

TRAVELBOUND EDUCATION



TAILOR-MADE EDUCATIONAL TOURS FOR SCHOOLS AND COLLEGES

COSTA RICA

SAMPLE ITINERARY

SCIENCE AND GEOGRAPHY TOUR

THREE REASONS TO CHOOSE TRAVELBOUND EDUCATION

1. WE HELP YOU ORGANISE YOUR SCHOOL TOUR

Your role as tour leader can seem daunting (especially on top of your busy job as a teacher), so we will provide you with any of the following items to optimize your tour launch.

- Step-by-Step launch process (how to get your trip off the ground)
- Letter to parents template (you can just fill in the blanks)
- Sister school partnerships (We can help connect the dots for you)
- Posters (to advertise your trip)
- Risk Assessments (to help you complete any necessary paperwork)
- PowerPoint Presentation (promote your destination!)
- Fundraising information (to help families kick-start their campaigns)

2. WE HAVE PROVEN EXPERTISE IN TRAVEL

Every year 20,000 happy, worldly and educationally enriched students return from subject related tours which Travelbound Education has helped custom build for each school. We're deeply proud of our solid reputation built from over 25 years in the travel education industry. Experience which we use to provide personal, friendly and expert service, which helps make your tour idea a reality.

3. OUR COMMITMENT TO SAFETY AND SECURITY

- **Safety Management Systems** – Our risk assessments are carried out using reliable, accredited and independently verified resources. This audit process is used for all accommodation, excursions and transport providers.
- **On-tour representation (with 24/7 support)** – A Travelbound representative will meet you in-country, and when on tour you will have access to a 24-hour emergency duty office to speak with highly trained staff.
- **Financial Security** - As part of the world's largest leisure company, TUI Travel PLC, Travelbound provides financial protection to all school groups and further, we are fully ATOL bonded.
- **Worldwide offices, global reach** – UK, Australia, New Zealand, Asia, Middle East and USA
- **Responsible travel** – It is our responsibility as an educational tour operator to consider the environment, economy and culture of our destinations as of paramount importance, and our very own eco-tourism specialist is dedicated to help reduce our impact.

WHAT HAPPENS NEXT

This tour is a mini-project, and to give this project the best chance of success:

1. **Take 10-minutes to review this itinerary** and let us know of any amendments (or ideas!) to improve it.
2. **Confirm an Itinerary and provisional Departure Date** to allow the opportunity for Travelbound to create a customized quote that fits your school criteria.
3. **Money matters...so build in a buffer** between the amount per student and your final number (Use this to buy additional meals, pay for public transport or shout the students a special treat in-country!).
4. **Raise interest with students and families** allowing maximum time for families to get on board.
5. **Confirm your booking:** Contact us to confirm student interest with completed booking forms and provisional deposits to lock in your quoted amount.
6. **Coordinate the tour:** Your tour coordinator will be your main point of contact to discuss the finer details of your trip. They will forward a confirmation pack and book all the components of your tour ensuring a trip of a lifetime.

ITINERARY – Costa Rica

<p>Day 1:</p> <p>Meal Inclusions: <i>Dinner</i></p>	<p>AUCKLAND → SAN JOSE</p> <ul style="list-style-type: none"> • Depart on flight to San Jose • Meet coach and transfer to hotel for check in • Dinner at Hotel <p><i>Overnight San Jose</i></p>
<p>Day 2:</p> <p>Meal Inclusions: <i>Breakfast</i> <i>Lunch</i> <i>Dinner</i></p>	<p>SAN JOSE – PACUARE RESERVE</p> <p>Breakfast in hotel before coach transfer</p> <ul style="list-style-type: none"> • This Reserve is a working Reserve and the projects need your support and enthusiasm! We need volunteers to help protect the beach, run with our recycling and grow our reforestation program. We are open and welcoming to volunteers from any walk of life, with any range of enthusiasm and experience. The volunteer program may be particularly useful for those who are thinking of a profession in conservation or ecology. <p>Key Facts:</p> <ul style="list-style-type: none"> – Volunteering is not a vacation; it is a reciprocal arrangement between the volunteer and the reserve. We want all our volunteers to have a wonderful time, and one of the best ways to ensure this is to make sure they understand their role at the reserve. – You will be required to work for 5 hours per day, which is timetabled, with slots of free time and optional activities – You must be prepared for a simple life during your time at the reserve. Wifi is very limited, accommodation is basic, and you may be moved around during your stay between the North and South stations at the reserve (which are about 30 minutes from each other) according to which area needs most assistance. You will share a Cabana with one other person. <p><i>Overnight Pacuare Reserve</i></p>
<p>Day 3:</p> <p>Meal Inclusions: <i>Breakfast</i> <i>Lunch</i> <i>Dinner</i></p>	<p>PACUARE RESERVE</p> <ul style="list-style-type: none"> • You will receive a brief introduction to the work on the beach and join the night patrols. After some days of beach patrolling, accompanying a biologist/field assistant you will be able to monitor the nesting Leatherback turtle, recording nest location, dimensions and other useful data. You might walk up to 6km and the patrol will take up to 4 hours depending on the number of turtles. From May onwards you will help to monitor the hatchlings. You will count them as they come out of the nest and run to the sea and you might dig out the nest for stragglers. You will also do recycling, maintenance, composting, reforestation and assisting researchers and field assistants with environmental education. • During the day there is a lot of work to be done in reforestation, recycling and in helping field assistants in their visits to Primary schools. Some employees in the Reserve are very interested in learning English and volunteers can give conversation classes. Volunteers are also important in our Environmental Education program. You will accompany the biologist and field assistants on local school visits and be involved with the children when they come to the Reserve to learn about the turtles and the forest. <p><i>Overnight Pacuare Reserve</i></p>
<p>Day 4:</p> <p>Meal Inclusions: <i>Breakfast</i></p>	<p>PACUARE RESERVE – SARAPIQUI</p> <p>Breakfast in hotel</p> <ul style="list-style-type: none"> • Transfer to Sarapiqui Area • Lunch • Dinner <p><i>Overnight Sarapiqui</i></p>

