



# WILDLIFE CONSERVATION ASSOCIATION

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## OCEAN-FRIENDLY GUIDE



A guide to environmentally-friendly living  
in Nosara

Do your part to minimize our impact by following this guide!



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1



### Wastewater

The amount of water you use, how dirty it gets, and how it is treated

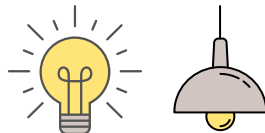
2



### Solid Waste

The amount of trash you generate and how you dispose of it

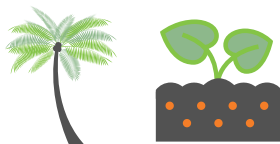
3



### Light Pollution

The amount of light emitted into the environment at night

4



### Landscaping

The type of landscaping and permeability of the soil



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WASTEWATER BASICS



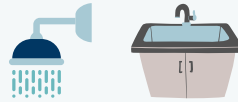
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## These are the types of wastewater you generate



1



### Grey water

Water from sinks and showers

2



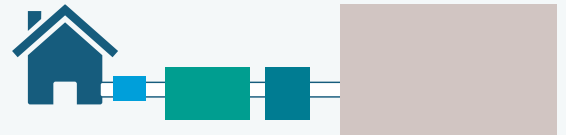
### Black water

Water from toilets



## QUICK TIPS

- ✓ Get to know your system - find the access to your grease trap, septic tank, aerobic filter and drainage field.
- ✓ Keep chemicals and oils out of your water and use natural, biodegradable products.
- ✓ Keep track of your maintenance schedule:
  - Clean your septic tank every 3 years  
(always leave a bit as to not destroy the important bacteria)
  - Clean your grease trap every 3 months
- ✓ Keep the area around your septic tank clear of large trees and impermeable surfaces.
- ✓ Don't flush anything that won't disintegrate if you shake it in a bottle full of water. In some cases (especially older constructions) you can't flush toilet paper at all and you should upgrade your system.
- ✓ Conserve water! Install water efficient fixtures such as dual flush toilets and water saving showers. Switch to drip irrigation, check for and fix leaks.



### DID YOU KNOW?

Only 15% of wastewater is treated in Costa Rica and it's up to you to treat yours!



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## SOLID WASTE BASICS



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### These are the types of solid waste you produce and how to dispose of them



1

#### Single-use items

Put them in a non-transparent bag and place it in your bin



2

#### Recyclables

Clean and separate them in a clear transparent bag and place it on top of your bin the night before the pickup



3

#### Organic waste

Keep organic waste out of your trash. Compost it or bury it in your yard! Don't throw it in the jungle or you'll attract wildlife



### QUICK TIPS

- Make sure you are up-to-date with your property taxes and place your trash bin along the pickup route.
- Learn more about recycling: pick-up schedules and routes, collected materials and volunteering opportunities in the area.
- Trash bins should be made of cement or metal wire mesh to prevent wildlife from tearing bags open.
- Skip the plastic bottles! Install a water filter or purchase a water dispenser in a returnable bottle.
- Purchase products in returnable glass or recyclable containers only. Even better, buy in bulk and use refillable containers!
- Use a set of reusable grocery bags (available in most supermarkets).



### DID YOU KNOW?

Recycling pick-up is carried out by a community-based initiative. Learn more at [NosaraRecycles.com](http://NosaraRecycles.com)



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## LIGHT POLLUTION BASICS



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### THE GOOD NEWS IS...

Costa Rica uses 100% renewable energy but you still have ways of reducing your impact (and your bills)



### DID YOU KNOW?

Light pollution affects nocturnal wildlife, especially nesting sea turtles and hatchlings.



### QUICK TIPS



#### Keep it shielded

Use shielded lights and cutoff fixtures, trees and vegetation to direct light downward. Close curtains and blinds.



#### Keep it long

Use longer wavelengths of light: red, amber or yellow bulbs.



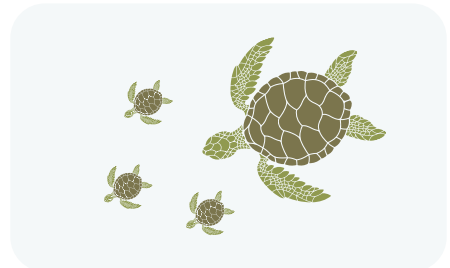
#### Keep it low

Use a low mounting height, downlighting and lower bulb wattage or amber LEDs.



#### Keep it efficient

Don't leave your lights on all night! Use motion-sensor lights instead. Use AC unit with a timer or smart controller and upgrade to energy efficient appliances whenever possible.





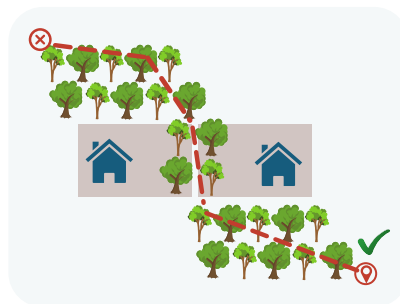
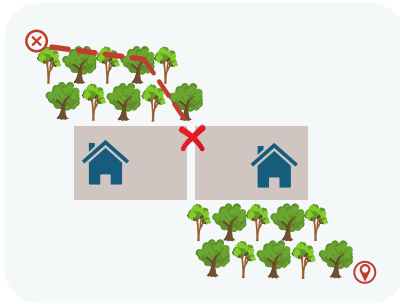
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## LANDSCAPING BASICS



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**HABITAT CONNECTIVITY** is key for wildlife. You can plan your landscape to help build a more connected and resilient environment!



### QUICK TIPS

- ✓ Avoid cutting trees at all cost! They will reduce light pollution and runoff from your property, provide shade to cool the space and habitat for wildlife.
- ✓ Build on less than 50% of your lot to allow runoff and wastewater to infiltrate the ground, preventing runoff and land erosion.
- ✓ Use a wire, mesh, or living fence around your property that allows wildlife to cross through and enables habitat connectivity.
- ✓ Plant a variety of native plants and trees. These require less water in the dry season and flowers will attract butterflies, hummingbirds and a great variety of biodiversity to your garden!
- ✓ Use gravel or open grid concrete blocks for driveways and paths to allow water to filter through the surface.
- ✓ Don't use pesticides, herbicides or fungicides. Sprinkle some Diatomaceous Earth powder as an all-around natural insect deterrent.
- ✓ Use drip irrigation or install rain barrels to collect rainwater for watering in the dry season.



### DID YOU KNOW?

Some areas of Nosara have low ground permeability and flood frequently in the rainy season.



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**Curious about how you are doing with your wastewater?**  
Take the [quiz!](#)



**Want to learn more about wastewater management?**  
Check out our [extended wastewater guide!](#)



**Interested in learning more about our biodiversity program?**  
Visit our [story map!](#)



**Concerned about the environmental impact of your home or construction?** Book a consultation to identify trouble areas and find solutions that are right for you. Email us at [info@wcanosara.org](mailto:info@wcanosara.org)



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