



COSTA RICA: Yesterday & Today

January 6 - 15, 2009



Escorted by Dr. Robert Atkinson:

Your tour escort Dr. Robert Atkinson is Professor of Biology and Director of the Center for Wetland Conservation at Christopher Newport University. He has taught several classes on ecology, geology, and conservation topics for the Lifelong Learning Society at CNU. His interest in Costa Rica stems from his background in botany and the relationship of plants and animals to the environment.

Diversity is the key word for Costa Rica. The Inter American Development Bank described Costa Rica per 10,000 square kilometers as the most biologically diverse country in the world for its birds and mammals. You will visit the nation's two most active volcanoes, view artifacts made by pre-Columbian cultures over 500 years ago and visit a former president of Costa Rica in his home. Enjoy wildlife in its natural habitat; take a river trip, visit a butterfly garden, see a rain forest, a cloud forest, a dry forest and ride through the treetops in a "jungle ski lift". Visit the Monteverde area to hear a member of a Quaker community describe how they, as pioneers, settled a wilderness on a remote mountain fifty years ago. Enjoy Costa Rican hospitality as you enjoy lunch with a local family.



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People to People Experiences: Meet the people of Costa Rica as you enjoy warm and diverse conversation over a specially prepared lunch in their homes. Meet and speak with a former President of Costa Rica.

Food: An Insight Into Culture

Celebrating food as another way to gain an understanding of a culture, you will visit local food markets, enjoy meals in select authentic local restaurants, and hear Chefs talk about some of their favorite dishes.

Sample Lectures: "The ecological communities of Costa Rica," "The geology of Costa Rican volcanism," "How rivers migrate and relate to plants and animals," "Global biodiversity and tropical ecosystems through space and time," "Sustainable agriculture in Costa Rica."

Day 1 - January 6th - Tuesday San Jose, Costa Rica

Arrive in the capital city of San Jose and transfer with assistance to the hotel near the heart of the city.
Radisson Hotel

Day 2 - January 7th - Wednesday (B) San Jose, Costa Rica

Visit the National Museum and the Gold Museum. Also, tour the major landmarks in the city of San Jose and learn about the structure of government in Costa Rica. Visit the home of Dr. Rodrigo Carazo, a former president of Costa Rica, for a lecture/discussion on modern Costa Rica. **Radisson Hotel**

Day 3 - January 8th - Thursday (B, L, D) San Jose / Poas Volcano / Sarapiquí

Depart early from San Jose to Poas National Park, where you will make your way to the top of Poas Volcano, an 8,900-foot active cinder cone with one of the largest craters in the world. Early morning arrival at Poas may assure an excellent view of the crater. As the morning progresses, clouds often move in to obscure the view and provide moisture for the lush cloud forest in the park. After a look into the steaming cauldron, walk through a beautiful forest to an azure lagoon that lies in a dormant crater nearby. Continue to La Paz Waterfall Gardens for lunch and see first hand this ambitious environmental project, which includes a successful hummingbird garden. Arrive late afternoon at your hotel. **Hotel La Quinta**

Day 4 - January 9th - Friday (B, L, D) Sarapiquí

Enjoy a morning visit of La Selva Biological Station for a 2-3 hour hike inside this privately funded research station. Transfer to the Atlantic lowlands of Sarapiquí for a visit to La Selva Station, an internationally recognized center for tropical rainforest research and education. La Selva is owned and operated by the Organization of Tropical Studies (OTS), a non-profit consortium of more than 50 educational institutions in the United States and

Costa Rica. In the afternoon you can relax and absorb the scenery of monkeys, iguanas, crocodiles, and birds while aboard a boat which will cruise down the Sarapiquí River. **Hotel La Quinta**

**Day 5 - January 10th - Saturday (B, L, D)
Sarapiquí - Arenal**

Mid-morning drive to Arenal area, stop en route for lunch with a local family where you will taste the real home made casado y real tico home. Upon arrival at your hotel, check in followed by a guided visit to Manoa grounds. The tour offers the opportunity to see ornamental plants and observe the process of milking cows. In the evening, visit Ecotermals Fortuna hot springs. The spa has 4 different pools with different temperatures, the coolest one is 91 degrees Fahrenheit and the hottest one is 105 Fahrenheit. One of the pools has a cascading waterfall for a natural soothing back massage. Enjoy a family style Costa Rican dinner at Ecotermals restaurant as well. Next to the restaurant there is a shaded area with hammocks where guests can relax.

