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COSTA RICA



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CAN LEAD YOU A CHANGE
IN YOUR LIFE BY CREATING
MEMORABLE EXPERIENCES



TERRANOVA
Costa Rica Travel Design



ULACIT
UNIVERSIDAD LATINOAMERICANA
DE CIENCIA Y TECNOLOGÍA
COSTA RICA



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For enrollment information please write to us at studyincostarica@ulacit.ac.cr

TERRANOVA DMC is your best of Costa Rica DMC specialized in boutique experiences designed by professionals who are passionate about traveling and about this amazing destination.

Here you will find ten reasons to choose Terranova for your Costa Rica experience:

- 1 Knowledge on the destination.
- 2 Boutique style, extremely personalized services.
- 3 Experts on the art of Travel Design.
- 4 Access to private and unique curated experiences / properties.
- 5 Full awareness on travel safe protocols.
- 6 We are updated on the best travel products every single day.
- 7 Efficient communication flow with our clients in all trip stages.
- 8 Close and personal relationship with your suppliers.
- 9 Impeccable payment reputation.
- 10 24/7 emergency support line.

We believe in travel and are positive that the “Costa Rica Pura Vida” can lead to a real life-changing experience, dare to break the charm of routine & stress by soaring in nature’s unbiased freedom.

WELCOME TO COSTA RICA!



Traveller Made®
DMC Partner





COSTA RICA

Visitors to the Republic of Costa Rica will find that despite its small size, the country has an incredible number of attractions and activities to offer. Five percent of the world's biodiversity can be found within Costa Rica's borders and great efforts have been made to preserve this rich resource; protected national parks make up almost 25% of the land – more than any other country in the world. From fishing and surfing to white water rafting and exploring volcanic regions, Costa Rica is the perfect playground for nature lovers and adventure seekers alike.



ENTRY REQUIREMENTS

A valid passport and proof of onward travel are required and with them, the vast majority of foreigners are granted a visa that allows them to stay in Costa Rica for 90 days. You can go to www.migracion.go.cr/residencias/directrices.doc to see which countries need a visa to enter Costa Rica.

BANKING AND CURRENCY

Costa Rican Colón (CRC; symbol ₡) = 100 céntimos. Notes are in denominations of ₡50,000, 20,000, 10,000, 5,000, 2,000 and 1,000. Coins are in denominations of ₡500, 100, 50, 25, 20, 10 and 5. US dollars are also widely accepted. Banking hours: State banks Mon-Fri 09h00-15h00. Private banks Mon-Fri 08h00-16h00. Diners Club, MasterCard, and Visa credit cards are all accepted; American Express slightly less so. Many banks will only process MasterCard for cash credits. Cash may be the only form of payment in smaller towns and rural areas but many places will take US dollars, giving change in colones. ATMs are common throughout the cities and small towns. They will usually accept foreign cards but in some regions, only Visa cards are accepted. Occasionally, paying with credit cards may not be possible for technical reasons. Bringing a good supply of US dollars in cash is advised, as many things such as entrance fees to national parks or meals at restaurants, can be paid for with US dollars.



FOOD, DRINK AND CUISINE ADVICE

Costa Rica is not a major foodie destination, but what it lacks in sophistication it makes up for in choice. The Caribbean coast tends to be more influenced by the island nations. Jamaican-style jerk chicken is a staple; rice and beans (gallo pinto) are ubiquitous, but more likely to be prepared with coconut milk; and curry spices feature heavily as ingredients, creating dishes with a very distinct flavor from their counterparts on the Pacific coast.

The Costa Rican diet is fairly healthy with low use of dairy or high-fat dishes. Fresh fruits and vegetables make up a high proportion of meals, while pork, chicken, and beef are the most popular meats. Seafood is available throughout the country, particularly in coastal regions, with sea bass being the most common fish on menus.

Mains water is normally heavily chlorinated and, whilst relatively safe to drink, may cause mild abdominal upsets. Drinking water outside main cities and towns may be contaminated and sterilization is advisable. Bottled water is available and is advised for the duration of the stay, especially for those who are liable to sensitive stomachs. Milk is pasteurized and dairy products are safe for consumption. Local meat, poultry, seafood, fruit, and vegetables are generally considered safe to eat.



CLIMATE AND WEATHER

In the Central Valley, where the main centers of population are located, the average temperature is 22°C (72°F) and the region enjoys a spring-like climate year round. In the coastal areas, the temperature is much hotter and humid, while the Pacific Northwest can be extremely hot and dry.

