

Sports Travel Experience Designed Especially for Your Team



Soccer in Costa Rica












ITINERARY OVERVIEW

- DAY 1 DEPART NORTH AMERICA - ARRIVE SAN JOSÉ AREA (7 NIGHTS)
- DAY 2 TRAINING SESSION & SAN JOSÉ
- DAY 3 LA PAZ WATERFALL GARDENS & FIRST FRIENDLY MATCH
- DAY 4 JUNGLE CROCODILE SAFARI BOAT TOUR & SECOND FRIENDLY MATCH
- DAY 5 TRAINING SESSION & PACIFIC COAST BEACH
- DAY 6 IRAZU VOLCANO NATIONAL PARK & THIRD FRIENDLY MATCH
- DAY 7 TURU BA RI ADVENTURE PARK & FOURTH FRIENDLY MATCH
- DAY 8 DEPARTURE FROM SAN JOSÉ



ITINERARY

Soccer is the most popular sport in Costa Rica. Almost all residents eat and breathe soccer. Costa Rica has a professional soccer league and Costa Rica's national soccer team is the third most successful team in CONCACAF after Mexico and the United States. This passion for soccer gives us the opportunity to use soccer as the vehicle for cultural exchange. Besides enjoying the weather, beaches, adventure, wildlife, and natural wonders, you will have the chance to play competitive soccer with the locals and to experience a different soccer style.

 Educational Tour/Visit	 Cultural Experience	 Festival/Performance/Workshop	Tour Services
 Recreational Activity	 LEAP Enrichment	 Match/Training Session	    

DAY 1



Relax and enjoy our scheduled flight from North America.



* Please note that the final itinerary may be slightly different from this program. The final itinerary will be determined based on the size of the group, any adjustments that are required (such as adding additional matches), and the final schedule of the matches. (If additional matches are required, then some sightseeing content will be replaced by the additional matches needed.)

Our bi-lingual Tour Director will meet us at the airport and will accompany our group exclusively throughout the tour.



Our private bus and driver will meet us at the airport. We will have the use of a private bus for all sightseeing and sporting activities throughout our tour.



Our accommodation for the next seven nights will be in the San José area. While here breakfast and dinner will be included at the hotel restaurant. On occasion, lunches may also be provided at the hotel restaurant (based on the final schedule after time of booking).



Today lunch will be included (if the group has an early arrival time).



TRAINING SESSION

We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches. (Training sessions may be in the morning, afternoon or evening and will be determined by the final hotel location, field availability, and the schedule of activities for the day.)



Tonight we will have dinner in the hotel restaurant.



DAY 2



This morning you will enjoy breakfast at the hotel.



TRAINING SESSION

We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches. (Training sessions may be in the morning, afternoon or evening and will be determined by the final hotel location, field availability, and the schedule of activities for the day.)

San Jose is the capital and largest city of Costa Rica. Located in the Central Valley, San José is the seat of national government, the focal point of political and economic activity, and the major transportation hub of this Central American nation. Today it is a modern city with bustling commerce, brisk expressions of art and architecture, and spurred by the country's improved tourism industry, it is a significant destination and stopover for foreign visitors.



SAN JOSE CITY TOUR

Take a City Bus and City Walking Tour of San José to view and visit some of the most important landmarks of the city. Highlights will include: Costa Rica's cherished National Theater, Art Museum, Metropolitan Cathedral the old and authentic Central Market, the National Monument, Democracy Plaza and the new National Stadium of Costa Rica. Our tour may also include a tour of Proyecto Gol, the official training facilities of the Costa Rican National Team (Subject to availability).



Today lunch will be included.





DAY 2



ESTADIO NACIONAL DE COSTA RICA

Take a guided tour of the National Stadium of Costa Rica (Estadio Nacional de Costa Rica) The stadium is a multi-purpose stadium in La Sabana Metropolitan Park, San José. It is the first modern sport and event arena to be built in Central America. The stadium was completed in 2011 and officially opened its doors to the public on Saturday, March 26 of that same year, with a capacity of 35,175 seats. The stadium serves as the home stadium of the Costa Rica national football team and it was used to host matches during the 2014 FIFA U-17 Women's World Cup, including the opening game, the third place match and the Final.



Tonight we will have dinner in the hotel restaurant.

DAY 3



This morning we will have breakfast at the hotel.



Today we will travel into the mountains to explore La Paz Waterfall Gardens, followed by our first match.



