

## Costa Rica

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### **Mighty Volcanoes, Exotic Wildlife, Adventure Activities, and a Calming Way of Life**

In this tropical paradise, there is adventure and beauty at every turn. Explore the Arenal volcano national park and the dream like waterfalls hidden within. The thick Costa Rican jungle is home to an extraordinary amount of biodiversity and hidden natural treasures. Take to the turquoise waters of the Caribbean on a canoe trip or search for turtles on the thriving coral reefs. Those with a longing for rainforest and coastal exploration will find Costa Rica a rare paradise.

### **Health and Fitness Travel Insider**

"It's easy to get caught up in the excitement and adventure of Costa Rica, exploring its jungles and national parks. Catching sights of incredible wildlife. But enjoying the incredible beaches, hospitality, and Caribbean culture, you can easily slip into the chilled motto and lifestyle of Costa Rica. *Pura Vida.*"

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport should have at least one day's validity from the date you are leaving Costa Rica. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/costa-rica/entry-requirements>

## Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

British nationals don't need a visa to enter Costa Rica and may stay for up to 90 days under a tourist visa waiver. Entry may be refused without proof of onward travel from Costa Rica.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Immigration are strict on those overstaying in Costa Rica with \$100 fines per month overstayed and there may be restrictions on future trips to Costa Rica.

## Flights

**From the UK:** please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **San Jose** from the UK usually take around 15 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

**From other countries:** please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

# Health & Fitness

TRAVEL

## Location

Time Difference: GMT - 6

Capital City: San Jose

Currency: Costa Rican Colon

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

## Airport

You will be flying into **San Jose International (SJO) Airport**. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

## Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

## Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/central-america/costa-rica>

Medical care in Costa Rica is of a generally high standard. Ambulance services in remote areas may vary. Only initial emergency medical treatment is available without charge for visitors. Subsequent treatment will be charged. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

## Language

The official and predominant language of Costa Rica is Spanish. Although this will be a variety of Spanish that has diverged from the original language, here are some basic phrases that will come in useful:

Basics		Food and Drink	
Hello	Hola	Could I have...?	Puedo tomar...?
How are you?	Como Estas ?	Water	El agua
Fine	Bien	Tea	El té
Thank you	Gracias	Coffee	El café
Please	Por favor	Beer	La cerveza
What's your name?	Como te llamas?	Orange juice	El zumo de naranja
My name is...	Me llamo	Ice	El hielo
Sorry/excuse me	Lo siento/ Perdon	Chicken	El pollo
I can't speak Spanish	No hablo el espanol	Fish	El pescado
Can you speak English?	Hablas el ingles?	Prawns	Las gambas
Do you understand?	Comprendes?	Beef	La carne
I don't understand	No comprendo	Rice	El arroz
Where is the toilet?	Donde esta el servicio?	Vegetables	Las verduras
How much is it?	Cuanto cuesta?	Fruit	La fruta
What's the time?	A que hora es?	Chilies	Los chiles
Very expensive	Muy caro	Very delicious	Muy delicioso
The bill please	La cuenta por favour	I don't want	No quiero
See you again	Hasta luego	Not too spicy	Demasiado picante
Goodbye	Adios	No sugar	Sin azúcar
Good luck	Buena suerte		

Numbers		Directions	
One	Uno	I want to go...	Quiero ir a...
Two	Dos	Where is...?	Donde esta...?
Three	Tres	Turn left	Gire a la izquierda
Four	Cuatro	Turn right	Gire a la derecha
Five	Cinco	Go straight	Siga recto
Six	Seis	Stop here	Detengase aqui
Seven	Siete	Slow down	Ralentizar
Eight	Ocho	Be careful	Tenga cuidado
Nine	Nueve		
Ten	Diez		
Twenty	Viente		
Thirty	Treinta		
Forty	Quarenta		
One Hundred	Cien		
One Thousand	Mil		

Places			
Airport	El aeropuerto	Market	El mercado
Police station	La estacion de policia	Bus Station	La estacion de autobuses
Embassy	La embajada	Beach	La playa
Hotel	El hotel	Toilet	El servicio
Hospital	El hospital		

## Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

**Emergency services:** 911

**Ambulance:** 128

**Fire:** 118

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.