Intern FAQ

About our companies

Ecorana Environmental is a Canadian-based eco-travel and environmental education company that specializes in designing and organizing low-cost applied learning holidays for students, researchers, and eco-tourists. Ecorana has a formal partnership with **T.R.E.E.S (Toucan Ridge Ecology and Education Society)** in Belize to offer their clients a truly unique experience living in the rainforests of the Maya Mountains at the T.R.E.E.S Research Center, a registered tourism facility. T.R.E.E.S is a grassroots not-for-profit organization dedicated to the conservation of Belize's natural and cultural heritage through scientific research, education, local capacity building, and creating income-generating and other community projects that increase the well-being of the people and their surrounding environment.

All the internship projects based out of the T.R.E.E.S Research Center are geared towards conservation of the flora and fauna of this extremely biodiverse area, and/or improvement of the lives of the nearby community members. Interns and volunteers play a large role in helping Ecorana and T.R.E.E.S meet their objectives thus you can be assured that your efforts and internship fees are used directly to cover the costs of creating/running the internships with any profit going directly to sustaining the local not-for-profit programs.

At the end of the internship program, interns will receive a Certificate of Completion.

What is the total cost the internship?

Internship rates vary depending on the type of internship.

Price breakdowns are as follows:

- *Herpetology interns* receive basic training on a combination of herp sampling techniques, work independently on own projects of choice, and help occasionally with other ongoing farm, trail, or field station maintenance projects:
    - $289 USD (incl. hotel tax) per week.
- *General wildlife ecology interns* receive training on a combination of wildlife ecology sampling techniques on ongoing monitoring projects. This program also allows the option for individuals to work on their own independent project of choice.
    - $334 USD (incl. hotel tax) per week.
- *Bird banding, bat mist-netting, and small mammal-trapping* receive specialized focused one-on-one training on mist-netting and/or banding/handling/processing animals with certified trainers and can also work independently on own projects of choice, but are not required to help on farm, trail, or field station maintenance projects (though may if desired).
    - $389 USD (incl. hotel tax) per week.
- Botany interns receive specialized one-on-one training on specimen mounting, transportation fees to/from the T.R.E.E.S Research Center and the Belmopan Herbarium and contribute significantly to

publishable manuscripts under expert supervision and can also work independently on own projects of choice, but are not required to help on farm, trail, or field station maintenance projects (though may if desired).

    - $389 USD (incl. hotel tax) per week for first 6 weeks; $130 USD/week for all remaining weeks after this initial period.

- *Agriculture, horticulture, and landscaping interns* receive basic training on tropical organic agriculture and agroforestry and work independently on projects of need on the T.R.E.E.S organic farm and on independent projects of choice, and may on occasion help with other ongoing trail or field station maintenance projects and from time to time join wildlife ecology interns on their projects as the need arises:
    - $289 USD (incl. hotel tax) per week.

For internships, weekly fees include the following:

- Training/tutorship by local experts on your program of choice and materials as well supervisory support for any independent projects the intern decides to undertake. Independent projects must stay within a specified materials budget TBD depending on the project and if it is one of need at T.R.E.E.S.
- Lodging in shared cabins (maximum of four same-sex interns to a bunk-house room in a bunkhouse of mixed males and females)
- Access to all facilities including bathrooms with flush toilets, hot showers, 24-hour electricity, a computer workstation and unlimited Wi-Fi in the main hall and cabins, all supplies/materials/equipment required for the internship (within a specified budget as above)
- All bedding is provided but interns are expected to bring their own towels and other bath essentials. Depending on other groups on site and field station capacity, interns may need to move accommodations during their stay.

Weekly internship fees **Do NOT** include the following:

- Meals are **not** included in the weekly cost of the internship; interns can do a combination of purchasing meals from our on-site restaurant the Toucan Café or prepare their own basic meals with simple ingredients in the kitchen providing it is not in use for catering. More info on meals can be found below.

What are the registration steps?

1) After you have submitted your application via our website, we will contact you within a week to let you know if we pre-approve you as a candidate for the internship placement you are seeking. If you are short-listed for the position and can confirm that you are available for the dates we suggest, we move forward with the registration.

2) Once selected, we will send you a registration package which includes:
    - Quotation for the full cost of the internship; to be confirmed by you prior to an invoice and payment link being sent.
    - Forms that must be completed prior to arrival
        1. Guest Information Form (includes information on medical insurance coverage, emergency contact info, and food and other allergies)

2. A liability waiver release form for **both** T.R.E.E.S and Ecorana
3. Deposit Payment Cancellation Policy Form
4. Photo Release Form
5. Intern Agreement Contract

- An intern orientation video which will familiarize you with the staff you would be working with and the facilities and environment where you will be living for the duration of your internship.
- Note that the forms will be sent electronically via email and will need to be filled out as part of the internship placement confirmation process.

