



EDUCATIONAL  
TOURS

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# COSTA RICAN EXPLORER

8 days | San José | Monteverde | Arenal region | Sarapiquí

Discover a perfect balance of ecology, exploration, and cultural immersion. Treat your senses to rich aromas at a coffee roastery in San José and sweet delights at a banana plantation in Guácimo. In Monteverde, visit a working farm to learn about local foods and ways of life. At Braulio Carillo National Park, behold breathtaking biodiversity and geological wonders.

## YOUR EXPERIENCE INCLUDES

-  **Full-time Tour Director**
-  **Sightseeing:** Comprehensive sightseeing of natural attractions
-  **Entrances:** Coffee tour; local food workshop; Santa Elena Cloud Forest; Arenal Volcano National Park; Braulio Carillo National Park
-  **Experiential learning:** Tree planting; local exchange; EARTH University
-  **weShare:** 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 with private bathrooms; 3 meals daily (Days 2-7); 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, **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 on history, art, architecture, or anything you may have a question about.

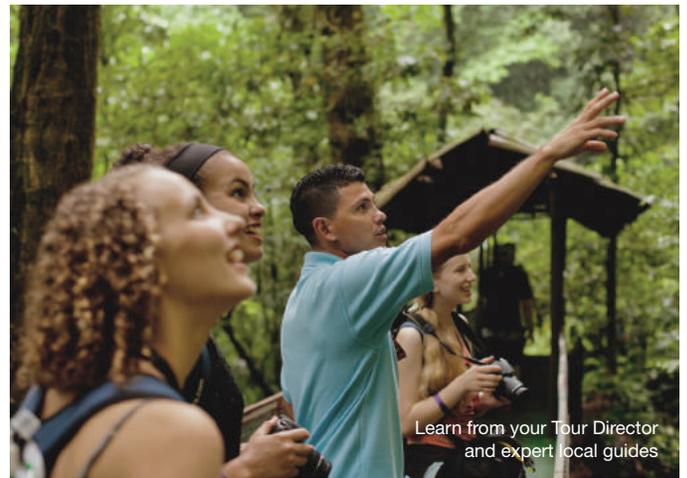
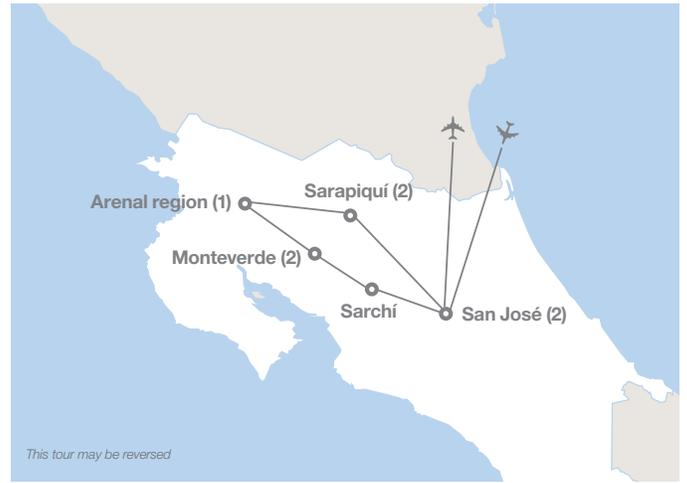
When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

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

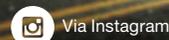
— MELISSA, TRAVELER



Via Twitter



Learn from your Tour Director and expert local guides



Via Instagram



## 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 in San José.

### Day 2: San José | Sarchí | Monteverde

- Start the day with a coffee tour and learn how Costa Rica's plantations 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 via Sarchí to Monteverde. Situated near the Continental Divide, the Monteverde (Green Mountain) region contains a spectacular range of flora and fauna in six distinct ecological zones.

### Day 3: Monteverde

- Time to see more of Monteverde or [experience a canopy tour](#).
- Try your hand at creating some of Costa Rica's culinary specialties during a visit to a local working mill.

### Day 4: Monteverde | Arenal region

- Participate in a local exchange.
- Travel to the Arenal region, where you can 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.
- Plant a tree in the EF reserve in Monteverde with your group.
- Visit the Santa Elena Cloud Forest. Here, 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!

### Day 5: Arenal region | Sarapiquí

- Visit Arenal Volcano National Park.
- Travel to Sarapiquí.

### Day 6: Guacimo | Sarapiquí

- Participate in two educational programs at EARTH University. A school truly unlike any other, EARTH University is a tropical campus with a strong focus on continuing education, waste management, and community outreach. Established by Costa Rican law in 1986 as a private, non-profit international university, EARTH's 8,342-acre campus includes laboratories and academic farms. Ever wondered how that bunch of bananas got to your local fruit stand or grocery store? Meet the people who plant, harvest, and export those Fair Trade bananas and learn more about how important peri-urban gardens are in building communities and economies.

### Day 7: Sarapiquí | San José

- Visit Braulio Carrillo National Park.
- Travel to San José.
- Enjoy a free evening or [experience a folklore evening](#).

### Day 8: Depart for home



*I gotta say, this is my #favorite view from Costa Rica. #costarica #vacation #eftours #volcano #summer2013 #summer #hotel #tacotal #volcan*

– DANIELA, TRAVELER



Via Instagram

*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

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— 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 50 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