ASSOCIATION OF LANGUAGE COMPANIES



2023

Know Before You Go

Los Sueños Marriott Ocean & Golf Resort

800 Meters West of Herradura Entrance

Herradura, Costa Rica

T: 506 2630-9000

1.888.236.2427

2023 ALC 11th Annual UnConference™ will be held at the Los Sueños Marriott Ocean & Golf Resort in beautiful Herradura, Costa Rica! We hope this guide gives you a little information about the venue and expectations of the resort and the UnConference™.

Language

Spanish is the official languages of Costa Rica; however, English is common.

Currency

Costa Rican Colón is the official currency of Costa Rica, however, US Dollars are generally accepted at most locations along with Visa and Mastercard. Airport Exchange offers very **unfavorable** rates, however, there are numerous ATMs that dispense both US Dollars and Colóns at very fair rates with little service charges. There are two ATMS within walking distance of the resort.

Airport Transportation

San Jose (SJO) airport is in San Jose, Costa Rica with 170 daily flights via 32 airlines. With numerous direct flights from the United States, San Jose is a reasonable flight from most major US cities. Another option is flying into Liberia, Costa Rica, however, that is a 3.5 hour drive to Los Sueños.

Airport & Regional Transportation

Transport time is approximately 60 - 90 minutes from the airport to the resort and can be accomplished with prescheduled transport, taxi or rental car. If renting a car, we recommend taking full coverage insurance.

Adobe Car Rental - https://www.adobecar.com Discount Code "ALC"
Sixt Car Rental - https://www.sixt.co.cr/

Distance

From Juan Santamaria International Airport - SJO
Distance: 60 miles.
From Liberia International Airport - LIR
Distance: 121 miles.

Tolls

The road from SJO to the resort is well paved and we recommend using Waze as your map in Costa Rica. The road does have two toll plazas that cost about ₡4,000 or around $5.00. US Dollars, CR Colóns, and credit cards are accepted.

Weather

Costa Rica is near the equator and as such does offer consistent temperatures year-round. February Weather in Jacó Costa Rica: **Daily high temperatures are around 91°F, rarely falling below 88°F or exceeding 94°F (30-35°C)**. The highest daily average high temperature is 92°F on February 28. Daily low temperatures are around 81°F, rarely falling below 78°F or exceeding 84°F. Humidity is very common along with random rainstorms.

Water

Most tap water and ice in Costa Rica is safe to drink, including Los Sueños Marriott. The resort does offer bottled water in the room for $5 per bottle. We suggest stopping by a local market to buy bottled water if you prefer.

Venue



Los Sueños Marriott Ocean & Golf Resort
800 Meters West of Herradura Entrance
Herradura, Costa Rica
028-4023
1.888.236.2427

Venue Photos

https://www.marriott.com/en-us/hotels/sjols-los-Sueños-marriott-ocean-and-golf-resort/photos/

Hotel Parking

Self Park - Plentiful and complimentary
Valet - complimentary

Resort Fee

$30.00 per room resort fee will be billed directly by the resort. This resort fee includes:

- High speed Internet
- 15 minutes free long distance calling to US
- Use of tennis Courts (2 hours)
- 2 tennis rackets & 1 bucket of practice balls
- Driving range with clubs and 2 buckets of practice balls
- Valet parking – 1 per room
- Pool floats
- Beach bonfire with marshmallows
- 1 La Iguana Eco Tour
- 30 min. use of Kayak
- 30 min. use of paddle board
- 30 min. use of bicycles
- 1 professional photo per stay.

