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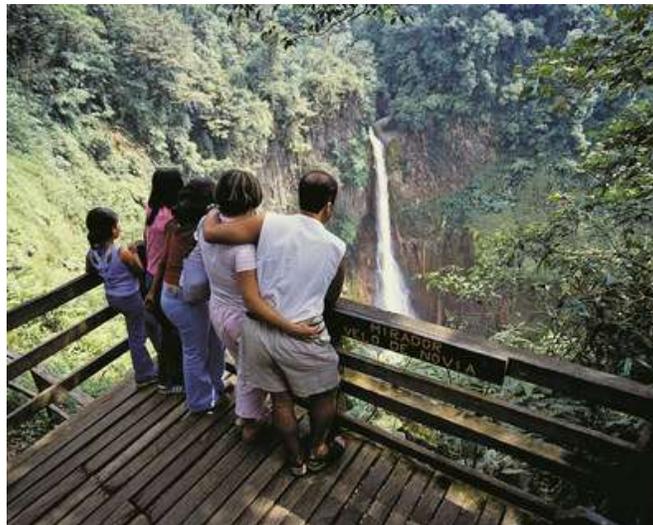
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Disconnect to Reconnect with Your Family

Replacing screen-time with quality-time is easy in Costa Rica

SAN JOSE, Costa Rica – June 19, 2017 – According to a 2016 Nielsen Company study, the average American spends about 11 hours a day looking at a screen and American kids are not far behind, clocking in at an estimated 6 hours per day. It is well-documented that overusing technology can have a hugely negative impact on one’s health, but there are numerous other ways digital displays can harm us if we don’t moderate its use. If you’re feeling the need to unplug to unwind, then the antidote is in a *Tico* escape where families can embark on an effortless digital detox. Resisting the temptation to check Facebook and exchange work emails, is made easy with limited WIFI access in the rainforest and a packed itinerary full of thrilling adventures and exciting cultural experiences suitable for kids of all ages.



Rediscover the joys of Pura Vida beyond the screen. As the capital of the country, San Jose is also the cultural, social and amusement capital of Costa Rica. It is a place where families can get together and enjoy museums, theaters, cinemas and recreation centers. Some of the most popular sites are the neoclassic architecture of the National Theater, the National Museum, which lets families travel through Costa Rica’s history and the Children’s Museum, where families can experience an interactive, fun and educational adventure on everything from science to music and history. The Gold Museum, showcasing Pre-Columbian Costa Rican art, is also family friendly and free for children under 12 years old.

Tune out to tune in. From volcanoes to howler monkeys and sea turtles, Costa Rica offers families a myriad of opportunities to explore, learn and get a close encounter with nature. Families can strengthen their bond and create a lifetime of memories enjoying everything from sports to nature explorations and relaxation. Costa Rica offers activities for all different ages, tastes and budgets. Adventure tourism has become a bonding experience in which family ties grow closer and stronger. Zip lining is a great way to take in breath-taking views and experience excitement. Hikes in protected areas of the national parks and biological reserves may offer real-life monkey sightings. There is also the option to set up a turtle nesting viewing. The peak months for this unforgettable experience are July and August, with an 85 percent chance of witnessing a nesting. River fishing and horseback riding are just a few more of the enjoyed family-friendly activities available throughout the country.

Jump off the WIFI and into the deep blue sea. In addition to the numerous activities families can enjoy on land, visitors can explore the depths of Costa Rica's marine world. Diving or snorkeling trips offer a great way to have close encounters with giant schools of fish, coral reefs and more. Boat or kayak trips provide a wonderful way to discover the many beaches with calm and peaceful surroundings or those with crashing waves, ideal for surfing. Costa Rica's coasts are blessed by Mother Nature, as waters remain warm throughout the year with an average temperature of 82° F, giving travelers the opportunity of visiting them any time they wish. For those who want a little more adventure in their family vacation, banana boat rides, parasailing and jet ski tours are broadly available.

Nothing is more urgent than the real life we are living every day and the relationships we have with ourselves and others. In order to really bond, it's important to give the most precious gift one has: the gift of time. On a digital sabbatical in Costa Rica, you can spend all that valuable time playing, exploring and connecting with family and friends. There are adventures for every age and interest. Whether you're hiking through the rainforest, walking on a hanging bridge or playing on a family-friendly beach, there's no social media update that can't wait for you to have that wonderful experience first. It's the Pura Vida way!

For more information on Costa Rica, visit www.visitcostarica.com

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About Costa Rica

Nestled between Nicaragua and Panama, Costa Rica offers visitors an abundance of unique wildlife, landscapes and climates -- meaning a trip to this Central American country is anything but run-of-the-mill. The country proudly shelters approximately five percent of the known biodiversity in the world and has become a global leader in sustainable practices. Visitors to Costa Rica enjoy a highly organized tourism infrastructure offering a broad terrain of activities and accommodations.

About Instituto Costarricense de Turismo (ICT)

Established in 1955, the Costa Rica Tourism Board (the ICT), alongside its partners in the private sector, spearheads the vital task of regulating and promoting Costa Rica's extensive tourism offerings.