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INTERNATIONAL COMPETITION - CULTURAL EXPERIENCE – OCEANFRONT VACATION

Frostburg State University Women's Soccer Costa Rica Soccer Tour Proposal January 10-17, 2026

Trip Websites:

FrostburgSoccer.com/CostaRica/
<https://costaricasoccer.com>

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

Who Can Go?

All Fall 2025 rostered players and anyone in their immediate family. We have had parents, sisters, and even Aunts and Uncles come on previous trips.

Sample Hotel Accommodations:

San José capital city	3 nights	Hilton Garden Inn- San Jose
San Carlos rain forest	2 nights	Magic Mountain
Pacific Oceanfront Stay	2 nights	Occidental-Tamarindo

Flights:

About 5 hours of flight time on flights from DC Area to SJO. We will try to depart early on day 1 and arrive late returning from the trip.

Payment Schedule (\$2700 Per Person Approximate):

March 10:	Decision!
June 1 Deposit:	\$500
Sept 10 Payment:	\$1100
Nov 10 Balance Due:	\$1100

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

Making Payments/Fundraising:

Costa Rica Soccer Tours will accept payments via their service that accepts Credit Cards or bank account transfers. We could establish a raffle or other fundraisers over the summer.

Refund Policy:

All payments for the land portion of the trip are refundable up to 60 Days before departure (Nov 10). Thereafter, refunds of the land portion trip payment (\$2000) are not guaranteed. Airline cancellations after Nov 10 will result in future credit with that airline unless a replacement traveler is found. Each traveler can purchase trip cancellation insurance to cover their trip costs.

For More Information:

See our trip page link above or go to FrostburgSoccer.com and scroll down to see our previous trip pages

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 called Colon. US dollars and major credit cards are widely accepted.

6. Can we buy travel medical insurance?

Yes. Check if your medical coverage extends to Costa Rica for the trip. Otherwise, supplemental travel medical coverage can be purchased in advance.

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?

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

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. What is the Cancellation and Refund Policy?

Airfare Cancellation and Refund Policy

Cancellations processed by Nov 10 are partly refundable. A portion of your air deposit could be lost or could be refunded as an airfare credit with the selected airline. However, a portion of your flight may be refundable if you change the person traveling for a fee.

Land Portion Cancellation and Refund Policy

Payments processed before Nov 10 are fully refundable. Cancellations after Nov 10 will result in a loss of the land portion program fee of \$2000. If for some reason the trip is canceled, we would attempt to reschedule in March for Spring Break 2026.

**We highly recommend purchasing trip cancellation insurance and each traveler should confirm their health insurance coverage while in Costa Rica.

11. 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:

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

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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

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

