

Costa Rica FAQs



Every evening our air conditioned party bus, driven by the ever reliable, Danny Torres, takes us to another restaurant/bar for sunset drinks, dinner and music.

Payment

For special discount pricing, current promotions, and before you register, please call Patrick directly at 716.510.6853.

What forms of payment do you accept?

All payments must be in the form of US funds. We accept all credit cards and PayPal.

Continuing Education

"Is there a written test during or upon completion of the training?" No test is given during or after the training.

Do I receive CE hours for this training?

The destination training in Costa Rica is approved for 24 CE hours by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), the State of Florida Board of Massage Therapy, and most other state certifying agencies.

Drinking Water

"Is the water safe to drink?"

Tap water is safe to drink everywhere. Bottled water is also available for purchase if you prefer.

What time should I arrive at the airport?

Arrive before 1:00 pm to your departure to Costa Rica. Departure back to the United States any time after 2:00 pm

What type of clothing should I bring?

T-shirts and shorts are a good option for the warm days. You'll want to have a sweater or

sweatshirt on hand for any cool evenings, a hat, a bathing suit, and rainwear—a poncho is best. A couple of casual dress outfits are a good idea if you'd like to go "out on the town."

What kinds of shoes do you recommend I bring?

Walking or hiking boots, sneakers, and sandals with straps. For other water activities, you need shorts and waterproof sandals, or shoes that you do not mind getting wet that won't come off in the water. (Keen Sandals recommended)

What else do I need to bring with me?

Useful items include a flashlight, water bottles, sunscreen, a hat, a beach towel, bathing suits, a backpack, insect repellent (fragrance-free), a hooded raincoat. Please also bring one set of massage linens. Pack light to avoid additional travel costs.

What shouldn't I bring?

Massage tables will be provided! Do not bring your own table.

Money

US currency accepted everywhere. ATMs will be nearby. Credit cards are accepted. Bring enough money for your lunches, dinners and drinks outside of the two included dinners.

Do I need a Passport?

Yes, U.S. law now requires a passport. Please note that Costa Rican law requires your passport to be valid for at least 90 days after the date you enter the country. This means that if your passport will expire within the next 90 days, you must renew it before your trip. Check with your airline or travel agent for

more information. You are required to carry your passport with you at all times. If you are stopped by officials, a photocopy with your photo, passport number, and entry stamp will usually suffice and is recommended.

Do I need shots before my trip?

No shots or vaccinations are needed for visits to Costa Rica.

How much is the Airport Departure Tax?

When departing Costa Rica, you will need to pay approximately \$30 non-residency departure tax at the airport. Cash, Visa, or MasterCard is accepted.

What is the exchange rate?

You can find the most up-to-date currency exchange rates at XE.com. The currency in Costa Rica is called the Colon.

Do I need trip insurance?

We highly recommend that you purchase insurance for your trip.

Is my \$500 deposit refundable?

It's not refundable but it can be used for a future Destination travel (Costa Rica) trip.

Swimming

There are two above ground swimming pools at our hotel and an inground pool at the sister hotel where our breakfast is served each morning, a five minute walk from our hotel.

Beach

The public beach at the end of our road has a \$6 entrance fee until 4pm. After that it's free. There are toilets and showers.



About Costa Rica

Can I use my cell phone?

Most cell phones work, however, you will need to contact your provider for assistance. (I know AT&T charges \$10 per day if you're out of the country for full-service.)

Sun Rise/Set

The sun rises here all year round 5:30 am and by 6:00 am everyone is usually naturally awake and alert. Sunset is around 6:00 pm all year round.

What if I have more questions?

We're happy to discuss your trip with you and assist you in any way possible! Feel free to email info@nayadausa.com or call 716.510.6853 (9am-7pm EST) and we will respond promptly.

Photography

NUSA reserves the right to use any imagery/recordings taken on our trips, without expressed verbal or written permission. NUSA may use any appropriate footage (photography/video/audio recordings) in publications or other media materials produced, including but not limited to: brochures, social media, websites, etc. To ensure the privacy of individuals, images will not be identified using full names or personal identifying information without written approval from the photographed subject. If any customer

does not wish to have their image recorded, he/she should notify the photographer in person, or by writing to NUSA at: patrick@nayadausa.com. By failing to notify NUSA in writing, you are agreeing to release, defend, hold harmless and indemnify NUSA from any and all claims involving the use of your picture or likeness.

Communications

Please notify us as to what method of communication you will be using once you arrive in Costa Rica. This way we can keep in touch until we are all together as a group.

Will it be easy to buy some basic groceries like shampoo ? And bottled water ?

Yes. There is a small supermarket just a five minute walk from the hotel. Also there are two large supermarkets a five minute drive away.

Transportation

Nayada will have a bus and driver at our beck and call for transportation during the week. On your day off there are taxis etc. If you decide to book some sort of excursion they usually provide transportation.

Electricity

110 volts

Cost for meals

A reasonable meal here for lunches maybe six to \$10 and then dinner is going to be in the \$12-\$20 range.

Hair Dryers

Sorry no hairdryers are provided.

Do we have WiFi in hotel rooms?

Yes

Breakfast

Breakfast is at the nearby restaurant owned by the same owner of the hotel we are staying in. Breakfast is Tipico: buffet style with scrambled eggs, plantain, gaiopinto (typical beans and rice mixture), tortilla or toast. Fresh fruit juice coffee or tea.

Rooms

Rooms are small, clean, air conditioned and have a kitchenette.

Health Insurance

Check with your carrier before you leave on your trip so you know your coverage. Nayada Institute of Massage assumes no liability for injuries or illness while traveling with us.

Post Trip Extension

Call Patrick for details about our exciting post workshop excursions.

