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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 January 19-27, 2018

Our Trip Website:

FrostburgSoccer.com/CostaRica

Tour Highlights:

- 8 Day/7 Night Foreign Tour
- 3 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:

- 3 international friendly games
- All Hotel accommodations
- Round-trip airfare to SJO
- 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 and will be pre-paid:
 - Canopy Zip Line Tour
 - Hot Springs visit in La Fortuna

What's Not Included:

- Any extra luggage charges at the airport
- Optional Beach excursions at the Pacific Coast Resort area
- Professional Game Ticket (if it fits our itinerary, we may try to see a Professional men's game)
- Shopping and spending money and gratuities

Game Schedule:

Sunday, Jan 21, 4:00pm vs Moravia (White)
Monday, Jan 22, 6:00pm vs Dimas Escazu (Black)
Wednesday, Jan 24, 5:30pm vs San Carlos (White)

Our Hotels:

BWI Area Hotel on 1/19 1 night
San José capital city 3 nights
San Carlos rain forest 2 nights
Pacific Oceanfront Stay 2 nights

[Hampton Inn-Arundel Mills](http://HamptonInn-ArundelMills.com)
www.WyndhamHerradura.com
www.HotelMagicMountain.com
www.HotelArenasEnPuntaLeona.com

Flights:

Nonstop Flights on Southwest from BWI to San Jose, Costa Rica:
1/20/18 – BWI-SJO – Flight #602 8:40am – 12:55pm
1/27/18 – SJO-BWI – Flight #607 1:50pm – 7:35pm

Key Departure/Return Times:

Friday, 1/19-

1:00pm-Van Leaves FSU (PE Center)
2:45pm-Van Leaves Frederick (Westview Starbucks)
5283 Buckeystown Pike, Frederick, MD 21703
3:30pm-Arrive SoccerDome Jessup Location:
7330 Montevideo Rd. Jessup MD 20794
5:00pm-Depart SoccerDome for Hampton Inn-Arundel Mills
7027 Arundel Mills Circle, Hanover, Maryland, 21076
6:00pm-Dinner and Free Time at Arundel Mills

Saturday, 1/20-

6:15am-Vans Leave Hampton Inn for BWI Terminal (SW Departures)
6:40am-ALL Travelers must be at the SW Ticket Counter and Ready to Board
8:40am-SW Flight #602 Departs for Costa Rica

Returning, Saturday, 1/27-

7:35pm-SW Flight #607 Lands at BWI
MAKE Arrangements to be picked up (1 Van will travel back to FSU)

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., Canadian, and many European 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 of the places to which we will be traveling 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 the Colon. US dollars and major credit cards are widely accepted.

6. Can we buy travel medical insurance?

Yes. We can arrange to get travel insurance with International Health Insurance danmark, based in Denmark.

7. How much cash should I plan to bring?

The amount of cash you need to bring depends on the snacks and souvenirs that you want to buy. In general, around \$200 to \$300 is good.

8. Do I need any special vaccinations?

You are unlikely to encounter any serious diseases in Costa Rica. Sanitary standards are high and the health system is excellent. No vaccinations are required to enter Costa Rica.

9. How much is the airport departure tax?

A departure tax of \$26 is required at the airport but is included with your airfare.

10. Do cell phones and WiFi work in Costa Rica?

Check with your carrier! Many offer an international plan that can be temporary and include Costa Rica. You can also rent phones locally. WiFi is available in most of the hotels but can be very weak depending on the location of your room and the hotel.

11. What is the Cancellation and Refund Policy?

Airfare Cancellation and Refund Policy

Cancellations processed by Dec 1 will result in a loss of a \$50.00 airfare deposit. Cancellations after Dec 1 will result in a 100% loss of the airfare payment (\$400).

