



# Educational Tours

Watch videos, read reviews and enroll on your teacher's Tour Website

[eftours.com/](http://eftours.com/)





This is also your tour number

## COSTA RICA: COAST TO COAST

9 days | Costa Rica

Costa Rica's incredibly diverse ecology makes it truly unique on our planet. In Tortuguero—nesting ground of sea turtles—discover 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.

### EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** Comprehensive sightseeing of natural attractions
-  **Entrances:** Tortuguero canals boat tour; Hot springs; Lake Arenal kayaking; La Fortuna Waterfall; Rincon de la Vieja National Park
-  **weShare**, our project-based learning program that combines an online platform with global experiences.
-   **All of the details are covered:** Round-trip flights on major carriers; Comfortable motorcoach; 8 overnight stays in hotels with private bathrooms; European breakfast and dinner daily; 3 meals daily (Days 2-8); 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.

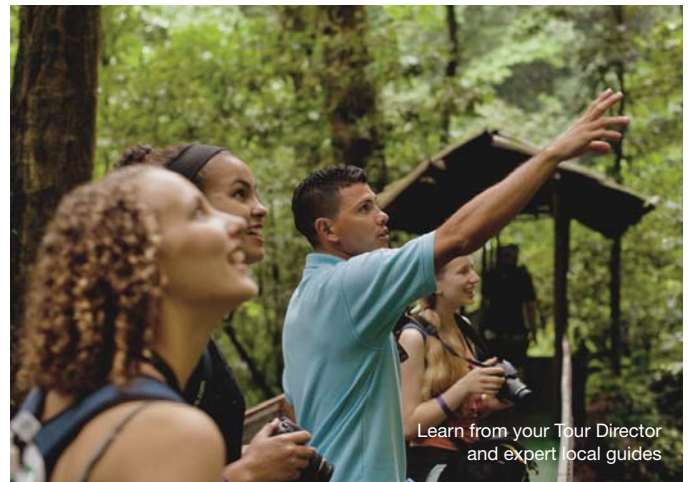
And the experience begins long before you get your passport stamped and meet your **Tour Director** in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter or Instagram, or delving deeper into your destinations with our online learning platform, **weShare**, 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 of 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/](http://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 | Tortuguero

- Travel to Braulio Carrillo National Park
- Visit a banana plantation
- Travel by boat to Tortuguero
- Free time in Tortuguero Village

### Day 3: Tortuguero

- Enjoy a boat tour through the Tortuguero canals
- Visit Tortuguero National Park—the most important Caribbean breeding ground for the green sea turtles, who have lived here for more than 100 million years. Begin your visit in Tortuguero Village, gateway to the Tortuguero National Park. Founded in the 1930s by Colombians exporting sea turtles and coconuts, Tortuguero Village 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 4: Sarapiquí

- Travel to the Sarapiquí region
- Time to see Sarapiquí or
  - ⊕ Enjoy a canopy tour

### Day 5: Arenal region

- Time to see more of Sarapiquí or
  - ⊕ Enjoy whitewater rafting
- 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.
- Enjoy the hot springs

### Day 6: Arenal region

- Take a kayaking trip along Lake Arenal
- Hike to La Fortuna Waterfall

### Day 7: Guanacaste

- Visit Rincón de la Vieja National Park
- 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—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 8: Guanacaste

- Enjoy a free day on the beach

### 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



*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 —  
**ENROLL TODAY**



**Enroll on our website**  
eftours.com/enroll



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



**Mail your Enrollment Form to:**  
EF Educational Tours  
One Education Street  
Cambridge, MA 02141

*As a parent I am very grateful that I was able to give this opportunity to my child. It was worth every penny to see her smiling face in the pictures on the trip. Encourage your child to embrace the moment; be open to new cultures, foods, and just a new way of life and looking at things.*

—KATHLEEN, DAUGHTER TRAVELED APRIL 2013



Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

Your teacher has partnered with EF because of our unmatched experience and worldwide presence, as well as our commitment to providing students with life-changing travel opportunities that are immersive and affordable. For nearly 50 years, we've worked with educators across the globe to help millions of people become citizens of the world by breaking down barriers of language, culture and geography.

- **We always offer the lowest prices guaranteed** 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 itineraries feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have 450 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