3) You will need to pay a $150 USD deposit to confirm your acceptance and proceed with further communications with the Internship Program staff. If you have paid the $25 USD registration fee, then you will pay a remaining $125 USD.

4) You will be sent an email confirmation stating that we have received your reservation deposit; once you have confirmed your quotation, a 50% down payment invoice will be sent to you with the deposit payment applied (at least 45 days prior to arrival); your internship program placement will then be held until the final 50% payment due date (30 days prior to arrival).

5) After receiving the 50% down payment we will then schedule a virtual meeting with you to discuss in-depth the program you will be working on in order to better prepare you from a research and field work perspective.

You will be sent the final 50% payment invoice at least 30 days before the internship/volunteer position start date. Once this has been paid, your placement is fully confirmed. Please refer to the Cancellation Policy in the document provided to you with the registration package if you need to cancel for any reason. **Note that if you are unable to follow the payment policy and payment time-line for any reason, you may still be considered for an Ecorana/T.R.E.E.S internship placement however we will not be able to guarantee your first choice for program placement. Spots are limited for internships and placements are first paid, first served. The full amount of the internship for the agreed upon time period and program placement still available to you MUST be paid in advance BEFORE ARRIVAL. There are no exceptions to this policy.**

What do I need to know about traveling to the Field Station?

Transportation

Flights are not included in the internship cost, and **Ecorana does not provide transportation to or from the internship center**. The T.R.E.E.S. Research Center is located at mile marker 27.5 of the Hummingbird Highway in the Stann Creek District of Belize. We are centrally located along a main bus route and are easily accessible by public transportation, which is the most economical option. The center is also accessible by car, and a 4x4 vehicle is **not necessary** if you choose to rent a vehicle while in Belize.

From Philip Goldson International Airport (BZE)

If you are traveling southbound from Philip Goldson International Airport by public transportation, you will first need to take a taxi from the airport to **Novelo's Bus Terminal in Belize City**. The taxi ride costs approximately **$25 USD**.

From the bus terminal, take a **southbound bus toward Punta Gorda, Dangriga, or Placencia**. Tell the conductor that you are traveling to the T.R.E.E.S. Research Center at mile marker 27.5 on the Hummingbird Highway.

The journey from Belize City to Belmopan takes approximately **1 hour 10 minutes**. The bus then continues southbound toward our station, which is approximately **40–45 minutes from Belmopan**. Total travel time is usually 2 hours and 15 minutes.

The bus will make a brief stop in Belmopan, usually for a bathroom break. **Do not get off the bus or switch buses.** Stay on the same bus; it will continue southbound and stop directly at the T.R.E.E.S. Research Center.

Bus fares are approximately **$11 BZD directly from Belize City to the station.** If you stop at Belmopan then the fare is $10 BZD and approximately $5 BZD from Belmopan to the station, not including the airport taxi. **Fares are approximate and may change, so confirm the current fare with the bus conductor.**

Bus lines **do not accept credit or debit cards**, so you must pay in cash. Belize dollars (BZD) are recommended for bus fares. US dollar notes are generally accepted in Belize, but **US coins and US $1 notes are generally not accepted**. The same applies to taxi fares.

Check out bus schedules here: https://belizebusschedules.com/

Taxi or Private Shuttle

Driving south from Belize City to the T.R.E.E.S. Research Center takes approximately **2 hours**. If you choose to hire a taxi directly from the airport to the center, the cost is approximately **$175–$250 USD**.

If you prefer to arrange your own shuttle, we recommend **BZ Shuttle Service**. Shuttle timing must be arranged directly with the company via WhatsApp at least **36 hours in advance**. Interns should confirm current pricing and accepted payment methods directly with the company. The cost of their shuttle is $175 USD.

WhatsApp: +501 671-7268

From the South (Dangriga)

If you are traveling from the south, such as Dangriga, the T.R.E.E.S. Research Center is approximately **2 miles north of Middlesex**.

From the Dangriga bus terminal, take a **northbound bus toward Belmopan or Belize City**. The journey takes approximately **45 minutes** and should cost around **$3 USD**.

If you are arriving at the **Dangriga Airport**, you can take a taxi to the bus terminal, which is approximately **10 minutes away** and should cost no more than **$6 USD**.

Most bus conductors know the location of the T.R.E.E.S. Research Center. If needed, tell the driver or conductor that you are going to **mile marker 27.5 on the Hummingbird Highway, approximately 2 miles north of Middlesex**.

