



# 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: A TOUCH OF THE TROPICS

9 or 10 days | Costa Rica

With well-protected national reserves and an unparalleled diversity of wildlife, Costa Rica is the jewel of Central America. The Arenal region showcases an active volcano, hot springs, and a broad range of flora and fauna. In Monteverde, visit a local school, and in Manuel Antonio National Park, keep your eyes open for sloth, toucans and howler monkeys.

### EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** Comprehensive sightseeing of natural attractions
-  **Entrances:** INBioparque; Poás Volcano; Hot springs; Lake Arenal kayaking; La Fortuna Waterfall; Santa Elena Cloud Forest; Canopy tour; Carara Biological Reserve; Manuel Antonio National Park; *With extension: Whitewater rafting*
-  **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 (*9 with extension*); 3 meals daily (Days 2-8 and Day 9 on extension); 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 | Arenal region

- Visit INBioparque and discover a world of biological diversity on your visit to this natural park and research station, created by the National Institute of Biodiversity. Get an up-close look into the lives of tarantulas, frogs and bees in the permanent exhibits. Then, stretch your legs and wander the park's three different ecosystem trails. Venture to the pond to check out the freshwater flora and fauna. Thousands of colorful paper-thin wings flutter around you in the butterfly garden—see if you can spot Costa Rica's native species. Stop by the Ecological Tourism Office before you leave INBioparque for further information on conservation practices and protected wildlife regions.
- 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. Relax in these naturally heated pools; then, walk to the bottom of the spectacular La Fortuna waterfall.
- Visit Poás Volcano
- Enjoy the hot springs

### Day 3: Arenal region

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

### Day 4: Monteverde

- Travel to Monteverde, the Green Mountain region situated near the Continental Divide that contains a spectacular range of flora and fauna in six distinct ecological zones. You'll tour the greenery of the Santa Elena Cloud Forest, where you can look for the rare orchids and elusive quetzal birds that thrive in the perpetual soft mist. At this altitude, you'll literally walk through clouds! Leave a positive mark on the earth when your group plants a tree together. Then, visit a local school, where students will welcome your group with traditional dances.
- Visit a local school
- Time to see more of Monteverde or
  - Enjoy horseback riding

### Day 5: Monteverde

- Visit the Santa Elena Cloud Forest
- Plant a tree in the EF reserve in Monteverde with your group
- Experience a canopy tour

### Day 6: Carara | Central Pacific Coast

- Visit Carara Biological Reserve
- Travel to the Central Pacific Coast

### Day 7: Manuel Antonio National Park

- Take an excursion to Manuel Antonio National Park
- Return to the Central Pacific Coast

### Day 8: Sarchi | San José

- Travel via Sarchi to San José
- Enjoy a free evening or
  - Attend a Folklore Evening

### Day 9: Depart for home

### • 1-DAY TOUR EXTENSION

#### Day 9: San José

- Enjoy a whitewater rafting excursion on the Sarapiquí River

#### Day 10: Depart for home



*One of today's many adventures!! Hiking down and up 800 steps total to this waterfall! It was huge!! #costarica #waterfall #eftours #vacation #beautiful*

– FRANKIE, TRAVELER



Via Instagram

*I realized that there's so many things I take for granted in my daily life that people don't always have. I will forever remember to be thankful after traveling to Costa Rica.*

– ALLISON, TRAVELER



Via Facebook

## 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