

*"Travel, which is nearly always seen as an attempt to escape from the ego,
is in my opinion, the opposite.
Nothing induces concentration or inspires memory like an alien landscape or a foreign culture...
But this does not happen to the exclusion of the exotic present.
What makes the whole experience vivid and
sometimes thrilling,
is the juxtaposition of the present and the past..."*

Paul Theroux, author of The Mosquito Coast
(a Sentient Experientials participant; Ecuadorian Amazon 1999)

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Guaria de Osa's Disclaimer

This section addresses the following topics:

- Disclaimer
- Regarding Children
- Travel Notes
- Safety Rules at Guaria de Osa and Surrounding Environment

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This document requires your signature and date.
Alongside your Reservation Document and Release of Liability, please include your signature
and date for this section (at the bottom of this document).

Please mail all three documents to:
Sentient Experientials at Guaria de Osa
PO Box 1004, El Cerrito, CA 94530.

Thank you very much!
Pura Vida!

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Guests will undertake full accountability for all that is experienced because essentially your
sojourn at Guaria de Osa, albeit an enriching adventure, is a personal experience.

Guaria de Osa wishes to reserve the right to change the itinerary if by chance there may
surprisingly arise any unforeseen circumstances, such as raw weather, ocean conditions,
including last minute cancellations by guest teachers, or other unforeseen circumstances.
Please trust that whatever changes are made will not affect the quality of the experience.

Costa Rica has an annual inflation of 12%. Therefore our fees are subject to change without
prior warning. Pre-paid itineraries will be honored.

When and if there are any changes Guaria's staff will inform you when arrive at Guaria.

Due to limited solar system, lights-out at 10 pm. Please bring a headlamp and/or flashlight
for nighttime reading and/or walking on the campus.

Tetanus Vaccination: Although the Osa Peninsula is a Nature Sanctuary, the only vaccination
we recommend is a tetanus shot – preferably a vaccine that contains no mercury. Please
consult your local Travel Doctor. For helpful information in general on Costa Rica and The Osa
Peninsula, go to our web site and click on: Costa Rica/Respecting Nature; then The Osa
Peninsula.

Take your walks, swims and forest hikes with a buddy. Guaria de Osa will have a designated
staff person you can notify when you are leaving the campus.

Guests and teachers who come early and/or stay longer than reserved dates will pay an additional boat transfer - including children who take a seat. 1 person - US\$50; 2-4 persons - US\$35/person; 5 or more is included in the group rate. Please pay this before departure to the above address; in the memo indicate what your check is for.

Boat reservations: There is a fee for missing a reservation boat. Please give us 48 hours if you need to cancel a boat reservation. The fee varies during each season.

All guests pay for the entire block of time reserved even though one may have to depart early or arrive late. There is no refund for arriving late and/or departing early due to planning and management preparations.

All guests - both children and/or adults - are financially accountable for breaking or losing any Guaria de Osa items and/or belongings - including dishes, surfboards, board games, marimba keys, and so on. If such an occasion should arise, we ask that reimbursement be at the current cost in Costa Rica of the particular item that needs to be replaced. Please make payments before your departure from Guaria de Osa.

Phone Card and SKYPE: If you want to make calls from Guaria's cell phone, please purchase an international phone card in your country. Make sure you get the toll-free Costa Rican access code from your calling card company - or purchase one when you arrive into San José, the capital city of Costa Rica. Guaria de Osa charges \$1/minute alongside your phone card. We also have access to SKYPE.

Since most of our facilities are mostly wood, in order to prevent a fire-hazard, candles can only be lit with permission and supervision.

Non-recyclable items: such as, dead batteries, plastic wrappers, etc. - we ask that you please be so good to take these back to your country to recycle.

Please respect the cultural sensitivity of the Osa Peninsula by keeping your swimsuits on when swimming in the ocean and/or sunbathing on the beach.

Although there is a lot to do at Guaria de Osa and its stunning surroundings, we recommend that sometimes "to do less is to do more" - thus, all activities are optional.

Guaria de Osa is not responsible for missed domestic and/or international flights.

Want to write an article about your experience at Guaria de Osa? We will be happy to contribute information for this.

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Regarding Children

Guaria de Osa staff does not take responsibility watching adults and/or children, of any age, while swimming in the ocean. Watching children is the responsibility of respective parents or a designated lifeguard.

Children must have a headlamp or flashlight when walking the campus and/or on the beach at night and must be accompanied by an adult at all times.

It is not ok for children to run around the campus at night without a flashlight. For one reason, there are frogs that come out at night and can be easily squashed if not seen.

All children under 15 years of age must bring and a life jacket while swimming in the ocean. Children over 15 must bring a swimming certificate or otherwise, bring a life jacket for ocean swimming.

Guaria de Osa does not supply a mattress protection pad for children. Please bring a protection sheet/pad for your child when less than 12 years of age – just in case it’s needed. Although your child may not have such a setback at home, many times traveling upsets a child’s rhythm. Best to come prepared.

Diapers: Please bring cloth diapers - or recyclable diapers; 7th. Generation is one company we know of that has recyclable diapers. However, if you prefer non-cloth diapers, then please be so kind not to leave the soiled diapers when you leave Guaria de Osa.

It is not safe for children to run in and out of the kitchen – therefore, please ‘instruct’ your child not to do so – for his/her best interest.

Please be so good to also instruct your child not to drop food or wrappings or any other such garbage on the beach and/or Guaria’s campus.

Please be attentive to the do's and the don'ts regarding Guaria de Osa's pets - especially ANA, the queen Scarlet Macaw of Guaria de Osa.