Hotel Rooms

Run of House



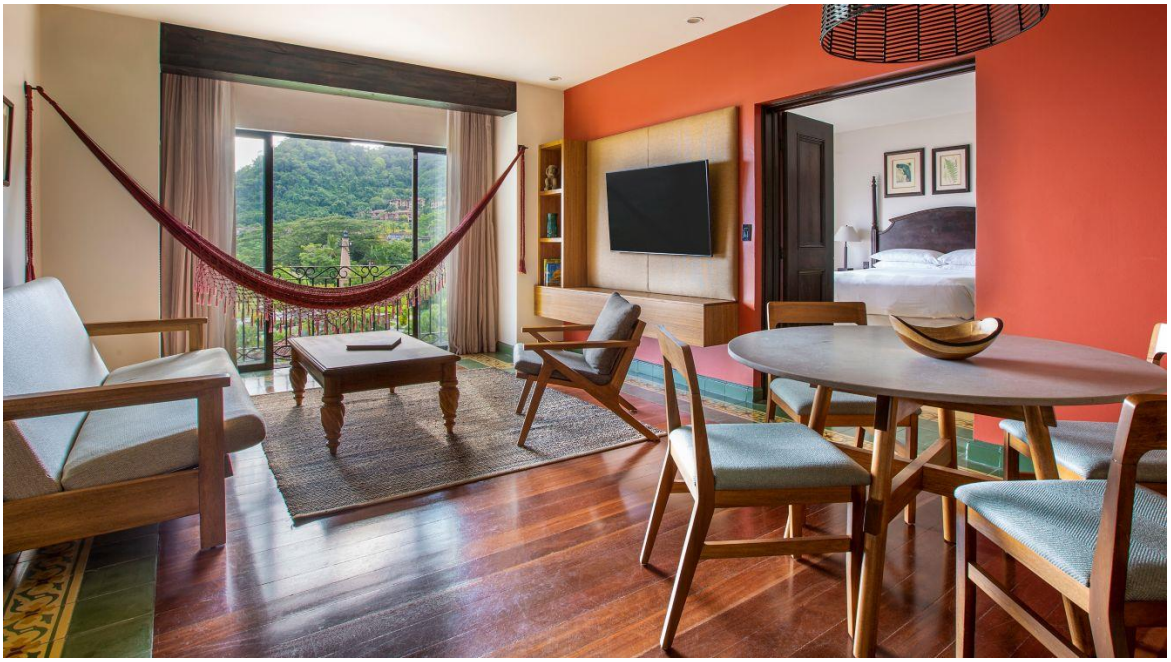
Run of House - The standard ROH rooms are very nice and allow for plenty of room. Although a typical hotel room, they offer plenty of space and comfort including a safe and refrigerator. Rooms facing the ocean do have partial ocean views and rooms facing the garden have excellent views of the surrounding gardens and mountains.

Swim up Room – Adults Only



Swim up Pool - Swim up rooms are for **adults** only and offer an easy access to the adults only pool and private terrace.

1 Bedroom Suite with Sofa Bed



1 Bedroom Suite with Sofa Bed – Offers wide spaces and a separate living area with private balcony.

Breakfast

Breakfast buffet is included at the resort each morning at the Hacienda Kitchen and includes fruit, eggs, waffles, breads, yogurt, etc. for up to two guests per room.

Internet

Complimentary internet up to 3mb.

Opening Session

We will kick off the event on Thursday, Feb. 2 at 9am in the Carara Room.

Opening Reception

Thursday, February 2 we will host our opening reception at the hotel between the pool and the ocean near ZOE, Mediterranean restaurant. Join us as we mingle and enjoy an evening under the lights and on the sand. Hors d'oeuvres and drinks will be provided from 5:30pm -7:30pm. Dinner on your own after so we do recommend making reservations earlier in the day.

UnConference Sessions

We have 10 tables reserved for our group. Some of the locations will be covered, some may not be but they will all be outside, so please dress appropriately.

Dinners

There are several restaurants on property. Los Sueños is a **RESORT** and does charge resort prices so please keep that in mind. Prices are comparable to the United States. Reservations are recommended and meals range from $30 to $80 per person depending upon the meals ordered. The primary restaurants are:

https://www.marriott.com/en-us/hotels/sjols-los-Sueños-marriott-ocean-and-golf-resort/dining/









Offsite Restaurants

Los Sueños is close to several restaurants within walking distance.