<p>Day 5:</p> <p>Meal Inclusions: Breakfast Lunch Dinner</p>	<p>SARAPIQUI Breakfast in hotel</p> <ul style="list-style-type: none"> • Reforestation Projects: 2 hours • Help us establish biological connectivity in the San Juan-La Selva Biological Corridor. Plant native trees on local farm, get involved in maintaining our greenhouse, or collect seeds and saplings of endangered species. This activity directly helps to preserve the tropical rainforest and a multitude of endangered animals. Enjoy working in a natural environment and learn more about the local flora and fauna. • Boat tour at the Sarapiquí River- Come and enjoy the observation of the exuberant flora and fauna that offers the majestic and historic Sarapiquí River has to offer. You will have the opportunity to observe monkeys, iguanas, and crocodiles, lazy otters, Caymans in its natural habitat as well as a great diversity in species of birds. This tour has duration of 2 hours in modern and comfortable boats, equipped with special motors, designed to cause the least impact to the environment. • Lunch • Dinner <p><i>Overnight Sarapiquí</i></p>
<p>Day 6:</p> <p>Meal Inclusions: Breakfast Lunch Dinner</p>	<p>SARAPIQUI – ARENAL Breakfast in hotel</p> <ul style="list-style-type: none"> • Transfer to Arenal area • Rainforest Chocolate tour- With the view of the majestic Arenal Volcano in La Fortuna of San Carlos, enjoy the sweetest rainforest experience, discovering the ancient secrets of chocolate: from its discovery and use, in tropical America, to the processing of the product we know and enjoy today. In this 2-hour “hands on” program, you will have the opportunity to learn interesting aspects of cocoa and chocolate, from its origin and history, participating in all the production process, from the harvesting of the fruit, drying and grinding of the seed, also the developing of the traditional drink of our ancestors, and of course enjoying a high quality organic chocolate. Enjoy this journey through the history, culture, traditions and the flavor. • Lunch • Dinner <p><i>Overnight Arenal</i></p>
<p>Day 7:</p> <p>Meal Inclusions: Breakfast Lunch Dinner</p>	<p>ARENAL Breakfast in hotel</p> <ul style="list-style-type: none"> • Arenal Volcano National Park hike- This amazing light hike will take you to the very base of the volcano (still at a safe distance), to witness the magnificence of the almost perfectly conical 5479 ft tall Arenal Volcano. This giant is active since 1968, and even though it has been calmer lately it’s an outstanding adventure. • Maleku Indigenous Visit- You will be greeted by the new Maleku tribe now living near Arenal Volcano with a traditional drink. While enjoying your approach, you will observe the ancestral dance in honor of their god "Toku" and will be part of the ceremony of "the big fight". The Maleku will introduce you into their cultural worldview and explain a little bit about their origins, their gods, beliefs and the great respect they have for the natural environment. • Hot springs and mud bath- have the opportunity to enjoy a relaxing mud bath with its therapeutically properties while you enjoy the amazing view of the volcano. • Lunch/Dinner Included <p><i>Overnight Arenal</i></p>

