

## International Competition - Cultural Experience - Oceanfront Vacation

## Frostburg State University Women's Soccer Costa Rica Soccer Tour January 9-17, 2026

## Trip Websites:

frostburgsoccer.com/costarica costaricasoccer.com

## **Tour Highlights:**

- 8 Day/7 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:

- 2 international friendly games
- All Hotel accommodations including near DCA on Jan 9th
- Round-trip airfare via DCA-SJO/LIR
- Breakfast, lunch, and dinner daily
- Local transportation
- Full-time bilingual guide
- · Guided sightseeing
- Field Usage, 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
- Shopping and spending money and gratuities

## Who's Going?

21 Fall 2025 rostered players and 11 family and coaches. We have parents, sisters, and grandparents on the trip.

## **Hotel Accommodations:**

Arlington, VA 1 night tba

San José capital city 3 nights Hilton Garden Inn- Santa Ana

San Carlos rain forest 2 nights Tilajari Resort

Pacific Oceanfront Stay 2 nights Occidental-Tamarindo

## Flights via DCA-National Airport:

1/10 United #1077 DCA-IAH 11:05A-1:40P

1/10 United #1055 IAH-SJO 2:33P-6:16P

1/17 United #1121 LIR-ORD 2:01P-7:20P

1/17 United #2304 ORD-DCA 9:10P-11:56P

## Payment Schedule (\$2420 Per Person):

June 1 Deposit/Airfare: \$600 Sept 13 Payment: \$910 Nov 10 Balance Due: \$910

## **Making Payments:**

Travelers will be emailed and our website updated with payment information for each payment. Airfare was purchased with the deposit payment. Costa Rica Soccer Tours will accept payments directly in Sept and Nov via Credit Card or bank account transfers.

#### 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 (\$1820) are not guaranteed. Airline cancellations will result in future credit with United airlines unless a replacement traveler is found. Each traveler can purchase trip cancellation insurance to cover their trip costs.

<sup>\*\*</sup>All rooms are triple or quadruple occupancy for players sharing 2 double beds and double occupancy for parents/family.

## **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 on our tour.

#### 4. Is Costa Rica safe?

Costa Rica is a very safe, stable democratic country.

#### 5. Should I buy travel medical insurance?

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

#### 6. 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.

## 7. What is the currency in Costa Rica?

The Costa Rican currency is called the Colon. US dollars and major credit cards are widely accepted.

## 8. 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.

## 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 Credit or Refund Policy**

Cancellations of air travel will become an airfare credit with United airlines. However, a portion of your flight may be refundable if you change the person traveling, i.e. find a replacement traveler.

#### **Land Portion Cancellation and Refund Policy**

Payments processed before Nov 10 are fully refundable. Cancellations after Nov 10 could result in a loss of the land portion program fees paid up to \$1820. If for some reason the trip is canceled for events beyond our control, we would attempt to reschedule in March for our Spring Break.

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

## 11. Will my phone work in Costa Rica?

Very likely, but please check with your carrier as you may need to purchase an 'international plan' for your time in Costa Rica. Wi-Fi is available in all our hotels.

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

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

## However, these 2 excursions are included in our trip cost:

**Hot Water Springs:** Enjoy soaking and swimming in mineral hot springs, waterfalls, 12 mineral pools and indoor Jacuzzi, surrounded by tropical gardens. Includes a buffet dinner. baldicostarica.com/

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

#### Some Optional Activities while at the Beach Resort:

Catamaran/Snorkeling Trip Surfing Lessons Deep Sea Fishing Horseback Riding