Communication with Field Station

We strongly recommend that interns download WhatsApp before arriving in Belize. WhatsApp is commonly used for communication in Belize, including by local businesses. Once at the station, WhatsApp is the main way interns communicate with other members of the team.

Please let the station office know once you have arrived in Belize. You can contact us through WhatsApp at **+501 610-5486**.

Passports and Visas

To enter Belize, you will need a passport valid for more than six months before its expiration date. It can take as many as 6 weeks to obtain a passport, so get ready in advance. Nationals of the United States, Canada, Mexico, European Union countries, Norway, Australia, New Zealand, Hong Kong, Venezuela, and members of the Caribbean Community (CARICOM) don't need a visa to enter the country. Please review the following official Belize Immigration Department's Visa Who Qualify – Belize to ensure that this information presented regarding countries with no Visa requirements is up to date as government requirements often change.

Tourists who aren't from the previously mentioned countries may be required to apply and pay for a tourist visa **before** coming to Belize and, in some cases, might have to acquire special permission from Belize Immigration to enter the country. Visas can cost anywhere from USD$100 to USD$2,000 depending on your nationality. **T.R.E.E.S does not facilitate the obtainment of Visas if you are from a country on this list that requires a Visa to be obtained prior to arrival in country, nor do we take responsibility for an intern not being able to enter the country because they have not reviewed the list of countries that require the Visa prior to arrival.**

Belize allows visitors a maximum of one month's stay in the country before they require an extension obtained through the Belize Ministry of Defense and Immigration. Longer stays can be granted monthly for **$100 USD** per month by going to the Belmopan Immigration Department by bus from T.R.E.E.S, and these extensions can be granted monthly for up to 6 months. The process takes between 10 minutes to 3 hours depending on how busy the office is. The office also accepts payments in cash or card.

Things you will need to take to the Immigration Office:

- Passport
- Proof of return (airline ticket)
- Internship Agreement Contract
- Bank Statement
    - This is to prove that you have sufficient funds.
    - For longer staying interns, you will need to provide updated versions for each visit to the immigration office.
- Internship Contract from school if this is part of your course.
- $200 BZD for extension at immigration.
    - The office accepts card payment, but their terminal doesn't always work, and you will need to pay in cash if this is the case.

Immigration Office Location : https://maps.app.goo.gl/FbxZqeNQnue3QRyXA

Travel Insurance

Interns are **required to provide proof of emergency travel medical insurance before or upon arrival** at the T.R.E.E.S. Research Center.

We strongly recommend purchasing travel medical insurance that includes emergency medical evacuation coverage. In the event of a serious medical emergency, certain **specialized treatments may not be available locally in Belize**, and evacuation to another country may be necessary.

Travel medical insurance may be available through CAA, AAA, your family's insurance provider, your school or university's insurance provider, or as a stand-alone travel insurance policy purchased online. When selecting a policy, make sure it provides adequate coverage for medical emergencies and emergency medical evacuation during your stay in Belize.

What are the food arrangements?

Toucan Cafe and Catered Meals

The Toucan Cafe offers a variety of delicious and affordable meal options to suit different tastes and dietary requirements. The Cafe is open **7 days a week from 9:00 a.m. to 7:00 p.m.** The Café offers a range of meals and can accommodate dietary requirements. See the menu and pricing at the end of this FAQ. **All prices are in BZD; BZD 2 is approximately USD 1.**

The Toucan Café also offers daily specials for $15 BZD/plate. When groups are staying on site, interns can also order **catered meals**, which are served buffet-style and include fresh natural juice. Dietary restrictions can be accommodated. Interns receive a discounted rate on catered meals and either breakfast, lunch, or dinner is $10 BZD/plate. A sign-up sheet is provided whenever catering for groups is happening and interns must sign up for these meals at least one day in advance.

Portions at the Toucan Café are generous, and many interns find that one order can be divided into two meals.

Cooking Your Own Meals

Interns who prefer to prepare their own meals can use the **communal catering kitchen**, which includes a stove, oven, refrigerator, dishes, cutlery, and dry food storage areas. Note that this kitchen is only available to interns when it is not being used to cater for groups. When it is in use for catering, interns will either need to purchase catered meals at the reduced intern rate, or they will still have access to a toaster oven, kettle, coffee maker, and fridge and one dry storage bin to store a few basic items only.

Interns are responsible for purchasing their own groceries. The nearest towns are approximately **45 minutes away by bus**, and the fare is approximately **$3 USD each way**. Please note that **T.R.E.E.S. does not provide free shuttles to nearby towns for grocery shopping**.