Bi-Lingual (Spanish/English) Childcare is \$5/hr. Please pay at Guaria de Osa.

We suggest parents bring munchies for their children to eat in between the 3 scrumptious healthy meals we provide each day.

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Travel Notes

International Departure: We recommend that you have at least 3 hours in San Jose before your international departure flight leaves Costa Rica. In other words, if your domestic flight from the Osa Peninsula brings you into San Jose at 11 am – your international flight should be scheduled to depart at least after 2 pm. Keep this in mind when you buy your international air ticket to Costa Rica.

Passport: Your passport must be valid for at least 6 months after your departure date from Costa Rica. In other words, if you plan to leave the country on May 1 – then your passport needs to indicate it is valid till November 1. Otherwise, we suggest you renew your passport with plenty of time.

Costa Rican Visa: Since December 2006, Costa Rica requires that all non-United States citizen must have a visa for Costa Rica prior to entry. This can be easily obtained from your nearest Costa Rican Embassy or Consulate. Call first to find out what documents you need to bring to your appointment. All US citizens showing a US passport will get a visa when they arrive into Santa Maria International in San Jose.

Thank you for your cooperation. We hope that your experience at Guaria de Osa and on the Osa Peninsula is beyond your wildest imagination!

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Safety Rules at Guaria de Osa and Surrounding Environment

About THE OCEAN

When in the ocean, the safest way is always to swim, surf, or snorkel with a buddy and make sure to keep on eye on each other.

Guaria de Osa’s beachfront is safe for swimming - most of the time - especially at low and mid-tides. Sometimes, though, at high tide there can be a channel that can pull a swimmer out about 25 to 45 yards. This channel is about 15 to 20 yards wide. If this happens, don’t

panic or try to forcefully swim against the current or you will tire yourself out.

What happens is that a current drains a channel on the edge of the beach. The current extends for no more than 35 to 45 yards out, after which there are no strong currents to worry about.

Just let the tide pull you out, then swim off to the side and swim back in. Or as it is pulling you out try to swim off to the side, then you can swim easily back in.

This channel is visible with choppy water at the surface so be cautious not to go in a swim where the channel is. The channel moves around and can appear in a different location. Most times there is no channel it is only once in a while that this phenomenon appears. Other wise Guaria's beachfront has no rip tides or strong undertows.

High tide can be a challenge getting back to land due to the waves that break at the edge of the beach. These can make it seem like a rip tide but it is only at the surface level and just at the shore. For these reasons we suggest not to swim in the ocean at high tide.

About BOARDING and GETTING OFF BOATS

At times the boat docking can be challenging due to ocean conditions. Even when the ocean is calm getting on and off the boat can be tricky. When getting off the boat it is best to wait until the wave has gone out - then carefully, one leg at a time, get off and aim for the beach.

Jumping off the boat right as a wave is coming can hit your feet and make you fall into the water at the beach edge. Best to follow your guide and let them tell you when to jump off or get on the boat. Don't be shy to ask a boat guide for his hand and to help you get off the boat.

About SEA URCHINS and JELLY FISH

Be careful when walking over the rocks at low tide and make sure you have your footwear on. Do not step or grab a black spinney sea urchin.

About SNAKES

There are various species of poisonous snakes on the Osa Peninsula. These snakes, if found, rarely bite unless molested. When wandering about at night it is best to use a flashlight. There are snakes in the forest and many of them are nocturnal. Snakes at night have not been seen on Guaria's campus.

When walking in the forest, special care should always be taken when stepping over a log. It is best to step on the log then jump off the other side as opposed to stepping over the log since there may be a poisonous snake under the log on its other side.

Also be careful when picking up stuff from the forest floor or reaching your hands into the bushes. Snakes, for the most part, are passive.

If you encounter one, don't offend it or irritate it or scare it by yelling. Tell your guide or a staff member if there is a snake in the surrounding area of Guaria de Osa's campus. If you should see a snake in the forest - you can greet the snake and admire its beauty - then move on.

No one has died in the area from snakebites and the nearby clinic is always stocked with anti-venom for the unfortunate incident. No one has gotten bit from a snakebite at Guaria - except one of our dogs - and we cured him! Our ethnobotanical garden has effective vegetable snakebite medicines from Costa Rica and the Amazon Rainforest.

About BEES and WASPS

There are various types of stinging bees and wasps so If you are allergic to bee or wasp stings please bring your necessary precautionary medications with you and have them in your fanny pack or daypack at all times! There are scorpions in the area yet they are relatively harmless and their stings are like that of a wasp.

About COCONUTS

Coconuts can be a hazard. Be careful when napping or lounging under a coconut palm because one might fall on your head.

OVERALL

Many of the above safety rules are not unique to the Rainforest or Beach. Still and all, in order to prevent injuries anywhere and anytime, exercising mindfulness is a good thing when having fun. Being mindful – not fearful – can make all the difference between a nightmare and an unforgettable journey in paradise.

A helpful practice for all our guests:
Release all expectations!
In doing so, you will have everything!

Thank you for your cooperation.
We hope that your experience at Guaria de Osa and on the Osa Peninsula
is beyond your wildest imagination!
PURA VIDA!

Please keep a copy for your records.

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PLEASE TEAR HERE – sign, date, and mail to above address.

I have read and agree with Guaria de Osa’s disclaimer, cancellation policy, release of liability and I understand the Safety Rules at Guaria de Osa and its surrounding environment.

Printed Name(s) _____

Signature(s) _____

Month/Day/Year _____

Telephone: home # _____ cell # (if applicable) _____

E-mail: _____