



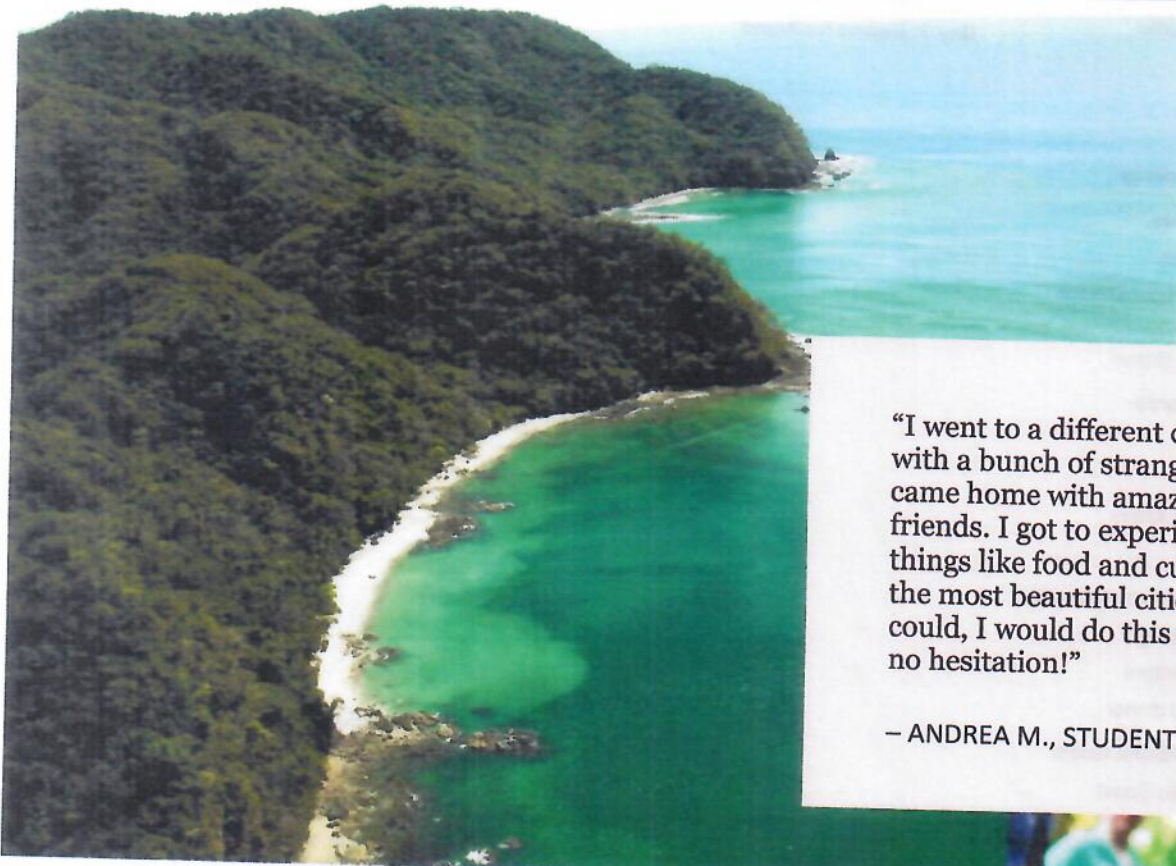
# College Study Tours

EFCOLLEGESTUDYTOURS.COM  
877-485-4184



Hampton University  
International Office  
Armstrong-Slater Bldg., 1st Floor  
200 William R. Harvey Way  
Hampton, VA 23668-0099

757-728-6914 [Internationaloffice@hamptonu.edu](mailto:Internationaloffice@hamptonu.edu)



“I went to a different country with a bunch of strangers and came home with amazing friends. I got to experience new things like food and culture in the most beautiful cities. If I could, I would do this again with no hesitation!”

– ANDREA M., STUDENT

## Environment & Culture in Costa Rica

LED BY PROFESSOR CAMERON HARRIS  
HAMPTON UNIVERSITY

There’s nothing quite like the rainforests of the “Rich Coast” to get the adrenaline pumping. At its heart, the Central American country boasts an epic landscape that is home to nearly 5 percent of the world’s biodiversity. Discover how fragile these endangered ecosystems are as you travel through different rainforest preserves and unearth dazzling displays of color and sound. Breakfast, lunch and dinner is included each day.

