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INTERNATIONAL COMPETITION - CULTURAL EXPERIENCE – OCEANFRONT VACATION

Frostburg State University Women's Soccer Costa Rica Soccer Tour January 2-9, 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, could be about \$50 each way.
- Optional Beach excursions at the Pacific Coast Resort area
- Professional Game Ticket (if it fits our itinerary, we may try to see a professional game, \$25)
- Shopping and spending money and gratuities
- Travel Medical Insurance is required

Hotel Accommodations:

Embassy Suites – IAD	1 night (1/1)	Optional for Parents
San José capital city	3 nights	Crown Plaza San Jose
San Carlos rain forest	2 nights	Hotel Magic Mountain
Pacific Oceanfront	2 nights	hotelpuntaleona.com

Flights:

United #2052 IAD-SJO 1/2/22 Departs: 10:40am Arrives: 2:35pm
United #2073 SJO-IAD 1/9/22 Departs: 2:30pm Arrives: 8:00pm

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 (\$2200 Per Person):

Aug 1 Deposit: \$600

Oct 10 Payment: \$800

Nov 10 Balance Due: \$800

***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

***Save \$100 by making your Oct and Nov payments by check. Payable to "Costa Rica Sports Tours" for \$750 each (or \$1500 with 1 check). Deliver them to Coach Parker or mail them to the FSU Women's Soccer Office, 101 Braddock Rd. Frostburg, MD 21532*

Refund Policy:

All payments for the land portion of the trip are refundable up to Nov 10. Airline refunds could be made as credits for future travel. If covid conditions cancel our trip, refunds will be provided.

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?

Yes! If your carrier does not cover you while traveling, Travelers Medical Insurance must be purchased for about \$10/day per person.

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 will allow 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.

10. Will my phone work in Costa Rica?

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

11. What is the Cancellation and Refund Policy?

For Airfare: Cancellations processed by Nov 10 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 Nov 10 are fully refundable. Cancellations made after Nov 10 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 at any time, full refunds will be made available OR funds can be credited to our 2023 trip the following January.

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.

Depart hotel: 5:30 pm, Return at 10:00 pm

baldicostarica.com/

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

Depart hotel: 10:00 am, Return at 12:30 pm

<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

Tour route through Costa Rica



Tentative Itinerary *All subject to adjustment

Sat 1/1/22: Day 1- Meet near the IAD airport for overnight stay

3:00pm Pickup Frederick and Rockville
5:00pm Arrive Dulles Hotel
7:00pm Dinner Near IAD Airport and Overnight Hotel Stay

Sun 1/2: Day 2- Mid-Day Arrival San Jose Airport (SJO) and Transfer to Hotel

8:00am Transfer to airport for 10:40am IAD departure to SJO
5:00 pm Team Practice 1 Hour
PM Orientation/Tour Preview/Possible Professional Game

Mon 1/3: Day 3- San Jose Hotel

11:00am **Team Training**
3:30pm Tour of San Jose, Costa Rican Capital and National Team Stadium

Tues 1/4: Day 4- San Jose Hotel

9:30am Visit with Local Children's Center
TBA **Game #1 vs Heredia**

Wed 1/5: Day 5- La Fortuna/Rainforest Hotel

10:00am Transfer to Magic Mountain Hotel with stop in Sarchi
3:00pm Team Practice 1 hour
6:00pm Dinner at Baldi Hot Springs Resort (Included)

Thurs 1/6: Day 6- La Fortuna Hotel

10:30am Canopy zip-line tour (Included)
TBA **Game #2 vs San Carlos**

Fri 1/7: Day 7- Beach Hotel

9:00am Transfer to Punta Leone Beach Resort
PM Afternoon Free at Beach Resort

Sat 1/8: Day 8- Beach Hotel

AM/PM Optional Beach Activities/Day Trip to Jaco/Catamaran Tour

Sun 1/9/22: Day 9- Beach Hotel/Departure

9:30am Depart for SJO Airport
2:30pm Depart SJO on United #2073. Arrive IAD at 8:00pm