The rainy season starts in May and finishes in November, although there are distinct regional variations. June and July are the wettest months, particularly on the Caribbean side, but the season can run from May until December. The 'warm' dry season is December to May, though temperature differences between summer and winter are slight. March is the height of the dry season, and the humidity is lower at this time, making this a popular time for visitors.

CLOTHING AND DRESS RECOMMENDATIONS

Lightweight cotton and linen clothing is recommended for most of the year with warmer clothes for cooler evenings. Waterproofing is necessary during the rainy season. Loose-fitting clothing is best. Wear neutral browns and greens for birding and wildlife viewing. Always bring mosquito repellent for both day and night.



TRAVEL, TRANSPORT AND GETTING AROUND

SANSA operates services between San José and provincial towns and tourist resorts, including Tortuguero, Tamarindo, Quepos, and Golfito. A bus is provided from the airline offices in San José to the airport. Costa Rica has domestic airline services that offer flights around the country. Much of Costa Rica is riddled with atrocious roads, so flying is often preferred. Costa Ricans drive on the right side of the road. Stretches of the Pan-American Highway leading to and from the major cities tend to be okay, but the rest is a mix of dust, gravel, potholes and mountainous roads. You must be over 21 to hire a car, and through an international driver's license is safest, you are likely to be able to use a full license from your own country. You will need a credit card for the deposit.

ELECTRICITY AND PLUG STANDARDS

Electric sockets in the Republic of Costa Rica are Type B (NEMA 5-15) and/or Type A (NEMA 1-15). If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for all three types.

GET TO KNOW THE HEART OF
COSTA RICA





ARENAL VOLCANO

Located in central Costa Rica, the Arenal Volcano National Park lies within the Arenal Tilaran Conservation Area and encompasses eight of the country's 12 protected life zones.

The park is home to the majority of Costa Rica's 850 bird species, and an array of exotic creatures such as capuchin monkeys, parrot snakes, jaguars and deer, and its diverse landscapes include grasslands and volcanic badlands.

Overlooking the park is the magnificent Arenal Volcano as well as the Chato Volcano, complete with a stunning lagoon. Experience this exciting region by hiking through lava fields and rainforests, spotting birds and animals, and taking a dip in the hot springs.





PAPAGAYO BAY

On the northern Pacific Coast of Costa Rica, just north of Playa Panama, lies the exquisite untamed Gulf of Papagayo. This expansive wilderness area is known for its spectacular views, its excellent bird watching opportunities, its impressive array of exclusive, luxury resorts and its beautiful palm-lined beaches featuring long stretches of powder white sand lapped by calm, aquamarine waters.

Surrounded by lush tropical forest and a dramatic volcanic landscape, the Gulf of Papagayo is the perfect destination for nature lovers eager to explore the magnificent national parks of Guanacaste, or those looking to simply unwind with a cocktail in hand on one of the area's idyllic world-class beaches.





TAMARINDO BEACH

The horse shoe bay of Tamarindo, on the Pacific coast of Costa Rica, offers three and a half kilometres of white sand and azure waters. Five-star resorts are strung along the beachfront with charming restaurants, bars and shops clustered further back from the beach, under the lush vegetation that blankets this laid back town. Surfing, diving, estuary trips, fishing and a weekly farmers market are just some of the activities on offer in Tamarindo. For a rare opportunity to witness turtles nesting, travel to National Park Las Baulas just outside town.





NOSARA BEACH

Resting on the outer western edge of Costa Rica's Nicoya Peninsula between the popular beach towns of Playa Samara and Playa Tamarindo, the surfer's town of Nosara is known for its picture-perfect wildlife, array of watersports, and long-standing yoga culture. A long stretch of white-sand beaches fringed by palm trees and verdant jungle make Nosara a prime destination for holidaymakers, and it is one of the only coastal towns with little development on the beach. Rated as one of the top twenty surfing destinations by National Geographic, the town draws surfers from all over the world to enjoy its clean, plentiful waves. Renowned for its various yoga centres, Nosara beckons to health-conscious crowds. Other highlights include: a lovely array of restaurants and a variety of wild animals at the Nosara Biological Reserve.