Hotel Arenal Manoa

**Day 6 - January 11th - Sunday (B, L, D)
Arenal**

Next morning enjoy a hike to a nearby waterfall and a close-up exploration of a lava flow. The Arenal Volcano erupted for the first time this century on July 29, 1968 with a tremendous explosion. Having released pressure that had built up for more than 450 years. Arenal today continues to erupt but on a smaller and safer scale. Due to its continuous activity it is considered one of the world's most active volcanoes, have lunch on a local restaurant suggested by the guide, in the afternoon visit the Sky Tram at our slow pace so you can enjoy the views, observe the change of vegetation as the altitude changes and take some photos during the ride. You will be accompanied by our bilingual guide and you can ask him at anytime to make some stops to observe a particular scene, animal or bird. There is a spacious observation deck at the top with chairs and you can spend as much time as you like observing the volcano, Lake Arenal and surrounding mountains & rainforests before coming down with our 3 options. 1.) Ride down with the Sky Tram. 2.) Or walk downhill on our easy and spectacular trails. 3.) Or choose the exciting Sky Trek option: a Canopy Tour with high quality cables running from mountain to mountain zigzagging back to the base. **Hotel Arenal Manoa**

**Day 7 - January 12th - Monday (B, L, D)
Arenal / Monteverde**

In the morning say goodbye to the Rain Forest and drive to Arenal Lake where we board a boat for a thirty minute ride across the Arena Lake to the small town of Rio Chiquito. A van is waiting to take you to the town of Monteverde, located high in the Cordillera de Tilaran. Upon arrival, visit the Trapiche. Learn about the natural history and the sugar cane process, from plant to sugar. You will also be able to see a coffee plantation, banana plantation, and take a ride in a real oxen pulled cart (if they so desire; if not, you can walk) from the sugar cane fields to the Trapiche, worked by the same oxen. There you will be able to witness how sugar can juice is produced. During this presentation we will also learn about other typical Costa Rican traditions, as well as a demonstration of how liquor is extracted from sugar cane (distilled with pure water). In the evening, there will be a lecture by one of the original members of the Quaker community

who emigrated to this area from the United States over 50 years ago and gave Monteverde its name. **Hotel El Establo**

**Day 8 - January 13th - Tuesday (B, L, D)
Monteverde**

Enjoy a guided walk to explore the wonder of the Monteverde Cloud Forest, a prime example of a tropical cloud forest. The cloud forest is named for its ability to derive moisture not only from rain but also from the misty touch of clouds that almost always blanket the area. Walk the extensive trail system and learn about the cloud-draped subtropical forests and the many birds therein, including the three-wattled bell bird and the iridescent green and scarlet-colored resplendent quetzal. After lunch at a local restaurant, you will be given a lecture on forest ecology and free time to visit the village of Monteverde.

Hotel El Establo

**Day 9 - January 14th - Wednesday (B, L, D)
Monteverde / San Jose**

Drive from Monteverde back to San Jose. Part of the drive will be on the Pan American Highway. Along the way, stop in the town of Sarchi, probably the best place in Costa Rica to purchase handicrafts, including the famous painted oxcarts. This town is also an important furniture-making and woodworking center. After lunch in Sarchi, continue your drive to San Jose. Arrive at your hotel in time for dinner. **Hotel Cariari**

**Day 10 - January 15th - Thursday (B)
San Jose / USA**

Early morning transfer with assistance to the airport for your departure home.

B - Breakfast

L - Lunch

D - Dinner

Drinks are not included.

PROGRAM PRICE

\$2,595 per person double occupancy Land Only - Plus Airfare

(does not include international airfare, giving you the flexibility to use frequent flyer miles or search the internet for the best airfares available.)

\$695 single-room supplement

PROGRAM FEATURES

- * Fully escorted by a specially selected English-speaking guide throughout the program. All sight seeing and taxes normally added to your hotel bills.
- * Deluxe or first-class or the reliable accommodations in hotels as indicated in the itinerary. Meals as indicated in the itinerary.
- * All specially arranged lecture/seminars and field experiences as indicated in the itinerary.
- * All transfers with assistance and baggage handling.
- * All gratuities and taxes for hotels, meals and services as indicated in the itinerary.

TERMS AND CONDITIONS

RESERVATIONS & DEPOSITS

Early reservations are essential. A deposit of \$500.00 per person is required at the time of registration. Balance is due 60 days prior to departure with an additional deposit due 90 days prior to departure. All pricing is in \$US dollars.