We provide basic salt and pepper, but interns should purchase their own cooking oil, spices, and other ingredients. **Free-range eggs** are available for purchase at T.R.E.E.S. (**3 eggs for $1 BZD**), and we sometimes have organic fruit and free-range chicken available as well.

The **Toucan Café** also sells smaller items that can be used to supplement meals, including:

- **Journey Cake (bread):** $3 BZD
- **Flour tortillas:** $2 BZD.
- **Side order of stewed beans:** $2.50 BZD
- **Side order of garlic fried rice:** $3 BZD.

Approximately a **20-minute walk from T.R.E.E.S** is the village of Mile 28, where fresh locally grown fruit is sometimes available from roadside vendors. These vendors generally accept **cash only**.

Estimated Food Cost

You can expect to pay a rough max of $75 USD/week on food costs, whether you are buying from our restaurant or going to town and buying and cooking your own food.

What is the length of the internship period?

For most internships, the suggested length of an internship is 4-6 weeks to really get a feel for the project and grasp the skills and make the most of the training opportunities; it can be shorter or longer if desired. The recommended period for an internship is 4 weeks (30 days in-country for Visa purposes). For anyone choosing to stay longer than 30 days, a Visa extension is required ($100 USD for 30 days). Note that for botany interns, the minimum duration for an internship is 3 months. This is because of the extensive training required at the onset of the internship and the publication contributions that are completed over a longer timeframe than the in-field training activities that make up the bulk of the wildlife internship.

What is the environment like at T.R.E.E.S?

The dominant ecosystem present at our site is Lowland Broadleaf Forest. Dominant plant species associated with this habitat and geology include Cohune Palm, Tree Ferns, a multitude of bromeliads and other epiphytes, many lianas and vines especially philodendrons, and a variety of hardwood tree species such as Ironwood, Mahogany, and Sapodilla. Habitat types represented include a combination of primary and secondary growth moist broadleaf forest, moist broadleaf riparian forest, an organic fruit orchard, an old overgrown orchard and pasture, and mixed forested edge and open edge habitat immediately surrounding the center. Dry Creek, a small river, meanders for about 1 km through the length of the property and is fed by an assortment of mountain tributaries scattered throughout the site, providing ample freshwater habitat for aquatic and semi-aquatic species. Over 10 km of trails run through the property and connect on the neighbouring property and into the Forest Reserve.

Where do I sleep?

Interns will stay in the **Mountain Mullet Mansion** in shared, same-sex rooms. Each room has four beds: two standard beds and two bunk beds, accommodating four interns. There are two rooms in total, with a maximum capacity of eight interns. Rooms are separated by gender. Hot water showers and flush toilets are in separate detached buildings. Interns have access to all shared communal facilities including dining hall and lecture hall, lounge, office, yoga platform.

What about my laundry?

Laundry services are normally available on Tuesdays and Fridays but sometimes these days change and when this happens you will be notified. Each load costs **$15 BZD**, which will be added to your tab, and includes both washing and drying. Please place your laundry out first thing in the morning so the housekeeper can begin. Ensure your laundry bag is labeled with your name. The cleaned laundry will be returned by the end of the day. Interns are not permitted to do laundry on their own.

Is there any form of scholarship available through T.R.E.E.S. or Ecorana to subsidize the costs of the internship?

Unfortunately, our companies do not have funding to provide subsidies. We do consider reducing fees for Latin American students as well as students from other areas that we feel are truly skilled with a lot of experience in the internship topic that would be able to take a leadership role, though we may not be able to reduce the fees completely as we need to at least cover our costs of having interns stay and learn. Depending on the project we bring in local experts to teach which we have to pay for, and we also have to hire employees to work with interns on various projects.

We encourage students to look into grants/scholarships from other sources; there are a lot out there that are not tapped into. For American students, here are some possible sources:

http://www.volunteerforever.com/article_post/200-volunteer-abroad-study-abroad-scholarships-grants
http://www.gooverseas.com/scholarships-volunteering-abroad
http://www.gooverseas.com/blog/65-study-abroad-grants-and-scholarships
http://www.sit.edu/studyabroad/959.htm

What is the work schedule like?

The schedule largely depends on the project. If you are working more or less independently on a project, you have a large amount of control over your own schedule. It is expected that a minimum of 6-8 hours per day, five days per week (Monday to Friday), are spent on project time. There are many side projects that may be carried out on the premises if desired. Projects with more participants will be more tightly scheduled but will follow this general pattern. For now, all projects carried out at the station (including the trail building projects) will be within a 2-mile radius of the station's main facilities and thus interns will be able to return for meals and to the facilities and will not be expected to pack a lunch or stay off-site at any time. Normally weekends are free, but occasionally projects will need to be conducted over the weekend. In this case the intern will have days off during the week instead.

