



The Teacher's Guide

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TO TRAVELING TO COSTA RICA WITH STUDENTS





1

Jump into Costa Rica

and experience Pura Vida!

Quick facts about Costa Rica

- Size/Population: ~4.87 million
- Official language: Spanish
- Capital & largest city: San José
- It has no standing Army
- It is the longest standing democracy in Central America
- It holds 5% of the world's biodiversity
- More than 25% of its land is formed of protected National Parks
- The Costa Rican people call themselves Ticos & Ticas
- Gallo Pinto is a traditional dish of Costa Rica, made up of rice & beans
- 'Pura Vida', meaning Pure Life, is the country's National saying

In 1502, Christopher Columbus made the first European landfall in the area known today as Costa Rica. Upon his arrival, he noticed that the region's inhabitants (local Carib Indians) wore golden bands in their noses and ears, which led him to name the country Costa Rica, meaning 'Rich Coast'.

Known for its strong commitment to the environment, Costa Rica is a haven for wildlife, making up an astounding 5% of the world's biodiversity. Considered to be the bridge of the two American continents, Costa Rica is the meeting point of a wide variety of flora and fauna that make it unlike any other destination in the world. But that's not all there is to see in this beautiful country...

Take your students on a guided tour of beautiful San José, embark on an adventurous zip-line tour in Monteverde or Sarapiquí, see the Tirimbina Rainforest Center in all its beauty or simply brush up on your Spanish language skills—there really is no shortage of learning experiences in breathtaking Costa Rica!

And the best part—*With one of our customized tours, you get to see Costa Rica how YOU want to see it!*

5 reasons teachers & students should travel to Costa Rica



Experience True Spanish Culture

Our Spanish Immersion & Language classes make learning & practicing Spanish in Costa Rica fun! Prometour's exclusive 'El Rancho' lodge even offers courses in cooking and dancing, making for a truly authentic experience.



Biodiversity

Home to an estimated 500,000 of the world's species, Costa Rica's wildlife is something that must be experienced—sloths, snakes, birds and many more await!



Natural Geographic Diversity

Aside from abundant animal & insect species, Costa Rica is also home to beautiful geographic diversity—active volcanoes (Poas & Arenal), vast rainforests, and beautiful beaches make it a destination worth seeing with your own eyes.



Community Programs

From volunteer work to community outreach initiatives, we have the perfect programs to connect you with the local Costa Rican people. Learn what life is like as a Tico or Tica!



Safety

Costa Rica is known as one of the safer travel destinations for tourists worldwide. In fact, Costa Rica has never been to war or even felt the need to establish an army. You'll feel right at home among the kind Costa Rican people!

CLICK THE BUTTON BELOW TO LEARN MORE ABOUT WHY COSTA RICA IS A GREAT DESTINATION FOR STUDENT TRAVEL

[Learn More](#)



2

The Prométour Experience

With over 25 years of experience in educational travel, Prométour has been called by many the 'artisan of the student travel industry'.

That means **we don't do packaged tours**—all our travel **itineraries are customized** by our experienced tour consultants who work one-on-one with you during the entire planning process. This allows for truly **unique trips that are aligned both with your educational & recreational goals**—and also within your available budget.

ALONG WITH FULLY-CUSTOMIZED STUDENT TRAVEL, WE FOCUS ON:

Safety

Our #1 priority. Contact us to learn more about the safety checks we have in place.

Authenticity

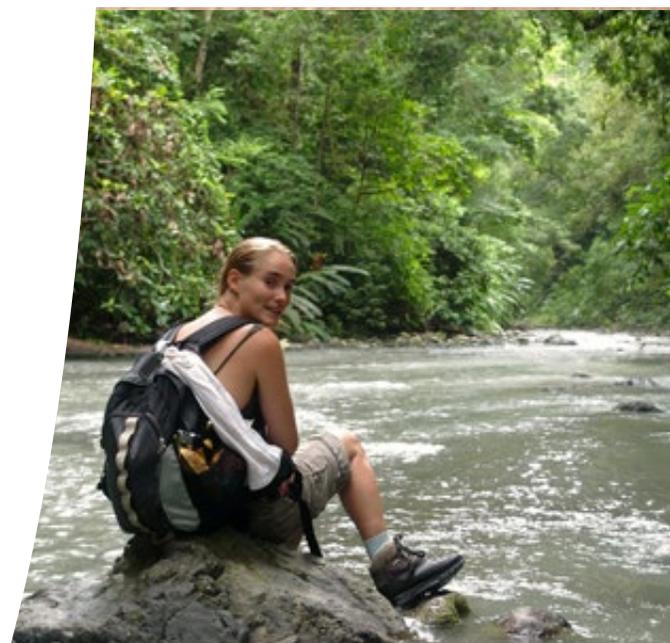
Enjoy authentic restaurants & quality hotels thanks to our strong partnerships with key local suppliers.