SANTA TERESA BEACH

Resting on the western edge of the Nicoya Peninsula, Santa Teresa is a tiny beach village set on the beautiful coast of Costa Rica. It is a surfing mecca and draws many visitors to its sandy shores each year. This laid-back town has grown into a popular travel destination. Visitors can stroll along the gorgeous white sandy beaches and watch the surfers that flock here to surf the impressive waves from all over the globe. Aside from surfing Santa Teresa offers a variety of other activities for visitors to enjoy including hiking in the scenic surrounds, enjoying a horse riding excursion and thrilling canopy tours. Those looking for more adventure can also look forward exploring the nearby Cabo Blanco Nature Reserve.





MANUEL ANTONIO

Neighbouring the spectacularly scenic 680-hectare Manuel Antonio National Park and situated along Costa Rica's Pacific Coast, the bustling beachside village of Manuel Antonio offers a variety of comfortable accommodation options for eco-explorers and adventurers who flock here to explore this beautiful area. The undeniable highlight is the adjacent Manuel Antonio National Park, Costa Rica's smallest national park, featuring lush biodiverse rainforests, mangroves, lagoons, offshore coral reefs, pristine white-sand beaches and abundant wildlife including over 100 mammal species and almost 200 bird species. Visitors can enjoy a variety of exciting activities including fishing, swimming, snorkelling, wildlife viewing, bird watching, hiking and relaxing on tropical beaches.





TORTUGUERO

Bordering the Tortuguero National Park along Costa Rica's beautiful Caribbean Coast, the village of Tortuguero is known for its ecotourism and its extensive network of canals. It is set amidst tropical lowland rainforests, magnificent rivers, and pristine beaches. A definite highlight of the area is taking the unique once in a lifetime opportunity to watch baby green turtles hatch along the shoreline. Visitors can look forward to a wide selection of exciting activities such as: visiting the Tortuguero National Park which is home to over 300 species of bird, a variety of flora and diverse fauna. Other popular activities include: hiking, sport fishing, canal tours, canopy tours, and kayaking. Don't miss the opportunity to visit and explore the nearby Barra del Colorado Wildlife Refuge, the Cariari National Wetlands, and the Turtle Museum at Sea Turtle Conservancy.





SOUTH CARIBBEAN

PUERTO VIEJO

This once-sleepy fishing village has become a popular tourist destination in recent years due its incredible beaches, crystal-clear water, laid-back Caribbean charm and amazing surf. Aside from the spectacular beaches fringing the town itself, two national parks, to the north and south respectively, feature pristine bays and coves where the rainforests tumble down to the waterline. These lush jungles are the natural habitat of a cornucopia of wildlife, including exotic mammals such as the howler monkey and myriad bird species. Snorkelling, surfing and simply soaking up the sun are the order of the day in Puerto Viejo de Talamanca, while the town's selection of reggae bars provide atmospheric spots in which to while the night away.





SAN JOSE CITY

San Jose, affectionately known to its residents as 'Chepe', lies in the heart of Costa Rica and is home to almost two-thirds of the country's population.

With few buildings over 100 years old, the mountainous capital is relatively modern compared to its Latin American counterparts, but still has a significant amount of culture, art and history for visitors to discover.

With a number of theatres full of Costa Rican culture, museums that include the largest collection of American jade in the world, and streets full of bright murals and painted buses, San Jose is an eclectic city waiting to be experienced.





MONTEVERDE

Monteverde, the name of a settlement and a forest described as 'the jewel in the crown of cloud forests' by National Geographic, lies in the Cordillera de Tilaran mountain range in Puntarenas, Costa Rica. One of the rarest habitats on the planet and unique from the country's other rainforests for its constant swathes of mist (which give it its name), the Monteverde Cloud Forest is an incredible wild world filled with thousands of plant species, insects, bird varieties, and animals. Watch brightly-coloured birds at play in the Curi-Cancha Reserve; take a guided hike or horse ride through the dense jungle; watch electric blue frogs jump about at the famous Frog Pond, or take a dip in the pools around the San Luis Waterfall. Must-sees include the Butterfly Gardens, Orchid House, Selvatura treetop suspension bridges, and coffee, chocolate, and sugarcane tour.