Are the internships open to non-students or only to students?

The internships are open for applications from whoever is interested!

What about the Internet?

Interns have access to **unlimited high-speed Wi-Fi** on the T.R.E.E.S. property. Wi-Fi is available in the Main Hall, field areas, Possum Pad, and on cabin decks, although coverage may vary in some locations. Wi-Fi is generally not available inside most cabins, although coverage may be available in the newer intern-dedicated housing.

Internet speeds may be slower when large groups are staying on site and using the network simultaneously.

If you would like reliable internet access throughout the property or while traveling, we recommend purchasing a **local SIM card** for use on an unlocked phone. Mobile data plans can also be purchased through the T.R.E.E.S. office; however, **advance notice is required**.

What other things should I prepare myself for?

The T.R.E.E.S. Research Center is a field station located in a remote, rural area of Belize. Although we are conveniently located along the Hummingbird Highway and are easily accessible by road, we are still situated in a tropical forest environment. Interns should be prepared for **cultural differences, a more rural lifestyle, and limited access to some products and services** that they may be accustomed to at home. Internet speeds and connectivity may also differ from what you are used to.

Interns should also be comfortable living and working in an environment where they may encounter a variety of wildlife and insects that many find intimidating and disturbing. This can include **venomous snakes, scorpions, spiders, biting flies, and other insects**. Venomous snakes are rarely seen at the station, and most of the insects and other small animals encountered are harmless. Nevertheless, it is important to be aware of your surroundings and take appropriate precautions.

The best way to protect yourself is to plan to always wear long-sleeved shirts and long pants even though you would prefer to where much less clothing due to the heat. So, we strongly recommend wearing **lightweight, breathable, quick-drying long-sleeved shirts and long pants**, particularly when working in the field. Long clothing can help protect you from insect bites, scratches, and exposure to vegetation. Lightweight clothing is especially useful in Belize's warm, humid climate.

If you know that you are particularly sensitive or allergic to insect bites, please plan accordingly and **bring any medications or other supplies you normally use to manage your reactions**. You should also bring any other personal medications you may need during your stay.

Other travel considerations

Vaccines and prophylactics

Interns should make sure they have received required vaccinations prior to coming to Belize. We recommend the use of a travel clinic in preparing for travel to any foreign destination. These clinics will check the current recommendations for your destination country and then provide the appropriate vaccines and medications for such things as malaria prophylaxis. Although the incidence of malaria is very low in Belize, a prophylactic drug could be taken, this is a personal decision and that of your travel clinic doctor. As travelling anywhere in the world, Hepatitis A and B shots are recommended as well as up to date Tetanus, and Typhoid may be recommended if you will be in country for more than two weeks and traveling to remote villages. There is a low risk of dengue in the country, but it is present. Unfortunately, there are no vaccines to be taken for dengue.

Language

English is the official language of Belize and is spoken throughout the country, although only 4 % of the population speak it as their first language. English is the primary language of public education, with Spanish taught in primary and secondary school as well. Bilingualism is very common. Literacy currently stands at nearly 80%.

All courses at T.R.E.E.S will be taught in English though French and Spanish are also spoken by the staff.

The Belizean Kriol, an English-based Kriol is spoken throughout the country as well as Spanish. Then there many other languages regularly spoken in specific areas of Belize., the breakdown of spoken languages is as follows: Spanish 46%, Creole 32.9%, Mayan dialects, 8.9%, English 3.9% (official language), Garifuna 3.4% (Carib), German (Germanic Plautdietsch, spoken by the Mennonites) 3.3%, other 1.4%.

Money

The Belize Dollar is the official currency of Belize. For several decades now the Belize Dollar has been tied to the U.S. dollar at an official rate of two Belize Dollars to one US dollar, thus, one U.S. dollar equals two Belize dollars. While not recommended as a day to day practice most establishments will accept American money, this even includes the little food stores, as long as the bills are not too big. Please note many vendors no longer accept $1 USD bills, nor will they accept USD bills with rips/tears or marks on them (including T.R.E.E.S).

There is a bank machine in the Airport that will hand out Belize dollars as well as a Money Exchange office. There are also bank machines in the larger cities (Belmopan, Dangriga, Placencia, etc.). We recommend travelling with some cash but there is no need to travel with large amounts as you can withdraw money from bank machines using foreign cards in all major towns.

Most larger stores, particularly tourist shops, will nearly always accept credit cards.

What should I bring to the Station?