Experienced tour directors

Our tour directors have extensive knowledge in the area which they work, making for both educational & enjoyable tours.

Exceptional customer service

One-to-one communication with parents & teachers every step of the way, online registration system, 24-hour emergency phone line and more.





Traveling to Costa Rica with Prométour An Unforgettable Experience

And with years of experience in planning student tours to Costa Rica, you're in good hands!

You can rest assured knowing that we're the leader when it comes to creating customized educational travel itineraries to this beautiful country!

Our tour consultants know the country extremely well and can recommend the best events, 'must-see' attractions and hidden gems it has to offer in order to make your trip one your students will remember forever.

HERE'S JUST SOME OF WHAT OUR HAPPY TEACHERS HAVE TO SAY AFTER TRAVELING TO COSTA RICA WITH PROMÉTOUR:

"For our Spanish Club, Costa Rica is the perfect destination. It's not far, the price is very reasonable, and the people in Costa Rica are very accommodating and kind. We felt safe and well cared for. Prométour took care of every detail. We were able to enjoy ourselves completely because of this"

Phyllis O. - Florida



"Costa Rica—excellent trip. Alex has been our tour guide for 4 consecutive years. He is worth his weight in gold. I have been contacted, aggressively, by several other travel providers. However, I still feel Prométour is the best company out there."

Ernest K. - New York





3

Curious to know



what it's like traveling to Costa Rica
with us?



Here's just a sneak peek of actual itineraries that we've custom-built in the past for teachers, just like you, to give you an idea of what's possible with a Prométour-planned Costa Rica itinerary:

Las Maravillas de Costa Rica

[Click to see more details](#)

DAY 1

- > Board flight & fly to Costa Rica
- > Meet your Costa Rican Prométour Tour Director upon arrival
- > Dinner & overnight at El Rancho Lodge

DAY 2

- > Breakfast at the hotel
- > Guided walking tour of San José – see some popular attractions
- > Lunch at a local restaurant
- > Take part in a local dance class!
- > Dinner & overnight at El Rancho Lodge

DAY 3

- > Breakfast at the hotel
- > Hike through Arenal National Park
- > Lunch at a local restaurant

- > Afternoon at the Baldi Hot Springs
- > Dinner & overnight at El Rancho Lodge

DAY 4

- > Breakfast at the hotel
- > Guided tour of the Tirimbina Rainforest Center
- > Lunch box
- > Partake in a reforestation program
- > Dinner & overnight at El Rancho Lodge

DAY 5

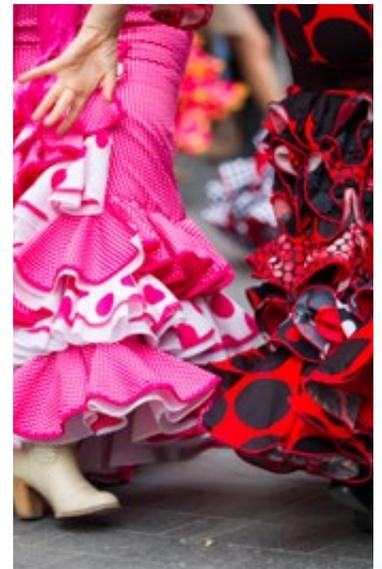
- > Breakfast at the hotel
- > Visit La Paz Waterfalls & Gardens
- > Lunch at a local restaurant
- > Tour of artistic town of Sarchí
- > Dinner & overnight at El Rancho Lodge

DAY 6

- > Breakfast at the hotel
- > Guided walking tour of Manuel Antonio National Park
- > Lunch box
- > Leisure time at the beach!
- > Dinner & overnight at El Rancho Lodge

DAY 7

- > Breakfast at the hotel
- > Transfer to the airport
- > Board your flight from San José
- > Fly back home



Costa Rica Adventure

[Click to see more details](#)

DAY 1

- > Board flight and fly to Costa Rica
- > Meet your Costa Rican Prométour Tour Director upon arrival
- > Dinner & overnight at El Rancho Lodge

DAY 2

- > Breakfast at the hotel
- > Transfer to Tortuguero
- > Lunch at a local restaurant
- > Guided tour of Tortuguero National Park
- > Visit the Sea Turtle Conservancy Museum
- > Dinner & overnight in Tortuguero.

