



TOURS  
FOR GIRLS

Learn more at  
[girltrips.eftours.com](http://girltrips.eftours.com)  
or call 800-665-5364

# EMPOWERING GIRLS IN THE DOMINICAN REPUBLIC

9 days | Santo Domingo | Jarabacoa | Santiago | Northern coastal region

Get to know the Dominican Republic, a playground of tropical ecosystems and rich cultural history. Here, nature blends into metropolitan life as you glimpse beautifully restored monasteries and experience ziplining, snorkeling, and whitewater rafting. You'll also visit an environmental school to learn about the country's reforestation efforts and tour their mangroves.

## YOUR EXPERIENCE INCLUDES:



**Full-time Tour Director**



**Sightseeing:** Comprehensive sightseeing of natural attractions



**Activity level:** Active; moderate walking (about 2 hours daily), and may include high-altitude hiking, rafting, swimming, or more strenuous activities in high heat and humidity.



**Entrances:** Alcázar de Colón; Tres Ojos Cave; El Instituto del Ambiente; whitewater rafting; pottery-making workshop; Jiu Jitsu class; street art tour; Cayo Arena mangrove and snorkeling tour



**All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 8 overnight stays in hotels with private bathrooms; 3 meals daily (Days 2–8); dinner on arrival day; breakfast on departure day







“  
These tours give girls the confidence to work toward a significant goal and the courage to try new things while traveling. They return with character and want to make their world a better place.

Kim H., Group Leader

---

#### DAY 1: FLY TO THE DOMINICAN REPUBLIC

- Meet your Tour Director at the airport in Santo Domingo, the capital and largest city in the Dominican Republic. Santo Domingo is the oldest continuously inhabited European settlement in the Americas and the first seat of the Spanish colonial empire in the New World. The city's rich historic and cultural heritage greets you in an eclectic mix of Victorian houses, palm tree-lined boulevards, ultra-modern shopping centers, and traditional eateries.

---

#### DAY 2: SANTO DOMINGO | JARABACOA

- Dive into island life with an expertly guided sightseeing tour of the city.
- Visit Alcázar de Colón, a palace built by Christopher Columbus's son in the early 1500s.
- Visit the Tres Ojos caves, a series of caves dotted with freshwater lagoons located in the eastern tip of Parque Mirador del Este.
- Travel to Jarabacoa.
- Connect with yourself through a mindfulness session.

---

#### DAY 3: JARABACOA

- Visit El Instituto del Ambiente, Jarabacoa's Environmental School, where you'll channel your inner chef and learn how to transform local ingredients into authentic Dominican dishes.
- Experience a waterfall hike.
- Enjoy a whitewater rafting excursion.

---

#### DAY 4: JARABACOA | SANTIAGO

- Travel to Santiago, the second-largest city in the Dominican Republic and a tropical hotspot for Caribbean textile industries.
- Participate in a pottery workshop.
- Art and urban exploration combine as you participate in a street art walking tour and meet with a local nonprofit focused on supporting art within the community.



---

**DAY 5: SANTIAGO | NORTHERN COASTAL REGION**

- Start your service project at the Mariposa Center for Girls with a community tour and orientation.
- Practice self-defense moves in a Jiu Jitsu class.
- Experience your own mini-Carnival with an expert costume artist.
- Unwind with yoga on the Northern Coast.

---

**DAY 6: NORTHERN COASTAL REGION**

- Continue your service project at the Mariposa Center for Girls.
- Enjoy a traditional Dominican dance lesson.

---

**DAY 7: NORTHERN COASTAL REGION**

- ✈️ Enjoy surfing lessons in Cabarete.
- Recharge with a wellness session led by your Tour Director.
- Take a guided walk in a national park.
- Experience the thrill of a ziplining adventure.

---

**DAY 8: NORTHERN COASTAL REGION | SANTIAGO**

- Go snorkeling.
- Explore the Cayo Arena mangroves and learn about EF's reforestation efforts.
- Travel to Santiago.

---

**DAY 9: DEPART FOR HOME**

Itinerary subject to change. For complete financial and registration details, please refer to the Booking Conditions.

**TOP THREE THINGS I WILL SEE, DO, TRY OR EXPLORE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— The easiest ways to —

# ENROLL TODAY



**Enroll on our website**  
[eftours.com/gsenroll](https://eftours.com/gsenroll)



**Enroll by phone**  
800-665-5364



**Enroll by mail**  
EF Educational Tours  
Two Education Circle  
Cambridge, MA 02141

*My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.*

—CHARLOTTE, PARENT OF TRAVELER



Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices**  
so more students can travel.
- **We're fully accredited, just like your school**,  
so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.**  
We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group**  
every step of the way on tour, providing insight about your destinations as well as great local tips.

