WorldStrides
Educational Travel & Experiences

2025 Costa Rica Trip

Dear Parents and Students,

I am excited to announce that I will lead a group of Uplift Heights Prep School students on a WorldStrides program to Costa Rica. On this once-in-a-lifetime adventure, students will explore some of Costa Rica's twelve ecosystems, discover its rich culture and traditions, and experience incomparable learning moments. This will be a trip that your child will be talking about for years to come!

Your child will return home excited to tell you about:

- Ziplining through the rainforest canopy filled with rare and exotic wildlife
- Hiking through a cloud forest and across hardened lava flows from an ancient volcano
- Riding the rapids of one of the cleanest rivers in Costa Rica

I have chosen to travel with WorldStrides because of their exceptional service, their 50 years of experience, their safety record, and their preventive measures that ensure learning occurs in a safe and fun environment. I will chaperone the program with other teachers as needed, and throughout the program our group will be guided by a certified Course Leader 24 hours a day. **Since this is not a school sponsored trip, we will not be attending as representatives or employees of the school.**

There will be a trip information meeting to discuss this wonderful opportunity on Friday, December 8, 2023 at 4:30 PM at the school. All parents and students are invited to attend this brief 30-minute meeting where I'll share more information about WorldStrides, review some of the trip highlights, and explain some of the tools available to help pay for the trip. I strongly encourage you to attend this meeting. Please read through all the details of this letter including a sample itinerary on the back of this page, and visit www.worldstrides.com/signup for more details about WorldStrides and our group's trip. If you have any questions, you can contact me at (214)442-7094,or via SJoyce@uplifteducation.org.

Sign Up By Friday, December 15, 2023

Simone Joyce
Program Leader



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COSTA RICA - ECO ADVENTURES SAMPLE ITINERARY

DAY 1

Arrive by plane to **San José.** Meet your WorldStrides representative before embarking on your once-in-a-lifetime experience!

Orientation Course Leaders provide an overview of the program's key concepts you'll learn, as well as the sites you'll visit throughout the program.

Hotel check-in and dinner. Overnight in **San José.**

DAY 2

Breakfast and hotel check-out. Depart for **Sarapiquí** Region.

Tirimbina: Color Challenge Participate in a team challenge where you'll search for beautiful and exotic species of plants and animals of a specific color. You'll be amazed by the vibrant hues of the birds, flowers, and frogs that call Costa Rica home.

Lunch

Tirimbina: Rainforest Center Get a glimpse of what it's like to be a field ecologist by going out into the field and constructing ecological hypotheses, collecting data, and analyzing the results both quantitatively and qualitatively using microscopes. Learn how bats are farmers of the tropics by viewing their interaction with rainforest habitats.

Hotel check-in and dinner. Overnight in **Sarapiquí.**

Tirimbina: Nighttime Bat Observations Learn what it takes to be a field researcher in the tropical rain forest, by working with researchers to set up mist nets and catch individual bats for identification and documentation. When possible, observe the process for bats being released from the nets.

DAY 3

Breakfast

Costa Rican Bird Activity & Hike Under the direction of your Course Leader, start your day with a discussion about native bird species. Then, take a hike and complete an activity to identify basic bird physical characteristics, behaviors, and birdwatching skills. Student will learn about and use binoculars to observe birds in their natural habitat.

Seed Traps Check seed traps and evaluate the material collected from the previous night's bat tour activities.

Tirimbina: Macroinvertebrate Survey Spend time looking carefully at the macroinvertebrate population in the rainforest. Learn to measure and count, analyze the biodiversity of a sample, and report the findings. If time permits, gather water samples from the river and perform water quality tests.

Lunch

Sarapiquí River: White-Water Rafting Adventure Paddle the rapids through the lower Sarapiqui and its tributaries from the Braulio Carrillo National Park. View the stunning scenery and wildlife at the river's edge!

Dinner

DAY 4

Breakfast and hotel check-out. Depart for **Arenal.**

Experience Costa Rican Culture Gather for a cooking lesson and learn to make a traditional Costa Rican dish. Enjoy lunch! Then take a Cultural Excursion with a short walk through town to grab a snack or souvenir and get a taste of typical Costa Rican life.

Arenal Volcano National Park: Hike the Lava Flows Hike the lava fields of this 4,000-year-old volcano and learn how plants and animals have become reestablished after volcanic activity.

Natural Hot Springs Relax at the base of the volcano and enjoy the geothermal energy of Baldi Hot Springs.

Dinner and hotel check-in. Overnight in **Arenal.**

DAY 5

Breakfast and hotel check-out.

Scenic Tour Around Arenal Lake to Tilaran

Lunch

Service Project Lend a hand to the local Costa Rican community by volunteering. Projects will vary based on the needs of the ecological communities.

Monteverde Cloud Forest Biological Reserve Explore the most well-known cloud forest in the world and learn how the variable climate and large altitude changes helped produce an extremely high degree of biodiversity.

Monteverde Frog Pond Students will experience many species of Costa Rican frogs up close (including poison dart frogs, glass frogs and toads). They will learn about the species that are unique to the tropics of Costa Rica.

Dinner. Overnight in **Monteverde**

DAY 6

Breakfast and hotel check-out

Monteverde: Canopy Tour Hooked to a zip line, soar through the forest treetops and see jungle life in the Costa Rican rainforest from a bird's eye perspective!

Lunch. Return to **San José.** Stop along the way and pick up a souvenir in one of Costa Rica's local shops.

Farewell Costa Rica Dinner. Gather with community members to have a dance lesson and experience vibrant, tropical Latin dance.

