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SOCCER TOURS TO COSTA RICA
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INTERNATIONAL COMPETITION - CULTURAL EXPERIENCE – OCEANFRONT VACATION

Frostburg State University Women's Soccer Costa Rica Soccer Tour May 21-28, 2022

Trip Website:

FrostburgSoccer.com/CostaRica

Tour Highlights:

- 8 Day/8 Night Foreign Tour
- 2 International Soccer Games
- Tour of the capital city San José
- Visit to Arenal Volcano region
- Hot water springs Resort Visit
- Rainforest Canopy Zip Line Tour
- Pacific beachfront resort stay

What's Included:

- Round-trip airfare to SJO
- 2 international friendly games
- All Hotel accommodations
- Breakfast, lunch, and dinner daily
- Local transportation
- Full-time bilingual guide
- Guided sightseeing
- Practice Field Rentals, Ice/Water, and uniform laundry service
- 2 Excursions are included:
 - Canopy Zip Line Tour
 - Hot Springs visit in La Fortuna

What's Not Included:

- Any luggage charges at the airport, expect \$35 each way.
- Optional Beach excursions at the Pacific Coast Resort area
- Shopping and spending money and gratuities
- Travel/Medical Insurance is recommended
- A Required Covid Test will cost \$75

Hotel Accommodations:

Embassy Suites – IAD	1 night
San José capital city	3 nights
San Carlos rain forest	2 nights
Pacific Oceanfront	2 nights

(May 20) Optional for Parents

[Crown Plaza San Jose](#)

[Hotel Magic Mountain](#)

hotelpuntaleona.com

Flights:

Nonstop United Flights from IAD-Dulles Airport to SJO- San Jose

What About Covid?

We will be monitoring covid and travel conditions closely with updates as necessary and prior to each payment date. We would postpone one year to January 2023 only if necessary. Full refunds will be provided in that case.

Payment Schedule (\$2100 Per Person):

Feb 15 Deposit: \$600

March 15 Payment: \$750

April 15 Balance Due: \$750

***All Rooms are triple or quadruple occupancy for players sharing 2 double beds and Double Occupancy for parents*

Making Payments:

Credit Card payment links through PayPal will be posted here:

FrostburgSoccer.com/CostaRica

Refund Policy:

All payments for the land portion of the trip are refundable up to April 15. Airline refunds could be made as credits for future travel. If covid conditions cancel our trip, refunds will be provided OR funds credited to a future trip.

Frequently Asked Questions

1. Do I need a passport to go to Costa Rica?

Yes, a valid passport is mandatory to enter Costa Rica.

2. Do I need a visa to go to Costa Rica?

No, U.S. citizens may enter Costa Rica without a visa.

3. Is the water drinkable in Costa Rica?

Yes, you will be able to drink from the tap at all the places we will be traveling to on our tour.

4. Is Costa Rica safe?

Costa Rica is a very safe, stable democratic country.

5. What is the currency in Costa Rica?

The Costa Rican currency is called Colon. US dollars and major credit cards are widely accepted.

6. Do we need travel medical insurance?

If your carrier does not cover you while traveling, Travelers Medical Insurance is recommended. Any covid-related individual expenses will be your responsibility.

7. How much should I plan to spend?

The amount you spend depends on the snacks and souvenirs you choose to buy. 3 meals a day are included in the trip fee. Usually \$200-\$300 is good after any luggage charges.

8. Do I need covid19 or other vaccinations?

YES, the covid-19 vaccine is now required for international travel and allows you to travel without requiring quarantine or isolation time. Health standards are high and the health system is excellent in Costa Rica.

9. Are there any airport or departure taxes?

A Costa Rica departure tax of \$26 is included with your airfare. Be prepared to pay luggage fees

10. Will my phone work in Costa Rica?

It can, but...you will need an international plan to use your phone while traveling. There is decent wifi at our hotels.

11. What is the Cancellation and Refund Policy?

For Airfare: Cancellations processed by April 15 are refundable. A portion of your air deposit could be lost or could be refunded as a credit for future air travel with the selected airline. Cancellations after this date could result in a 100% loss of the airfare payment. However, you can substitute a person traveling for a fee.

