



Association for  
Temperate Agroforestry



Solutions for Inclusive Green Development  
Soluciones para el Desarrollo Verde Inclusivo

**18<sup>th</sup> North American Agroforestry Conference (NAAC)**

**Sharing Research & Best Practices Between  
Temperate & Tropical Agroforestry**



**Guide for  
staying at CATIE**  
*Sustainability in action*

 20-22 February 2024

 Turrialba, Costa Rica



# Contents

The workshop's organizing committee offers this quick guide to make your stay at CATIE and Turrialba a positive experience and support the sustainability initiatives we are undertaking in CATIE.

The information is structured as follow:

- 1 Traveling to Costa Rica
- 2 Traveling from the SJO airport to CATIE
- 3 Exploring Costa Rica and Turrialba
- 4 Packing my bags
- 5 On CATIE's Campus
- 6 During the workshop
- 7 Food services and other needs
- 8 Other Considerations

# 1

## Traveling to Costa Rica



- ▶ **Passport:** Remember to check that your passport is valid for 6 months before the conference date.
- ▶ **Visa:** Several nationalities require a visa to enter Costa Rica. Please inquire at the Consulate of Costa Rica in your own country about the documentation needed to process visas. At the following link, you can find addresses of consulates in different parts of the world (consulates).
- ▶ **Vaccines:** Immunization against Yellow Fever is required for participants from all geographical areas considered at risk, which must be confirmed at the airport by presenting “The International Certificate of Vaccination against Yellow Fever.” This document is valid beginning 10 days after vaccination and remains valid for 10 years. Countries considered at risk are Bolivia, Venezuela, Brazil, Peru, Colombia, Ecuador, and all African countries.
- ▶ **By car/Bus:** if you come from a country in Central America, you can reduce your cost and your carbon emissions by traveling by bus. Several bus companies provide ground transportation services to and from Costa Rica. Options include: Ticabus, TRACOPA, TRANSNICA.

# 2

## Traveling from the airport to CATIE



- ▶ The airport is located approximately 80 km from CATIE (about 3 hours ride).
- ▶ Submit your **travel itinerary** as soon as possible so we can arrange transportation from the airport if it **is required**. This is the most convenient way to travel. To hire lodging and transportation service, please contact Lilliana Jiménez at email: [lilliana.jimenez@catie.ac.cr](mailto:lilliana.jimenez@catie.ac.cr) or phone: +(506) 2558-2209. [Check the rates here.](#)
- ▶ The transportation **will be organized in groups**; therefore, you may have to wait about 20-30 mins until other participants arrive. In this way, we will reduce the conference's carbon footprint and will enjoy catching up with peers.
- ▶ At the Juan Santamaria International Airport (SJO) an **official CATIE driver** will be waiting at the airport terminal exit; he will carry a sign that says CATIE.
- ▶ We suggest you look for the CATIE sign and **wait** until the CATIE driver arrives. If any other driver tells you that CATIE's car is gone, you should ignore them, since they are looking for a chance to offer you their service at a very high price. The CATIE drivers have your flight information and will wait for you if your flight is delayed.
- ▶ Another alternative to travel from the SJO airport to CATIE is Uber, yet is quite costly and might be difficult to find a driver willing to take the long drive.
- ▶ The national currency is Colones, but you can exchange U\$ and Euros at the airport. [Check here the reference exchange rate.](#)

# 3

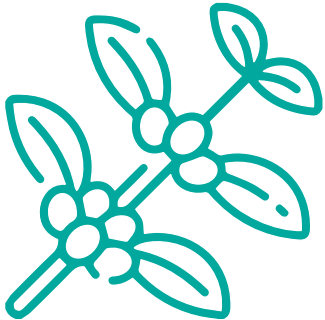
## About Costa Rica



- ▶ Costa Rica (CR) is known for its natural attractions, such as beaches, volcanoes, rivers and forests, its democracy and peace, and **its welcoming people**.
- ▶ It has a population of 4.3 million people. Of these, 21.6% live in poverty and 6.3% in extreme poverty. The estimated average GDP per capita is U.S. \$ 11,500. The literacy rate is 94%, there is 93% of electricity coverage, and 97% of households have running water; 47% of households have internet service.
- ▶ CR is divided into seven provinces, these in cantons and the cantons in districts.
- ▶ Less than 3% of the population belongs to indigenous groups.
- ▶ The main environmental problems are the lack of treatment for solid waste and wastewater and the high use of chemicals in agriculture.
- ▶ The economy is based on export models - industrial (technological components, doctors, etc.) and agricultural (bananas, coffee, pineapples, ornamental plants, etc.). In CR, tourism contributes approximately 8.2% of the country's GDP and is an important source of foreign exchange earnings.
- ▶ About 24% of the country is under a protected areas regime.

# 4

## About Turrialba



- ▶ The county was founded in 1903, is the 5<sup>th</sup> county of Cartago Province. It has a population of 69,616; according to the 2011 census. It has very low population growth (only 1062 more people from 2000-2011).
- ▶ Turrialba is divided into 12 districts; 43% of the population lives in rural areas.
- ▶ Turrialba's economy is based on agriculture, services and industry. The main products are sugarcane, coffee, milk, vegetables and ornamental plants.
- ▶ Turrialba has 17 public schools at the secondary level and over 200 for primary education.
- ▶ Turrialba has a special culture, a mix of the Caribbean culture with the Cartago culture (from the Central Valley).
- ▶ Turrialba is 90 minutes away from San José and 2 hours from the port of Limón.
- ▶ Turrialba is surrounded by rivers, mountains and a volcano.

