



COSTA RICA
SOCCER

WE SPECIALIZE IN TEAM
SOCCER TOURS TO COSTA RICA
www.costaricasoccer.com

INTERNATIONAL COMPETITION - CULTURAL EXPERIENCE – OCEANFRONT VACATION

Frostburg State University Women's Soccer Costa Rica Soccer Tour January, 2023

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
- Travel/Cancellation Insurance will be included for the group
- 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
- A Required Covid Test will cost \$75

Hotel Accommodations:

Hotel near Airport	1 night
San José capital city	3 nights
San Carlos rain forest	2 nights
Pacific Oceanfront	2 nights

Optional for Parents
Crown Plaza San Jose
Hotel Magic Mountain
hotelpuntaleona.com

Flights:

Departing DMV area to Costa Rica

What About Covid?

We will be monitoring covid and travel conditions closely with updates as necessary and prior to each payment date. We will purchase travel insurance for the entire trip group should we need to cancel.

Payment Schedule (\$2200 Per Person):

May Deposit:	\$600
Sept 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

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 via our insurance carrier.

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 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 2023 trip at any time, full refunds will be made available via a travel/cancellation insurance policy that is included for all travelers.

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



Tentative Trip Itinerary

Day 1- Meet near a DMV airport for training and overnight stay

4:00pm Meet for Hotel Check In and Team Training
7:00pm Dinner Near Airport and Overnight Hotel Stay

Day 2- Flight to SJO - Arrival in San Jose Costa Rica and Transfer to Hotel

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

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

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

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

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 San Carlos**
7:00pm Dinner

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

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

Day 9- Beach Hotel/Departure from SJO to DMV

8:30am Breakfast
9:00am Depart for SJO Airport
2:30pm Flight departs SJO
8:00pm Arrive DMV Airport at 8:10pm