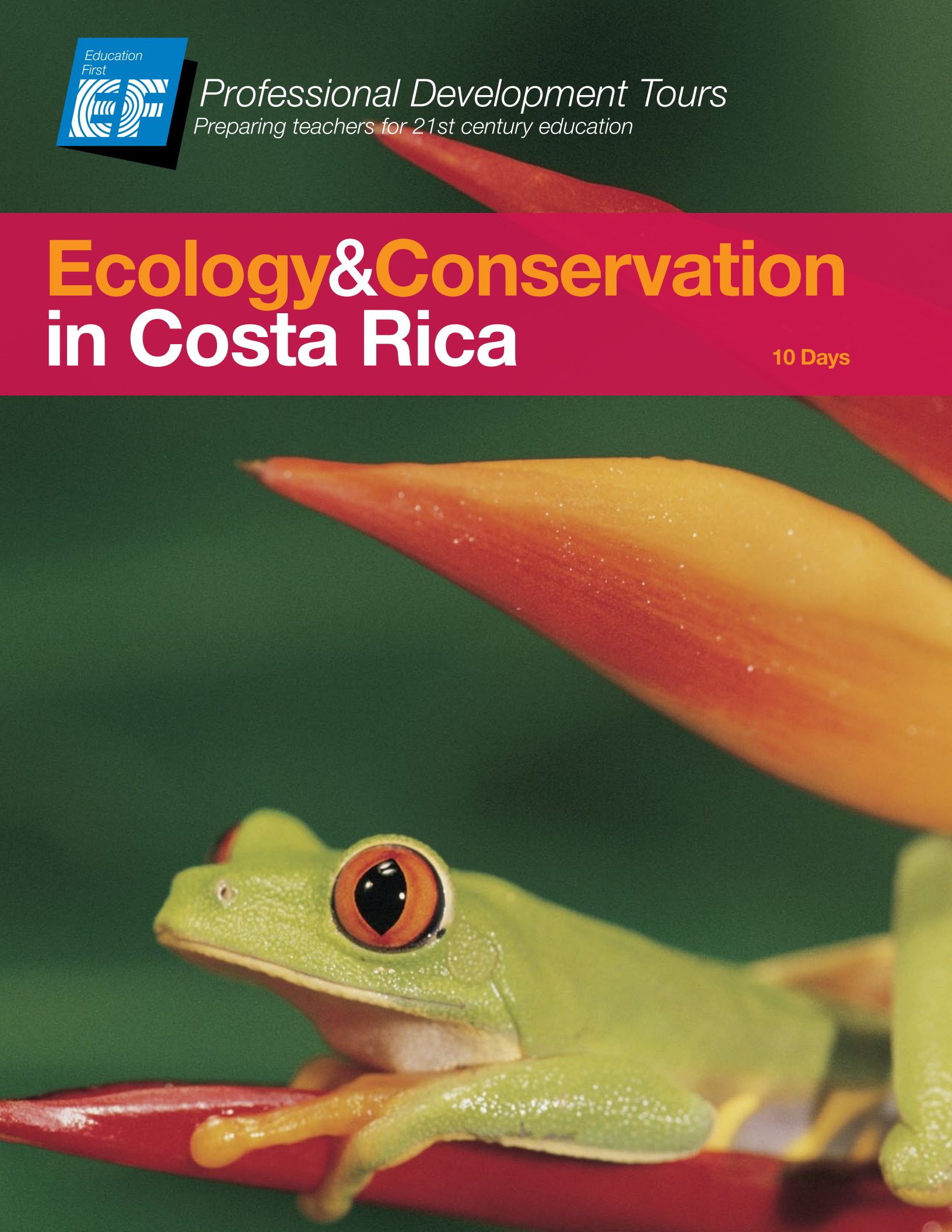




Professional Development Tours
Preparing teachers for 21st century education

Ecology & Conservation in Costa Rica

10 Days



Top things to see on tour:



Local school visit



Santa Elena Reserve



La Fortuna Waterfall



Canopy adventure tour



Tortuguero National Park

Number of overnight stays in parentheses. This tour may also be reversed.

Program Fee includes:

- Round-trip airfare
- Hotels
- Transfers
- 3 meals daily
- EF Tour Director
- Guided sightseeing tours
- Entrance fees to special attractions
- Walking tours

Day 1 • Flight

Flight to San José • Relax on your flight to San José.

Arrive in San José • Welcome to San José, capital of Costa Rica. Meet your bilingual tour director, who will remain with you throughout your stay.

Day 2 • San José • Monteverde

Coffee plantation • Your day begins at Café Britt, world famous purveyor of coffee. Here, you'll enjoy a tour of the coffee plantation and a coffee tasting.

Transfer to Monteverde • Your transfer begins via picturesque Sarchí, a town known for the brightly painted designs and colorful wheels that adorn local oxcarts. The complex patterns continue to be passed down from one generation to the next. Continue on through one of Costa Rica's most beautiful jungles. Founded by a group of Alabama Quakers in 1951, the area is now a biological reserve.

Day 3 • Monteverde

School visit • Interact with Costa Rican students and learn more about the central American country's educational system.

Santa Elena Cloud Forest Preserve • Explore this spectacular forest, a paradise rich in diverse plant and animal life, situated near the Continental Divide. Leave your mark here by planting a tree.

Day 4 • Monteverde • Arenal

Canopy tour • Make like the birds and the monkeys who call the cloud forest home. Special trails and zip lines reveal one of the planet's most fascinating ecological

systems from a unique perspective—the tops of the trees. Alternatively, visit the hanging bridges and enjoy a leisurely stroll through the trees as you make your way across a series of bridges and platforms.