LA PAZ WATERFALL GARDENS

Visit La Paz Waterfall Gardens, one of the most beautiful and fascinating attractions in Costa Rica. Enter the Aviary to explore the birds of Costa Rica and even hold a toucan! Continue into the huge Butterfly Garden featuring a variety of species and an excellent learning center. Next, view the monkeys before we explore the hummingbird and orchid gardens, where we can get up close to hummingbirds. After lunch, visit the small serpentarium featuring many of Costa Rica's snake and lizard varieties. We continue to the cats exhibit to see the beautiful and massive Costa Rican jaguars. Hike down the perfectly laid out trails to viewing points along the 4 La Paz Waterfalls, each viewing point seemingly more impressive than the last.



Today lunch will be included at La Paz's magnificent restaurant just off the hummingbird garden. The buffet lunch features traditional cuisine in one of the most beautiful open-air settings in Costa Rica.



FIRST FRIENDLY MATCH

We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels, and have the opportunity to make friends for life. (The teams you will play will be selected after time of booking and will be based on the specific skill level and requirements of your team. We have contacts at every level and take great pride in finding the perfect fit for each friendly match.)



Tonight we will have dinner in the hotel restaurant.



DAY 4



This morning we will have breakfast at the hotel.



Today we will travel to the Tarcoles River for a boat tour followed by our second match.



CROCODILE JUNGLE SAFARI BOAT TOUR

Take a guided Boat Tour through the Rio Grande of Tarcoles on board safe, comfortable boats. See these magnificent ancient reptiles up close, with sizes of more than 4 meters. Crocodiles have been on the planet for more than two hundred million years. Since they haven't changed much over time, they are considered living dinosaurs. We may also see iguanas, basilisks and over 60 bird species in their natural environment. We will be accompanied by a Captain and a bilingual guide, both navigation experts willing to provide all the information about the fauna and flora of the river, while facilitating the opportunity to photograph and film the wildlife at close range.



Today lunch will be included.



SECOND FRIENDLY MATCH

We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels, and have the opportunity to make friends for life. (The teams you will play will be selected after time of booking and will be based on the specific skill level and requirements of your team. We have contacts at every level and take great pride in finding the perfect fit for each friendly match.)



Tonight we will have dinner in the hotel restaurant.





DAY 5



This morning you will enjoy breakfast at the hotel.



TRAINING SESSION

We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches. (Training sessions may be in the morning, afternoon or evening and will be determined by the final hotel location, field availability, and the schedule of activities for the day.)



Today we will travel to the central Pacific coast to spend the remainder of the day relaxing on the beautiful beaches of Costa Rica.



BEACH TIME

We will spend the day relaxing on the beach or exploring and shopping in the town.



Today lunch will be included.



Tonight we will have dinner in the hotel restaurant.

DAY 6



This morning we will have breakfast at the hotel.



Today we will travel Cartago and then to our next match.



IRAZU VOLCANO NATIONAL PARK

Experience the unique surroundings of this national park as you visit the Irazu Volcano. The volcano is still active although the last major eruptions were between 1963 and 1965, with occasional minor eruptions and some small lava flows since that time. The park is the site of a reforestation project to restore the area which was destroyed by the eruptions. The forest is made up of conifers and other exotic and native species and also a native forest consisting mainly of oaks and alder, protecting the watershed of the Reventado River. The Crater Principal Lake has an unusual greenish yellow coloring caused by rainfall dissolving the minerals along the craters walls. It has also been known to change color to rust-red depending on the minerals present.



Today lunch will be included.



THIRD FRIENDLY MATCH

We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels, and have the opportunity to make friends for life. (The teams you will play will be selected after time of booking and will be based on the specific skill level and requirements of your team. We have contacts at every level and take great pride in finding the perfect fit for each friendly match.)



Tonight we will have dinner in the hotel restaurant.



ATTEND A PROFESSIONAL MATCH

We will attend a professional soccer match featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds signing, cheering and chanting and you will enter an atmosphere that can only be understood through personal experience. (Excel Programs will secure tickets for the group after time of booking and upon release of the official schedule. Due to scheduling your final itinerary may need to adjusted to accommodate attending a match.)

DAY 7



This morning you will enjoy breakfast at the hotel.



Today we will travel to Turu Ba Ri and then to our match.



TU RU BA RI TROPICAL PARK

Enjoy Turu Ba Ri Tropical Park, designed for ecotourism and adventure, with over 247 acres of developed land for the enjoyment of it's guests. Begin with a zip line canopy tour covering around 1.5 miles over 8 cables, 11 platforms, two bridges and a tower. The group will be accompanied by professional guides. Continue with a nature walk with a naturalist guide. Our tour includes trails, bridges, breeding areas, botanical collections, a cultural area known as Finca Campesina (countryside farm) complete with a sugar mill.



Today lunch will be included.



DAY 7



FOURTH FRIENDLY MATCH

We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels, and have the opportunity to make friends for life. (The teams you will play will be selected after time of booking and will be based on the specific skill level and requirements of your team. We have contacts at every level and take great pride in finding the perfect fit for each friendly match.)



