



EDUCATIONAL TOURS

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This is also your tour number

DISCOVER COSTA RICA

8 days | Alajuela | Arenal region | Sarapiquí | Guanacaste

Watch our planet's endless geological drama in action, from the Arenal Volcano to the thunderous La Fortuna Waterfall. Enjoy a chocolate tasting as you learn how cocoa is harvested at Tirimbina Biological Reserve, and experience the thrill of whitewater rafting on the Sarapiquí River. Over on the Pacific Coast, discover raw natural beauty in Rincón de la Vieja and Palo Verde National Parks.

EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Entrances:** Coffee tour; ziplining; Tirimbina Biological Reserve chocolate tour; Sarapiquí River whitewater rafting; hot springs; Lake Arenal kayaking; La Fortuna Waterfall; Arenal Volcano National Park; Rincón de la Vieja National Park; Palo Verde boat tour; snorkeling
-  **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; 7 overnight stays in hotels; 3 meals daily (Days 2–7); dinner on arrival day; breakfast on departure day
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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



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.
- Travel to Alajuela.

Day 2: Alajuela | Sarapiquí

- Start the day with a coffee tour and learn how Costa Rica's farms produce some of the world's best beans. Explore the entire supply chain of the famous Costa Rican coffee bean, from the fields where it's grown to the cafes where it's brewed, and discover the essential role coffee plays in the country's agriculture and economy.
- Travel to Sarapiquí.
- Fly through a Sarapiquí rainforest during a ziplining adventure. (*Note: For safety reasons, size and weight restrictions may apply.*)

Day 3: Sarapiquí

- Take a chocolate tour at the Tirimbina Biological Reserve.
- Enjoy a whitewater rafting excursion on the Sarapiquí River.

Day 4: Sarapiquí | Arenal region

- Travel to the Arenal region.
- Enjoy a hike through Arenal Volcano National Park.
- Relax in the hot springs.

Day 5: Arenal region

- Take a kayaking trip along Lake Arenal and 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.
- Visit La Fortuna Waterfall.

Day 6: Guanacaste

- Travel 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—an ideal setting for divers, surfers, and boaters. 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.

Day 7: Guanacaste

- Travel to Palo Verde National Park.
- Take a boat tour of Palo Verde.
- Spend the afternoon snorkeling in the crystal blue waters.

Day 8: Depart for home

- Travel to Liberia and board your flight 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



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



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

1. _____
2. _____
3. _____

— The easiest ways to —

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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