SINGLE TRAVELERS

Accommodations are based on double occupancy. Single accommodations are sometimes difficult to obtain but should a request be made, TraveLearn, Inc. will do its best to secure these accommodations.

AIR FARE / FLIGHT ITINERARY

We can assist you with getting airfare. There is a \$50 per person air ticket fee for this service. Tickets are express mailed to you with your final documents approximately two weeks prior to your departure.

BAGGAGE

Airline baggage restrictions vary greatly from airline to airline. The most common, on regularly scheduled flights to and from the U.S. is two checked piece, the total dimensions (Width+Height+Length) of which do not exceed 107 inches provided neither piece exceeds 62 inches. One unchecked piece of carry-on luggage, the total dimensions of which do not exceed 45 inches. Please note that some destinations have not approved the piece count rules, and the international weight rule of a maximum of 44 lbs. still applies.

ELIGIBILITY / HEALTH

Information on health requirements for this program will be mailed to you upon registration. We recommend that all travelers check with their personal physician about medications and inoculations. Any physical condition requiring special attention, diet, or treatment must be reported in writing when the reservation is made. By forwarding a signed registration form and trip deposit, you certify that you do not knowingly have any physical or other conditions of disability that would create a risk for you or other trip participants. We assume no responsibility for medical care or for special dietary requirements. Hospital facilities for serious problems are often unavailable and evacuation can be prolonged, difficult, and expensive. A parent or guardian for the entire journey must accompany individuals under the age of 18. There is no maximum age limit, but all participants must be in good health and physically fit. The Educational Institution and TraveLearn, Inc. reserves the right to decline to accept any person as a member of a program or to require any participant to withdraw from a program at any time when such action is determined to be in the best interests of the health, safety, and general welfare of the group or individual.

NOT INCLUDED IN TOUR COST

Cost of obtaining passport or visa; expenses on the U.S. mainland; personal expenses such as beverages; laundry; phone calls; faxes; cables; travel insurance; excess baggage fees; items not on regular menus; expenses of guides, buses, or cars for sightseeing not included in the itinerary; gratuities to guides; airport taxes and other items not mentioned as being included. Transfers to / from the airport unless schedule is sent to TraveLearn.

CANCELLATION / INSURANCE

TraveLearn, Inc. is required to make various deposits to reserve accommodations, transportation arrangements, tickets, etc. in organizing these Learning Vacations. Therefore, if you must withdraw from the program, irrespective of reason after your date of registration you will forfeit whatever portion of the deposits that cannot be retrieved from various airlines and land operators plus a \$100 cancellation penalty per person. The expected cancellation penalties are as follow: From the date of registration to 90 days prior to departure - \$100; 89 to 60 days prior - 30% of total program price; 59 to 30 days prior - 60% of price; less than 29 days prior to departure - refund, if any, will be only the amount recovered by TraveLearn, Inc. Cancellation penalties vary with different types of airfares. No refund will be made for unused portions of the trip and all cancellation/ withdrawal notifications MUST be received in writing. The date the WRITTEN cancellation is received by TraveLearn, Inc. will determine the cancellation date. If final payments are not made by the designated date it will be assumed that the participant has

withdrawn from the travel program and cancellation fees will be charged accordingly. Cost increases may occur unexpectedly. Rates are based on group tariffs; if the trip does not have sufficient registration, a small party supplement may have to be charged. The Educational Institution and TraveLearn, Inc. may be compelled to amend prices, and we reserve the right to do so without prior notice. An increase in trip prices shall not be sufficient grounds for any refund of funds paid for the trip other than our normal cancellation policy terms. Trip cancellation insurance is strongly recommended. Insurance is a personal matter, the Educational Institution and TraveLearn, Inc. encourages each participant to consider the purchase of trip cancellation, baggage, and all other forms of travel insurance to provide the level of protection deemed necessary. TraveLearn, Inc will provide information on insurance options for this program after the receipt of your registration. The right is reserved to cancel any trip prior to departure, in which case full refund of the paid trip funds to the Educational Institution and TraveLearn, Inc. will be given, but the Educational Institution and TraveLearn, Inc. are not responsible for any other trip preparation expenses, such as penalized or non-refundable air tickets, insurance fees, visa fees, and medical expenses.