Hampton University  
Office of Student Activities  
Approved by Anzell Harrell



CITIES VISITED: SAN JOSÉ, ARENAL REGION, LOS CHILES, MONTEVERDE, CENTRAL PACIFIC COAST, SARCHÍ

PROGRAM NUMBER: 2166499FY      LENGTH: 9 DAY PROGRAM

Earliest departure	Requested dates	Latest return
MAY 19	MAY 20 – MAY 28	MAY 31

ENROLL ONLINE: [EFCST.COM/2166499FY](http://EFCST.COM/2166499FY)



# 9-DAY ITINERARY

## Day 1: Fly overnight to Costa Rica

- Meet your Tour Director at the airport
- Enjoy dinner in San José

## Day 2: San José | Arenal region

- Take a walking tour of San José
- Visit Poás Volcano
- Travel to the Arenal region
- Visit the Arenal hot springs
- Enjoy breakfast, lunch and dinner

## Day 3: Arenal region | Los Chiles

- Take a day trip to Los Chiles
- Take a boat tour of Caño Negro Wildlife Refuge
- Enjoy breakfast, lunch and dinner

## Day 4: Arenal region | Monteverde

- Visit La Fortuna Waterfall
- Travel to Monteverde
- Enjoy breakfast, lunch and dinner

## Day 5: Monteverde

- Visit the Santa Elena Cloud Forest Reserve
- Plant a tree in the EF Reserve
- Experience a canopy adventure
- Enjoy breakfast, lunch and dinner

## Day 6: Monteverde | Central Pacific Coast

- Travel to the Central Pacific Coast
- Visit Rainforest Adventures
- Enjoy breakfast, lunch and dinner

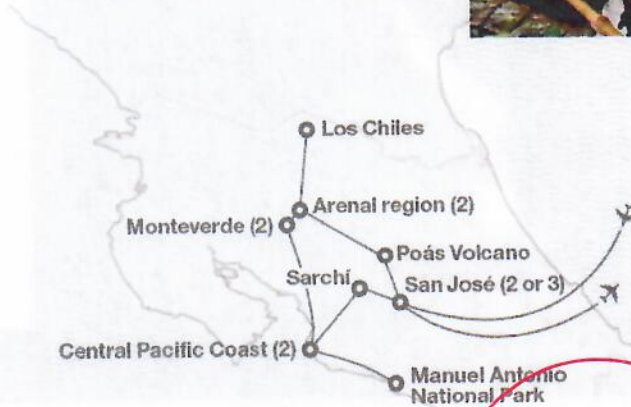
## Day 7: Central Pacific Coast

- Visit Manuel Antonio National Park
- Enjoy a crocodile river tour
- Enjoy breakfast, lunch and dinner

## Day 8: Central Pacific Coast | Sarchí | San José

- Travel via Sarchí to San José
- Visit a coffee plantation
- Enjoy breakfast, lunch and dinner

## Day 9: Depart for home



**ENROLL NOW**

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2166499FY

### WHAT'S INCLUDED

- 🔄 Round-trip airfare
- 🛏 Accommodations
- 🚗 Transportation
- 👤 End-to-end support
- 👤 Expert local guides
- 👤 Full-time Tour Director
- 👤 Guided sightseeing
- 👤 Entrances
- 🍽 Regional-style meals

REQUESTED DEPARTURE DATE — SUBJECT TO CHANGE:

MAY 19

MAY 20 — MAY 28

MAY 31

Earliest  
departure

Requested  
dates

Latest  
return

DEPARTURE CITY:  
RICHMOND

PROGRAM NUMBER:  
2166499FY

ENROLL BY PHONE:  
877-485-4184

ENROLL ONLINE:  
[EFCST.COM/2166499FY](http://EFCST.COM/2166499FY)

\*PROGRAM PRICE VALID FOR TODAY. DOUBLE ROOMING IS REQUIRED FOR TRAVELERS AGE 30 AND OLDER AT THE TIME OF TRAVEL. CHANGE AND CANCELLATION FEES OF UP TO THE TOTAL PRICE WILL APPLY. APPLICABLE AIRLINE BAGGAGE FEES ARE NOT INCLUDED AND CAN BE FOUND AT [EFCOLLEGESTUDYTOURS.COM/BAGGAGE](http://EFCOLLEGESTUDYTOURS.COM/BAGGAGE). ALL PRICES SUBJECT TO VERIFICATION BY EF PROGRAM COORDINATOR. TO VIEW EF'S BOOKING CONDITIONS, VISIT [EFCOLLEGESTUDYTOURS.COM/BC](http://EFCOLLEGESTUDYTOURS.COM/BC).