Pack light but bring everything you may need. Goods purchased in Belize (such as batteries and film) may be much more expensive and of inferior quality to those you are accustomed to purchasing. We supply bedding (sheets, pillows, and blankets) and towels at T.R.E.E.S (though towels are supplied for short-term guests, longer-term interns should bring their own towels). We do not supply bath products (soap, shampoo, conditioner). Many field stations and some other types of rustic accommodations in Belize do not supply bedding. Make sure you check with all of your accommodation providers to ensure you are bringing everything you may need. Cabins at T.R.E.E.S have screens as will most other accommodations. However, some people feel more comfortable sleeping under a mosquito net, and we recommend bringing a bed net to anyone that wishes. There are hooks above all of the beds for hanging these nets.

Remember, you will be limited to one checked bag on most American airlines and two carry-on bags. We recommend packing light clothes. In most seasons (wet and dry) we recommend gear and clothes that dry quickly, either the wetness of the rainy season or the humidity of the jungle even during the dry season causes things to go moldy rapidly. Long pants and long-sleeved shirts are great at keeping the biting flies away and we usually recommend wearing pants at all times at T.R.E.E.S.

Flash rains do occur during the wet season up in the mountains, so we highly suggest that you bring some boots to work in the jungle as well as some rain gear, at least a fast-drying rain jacket.

- Rain gear
- Insect Repellent (bug spray)
- Sturdy hiking shoes/boots – rubber boots during wet season
- Rain (rubber) boots and/or water shoes (herpetology interns)
- Sandals and summer clothes
- Bathing Suit
- Towel
- At least four lightweight long pants (preferably quick-dry material)
- One warm shirt
- At least four quick-drying long sleeved shirt
- Sunglasses
- Sunscreen
- A good book, during those off times
- Headlamp and/or flashlight
- Binoculars and/or Camera
- A Rite-in-the-Rain book with waterproof paper to use as a field journal.
- Sturdy, thick and well-fitted gloves (if you are working with bats)
- Lanyard and carabiner/clip (bird banding and bat interns)
- Crochet hook (2 mm recommended – bird banding and bat interns)
- 1L water bottle
- Neck buff
- Small day pack
- Non-perishable snacks (protein bars)
- Caladryl, After Bite, or Benadryl Cream or Lotion to ease itching from bug bites

Health and Safety

Measures in place at T.R.E.E.S

To ensure your quick recovery in the rare case of a serious emergency we ask that all visitors to our centre present proof of adequate travel medical insurance, specifically with emergency air evacuation coverage. Though hospitals in Belize are very adequate for dealing with routine injuries (including snake bite), major emergencies are better handled outside of Belize.

Your health and safety are very important to us at T.R.E.E.S and as such we have the following measures in place:

- We have a first aid station that is always fully stocked, and all field staff and managers have up to date first aid certification.
- Field staff and managers are also equipped with first aid kits when in the field with guests.
- All of the cabins and communal facilities are equipped with smoke detectors and fire extinguishers.
- We have an up-to-date emergency preparedness plan as well as evacuation plans if need be.

We also recommend that all guests bring their own first aid kits, sunscreen, and sunburn relief cream, **allergy medication (especially Benadryl),** bug repellent, and Afterbite to make their stay at T.R.E.E.S as enjoyable as possible! ***If you have a serious allergy, you MUST bring your own Epi-Pen since they can not be purchased in-country.*** In the case that you are not bringing one then we need prior notice so that we can get one for you.

Other precautions for travel within Belize

There are some thefts in Belize; while most incidents are in Belize City and crime is not directly targeted at tourists, we recommend that you take the usual precautions.

The first tip is to not look flashy, don't flaunt nice watches, purses, etc. Always carry your money and passport on your person when travelling. Although we have never had any incidences of thieving at T.R.E.E.S., these people are still around, and you can keep your passport and money in our safe when you arrive at the station, if you so desire.

Make a photocopy of the photo page of your passport and keep this in a separate place from your actual passport. This can aid in getting a new passport should you lose yours.

Bring your driver's licence but leave your school ID and unnecessary credit cards at home. If it is difficult to replace, if you don't need it, or if you can't afford to lose it, leave it at home. The only necessary documentation in Belize is your passport and driver's license if you decide to rent a car or drive for any reason.

If you take medication for any reason (including allergy meds!), be sure you have an adequate supply.

We suggest that you bring plenty of insect repellant with DEET (25%), although it can be found quite easily in the country (but more expensive than home). One must remember that DEET eats plastic and 100 % DEET is not recommended for direct contact with skin. Citronella insect repellents seem to work quite well for the Botlass flies which are the most common biting insects at T.R.E.E.S.

How do I pay for my stay?

