EDUCATIONAL TOURS

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**eftours.com/**

This is also your tour number

# ADVENTURE IN COSTA RICA

*9 days | San José | Tortuguero | Sarapiquí | Arenal region | Guanacaste*

Costa Rica's incredibly diverse ecology makes it a truly unique destination. Venture to Tortuguero, a rural town teeming with wildlife and discover its 11 different habitats. In Arenal, discover a beautiful lake, a powerful waterfall, hot springs, and a looming volcano. And in Guanacaste, find an amazing collection of plants and animals against a backdrop of beaches and forested bluffs.

## YOUR EXPERIENCE INCLUDES:

**Full-time Tour Director**

**Sightseeing:** Comprehensive sightseeing of natural attractions

**Entrances:** Tortuguero Canals boat tour; ziplining; whitewater rafting; Lake Arenal kayaking; La Fortuna Waterfall; hot springs; Rincón de la Vieja National Park; snorkeling; Palo Verde boat tour

**Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit

**All of the details are covered**: Round-trip flights on major carriers; comfortable motorcoach; 8 overnight stays in hotels with private bathrooms; breakfast and dinner daily; 3 meals daily (Days 2–8); lunch not included on day 7; dinner on arrival day; breakfast on departure day

*Anyone can see the world.*

# YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

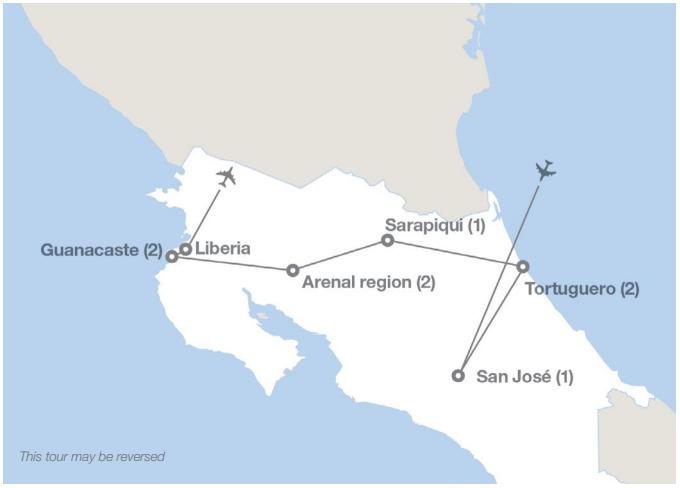
When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

*@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school* ***#traveltuesday***

*– MELISSA, TRAVELER*

Via Twitter



Learn from your Tour Director and expert local guides

**CHECK OUT WHAT A TOUR IS ALL ABOUT**

Watch the videos at **eftours.com/**

Your teacher's Tour Website

## *What you'll experience on your tour*

**Day 1: Fly to Costa Rica**
– Meet your Tour Director at the airport in San José.

**Day 2: San José | Tortuguero**
– Travel by boat to Tortuguero.
– Begin your visit in Tortuguero, gateway to the Tortuguero National Park. Founded in the 1930s by Colombians exporting sea turtles and coconuts, Tortuguero today is accessible only by boat and home to just 700 residents. Next, explore the twists and turns of the Tortuguero Canals on a boat excursion. High rainfall and convergence of freshwater and the Caribbean Sea make the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity. See if you can spot a howler monkey, toucan, or maybe even a caiman.

**Day 3: Tortuguero**
– Enjoy a boat tour through the Tortuguero Canals.
– Enjoy a visit to the Tortuguero National Park.

**Day 4: Sarapiquí**
– Travel to the Sarapiquí region.
– Experience the thrill of a ziplining adventure through the Costa Rican canopy. *(For safety reasons, weight and size restrictions may apply.)*

**Day 5: Arenal region**
– Enjoy a whitewater rafting excursion.
– Travel to the Arenal region and get ready for an adventure to remember. Behold the perfect conical shape that emerges from the green hills of Alajuela: this is the fascinating Arenal Volcano. Overlooking the San Carlos Plain and the Pacific Lowlands, this mile-high volcano has been active for the past 7,000 years. You'll see the volcano from a different angle on your kayaking excursion. Not only does the volcano serve as a watershed for the lake, but it also provides thermal energy for the nearby hot springs.

**Day 6: Arenal region**
– Take a kayaking trip along Lake Arenal.
– Hike to La Fortuna Waterfall.
– Enjoy the hot springs.

**Day 7: Arenal region | Guanacaste**
– Continue on to Guanacaste, where you'll feel the sand between your toes as you become immersed in this natural wonderland. The emerald Pacific glimmers alongside miles of beaches, a tropical paradise resembling a postcard. Take in the craggy bluffs cloaked in forests stretching tall above you and encounter local cattle ranchers driving oxen carts farther inland. Learn about Guanacaste's remarkable array of plant and animal life when you explore Rincón de la Vieja National Park. Located high in the mountains, this rain/cloud forest boasts numerous geothermal hot springs.
– Visit Rincón de la Vieja National Park.

**Day 8: Guanacaste**
– Spend the morning snorkeling.
– Enjoy a boat tour at Palo Verde National Park.

**Day 9: Depart for home**

*I recently returned from Costa Rica and it was awesome! EF is a great support for teachers who want to take students abroad. The Costa Rica tour included an excellent mix of excursions that were adventurous, fun, and educational! A great trip!*

*– JENNA, GROUP LEADER*

Via Facebook

*Costa Rica was absolutely amazing! It truly was a great adventure. Our tour director was fantastic beyond words. She was so personable, and her knowledge of Costa Rica's history, culture, and flora and fauna was incredibly remarkable.*

*– KRISTEN, TRAVELER*

Via Facebook

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

1. _____

2. _____

3. _____

+ Optionals and excursions

*The easiest ways to*

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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.

Education First