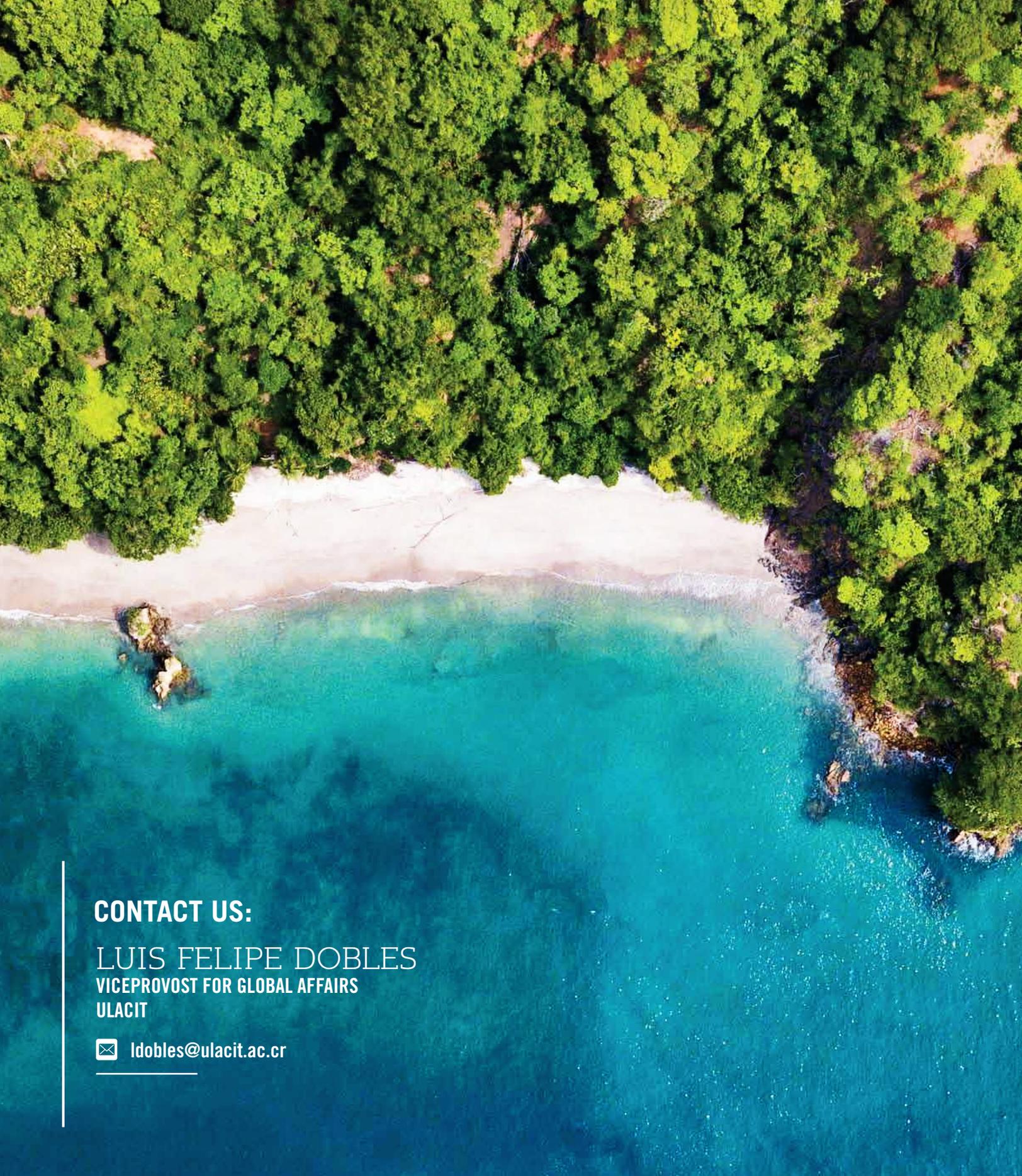




RINCÓN DE LA VIEJA VOLCANO

Named after one of three volcanoes in the reserve, Rincon de la Vieja National Park offers a heady mix of rolling green hills, gushing waterfalls and lush cloud forest. The park attracts travellers year round who come to explore its volcanoes, hot springs and numerous picture perfect waterfalls. Rincon de la Vieja means "The Old Woman's Corner" and was named after a local legend, which tells of a girl's lover who was thrown into the volcano by her father. It's said the woman became a recluse and developed healing powers, living out her days on the slopes of Rincon de la Vieja.





CONTACT US:

LUIS FELIPE DOBLES
VICEPROVOST FOR GLOBAL AFFAIRS
ULACIT

 ldobles@ulacit.ac.cr