We have several methods of payment available for clients paying from outside of Belize and within Belize:

- Wire transfer from your financial institution to our Canadian or US bank account
- PayPal account (sent to registration@ecorana.ca) or Credit Card Payment – these payment options incur a 5.5% processing fee.
- Personal cheque or money order sent by registered mail to our banker in Vancouver, B.C., to be deposited in our Canadian or US bank account.
- Canadian clients can also pay by direct deposit into our TD Canada Trust bank account or by Interac e-transfer (sent to registration@ecorana.ca). Please let us know in advance if you will need your invoice in CAD$.
- Clients within Belize can pay us by cheque or by direct deposit into our Belize Bank account or in cash on site (Belize Dollars or U.S. Dollars accepted).

Detailed banking information will be sent along with your invoice depending on your location and desired mode of payment. All information in this package is subject to change and may not be current. Please inquire for the most up-to-date information.

Note that the prices listed are in **Belize Dollars**

BEVERAGES

JUICE OF THE DAY	14oz	$5
STOVETOP ESPRESSO Long w/ hot water or make it a Latte! (Milk options below)	8oz	$9
ICED COFFEE Black w/ honey + Regular milk + Non-Dairy Milk	14oz	$11 $2 $3
SMOOTHIES	14oz	All V/GF/DF
BANANA CHOCOLATE Chocolate sauce, banana, cinnamon, oreo crumble, almond milk		$13
PEANUT BUTTER BANANA Peanut butter, banana, cinnamon, almond milk		$13
MANGO TANGO Mango, passionfruit, banana, orange, basil, honey, almond milk		$13
PINA COLADA Pineapple, coconut cream, almond milk (Ask to add condensed milk for a creamier, sweeter non-DF/V version)		$13
MAYA MELON Cantaloupe, banana, cinnamon, vanilla, honey, almond milk		$11
WATERMELON CHAMOYADA A Mexican take on a Japanese drink, we added frozen watermelon and tajin.		$11
MANGO CHAMOYADA A Mexican take on a Japanese drink, we added frozen mango and tajin.		$13
LIME OR MANGO MOJITO Mango puree, soda, mint, simple syrup, lime juice Lime Mojito Mango Mojito		$11/$13 $11 $13
LIME or TAMARIND MARGARITA Tamarind or Lime juice, simple syrup, tajin salt rim		$11
BEER Belikin Lager or Stout		$7
MAKE IT AN ADULT DRINK + 1oz Vodka + 1oz Rum + 1oz Tequila		 $6 $5 $6

TOUCAN CAFE

SATURDAY SPECIALS FROM THE COAL BBQ 11AM TO CLOSE

Our BBQ specials come with a glass of thirst-quenching natural juice!

PORK BELLY or TOFU KEBABS 6oz (2 skewers) GF/DF/VEG/V Options

Pork belly or tofu, pineapple, sweet pepper, red onion, house BBQ sauce, tostones, rice, queso frito, refried beans

Pork Belly **$23**

Tofu Kebabs **$21**

(V/DF - without queso frito)

POLLO ASADO GF/DF

BBQ T.R.E.E.S Free Range mojo achiote-marinated Chicken, tostones, pico de gallo, rice, queso frito, refried beans

1/4 Chicken **$21**

1/2 Chicken **$32**

DF - Without queso frito

Tres Leches Cake $11

A large piece of the most decadent cake in Belize!

TOUCAN CAFE

Every Bite's a Tropical Delight

@ the T.R.E.E.S Research Center Mile 27.5 Hummingbird Highway

+501 635-7834 (calls and messages via WhatsApp only)

We accept cash, debit, Belizean bank online transfers, Wise transfers, e-transfers (Canadians only) and payments via Credit Card (all card types) and PayPal.

SIDES/ADD-ONS

MOJO ACHIOTE CHICKEN (6oz)	$9
SEASONED SOY PROTEIN (6oz)	$9
SHRIMP (4oz)	$6
IN-HOUSE GUACAMOLE (seasonal)	$5
FRIED RIPE PLANTAIN	$5
REGULAR FRIES	$6
CRISPY BACON	$4
CRISPY TOFU	$4
EGG (1)	$3

**Seasonal changes may apply to some ingredients in all dishes. All dishes can be made To Have or To Go in Biodegradable containers.

