other words, **pack light**. It's amazing how much you think you might need, only to return home and find out that, not only did you not use the

A photograph showing various items packed or unpacked from a backpack, laid out on a tiled floor. The items include clothing (blue jacket, plaid shirt, red bag), shoes, a green bag, a black bag, a small electronic device, and books.

[illegible][illegible]

- 
- A photograph showing various items packed or unpacked from a backpack, laid out on a tiled floor. The items include clothing (blue jacket, plaid shirt, red bag), shoes, a green bag, a black bag, a small electronic device, and books.

[illegible]

The tropics are **DAMP** and hard on electronics. Leave laptops. Bring smart phone.

## Arrival Airport

Volunteer teams will be met by their Volunteer Coordinator at the [Luis Muñoz Marín International Airport](#). (No passport needed for US citizens)

## Transportation

All transportation from the time we pick you up at the airport until we drop you off at the airport at the end of the project is provided.

## Lodging



Volunteers stay in bunkhouse style accommodations at various facilities in the area. Volunteers also stay at AirBNB style accommodations.



## Meals



All volunteers are provided breakfast, lunch, dinner throughout the week.

Breakfast is continental style with cereal, bagels, muffins, juice, coffee and fruit.

After you have your breakfast you'll have a chance to make a brown bag lunch. Be sure your team members have water bottles. Volunteers working outside should drink at least a quart of water/

day and more if they're working in hot sweaty conditions. As a team leader make sure you see your team members taking water breaks.



Dinners are prepared by local cooks and are typical Puerto Rican family style meals, rice, beans, vegetables, and beef, chicken, pork or fish always with a salad bar.

Vegetarian options are available at each meal.

## Climate



Puerto Rico temperatures are consistently around 80 degrees year round.

Don't be lulled, however, into thinking the sun is not a powerful force down here. Sunburn and dehydration will take the vigor and positive spirit out of your team if you don't cover up with sunscreen or clothing and drink lots of water.

It's your responsibility to secure any electronics or valuables you choose to bring on the trip.

## Health



Puerto Rico has a 911 emergency response system and many urgent care facilities. Please consult the [CDC Puerto Rico Travel Info page for health info.](#)

### **IMPORTANT PLEASE READ:**

**ALL TEAM LEADERS** should complete our online [International Pre Project Information Sheet](#) and [Flight Information Sheet](#) as soon as you have the info regarding flight information, the number of volunteers, gender breakdown, and other details that we need to plan your project.

**ALL VOLUNTEERS** must complete an online [Volunteer Agreement](#) prior to starting the Puerto Rico project.

## **Typical Puerto Rico Project Plan**

(Customized itineraries available upon request)



### **Day 1**

- Arrive San Juan Luis Munoz Marin International Airport, met by volunteer coordinator, transfer to lodging site

### **Day 2**

- Breakfast at lodging site
- Local Ecosystem Orientation at Cabeza de San Juan Environmental Preserve
- Lunch at Lighthouse

- Conservation Project at Cabezas de San Juan

### Day 3

- Breakfast at lodging site
- Disaster relief and resiliency project in local community
- Dinner at lodging site



### Day 4 + 5

- Breakfast at lodging site, Pack lunch
- Half day environmental restoration project followed by afternoon project at Boys and Girls

Club helping with homework, assisting with recreational activities, and helping youth practice speaking English. Volunteers will also do an environmental education activity

- Dinner at lodging site

### Day 6

- Breakfast at lodging site
- Disaster relief and resiliency project in local community
- Dinner at lodging site



### Day 7

- Breakfast at lodging site
- Coral reef exploration and catamaran trip, learn about coral reef preservation.
- Lunch on Catamaran
- Dinner at lodging site

**Day 8**

- Pack for departure
- Breakfast at lodging site
- Drop at airport 2 hours before departure

**The itinerary above gives you an idea of possible projects and timeline for travel. We can develop a custom itinerary that meets the goals of your volunteer team. The project service fee of \$885.00 per person is based on seven nights and eight days, and includes all food, lodging, in country transportation. full time volunteer coordinator, project materials, educational/recreational activity liability insurance, does not include flights to and from Puerto Rico.**