Hotel check-in. Overnight in **San José.**

DAY 7

Breakfast and hotel check-out

Depart **San José** for home

Costa Rica Details:

TRIP DATES

Trip ID#: 213131
Destination: Costa Rica
Departing: Saturday, March 8, 2025
Returning: Friday, March 14, 2025

TRIP MEETING

There will be a trip information meeting to discuss this wonderful opportunity on Friday, December 8, 2023 at 4:30 PM at the school.

TRIP PRICE

SIGN UP NOW to take advantage of our special early registration discount!

Prices are based on 15 full-paying participants.

Student: Your discounted price is $3,459 quadruple occupancy, which reflects a $80 discount for signing up prior to Friday, December 15, 2023.

Adult: Your discounted price is $3,990 double occupancy, which reflects a $80 discount for signing up prior to Friday, December 15, 2023.

Payment can be made in full or spread out into monthly installment payments*. Select EZPay when choosing monthly installment payments and have your payments automatically deducted from your bank account saving you time and potential missed payments.

Full Refund Program: An additional $359 covers cancellation (see Terms and Conditions at www.worldstrides.com/ms-terms-conditions).

FLAG financial assistance: FLAG financial assistance may be available for families with an adjusted gross income up to $85,000. See reverse for details.

*Installment amounts may vary in price based on when you sign up and optional inclusions. Your last payment must be made by the final payment deadline and may be larger than your previous installment payments. Your final payment is due on 11/18/2024.

INCLUDES

- Round trip transportation
- Sightseeing transportation
- Admission fees
- 24-Hour Emergency Support
- Field Journals
- Opportunity to earn free school credit
- Course Leader
- Quality hotel accommodations
- All Meals
- Evening Activities
- Accident/health insurance
- Online educational resources

SIGN UP TODAY!

Sign Up By: 12/15/23 – register now and SAVE!

Deposit Amount: $49 (non-refundable) – This is a special, reduced deposit amount for signing up prior to 12/15/23.

Sign Up:

- Online at www.worldstrides.com/signup (use **Trip ID#**213131 to sign up)
- By phone – call WorldStrides' Customer Service Team at 1-800-468-5899
- By mail – use the registration form **on reverse**

Sign up today for the trip of a lifetime!



ONLINE
worldstrides.com/signup



PHONE
800-468-5899



MAIL
Fill out the attached form and return by mail

Easy ways to pay for your trip

At WorldStrides, our passion is student travel. We believe every student should have the opportunity for travel to change their lives and that's why we offer several tools to help make these experiences possible for each and every student.



Financial Assistance
with FLAG Future Leaders of American Government

- Over $2.5 million in financial assistance given out each year to thousands of families
- Families with annual adjusted gross incomes of less than $85,000 may qualify
- One simple call and you'll know how much is available for your trip

Hurry, financial assistance is given on a first come, first served basis.

Fundraising
with the *Gift of Education*

- Student driven fundraising where 100% of money raised goes to offset trip price
- Easy to use e-cards, letters and shareable Facebook links students can send to friends and family
- Thousands of students pay for their entire trip each year through the *Gift of Education*



Payment Plans
that are easy & affordable

- Sign up for the trip with a small deposit
- Remaining payments are spread out into smaller amounts and paid monthly prior to travel
- Set up auto-deductions from your checking account to save time and money

Please don't let the cost of the trip prevent your child from experiencing this incredible opportunity with their friends. WorldStrides Customer Service can help make this a reality so call us today at 800-468-5899 and let us tell you more about these great programs available to help you pay for your trip.

Protect your investment with our Full Refund Program

Educational travel is an investment in your child's future. Our Full Refund Program protects that investment should you have to cancel prior to departure. The program refunds all money paid (less non-refundable deposit, fees, and the Full Refund Program cost). We strongly recommend that you add-on our Full Refund Program when signing up for your trip.

Full Terms and Conditions are available at worldstrides.com/tripterms.

REGISTRATION FORM

Uplift Heights Prep School

Trip ID# 213131 - 03/08/25

Full legal name* _____

Additional registrant name* _____

**Federal mandate (TSA) requires that travelers provide their complete first, middle, and last names (as they appear on legal documents, not nicknames or initials) and date of birth.*

Date of birth: ___/___/___ ☐Male ☐Female ☐Student ☐Adult Additional registrant DOB: ___/___/___ ☐Male☐Female ☐Student ☐Adult

Email Address: _____ ☐ I verify this is a valid email address. Sign me up for paper-free billing and notifications

Mailing Address: _____ City: _____ State: _____ Zip: _____

Responsible Party name: _____ Mobile phone: _____

Home phone: _____ Mother's work phone: _____ Father's work phone: _____

Include a souvenir T-shirt and bill me $19. My size is **S M L XL XXL**

☐ I am paying by check There is a $35 charge for returned checks

☐ I am paying by credit card ☐ MasterCard ☐ Visa ☐ Discover

Card Number:

Amount I am paying today: _____

Your minimum payment is $49

Name as it appears on card: _____

Expiration Date: _____

Cardholder's signature: _____

☐ **Yes, enroll me** in the Full Refund Program!

☐ **No, do not enroll me** in the Full Refund Program

Signature X:_____

I have reviewed and agree to the Terms and Conditions and confirm my Full Refund Program selection. Full Terms and Conditions can be found at www.worldstrides.com/tripterms

www.worldstrides.com/signup | 800-468-5899 | PO Box 9033, Charlottesville VA 22906-9033

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