Day 8	<p>Meal Inclusions:</p> <ul style="list-style-type: none"> Breakfast Lunch Dinner 	<p>ARENAL – MONTEVERDE</p> <p>Breakfast in Hotel before Coach transfer to Cultour Casona Rio Fortuna</p> <ul style="list-style-type: none"> Casona Río Fortuna- a traditional country estate located in the La Fortuna / Arenal Volcano area that aims to let visitors experience the genuine and peaceful way of country life in Costa Rica. Located in the rural surroundings of the Arenal Volcano yet only 7 km from La Fortuna, Casona Río Fortuna is surrounded by green pastures, plantations, woodland, tropical gardens and the Fortuna River. Let the folks at Rio Fortuna share with you the culture, traditions, and the way of life in the country on a unique journey combining the beauty of nature and encounters with the local population for an unforgettable learning experience. (Tour activities include: Typical lunch at Casona Río Fortuna, prepared on original wood stove and served the traditional way, introduction to Casona Río Fortuna and its rich history, stroll through the surrounding orchard, kitchen and flower gardens, preparation of Tico-style coffee and traditional corn tortillas and an excursion on a comfortable, tractor-drawn trailer with rooftop across plantations of pineapple, papaya, plantain, and cassava.) Presentation of local folk dances- performed by students of a local middle school Transfer to Monteverde <p><i>Overnight Monteverde</i></p>
Day 9	<p>Meal Inclusions:</p> <ul style="list-style-type: none"> Breakfast Lunch Dinner 	<p>MONTEVERDE</p> <p>Breakfast in hotel</p> <ul style="list-style-type: none"> Monteverde Biological Reserve hike- One of the main attractions of Monteverde Cloud Forest Biological Reserve is its 13-kilometer network of trails. The walk up to the "La Ventana" is a scenic overlook, where you may witness the contrasting panoramas exhibited naturally by the continental divide, a geographical feature that traces the principal mountain ranges of Costa Rica. At this location, visitors can experience the force of the moisture-laden trade winds blowing in from the Atlantic coast, and witness how they descend at high velocity toward the Central Pacific and Northern coastal plains of Costa Rica. Sky Walk Hanging Bridges- Sky Walk uses trails and a series of suspension bridges for a more relaxing introduction of the flora and fauna of the forest canopy. It allows a vision of the forest from a different perspective which starts with a hike on the ground and then taking you to explore the treetops, a hardly discovered habitat called the “canopy”. <p><i>Overnight Monteverde</i></p>
Day 10	<p>Meal Inclusions:</p> <ul style="list-style-type: none"> Breakfast Lunch Dinner 	<p>MONTEVERDE – SAN JOSE</p> <p>Breakfast in hotel</p> <ul style="list-style-type: none"> Transfer back to San Jose City Sightseeing tour- Discover the highlights of Costa Rican history and culture on this city tour of downtown San Jose. Stop at parks, monuments and museums and learn in this city full of culture. <p><i>Overnight San Jose</i></p>
Day 11	<p>Meal Inclusions:</p> <ul style="list-style-type: none"> Breakfast 	<p>SAN JOSE → AUCKLAND</p> <p>Breakfast in hotel</p> <ul style="list-style-type: none"> Transfer to San Jose airport Depart on flight to Auckland <p><i>Overnight Travelling</i></p>
Day 12		<p>→ AUCKLAND</p> <p>Arrive in Auckland</p>

INCLUSIONS

- ✓ Return economy flights
- ✓ Return airport transfers from the arrival airport to your hotel
- ✓ All accommodation
- ✓ All transport as outlined in the itinerary
- ✓ Meals as outlined in the itinerary
- ✓ Admission to all activities and attractions as outline in the itinerary
- ✓ Information on resorts, hotels and excursions with guidebooks and maps available on request
- ✓ 24 hour emergency back-up and support
- ✓ Kiwi Holidays Travel Insurance

EXTRAS TO BUDGET FOR

- Visas (if required)
- Transport to and from Auckland Airport
- Meals and drinks not included in the itinerary
- Drinks - water is provided with meals. Soft drinks and juices at extra cost
- Additional excursions and activities not mentioned in the itinerary
- Spending money – souvenirs and extras

ORGANISING YOUR STUDY TOUR IN 7 EASY STEPS



1. Itinerary Planning
2. Launch
3. Booking
4. Documents Collecting and Tour Prep
5. Confirming
6. Departure
7. Return Meeting

AMMENDMENTS AND CANCELLATIONS

Changes are permitted and any additional charges will be assessed at time of change. If you wish to cancel or amend all or part of your tour you should advise us in writing (by letter, email or fax) as soon as possible. A cancellation or amendment is effective only when received in writing by the company from the group contact who signed the booking form. Any new person added to the booking must provide a signed acknowledgement. PLEASE NOTE: If any cancellation reduces the number of paying group members below the minimum number required for a particular tour price or concession (including free places), the invoice will be adjusted accordingly for all remaining group members.

TOUR COST GUARANTEE

Once your tour has been booked and first deposit paid, Travelbound guarantee that the price of your tour is fixed. This means that your tour price is not subject to any unpredictable extra costs associated with currency fluctuations. **Please note**, as this is a quotation only, we are not holding any of your travel arrangements. To secure your booking you need to provide written confirmation of the tour itinerary, student/staff numbers and overall cost as approved.