

Costa Rica

YOUR DAY-BY-DAY ADVENTURE

DAY 1

Flight to Costa Rica

Training Session

We will participate in a Training Session at a local field. Led by your own coaching staff.

Dinner at Hotel

DAY 2

Breakfast at 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.

San Jose City Tour – Bus and Walking

Highlights will include Art Museum, Metropolitan Cathedral, Central Market, the National Monument, Democracy Plaza and the new National Stadium of Costa Rica. May also include a tour of Proyecto Gol, Costa Rican National Team's training facilities (Subject to availability).

Lunch

Estadio Nacional De Costa Rica

Take a guided tour of the National Stadium of Costa Rica. (Estadio Nacional de Costa Rica) The stadium serves as the home stadium of the Costa Rica national football team and 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.

Dinner at Hotel

DAY 3

Breakfast at Hotel

La Paz Waterfall Gardens

Visit La Paz Waterfall Gardens, one of the most beautifully fascinating attractions in Costa Rica. Includes aviary, butterfly garden, monkeys, hummingbird and orchid gardens, small serpentarium, and cats section to include Costa Rican jaguars. Next, hike down to viewing points along the 4 stunning La Paz Waterfalls.

Buffet Lunch at La Paz's Open-Air Restaurant

Friendly Match

We will play a Friendly Match against a local club or academy team.

Dinner at Hotel

DAY 4

Breakfast at Hotel

Crocodile Jungle Safari Boat Tour

Friendly Match

Dinner at Hotel

Day 5

Breakfast at Hotel

Training Session

Beach Time

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

Lunch

Attend A Professional Match

We will attend a professional soccer match featuring teams from the top leagues.

Dinner at Hotel

DAY 6

Breakfast at Hotel

Professional Coaching Clinic

We will participate in a special Coaching Clinic with a guest coach, player or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.

Lunch

Irazu Volcano National Park

Experience the unique surroundings of this national park as you visit the active Irazu Volcano. 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.

Dinner at Hotel

DAY 7

Breakfast at Hotel

Sarapiquí River Rafting

Mix adventure and scenery by enjoying a whitewater excursion on the Sarapiquí river

Lunch

Friendly Match

Dinner at Hotel

DAY 8

Breakfast at Hotel

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

Flight to North America

SAMPLE ITINERARY

DESTINATION:

Costa Rica, San Jose

NUMBER OF DAYS TOURING: 6

TOTAL NUMBER OF DAYS: 8

AN ALL-INCLUSIVE EXPERIENCE



ROUND TRIP
TRANSPORTATION



HOTEL
ACCOMMODATIONS



TWO MEALS
A DAY
(UNLESS OTHERWISE
STATED)



GROUND
TRANSPORTATION TO
AND FROM
ALL ACTIVITIES



ALL ADMISSIONS AND
FEES FOR SCHEDULED
ACTIVITIES



EXPERTLY
TRAINED
TOUR
DIRECTORS



24-HOUR
EMERGENCY
SUPPORT



ACADEMIC
CREDIT

APP

ADVANTAGE PAYMENT PLAN

Advantage Payment Plan (APP) allows families and participants to make monthly installment payments including four installment payments after you return from your trip.

APP participants will follow a payment schedule which is confirmed in writing by a Letter of Understanding (LOU).

Why WorldStrides Sports?

Does the company provide:

WorldStrides Sports

Other Company



Health, Safety, and Protection

\$50 million in liability coverage for all sports programs - coaches, organizations, and schools are covered on tour under our policy

Yes

\$1 million consumer protection program through our USTOA membership

Yes

24/7 access to Doctors On-Call program with George Washington University Department of Emergency Medicine and AXA Behavioral Health

Yes

Primary medical insurance coverage provided on all international sports tours

Yes

Crisis management team & strategic partnerships with WorldAware and International SOS, leading worldwide risk management organizations, who provide 24/7 access to the most thorough and up to date information on security analysis

Yes

A price guarantee at the time of registration, which protects families from currency or fuel surcharges

Yes

Licensed to sell travel in all 50 United States and Canada worldstrides.com/legal-policy

Yes



Financial Assistance

Advantage Payment Plan (APP) is available to our groups, which allows for equal payments as low as \$199 per month for up to 6 months after the group has returned from the trip

Yes

Financial assistance program through the Future Leaders of American Government (FLAG) Foundation fundraising.worldstrides.com/flag-financial-assistance

Yes



Educational Excellence

Complimentary academic credit for all middle and high school travelers offered via WorldStrides' accreditation worldstrides.com/academic-credit

Yes



Unique Benefits

Manchester United fundraising opportunity — Your players keep 100% of all funds raised

Yes

Custom WorldStrides app for your mobile phone or tablet, featuring tour details and your team's itinerary

Yes

U.S. Federation sanctioning of all games

Yes

FIFA Approved Match agent, holding the rights to arrange matches between teams from different confederations

Yes