Land Portion Cancellation and Refund Policy

Payments processed by Oct 15 are fully refundable. Cancellations after Oct 15 will result in a loss of 50% of the total program fee. Cancellations made within 60 days (Nov 15) of departure result in a loss of the total program fee. Costa Rica Soccer Tours reserves the right to cancel this tour but in such a case, all payments will be refunded.

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

Yes! We need at least 10 people to do some of the sample activities listed below at the Beach. If there are some people who don't want to participate in the group activity they have down time at the hotel to relax, shop, etc.

However, we will include these 2 excursions in our trip cost while in the Mountains near La Fortuna:

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

<https://www.baldihotsprings.cr/hot-springs/>

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

<http://skyadventures.travel/skytrek/>

Some Optional Activities while at the Beach Resort:

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

Our Tour Route is Blue on this Map:

Tour route through Costa Rica



Travel Itinerary *Game schedule subject to change.

Friday, January 19, 2018:

1:00pm Van Leaves FSU (PE Center)
2:45pm Van Leaves Frederick (Westview Starbucks): 5283 Buckeystown Pike, Frederick, MD 21703
3:30pm Arrive SoccerDome (Jessup Location): 7330 Montevideo Rd. Jessup MD 20794
5:00pm Depart SoccerDome for Hampton Inn-Arundel Mills: 7027 Arundel Mills Cir., Hanover, Maryland, 21076
6:00pm Dinner and Free Time at Arundel Mills

Sat January 20: Arrival in San Jose, Costa Rica

6:15am Vans Leave Hampton in for BWI Terminal (SW Departures)
6:40am ALL Travelers must be at the SW Ticket Counter and Ready to Board
8:40am SW Flight #602 Departs for Costa Rica
12:55pm Arrive San Jose, Costa Rica! Airport pick up by private bus
2:00pm Lunch and Orientation: learn about Costa Rica & preview the tour
3:00pm Check in at the hotel for 3 nights
4-5:00pm Team training
7:00pm Dinner
8:00pm Professional Game (Heredia vs Saprissa)

Sun, January 21: San Jose and Friendly Game #1

8:00am Breakfast
9:00-10:00am Team training
10:30-1pm Walking Tour of San Jose: Historic Sites and local shopping!
1:30pm Lunch
4:00pm *Friendly Game #1 vs Moravia*
6:30pm Dinner

Mon, January 22: Community Service and Friendly Game #2

8:00am Breakfast
9:00-10:00am Community Service project: Children's Center Visit
10:30-11:30am Team training
1:30pm Lunch
6:00pm *Friendly Game #2 vs Dimas Escazu*
8:30 Dinner

Tuesday, January 23: Transfer to Rainforest, Town of La Fortuna

8:00am Breakfast
9:00am Transfer to rainforest (Stop in Sarchí) (3 hrs.)
1:00pm Lunch then Check in at the hotel for 2 nights
4-5:00pm Team training
6-10:00pm Hot Springs Resort Visit for dinner and swimming

Wed, January 24: Canopy Zip-Line and Friendly Game #3

9:00am Breakfast
10:30-12:30pm Canopy Zip-Line Tour
1:30pm Lunch
5:30pm *Friendly Game #3 vs San Carlos*
8:30pm Dinner

Thurs, January 25: Transfer to Pacific Beach Resort

8:00am Breakfast
9:00am Transfer to the beach
2:00pm Lunch and Hotel Check In
4:00pm Afternoon off at the beach/resort
7:00pm Dinner

Fri, January 26: Beach Day

8:00am Breakfast
9:00-11am Morning free to enjoy beach or team activities
12:00pm Lunch
2-6pm Visit to Beach town of Jaco
7:00pm Dinner

Sat, January 27: Depart Costa Rica

7:00am Breakfast
8:00am Transfer to San Jose
10:00am Farewell Brunch
11:00am Depart to SJO airport
1:50pm Depart Costa Rica (SW607)
7:35pm Arrive BWI (Please Plan for BWI Pick Up, One Van will return to FSU)