For the Land Portion: Payments processed by April 15 are fully refundable. Cancellations made after April 15 could result in a loss of the total program fee. Costa Rica Soccer Tours reserves the right to cancel this tour but in that case, all payments will be refunded.

COVID NOTE: If Covid conditions in the US or Costa Rica postpone our 2022 trip, refunds will be made available OR funds can be credited for a rescheduled trip.

12. Are there optional/additional sightseeing activities and how much do they cost?

Yes! Some sample activities are listed below at the Beach. Those that don't participate in the group activity can have down time at the hotel to relax, shop, etc.

However, these 2 excursions are included for everyone:

Hot Water Springs: Enjoy the beauty of soaking and swimming in mineral hot springs, waterfalls, 12 mineral pools and indoor Jacuzzi, surrounded by tropical gardens.

baldicostarica.com/

Rainforest Canopy Tour: Experience the exhilarating adventure of swinging through a tropical rainforest along a steel cable secured in a harness.

<https://skyadventures.travel/arenal/skytrek/>

Some Optional Activities while at the Beach Resort:

Deep Sea Fishing/Catamaran Trip
Surfing Lessons
Snorkeling Trip (or Scuba Lessons)
Horseback Riding



Trip Itinerary

Fri 5/20/22: Day 1- Meet near the IAD airport for training and overnight stay

- 4:00pm** *(***Possible Outdoor Training at the hotel if the weather is good, will decide on Wed, 5/18)*
Embassy Suites, 13341 Woodland Park Drive, Herndon, VA 20171
IF we do not train at 4:00, please plan to arrive at the Hotel no later than 7pm
- 7:30pm** Group Meeting and Dinner Near IAD Airport and Overnight Hotel Stay

Sat 5/21: Day 2- Flight IAD to SJO - Arrival in San Jose Costa Rica and Transfer to Hotel

- 7:45am** Transfer to airport for IAD departure to SJO (wear Red tops for travel)
- 2:35pm** Arrival San Jose, Costa Rica, Lunch, and transfer to Crowne Plaza Hotel
- 5:00pm** Team Training
- 8:30pm** Dinner/Orientation/Tour Preview

Sun 5/22: Day 3- San Jose Crowne Plaza Hotel

- 8:30am** Breakfast
- 11:00am** Team Training
- 1:30pm** Lunch
- 3:30pm** Tour of San Jose, Costa Rican Capital and Shopping
- 7:00pm** Dinner

Mon 5/23: Day 4- San Jose Crowne Plaza Hotel

- 8:30am** Breakfast
- 9:30am** Depart for La Paz Waterfall and Animal Sanctuary
- 2:30pm** Lunch
- 5:30pm** Depart for Game
- 7:00pm** **Game #1 vs tba**
- 9:30pm** Dinner

Tues 5/24: Day 5- La Fortuna/Rainforest Magic Mountain Hotel

- 8:30am** Breakfast
- 10:00am** Transfer to Magic Mountain Hotel with stop in Sarchi
- 1:00pm** Lunch and hotel checkin
- 3:30pm** Team Training
- 5:30pm** Dinner and Visit to Baldi Hot Springs Resort

Wed 5/25: Day 6- La Fortuna Magic Mountain Hotel

- 8:30am** Breakfast
- 10:30am** Canopy Zip-Line tour
- 1:00pm** Lunch
- 2:30pm** Depart for game
- 4:00pm** **Game #2 vs tba**
- 7:00pm** Dinner

Thurs 5/26: Day 7- Beach PuntaLeone Hotel

- 8:00am** Breakfast
- 9:00am** Transfer to Punta Leone Beach Resort
- 2:00pm** Check-In, lunch, and afternoon free at the Resort
- 7:00pm** Dinner

Fri 5/27: Day 8- Beach PuntaLeone Hotel

- 8:30am** Breakfast – Day off at beach, resort, or visit to town of Jaco
- 1:30pm** Lunch
- 3:00pm** **Required Covid Testing (\$75 per person)**
- 7:00pm** Dinner

Sat 5/28/22: Day 9- Beach Hotel/Departure from SJO to IAD

- 8:30am** Breakfast
- 9:00am** Depart for SJO Airport
- 2:30pm** Depart SJO on United Air. Arrive IAD approximately 8:00pm

******Tell Stories and Share Pictures of the Trip of a Lifetime!**