Tonight we will have dinner in the hotel restaurant.

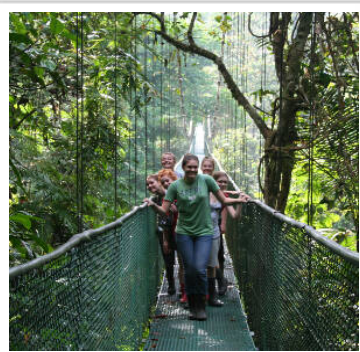
DAY 8



This morning you will enjoy breakfast at the hotel.



Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.



What is Included:

- Round trip airfare, including all airport taxes and fuel surcharges
- Accommodation in three or four star hotels in twin (occasional triple) rooms with private facilities guaranteed throughout
- Breakfast, lunch and dinner daily (as per the itinerary)
- WorldStrides Excel Sports Tour Director (bi-lingual) to accompany your group 24 hours a day from arrival to departure
- Transportation by private coach for transfers and touring, as required based on your itinerary
- Excursions, cultural activities, stadium tours and admissions as per your itinerary
- International Friendly Matches per your itinerary (Excel Sports is a FIFA approved match agent, holding the rights to arrange soccer matches)
- Water and ice for each training session and match
- Training Sessions and/or Professional Coaching Clinics per your itinerary
- One pro soccer ticket (Subject to final schedule and confirmation after time of booking)
- Three free college credits for all high school students (earning credit is optional for each participant and post trip course work is required)
- Free Professional Development Points/Credits (35 points or equivalent) for any educators traveling with the group
- Manchester United Raffle Fundraiser - all proceeds earned go directly to the cost of the tour
- WorldStrides Excel Sports App - featuring itinerary, flight and hotel details, as well as instant messaging capabilities
- Financial assistance program through the Future Leaders of American Government (FLAG) Foundation (for qualifying participants)
- Payment plans to meet the needs of all participants - EZPay and our Advantage Payment Plan (APP), where participants can make equal
- USTOA Extensive Consumer Protection up to \$1,000,000 in coverage for advance deposits through our USTOA membership
- Basic health insurance while on tour (including medical treatment on tour up to \$7,500) and \$50,000 of coverage for emergency evacuation and repatriation
- Industry leading Professional Liability Insurance of \$50,000,000 in coverage, which extends to certain individuals acting on behalf of Excel Sports as Coaches and Chaperones
- Exclusive 24-hour Doctors On-Call partnership with George Washington University Hospital
- Marketing support for Program Leaders to assist in group recruitment (digital, print, and in-person presentations)
- One free place in a single room throughout the tour

This Does Not Include:

- Any items not mentioned above or in the detailed itinerary
- Single rooms for adults - available at a supplement of \$50 per night
- Personal beverages with meals
- Laundry services on tour
- Visas (if required)
- Tips and gratuities for the guide and driver
- Any fees that might be imposed by the airlines at the airport for checked baggage
- Any costs for the hire of, or transport of, equipment or gear
- Travel Insurance - we offer and encourage you to consider our comprehensive policy which includes health, property and cancellation coverage at



Manchester United GRAND PRIZE RAFFLE DRAWING

Win a four-day trip for two and attend the final Manchester United home game at Old Trafford Stadium



The Winner Will Receive:

- Two round trip flights to Manchester
- Two nights at the 3-Star Willowbank Hotel in Manchester
- Two tickets to see Manchester United's final season home game at Old Trafford



"The Manchester trip was an awesome experience that I will never forget. It's been a dream of mine to see a Premier League game so this trip helped that wish come true for me. The atmosphere at the game was awesome and I got to see some great goals from Manchester United. I was also impressed with how accommodating Excel International Sports was while arranging extra days and flights for the trip. Overall, I am so grateful that I got this opportunity to go to Manchester and fulfill one of my dreams!"
Mike Smith, Grand Prize Raffle Winner

THE ULTIMATE FUNDRAISER

WorldStrides Excel Sports Programs is pleased to offer your individual participants or your team with the ultimate fundraiser. Your participants will be able to sell raffle tickets to people in their community or to other friends and family members. The money they raise will be theirs to apply towards the cost of their sports tour.

We will provide a PDF of the raffle tickets. The participants will print the tickets at home, and then they will proceed to sell the tickets for \$10 each. WorldStrides Excel Sports Programs will provide the grand prize and hold a drawing on the 1st of March each year in order to choose a winner.

"This raffle fundraiser is sending me to Spain to play soccer. When my parents told me I had to pay for the trip myself I was determined I could do it and with the help of this raffle I was able to pay for the entire trip. Thank you so much!"
Sydney Larkin, St. Mary's College Women's Soccer (MD)

