

TRAVEL GUIDE

FROSTBURG STATE UNIVERSITY
JANUARY 2-9, 2022



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CONTENT

1. [IMPORTANT FOR TRIP](#)
2. [ACCOMMODATIONS](#)
3. [THINGS TO KNOW ABOUT OUR TOURS](#)
4. [EXTRA INFORMATION](#)



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1. IMPORTANT FOR TRIP



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PASSPORT

- A valid passport is mandatory to enter Costa Rica. Please confirm that it has not expired.
- U.S., Canadian, and many European citizens may enter Costa Rica without a visa. All others please consult the Costa Rican Embassy at www.costarica-embassy.org



PACKING

Back pack – carry on plane:

- ✓ 1 set of Practice gear
- ✓ 1 set underclothes
- ✓ Running shoes or training
- ✓ All prescription medication
- ✓ Smart phone
- ✓ Camera/film

Training and match gear:

- ✓ 2 game jerseys
- ✓ 2 pairs of game shorts
- ✓ 2 pairs of socks
- ✓ 2 pair of practice shorts
- ✓ 2 practice t-shirts
- ✓ 1 pair of cleats or tennis shoes
- ✓ 1 reusable bottle to refill and keep hydrated!

Personal gear:

- ✓ Toiletries, 1 pair of jeans, 2 pair of shorts, 5 shirts (short sleeves, shirts for going out, shirts for beach), underclothes, 1 or 2 swimsuits, sandals, water shoes, running shoes.
- 1 sweater, even though it is a good climate, it may chill sometimes.
- Bring sun block and bug spray.



MEDICAL CENTERS & TRAVEL INSURANCE



All participants must be covered by their own international medical insurance plan that covers them while they are in Costa Rica.

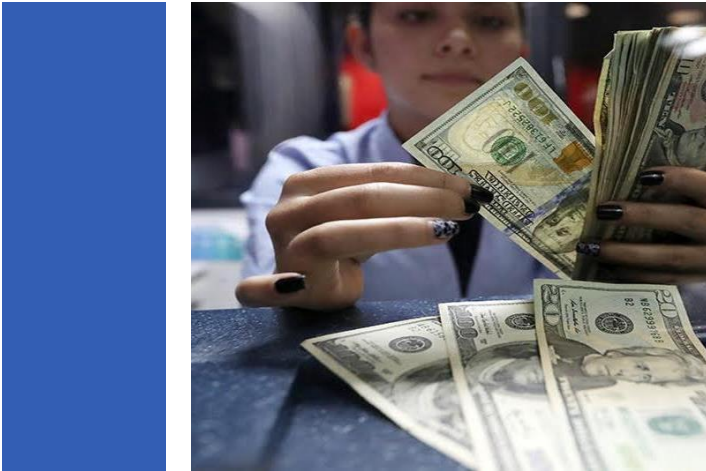
In case a participant must visit a hospital or clinic in Costa Rica during his/her trip, he or she will be asked to pay for any services rendered and then seek reimbursement through their international insurance.

In the city area you will have access to the top medical private centers just about 15-30 minutes away from the hotel and centers. (At beach/ rainforest site it will take about 30-45 min).

We will provide all the transportation to and from the medical center if there is any emergency. The most important medical private centers are:

- www.hospitalcima.com
- www.clinicabiblica.com

MONEY



- The Costa Rican currency is called the Colon. US dollars and major credit cards are widely accepted. You will find ATM machines available throughout the country.
- However if you pay with dollars you might get Colons back :
- \$1= 620 Colones (approximately subject to change)
- The amount of cash you need to bring depends on the snacks and souvenirs that you want to buy. On average, participants bring \$150 to \$300 each.

ACCOMMODATIONS



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Crowne Plaza Corobici Hotel

CITY
ACCOMMODATIONS

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Magic Mountain Hotel

RAINFOREST
ACCOMMODATIONS

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SOCER

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Punta Leona Beach Hotel

BEACH
ACCOMMODATIONS

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THINGS TO KNOW ABOUT OUR TOURS



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A photograph of a soccer field during a training session. In the foreground, several young players in white jerseys with blue accents and white shorts are lined up. In the middle ground, two men, likely staff or coaches, are talking. One is wearing a grey jacket and the other a red shirt with 'COSTA RICA SOCCER' on it. In the background, more players in various colored jerseys are visible, along with stadium seating and a clear blue sky.

TOUR MANAGER

Your team will be accompanied by one of our Costa Rica Soccer staff members and will help in any needed translation at all times and host the participants while in the country 24/7.

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LAND TRANSPORTATION

The team will have their own private air-conditioned bus and full-time bus driver.

We will organize transportation logistics so they will run smoothly and successfully, insuring that each team arrives at all matches and other activities on time.



MEALS

Breakfast, lunch and dinners are included.

Most of our meals are presented in a buffet style and offer always at least two options (2 meats, 2-3 sides, salad bar, bread, dessert and fruit juices), so that the participants can choose what they like or enjoy a little bit of everything!



ADVENTURE ACTIVITIES

Canopy zipline tour

- Tennis shoes or shoes with straps
- T-shirt
- Pants, leggings or shorts (knee length to cover leg from harness)
- Rain jacket

Volcanic Hot Springs

- Sandals
- Pool swimwear
- Casual clothes
- Dry change of clothes (casual)



EXTRA INFORMATION



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SAFETY

Costa Rica is one of the safest countries in Latin America and the fact that it has functioned so well without an army since 1948!!!



Safety Tips:

- ✓ Do not leave your room unlocked.
- ✓ Leave expensive items that you will not need at home.
- ✓ Do not flash money around for anyone to see.
- ✓ Always travel in pairs and don't wander off.
- ✓ Keep an eye on your belongings.

TIPS FOR TOUR MANAGER AND DRIVER



Normally the teams ask us how much tip to give to the tour manager and driver at the end of the tour. This depends on each team, it is voluntary, however our recommendation will be around:

1. Tour guide: \$1.5-3 per person per day
2. Driver: \$1-2 per person per day

WATER

You will be able to drink from the tap at all of the places to which we will be traveling.

Remember to bring with you a reusable bottle to refill and keep hydrated and help the environment!



FAQ'S



WIFI: All hotels offer FREE wifi service. You can purchase pre paid phone cards in case you need them at the airport.

Shots: You do not need to have any shots to enter the country.

About balls: Normally the teams would bring their own balls. However we do keep some in stock just in case. We'd be able to lend you approximately 5 balls for the trip if you want. Just let us know.

Power outlets: You do not need an adapter or converter, Costa Rica uses the same electrical outlets as the US or Canada. The only thing you might need to be aware of is that some outlets might not have a grounding prong, so you will need to bring an adapter to convert your three-pin device to two. Just in case!

Uniforms: We always recommend bringing two sets of uniforms just in case there is not enough time to wash them before the next game.

Team Gift Question: Teams often ask if they should bring something to give to the teams that they play against. While they will really appreciate the gesture, the majority of the local teams are not always prepared to give something back, so we leave it up to you!

About laundry: the tour package includes the laundry for the training and game gear (socks, shorts and shirts). Our staff will take care of it after each activity. For personal items the hotels have laundry service.

About water and ice: We will provide water and ice in all the games and training sessions.



USEFUL WORDS

- ✓ Hi = Hola
- ✓ Good morning: Buenos días
- ✓ How are you? = Como estas?
- ✓ Thank you! = Gracias!
- ✓ Nice to meet you = Mucho gusto!
- ✓ Want to play? = Jugamos?
- ✓ Where is the bathroom? = Donde esta el baño?
- ✓ Bye = Adiós

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THANK YOU |