



LOS TICOS

COSTA RICA



7 - DAY VOLLEYBALL
PROGRAM

TRIP SCHEDULE

DAY ONE - SAN JOSE

Morning

- Depart USA (-1 Day)
- Arrive in San Jose, Costa Rica

Afternoon/Evening

- Training Session with Own Coaches
- Welcome Dinner

DAY TWO - SAN CARLOS

Morning

- Game One vs. Local Opposition

Afternoon/Evening

- Visit Poas Volcano
- Team Dinner

DAY THREE - SAN CARLOS

Morning

- La Fortuna Waterfalls
- Picnic Lunch

Afternoon/Evening

- Tabacon Hot Springs
- Team Dinner

DAY FOUR - PUNTARENAS

Morning

- Depart San Carlos

Afternoon/Evening

- Arrive in Puntarenas
- Beach Volleyball Tournament
- Team Dinner

DAY FIVE - PUNTARENAS

Morning

- Excursion to Manuel Antonio Park

Afternoon/Evening

- Optional Training Session / Community Service

DAY SIX - PUNTARENAS

Morning

- Return to San Jose

Afternoon/Evening

- Game Two VS Local Opposition
- Farewell Dinner

DAY SEVEN - SAN JOSE

Morning

- Depart Costa Rica

WHAT'S INCLUDED

Sports Component

- **3-4 Competitive Games**
- **Practice Sessions led by International Coaches**
- **1-2 Professional Games**

Logistics

- **Cultural Activities**
- **Round Trip Airfare**
- **Well-Located Accommodation**
- **Ground Transportation**
- **Breakfast & Dinner**
- **GoPlay Tour Manager**

Other Inclusions

- **Medical Insurance**
- **Fundraising Options / Contributions Page**



COST

**\$2,300 -
\$2,800**