- Bambu Sushi & Asian Cuisine
- Laterna
- Hook Up Bar & Restaurant
- Al Fresco
- El Pelicano
- Coco's Beachfront Restaurant
- Kathia (local/casual)
- Bar y Restaurante La Puesta del Sol (local/casual)

Furthermore, you can always head into Jaco (15-minute drive) for a wide assortment of restaurants, bars and clubs. Please be aware of your surroundings and see bell hop/desk for referrals.

Pools / Ocean

With 2 outdoor pools, and one Adults Only, Los Sueños has a pool for everyone! Complimentary towels are provided at the base of the lighthouse with a fun vibe. Lots of music, dancing games and activities are centered around the pool area. Please note that iguanas will often approach when someone is eating poolside, especially on the beach-side of the pool. They can be intimidating; however, they are very seldom aggressive. Hotel staff will often shoo them away.





Ocean - Los Sueños is located on a dark (volcanic) silty sand beach, however, the bay is pretty calm and is suitable for swimming with minor waves. Nearby town of Jaco offers surfing lessons for those looking for a little more adventure.

Golf

The La Iguana Golf Course features 18 championship holes with a 73.4 course rating, par-72 and slope 145. Playing our exotic 6,698-yard Ted Robinson-designed golf course in Costa Rica would be any golfer's dream. The naturally challenging layout will please players of all skill levels. We strongly recommend making tee times as soon as possible as the golf course can get busy and ALC guests receiver **20% discount** on rounds of Golf.

Use of driving range (2 buckets per day, per room) with clubs and balls are complimentary for ALC guests.

http://www.golflaiguana.com/la-iguana-app/





Tennis

Two tennis courts available and use of tennis rackets/balls and 2 hours of usage are complimentary for all ALC guests.

Fire Pits

The venue does offer 2 large fire pits which they light each night.

Fitness Center

The venue does have a very nice fitness center with free weights, treadmills, and stationary bicycles.



Fitness Classes
Beach Yoga Class - $15 USD

Facilities Available
Locker rooms
Sauna rooms
Steam Rooms

Equipment Available
Cardiovascular Equipment
Elliptical Machine(s)
Exercise Bike(s)
Free Weights
Rowing Machine(s)
Stair Climber(s)
Strength Equipment
Treadmill(s)
Weight Machines

Spa

Sibö Rainforest Spa & Retreat - Visit the Sibö Rainforest Spa for facials, individual and couples massage, manicures and pedicures, makeup services, hair and scalp treatments, steam room experiences and more. Appointments are required and ALC guests receive **20% discount** on Treatments. Onsite luxury spa is available and open 10am – 6pm daily.

Services, Treatments and Amenities

- Ayurvedic Treatment
- Body Scrub
- Body Wrap
- Couples Massages
- Facials
- In-Suite Massages
- Makeup Services
- Manicures/Pedicures
- Massages
- Men's Services
- Paraffin Hand Treatment
- Scalp & Hair Treatment
- Separate Men & Women's Lounges
- Steam Room
- Therapy Bath

D'Rocha Spa - If you wish to go off property to experience a local spa, our committee did go to D'Rocha Spa (https://drochaspa.com/), about 5-10 minutes from the resort. Their facility was safe, clean, and very affordable.

Entertainment

The venue offers karaoke on Sunday and Thursday evenings at 8pm in the Ocho bar and lounge. Pool offers pool aerobics daily at 10am. Poolside DJ from 11am -4pm.

Things to Do

We have partnered with Costa Rica DMC to assist with excursions or activities. Please see the activities director for suggestions, bookings, etc. Some favorite excursions include:

1. Catamaran ride to Isla Tortuga, with snorkeling. Full day.

2. Visit Manuel Antonio National Park, monkeys, sloths, parakeets, wild deer, bright red forest crabs and lots of wildlife to see. Amazing jungle walk ending at a pristine beach. Full day.