Transfer to Arenal • Your journey continues to these verdant, northwestern lowlands of Costa Rica.

Day 5 • Arenal

Visit La Fortuna Waterfall • La Fortuna is located within the thick jungle of the Arenal Rainforest. Walk to the top of the waterfall, and later enjoy a dip in the natural pool located at the bottom.

Kayaking on Lake Arenal • Enjoy a breathtaking view of the Arenal Volcano as you kayak across the lake.

Arenal Hot Springs • These hot springs, heated by nearby Arenal Volcano, provide the perfect spot to relax after the day's activities.

Day 6 • Arenal • Sarapiquí

Transfer to Sarapiquí • Sarapiquí is situated between Braulio Carrillo and Tortuguero National Parks. Named for the Sarapiquí River, it lies at the foot of the Cordillera Central mountain range.

La Selva Biological Station • Enjoy an afternoon and evening at La Selva Biological Station, where you will go on nature walks and have a chance to interact with researchers working at the station.

Day 7 • Sarapiquí • Tortuguero

School visit • In Sarapiquí, visit another school, where you will enjoy time with Costa Rican teachers and students as you have a chance to compare curricula and instruction.

Transfer to Tortuguero • Accessible only by boat or plane, this national park is home to 11 different habitats, including rainforests, beaches and lagoons.

Day 8 • Tortuguero

Tortuguero National Park • With a guide, hike through Tortuguero National Park. The park's beaches are vital to the green sea turtle's survival—they lay more eggs on this beach than anywhere else in the Caribbean.

Boat excursion • Howler monkeys, toucans and caimans are waiting to meet you around every twist of the Tortuguero canals.

Tour of Tortuguero Village • With your tour director, explore this beautiful village.

Day 9 • Tortuguero • San José

Braulio Carrillo National Park • This morning, stop at a banana plantation before reaching Braulio Carrillo National Park, boasting majestic forests and a spectacular array of flora and fauna.

Dinner and folklore evening • After returning to San José, enjoy an evening of Costa Rican culture. Marimba music and traditional dancing and costumes highlight the country's artistic heritage.

Day 10 • Flight

Return home • Transfer to the airport, where you'll check in for your return flight home.

Arenal

The Arenal Region in northwestern Coast Rica is dominated by the mile-high Arenal Volcano, one of the 10 most active volcanoes in the world. Active for the past 4,000 years, its perfect conical shape emerges from the green hills of Alajuela. Located at the base of the volcano is breathtaking Lake Arenal, which produces about 60 percent of Costa Rica's hydroelectric power. Home to more than 400 species of birds and 10 species of fish, the lake's coves, lagoons and river outlets are perfect for exploring by kayak. One of Costa Rica's most spectacular waterfalls, La Fortuna, is located within the thick jungle of the Arenal Rainforest.



Arenal Volcano
Arenal, Costa Rica



Green sea turtle
Tortuguero, Costa Rica

Tortuguero

Accessible only by airplane or boat, the Tortuguero National Park features 11 different habitats, including rainforests, swamps, beaches and lagoons. This incredible biological diversity makes it a fertile treasure trove for 375 species of birds, more than 2,200 species of plants and 400 species of trees. The park's Caribbean beaches are a key nesting ground for endangered sea turtles, while its rivers are home to manatees and crocodiles. Howler monkeys, jaguars and three-toed sloths call the forests home.

Monteverde

Situated near the Continental Divide, the Monteverde (Green Mountain) Reserve contains a spectacular range of flora and fauna in six distinct ecological zones. On your excursion you'll tour the greenery of the Santa Elena Cloud Forest, a special part of the reserve. Look for rare orchids and elusive quetzal birds that thrive in Monteverde's perpetual soft mists—at this altitude, you'll literally walk through clouds. Leave your mark on the earth when you plant a tree in the EF reserve. Then, stop at a local school, where you'll have the chance to interact with Costa Rican students. During your visit, sample and share homemade specialties with the new friends you've made.



Canopy tour
Monteverde, Costa Rica



The World Leader in International Education

With 45 years of experience and schools and offices in more than 50 countries, EF Education First is the world's largest private educational company. Our mission is to break down barriers of language, culture and geography, and so far we have helped over 15 million students learn a language, discover the world or earn an academic degree. With a network of over 31,000 teachers and staff, EF has 16 divisions offering a range of educational programs, including language schools, educational travel, academic degrees and cultural exchange.

Why take a Professional Development Tour?

As the world becomes increasingly interconnected, the demand for global competency in 21st century education is becoming more and more important. An EF Professional Development Tour is a unique way to earn professional development credit, to explore the world with your colleagues and to bring a global perspective back to your community. Whether discussing best teaching practices with colleagues in China or observing a classroom in India, you will discover new ways to engage your students by learning about educational practices around the world.

- ✓ **Earn professional development credit**
Whether you require recertification hours, graduate-level credit or are looking for an independent study project, our flexible credit options fit your professional development goals.
- ✓ **Exchange ideas with educators from around the globe**
Besides learning about educational practices abroad, you can travel with other educators from around your own nation, allowing you to compare different approaches to teaching and learning.
- ✓ **Share your increased global perspective with your community**
As American students prepare to compete in a global economy, they look to teachers like you to give them 21st century skills such as global awareness, critical thinking and creativity. Traveling and learning about other cultures helps develop these skills.

For more information

To learn more about **EF Professional Development Tours**, or to enroll on this tour, please contact us at PD Tours@ef.com or call 1-877-253-5360.