DAY 3

- > Breakfast at the hotel

- > Enjoy a 3 hour cruise on the Tortuguero Canals
- > Lunch at a local restaurant
- > Transfer to Sarapiquí
- > Dinner & overnight in Sarapiquí

DAY 4

- > Breakfast at the hotel
- > Enjoy a zip line tour
- > Lunch at a local restaurant
- > White Water Rafting on the Sarapiquí River
- > Dinner & overnight in Sarapiquí

DAY 5

- > Breakfast at the hotel
- > Guided tour of the Tirimbina Rainforest Center
- > Lunch at a local restaurant

- > Enjoy horseback riding trails through pasture, jungle & river
- > Dinner & overnight at El Rancho Lodge

DAY 6

- > Breakfast at the hotel
- > Visit of La Paz Waterfall and Gardens
- > Lunch at a local restaurant
- > Visit of Poás Volcano
- > Dinner & overnight at El Rancho Lodge

DAY 7

- > Breakfast at the hotel
- > Transfer to the airport
- > Board your flight from San José
- > Fly back home



FAQ

Q: What should I pack when traveling to Costa Rica?

A: A travel converter and plug adapters for Costa Rican outlets are essential for any use of electronic devices such as phone chargers, hair dryers, straighteners etc.

We also suggest bringing a money belt to avoid any pick pocketing situations as much as possible. This is a safety precaution we recommend regardless of the travel destination, as it is the safest and smartest way to keep your money in your hands and only yours!

Don't forget to pack insect repellent as it will come in handy for those days you are trekking through the regions of Costa Rica.

Q: Is the water safe to drink in Costa Rica?

A: The tap water in Costa Rica is safe to drink - however, if you feel more comfortable drinking bottled water they are readily available anywhere.

Q: Do I need any vaccinations before travelling to Costa Rica?

A: Scheduling an appointment with your doctor or a specialized travel vaccination clinic is the best way to prepare yourself before traveling to Costa Rica, as well as ensuring you are completely protected and up to date with any vaccinations or medications you may or may not need.

For further information, please refer to the following websites:

US International Travel: <https://travel.state.gov/content/passports/en/country/costa-rica.html>

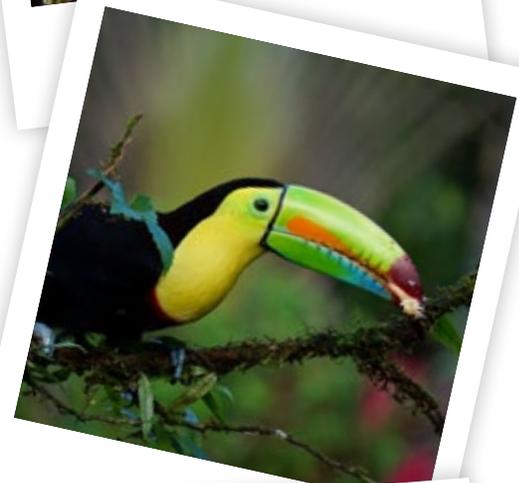
Government of Canada: <https://travel.gc.ca/destinations/costa-rica>

Q: Can I use my cell phone in Costa Rica?

A: Yes, most cell phones work in Costa Rica however roaming costs can get very expensive. Contact your phone provider to find out if there are special rate plans you can purchase in advance. If you do not wish to buy a plan, we strongly suggest to keep your phone on airplane mode and connect to WiFi whenever possible.

Q: Is American or Canadian currency accepted in Costa Rica?

A: American currency is widely accepted in Costa Rica while Canadian currency is not as much. We strongly suggest carrying the local currency and exchanging your money prior to the trip as it is in the best interest for students and teachers. However, exchanging money is simple and can be done at the beginning of the trip if need be.



FAQ

Q: How is the weather in Costa Rica?