EARLY BIRD

QUICHE (Warm or Cold) $9
Pie crust, ham, bacon, onion, eggplant, sweet pepper, basil, chaya/spinach, cheese w/ small side salad

VEGETARIAN QUICHE (Warm or Cold) VEG $8
Pie crust, red onion, eggplant, sweet pepper, basil, chaya/spinach, tomato, cheese w/ small side salad - DF Option - Ask for no cheese

JOURNEY CAKES Veg/V/DF $6
Vegan Bun, egg (V-no egg), refried beans, tomato, lettuce, chipotle mayo, avocado crema

+ Crispy Bacon OR Crispy Tofu $4

CHORIZO FRITO GF/DF/VEG, V on request $16
Crispy garlic fried rice, 1 fried egg, tomato, onion, sweet pepper, farmer sausage (V option - Crispy Tofu)

SEASONAL FRUIT PLATE VEG/V/DF/GF $8

V - VEGAN / **GF** - GLUTEN FREE / **VEG** - VEGETARIAN / **DF** - DAIRY FREE

TOUCAN CAFE

SALADS

CEASER V/DF, GF on request SM $8 LG $15
Romaine mix, queso seco, homemade spiced croutons, cucumber, lemon, house made creamy dressing

CRUNCH V/DF, GF on request SM $8 LG $15
Mixed greens, red onion, green onion, seasonal fresh fruit, **avocado, beets, carrots, celery, **dill, **basil, cucumber, toasted seasoned pepitas, feta, house-made Dijon mustard vinaigrette

WATERMELON FETA SM $9 LG $15
GF/VEG, DF and V on request
Watermelon, red onion, cucumber, **cashews, feta cheese, **avocado, **fresh basil, **fresh mint, Jalapeno, lime dressing

APPIES

BEAN FRITTERS (5 pcs) VEG/DF, V on Request $10
Black bean, red bean, white bean crispy fritter rounds served with salsa verde, pico de gallo, chipotle crema (V option - Ask for a V Dip)

CHEESY PLANTAIN BITES (5 pcs) VEG/GF $10
Fried plantain rounds stuffed with stringy cheese, salsa verde, grilled pineapple pico de gallo

TOSTONES (7 pcs) VEG/GF, DF/V on request $10
Double fried green plantain medallions, pico de gallo, whipped feta cucumber dip (DF/V - Ask for a DF/V dip)

MAINS

TACOS (3 pcs) GF/DF on request $19/$21
Your choice of **free range chicken ($19), fish** or **shrimp ($21). GF available for chicken/shrimp only**. House made corn tortillas, cabbage, grilled pineapple pico de gallo, avocado crema, chipotle crema, red salsa, salsa verde, pickled onions, cilantro, lime.

VEGE TACO (3 pcs) GF/DF/VEG, V on request $16
House made corn tortilla, crispy queso frito, crispy ripe plantain, grilled pineapple pico de gallo, cabbage, avocado crema, pickled red onion, coconut sour cream, chipotle crema, lime (V - ask for no cheese and no chipotle crema)

BEEF OR CHICKEN BURGER 6oz DF $19
All beef patty, lettuce, tomato, chipotle mayo, pickled jalapeno, mustard, red onion, house fries
+ House made guacamole V,VEG,DF,GF $5
+ Cheese $3

QUESADILLAS
Large home-made flour tortillas, mozzarella cheese, pico de gallo, coconut sour cream, seasoned protein of choice, and sauteed green peppers and onions make up this Toucan Cafe twist on a delicious Belizean favorite
- Chicken $16
- Veg w/ seasoned soy protein $16
- Beef $19
- Shrimp $21

CRISPY FRIED T.R.E.E.S FREE-RANGE CHICKEN $16
Comes with french fries and your choice of coleslaw or green side salad

CHICKEN EMPANADAS (3pcs) $15
GF, VEG, DF, and V on request
Corn chaya masa, shredded seasoned T.R.E.E.S chicken, mozza cheese, potato, pico de gallo, avocado crema, salsa roja, and pickled onions (V Option - potato and onion)

SHRIMP CEVICHE GF, DF 8oz $19 16oz $30
Lime and vinegar cured shrimp or conch, cilantro, tomato, red onion, served with crispy tortilla chips
+ Tostones (3 pcs) $5

HEART OF PALM CEVICHE 8oz $24 16oz $32
V, VEG, GF, DF
Lime marinated heart of palm, nori, avocado, tomato, red onion, cilantro, jalapeno, served with tortilla chips
+ Tostones (3 pcs) $5

NACHOS GF, VEG $17
Crispy corn tortillas, house made roasted jalapeno cheese sauce, grilled pineapple pico de gallo, refried black beans, cilantro, pickled onions, lettuce (+ See "Add-Ons")
+ V/DF Option - Substitute for nutritional yeast sauce $6

BURRITO VEG, and V, DF on request $19
House made flour tortilla stuffed with roasted corn, seasoned chicken or soy, grilled pineapple pico de gallo, sauteed peppers and onions, refried beans, cabbage, yellow turmeric rice, cilantro, mozzarella, coconut sour cream (+ See "Add-Ons")