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TOURS

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This is also your tour number

COSTA RICA TO PANAMA: THE COASTAL CARIBBEAN EXPERIENCE

9 or 12 days | San José | Cartago | Puerto Limón region | Caribbean Coastal region | Chiriquí region | David | Panama City

Bask in the beauty of Costa Rica and Panama, two Caribbean countries that look like paradise. You'll explore stunning beaches and culturally rich Indigenous villages, enjoy Caribbean cuisine, try Calypso dancing, and so much more. From snorkeling through Cahuita National Park to ziplining in a Boquete rainforest, adventure is around every corner.

EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** 2 sightseeing tours led by a licensed local guide (4 with extension); 1 sightseeing tour led by your Tour Director
-  **Entrances:** Basilica de Nuestra Señora de los Ángeles; Santiago Apóstol Parish Ruins; Cartago Municipal Museum; visit to banana farm; Cahuita National Park; snorkeling; Calypso dance class; Veragua Rainforest & Adventure Park; drumming lesson; Bri Bri Indigenous Village visit and cacao tour; kayaking; ziplining; hanging bridges; with extension: Panama Viejo Ruins & Museum; Biomuseo; Gatun Lake boat ride; Miraflores Locks Visitor Center; folklore evening
-  **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; internal flight; 8 overnight stays in hotels with private bathrooms (11 with extension); dinner on arrival day; 3 meals Days 2–8 (and Days 9–11 with extension); 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.

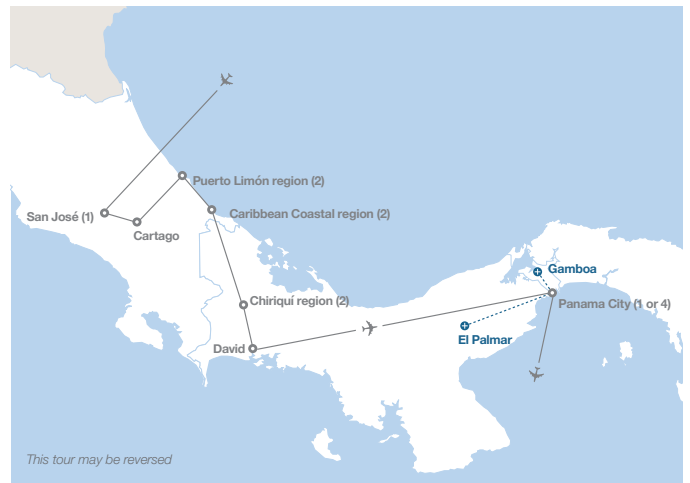
@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday

– 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.

Day 2: San José | Cartago | Puerto Limón region

- Travel to Cartago, once Costa Rica's capital and one of its largest and oldest cities.
- Follow your Tour Director around Cartago for a sightseeing tour, stopping at the Basílica de Nuestra Señora de los Angeles, the Santiago Apóstol Parish Ruins, and the Cartago Municipal Museum.
- Visit a locally owned banana farm, see how farmers grow and harvest the fruit, and learn about the significant role it plays in the region's community and economy.
- Travel to the Puerto Limón region, known for its Creole and Black populations, to experience this Afro-Caribbean culture's own languages and ways of life.

Day 3: Puerto Limón region

- Take a guided sightseeing tour of Cahuita National Park, an area with 55,000 acres of protected waters. Bask in the beauty of the Caribbean Coast while you snorkel and peek underwater at 600 acres of living coral reefs.
- Take a Calypso dance lesson.
- Explore on your own or
 - participate in a Limonese cooking class.

Day 4: Puerto Limón region | Caribbean Coastal region

- Travel to the Caribbean Coastal region.
- Visit the Veragua Rainforest Research & Adventure Park, a wondrous 3,400-acre mountain reserve. On a guided tour, be on the look out for snakes, frogs, and other reptiles and take a gondola ride to a breathtaking waterfall.
- Participate in an interactive drumming lesson and performance.

Day 5: Caribbean Coastal region

- Visit the Bri Bri Indigenous Village, a reservation that's home to one of Costa Rica's eight Indigenous tribes, and learn about how they cultivate cacao and turn it into chocolate. (Samples included!)
- Enjoy an outdoor adventure at the stunning Punta Uva beach, where you'll go river kayaking inland from the shore. (Note: Participants must weigh less than 250 lbs.)

Day 6: Caribbean Coastal region | Chiriquí region

- Travel from Costa Rica to Panama.
- Travel from Costa Rica into northern Panama.
- End the day in the Chiriquí region by enjoying fresh strawberries and cream, a local delicacy.

Day 7: Chiriquí region

- Fly through a Boquete rainforest during a ziplining adventure. (Note: Participants must weigh less than 220 lbs.)
- Take in the unique ecosystem of jungle canopies—and awe-inspiring views—as you trek from treetop to treetop amongst a series of hanging bridges. This way-more-than-a-jungle-hike is the perfect opportunity for wildlife spotting and a quick botany lesson.

Day 8: Chiriquí region | David | Panama City

- Explore on your own or
 - enjoy a whitewater rafting experience.
- Travel to David.
- Fly to Panama City.

Day 9: Depart for home

• 3-DAY TOUR EXTENSION

Day 9: Panama City

- Visit the Panamá Viejo Ruins and Museum.
- Take a guided tour of Casco Viejo, Panama City's colorful historic quarter and a UNESCO World Heritage Site.
- Visit the Biomuseo, where eight “devices of wonder” help tell the origin of the Panamanian isthmus and its gigantic impact on the planet's biodiversity.
- Stop for a photo at the Amador Causeway, a famous road that's just the place for an amazing view of the Panama City skyline.

Day 10: Panama City | Gamboa

- Travel to Gamboa.
- Take a boat ride on Gatun Lake and around Monkey Island, home to a variety of monkey species.
- Visit the Miraflores Locks Visitor Center and take an in-depth look at the Panama Canal, one of the most influential engineering projects ever undertaken and one of the Seven Wonders of the Modern World.
- Stop for a photo at the Panama Canal Administration Building.

Day 11: Panama City | El Palmar

- Travel to El Palmar.
- Explore on your own or
 - take a surfing lesson at one of Panama's premier surfing locations.
- Participate in a folklore evening with a traditional dance show and authentic Panamanian food.

Day 12: Depart for home

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



The ziplining and tree trek was fabulous, super easy, and safe. The students enjoyed the hanging bridges and jungle walk.

– CLARISSA R., GROUP LEADER



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

1. _____
2. _____
3. _____

— The easiest ways to —

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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.