DOCUMENTS / RESPONSIBILITY

Most destinations require a current passport, which has at least 6 months validity left from your intended return date. It is the responsibility of the passenger to ensure that he is in possession of a valid passport and travel documents, visas, and health certificates as required by countries visited. Any delays or cancellations created by clients doing their own visa processing is the sole responsibility of the client. Final documents will be express mailed to you approximately two weeks prior to your departure. Services in connection with this itinerary are rendered by suppliers acting as independent contractors and not as agents or employees of the Educational Institution and TraveLearn, Inc. TraveLearn, Inc., its Owners, Outfitters, Agents, and Employees give notice that they act only as the agent for the owners, contractors, and suppliers providing means of transportation and/or all other related travel services and assume no responsibility whatsoever caused by injury, loss or damage to person or property in connection with any service resulting directly from: acts of God, detention, annoyance, delays, expenses arising from quarantine, strikes, thefts, pillage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, terrorism, government restrictions or regulations, and discrepancies or changes in transit or hotel services over which it has no control. Costs for each Learning Vacation were based on air fares and international exchange rates as of June 2008. The Educational Institution and TraveLearn, Inc. has tried to prevent any additional charges and they do not anticipate that any increase will need to be made on the ground portion of these programs. The Educational Institution and TraveLearn, Inc. reserves the right to make changes or substitutions in the dates, itinerary, speakers/lecturers, or costs as it becomes necessary or desirable without liability to itself or its co-sponsoring or affiliated associations and organizations or their agents. In the event of the tour being cancelled by the operator, we shall have no responsibility other than the refund of all deposits and monies paid to him by tour participants. No refund will be made for the unused portion of the tour unless arrangements are made in sufficient time to avoid penalties. All cooperating airlines and steamship companies are not to be held responsible for any act, omission, or event during the time passengers are on board; the limit of their liability is that of a common carrier and the passage contract in use by such carriers, when issued, shall constitute the sole contract between companies and the purchaser of this tour and/or passenger. Acceptance of the services of TraveLearn, Inc. by institutions and/or travelers constitutes acceptance by them of all of the above noted terms and conditions. The aforementioned conditions apply equally to the institutions cosponsoring this tour that assume no responsibility for any loss, injury, or damage to participants or their property in connection with any aspect of this tour.

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Learning Vacation



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TO REGISTER: Please mail this completed registration form with your **\$500 per person** deposit check made payable to **TraveLearn Escrow Account** to:

**LifeLong Learning Society
Christopher Newport University
1 University Place
Newport News, VA 23606-2998**

For those who wish to pay by credit card please provide the information requested below:

_____ MasterCard _____ VISA _____ Discover Card _____ AMEX

Full Name of Card Holder _____

Credit Card # _____ Exp. Date: _____

Signature _____ Digits on back of card _____

An additional deposit will be due **90 days prior** to departure. Full payment must be made **60 days prior** to departure. Enrollments received after this date must be accompanied by full payment.

ENCLOSED IS MY (OUR) PAYMENT TO RESERVE _____ SPACE(S) FOR THIS PROGRAM:

(Dr/Mr/Mrs/Ms) _____ Birth date ___/___/___ Gender: M / F
NAME (Participant #1) month / day / year

STREET ADDRESS _____ CITY _____ STATE _____ ZIPCODE _____

(____) _____ (____) _____ (____) _____

WORK PHONE _____ HOME PHONE _____ FAX _____ E-MAIL ADDRESS _____

NAME AS IT APPEARS ON YOUR PASSPORT _____ OCCUPATION _____

(Dr/Mr/Mrs/Ms) _____ Birth date ___/___/___ Gender: M / F
NAME (Participant #2) month / day / year

STREET ADDRESS _____ CITY _____ STATE _____ ZIPCODE _____

(____) _____ (____) _____ (____) _____

WORK PHONE _____ HOME PHONE _____ FAX _____ E-MAIL ADDRESS _____

NAME AS IT APPEARS ON YOUR PASSPORT _____ OCCUPATION _____

PLEASE CHECK OR FILL IN ALL THAT APPLY:

I will share a double room with _____

_____ I would like TraveLearn to find me a roommate (Smoking / Non-smoking).

_____ I am requesting a single room supplement.

_____ I/We would like TraveLearn to assist with my air arrangements.

_____ I/We plan to make our own air arrangements (Land Only Price).

AGREEMENT OF UNDERSTANDING: I have examined the conditions under which enrollment is completed, along with program descriptions, costs, terms and conditions, and find them acceptable.

SIGNATURE: _____ DATE: _____