# 5

## Packing my bags



- ▶ **Clothing:** Bring light and comfortable clothing, as the campus is located in an area of tropical rainforest, at 1975 feet above sea level. Turrialba's climate is characterized by an average rainfall of 104 inches/year, the temperature is between 64-84 °F (18-30 °C) and the relative humidity can be over 90%.
- ▶ **Rain:** Rain is present throughout the year; please bring an umbrella or raincoat and enough clothes.
- ▶ **Coat:** At night the temperature can be lower than 70°F (20 °C), so you may want a light coat or sweater.
- ▶ **Sports:** The campus has spacious gardens, so include sportswear if you like to walk or run.
- ▶ **Voltage:** The electric current is 110V AC at 60Hz, and the plug connections are two flat blades. Be sure to bring a special adapter if your electrical appliances have different characteristics.



## On CATIE Campus



- ▶ For your safety, take care of **your belongings**. We receive many visitors each day on our campus.
- ▶ When walking around campus, especially at night, do so on the road. We have great biodiversity, including **venomous snakes**.
- ▶ **Laundry:** laundry service is available from Monday to Thursday. Ask for prices.
- ▶ We have a nursery station and a doctor's office in campus during the mornings. You can request support from any of the staff in case you need medical attention.
- ▶ We also host the international ORTON library in case you want to spare some time to explore the research outcomes from CATIE and elsewhere.





## During the workshop



- ▶ The workshop will be held in the Henry Wallace Room, located in the Main Building.
- ▶ The workshop space has wireless internet and all amenities.
- ▶ A cafeteria is located just outside the Henry Wallace room, so treat yourself.
- ▶ In case you need to exchange money, a BAC branch office is also available.
- ▶ To reduce waste, presentations and documents will be shared digitally rather than on paper. We recommend that you **bring your laptop**.
- ▶ Please check the workshop program to ensure punctuality in all sessions



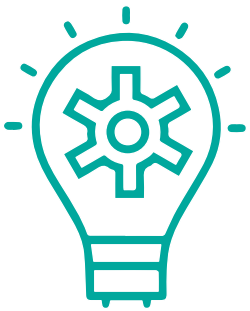
## Food services and others



- ▶ **Water:** The water at CATIE is potable and safe to drink from the tap.
- ▶ **Food:** The workshop covers the breakfast, lunch and refreshments during the conference. Other meals can be purchased at CATIE's cafeteria or in Turrialba restaurants. The cost of a dinner starts at \$15. In addition, there are supermarkets in town where you can buy food or whatever you need.
- ▶ **Health:** If you have any medications, do not forget to bring enough doses for your stay. CATIE has a doctor's office that is open weekday mornings. The town of Turrialba has a public hospital and pharmacies.
- ▶ **Repellent:** Biodiversity is abundant on campus and in Costa Rica. We recommend applying repellent and bringing medications if you suffer from allergies.

# 9

## Other considerations



- ▶ **Tourism:** Costa Rica is a country known for its tourist attractions. You can safely and easily travel by bus to attractions across Costa Rica. Turrialba itself also has many interesting places to visit. For more information, please see [www.visitcostarica.com](http://www.visitcostarica.com) or ask at your hotel for information on tours which also contribute to boosting the local economy.
- ▶ **Library:** Do not forget that CATIE has the Orton Memorial Library, one of the best in Latin America. It is open from 7:00 a.m. to 4:00 pm, with multiple services.
- ▶ **Botanical Gardens:** Also remember that CATIE has a botanical garden that is a unique and special place to visit.
- ▶ **Exchange rate:** the exchange rate of U.S. dollar to colones varies daily, but it is generally about 500 colones per U.S. dollar. We recommend you change money at a bank or withdraw colones from an ATM to avoid losing money.

# Campus CATIE



- |   |  |    |   |
|---|--|----|---|
| 1 | Entrada Principal/Main Entrance  | 9  | Cafetería/Cafeteria   |
| 2 | Edificio Principal Henry A. Wallace/<br>Henry A. Wallace Main Building   | 10 | Biblioteca Conmemorativa Orton/<br>Orton Commemorative Library                    |
| 3 | Casa Bambú/Bamboo House  | 11 | GAMA<br>Capacitación/Training building  |
| 4 | Cuencas, Seguridad Hídrica<br>y Suelos/Watersheds, Water<br>Security, and Soils  | 13 | Escuela de Posgrado/<br>Graduate School   |
| 5 | Cuencas, Seguridad Hídrica<br>y Suelos/Watersheds, Water<br>Security, and Soils  | 14 | Área de residencias estudiantiles/<br>Student dormitories                         |
| 6 | Centro de Cómputo/Computer<br>Center Dr. Gilberto Paez<br>Tecnología de Información y<br>Comunicación/Information<br>Technology and Communication<br>Bioestadística/Biostatistics<br>Laboratorio de Modelado<br>Ecosistémico | 15 | Club Internacional/<br>International Club   |
| 7 | Invernadero/Greenhouse   | 16 | Área de residencias de<br>funcionarios/Staff residences                           |
| 8 | Banco de Semillas Forestales/<br>Forest Seed Bank<br>CIRAD<br>Biodiversity International<br>CIM<br>ICRAF<br>Laboratorio de Suelos/<br>Soil Laboratory  | 17 | Escuela Interamericana/<br>Inter-American School                                  |
|   |  | 18 | Alojamiento Casa del Café/<br>Casa del Café Lodging                               |
|   |  | 19 | Alojamiento Comunidad<br>Económica Europea/Economic<br>European Community Lodging |