A: Depending on the season and region, packing for Costa Rica requires the proper attire. Costa Rica is very rainy and subject to multiple flash rain falls therefore packing water proof attire is strongly suggested to still enjoy your adventures in Costa Rica. Please refer to the following tables to help you better responsibly pack for Costa Rica:

SAN JOSE, COSTA RICA

MONTH	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Average Temperature	67 °F 20 °C	67 °F 20 °C	68 °F 20 °C	70 °F 21 °C	71 °F 21 °C	70 °F 21 °C	69 °F 21 °C	69 °F 21 °C	69 °F 21 °C	69 °F 20 °C	68 °F 20 °C	68 °F 20 °C
High	76 °F 24 °C	76 °F 25 °C	78 °F 25 °C	80 °F 27 °C	80 °F 27 °C	80 °F 26 °C	78 °F 26 °C	77 °F 26 °C	78 °F 25 °C	78 °F 26 °C	77 °F 25 °C	76 °F 25 °C
Low	58 °F 15 °C	58 °F 15 °C	59 °F 15 °C	59 °F 15 °C	61 °F 16 °C	61 °F 16 °C	61 °F 16 °C	62 °F 16 °C	60 °F 16 °C	60 °F 15 °C	60 °F 15 °C	59 °F 15 °C
Precipitation	37mm	10mm	11mm	14mm	55mm	242mm	280mm	200mm	253mm	342mm	323mm	134mm
Appropriate & Suggested Attire	Good pair of walking shoes that are breathable, water resistant with rubber sole + good traction Rain jacket and or/ light jacket with poncho Lightweight t-shirts, shorts and pants Small backpack that is waterproof, sunblock and hat Insect repellent and after-bite relief Light jacket + pants for night time (extra layer in case) + extra socks											

PUNTARENAS, COSTA RICA

MONTH	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Average Temperature	79 °F 26 °C	81 °F 27 °C	82 °F 28 °C	83 °F 29 °C	84 °F 29 °C	82 °F 28 °C	81 °F 27 °C	81 °F 27 °C	80 °F 27 °C	80 °F 27 °C	80 °F 26 °C	79 °F 26 °C
High	89 °F 32 °C	91 °F 33 °C	93 °F 34 °C	95 °F 35 °C	94 °F 35 °C	91 °F 33 °C	89 °F 32 °C	89 °F 32 °C	89 °F 32 °C	89 °F 31 °C	88 °F 31 °C	88 °F 31 °C
Low	70 °F 21 °C	70 °F 21 °C	71 °F 21 °C	72 °F 22 °C	74 °F 23 °C	73 °F 23 °C	72 °F 22 °C	72 °F 22 °C	72 °F 22 °C	72 °F 22 °C	71 °F 22 °C	71 °F 22 °C
Precipitation	28mm	5mm	5mm	5mm	35mm	210mm	232mm	188mm	239mm	314mm	290mm	135mm
Appropriate & Suggested Attire	Good pair of walking shoes that are breathable, water resistant with rubber sole + good traction Rain jacket and or/ light jacket with poncho Lightweight t-shirts, shorts and pants Small backpack that is waterproof, sunblock and hat Insect repellent and after-bite relief and extra socks											

Please note that these temperatures are just an average. Weather in Costa Rica is subject to change frequently. It is strongly suggested that you talk with your Tour Project Manager about the weather prior to leaving for your trip and to check the weather frequently in order to be well prepared.

Q: Is tip included?

A: Tips for activities and restaurants are included in the cost of the tour. However, tips for your Tour Director(s), Tour Guides, and Drivers are not included in the cost of your trip (please refer to the chart below for recommended tips)

Group Leaders and chaperones are encouraged to tip if they appreciate the service provided on the tour. Other service providers who would appreciate tips are transfer drivers, hotel porters, and local guides

DESTINATION	PERSON	RECOMMENDED TIP
South America	Prométour Tour Director	\$ 3.00 USD per day / per person
South America	Bus Driver(s)	\$ 2.00 USD per day / per person

Q: Do I need a passport to travel?

A: Yes, all travelers must carry a valid passport to travel to Costa Rica since you are traveling by air.

PLEASE NOTE: All passports must be valid for at least 6 months beyond the conclusion of your trip.

For any further detailed information, please refer to the following website:

US Passports & International Travel: <https://travel.state.gov/content/passports/en/country/costa-rica.html>

Government of Canada: <https://travel.gc.ca/destinations/costa-rica>

Interested in learning more about traveling to Costa Rica with your students?

Whether it's to immerse yourselves in authentic Costa Rican culture, brush up on your Spanish language skills or even just to experience some of the world's most beautiful flora & fauna—**together we can make your dream trip a reality!**



Click here to speak to a tour consultant about traveling to Costa Rica with your students



PROMÉTOUR
a class of its own