3. Carara National Park and Tarcoles River. See the 10 feet long crocodiles from the shore and check out the wonderful wildlife. 15 minutes by Uber from the hotel.

4. Adventure Park. Zipline, horse riding, coffee and chocolate tour, jungle walks, ATV driving. Lots of adrenaline. 10 minutes by Uber from the hotel.

Friday, Feb. 3, 2023
Final Night Dinner – Villa Caletas







You will **NOT** want to miss this special dinner at **Villa Caletas to close out the ALC UnConference!**

This beautiful Costa Rican property is in the rain forest with spectacular views of the ocean and rain forest, complete with Toucans, Scarlet Macaws and the occasional sloth!

With group transportation from the Marriott to and from Villa Caletas, you will arrive in time to watch the sun set over the Pacific Ocean followed by cocktails, dinner, dancing and an unforgettable evening.

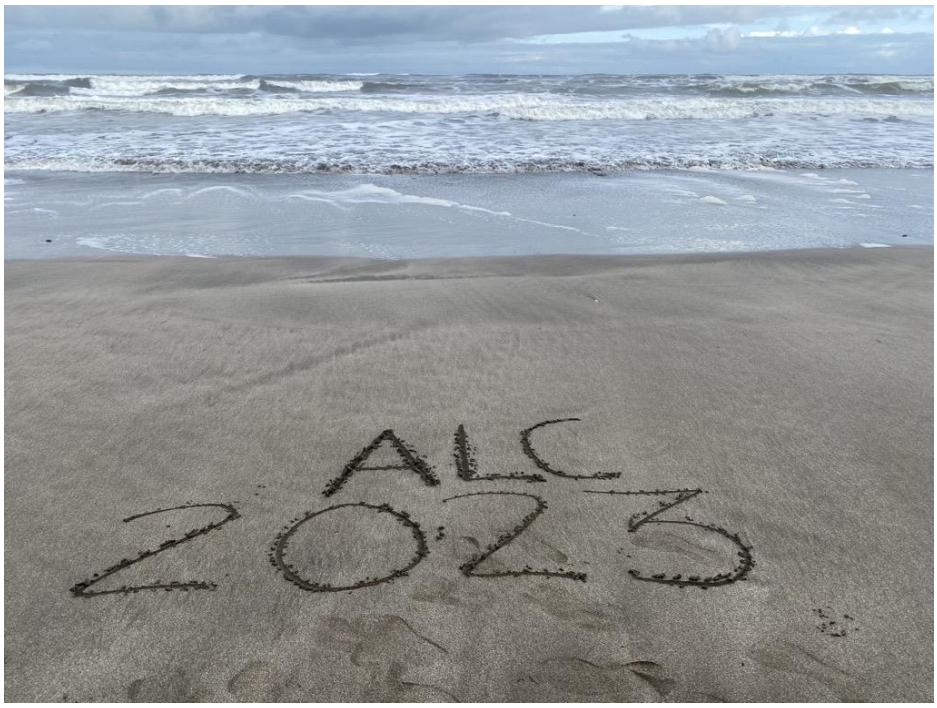
- Leave Los Sueños Marriott between 4:45pm - 5pm via chartered bus
- Arrive at Villa Caletas at 5:20pm
- Return to Los Sueños Marriott when you want and last bus leaves at 10:30pm via chartered bus

Miscellaneous

Los Sueños Marriott Ocean & Golf Resort is an excellent family resort. Since this is an executive getaway, please feel free to bring your family, however, additional fees may be incurred for dinners and activities.

Tico time – The Costa Rican people live life at a slower pace, really enjoying where they are and who they are with. This is the essence of "Tico Time." Ticos tend to have a nonchalant attitude about being on time or well the lack of being on time.

On behalf of the ALC Board of Directors, staff and UnConference™ Committee, we hope you can join us for the 11th Annual UnConference™ at the Wyndham Rio Mar Resort in Puerto Rico.



Any questions you have please feel free to contact Events@ALCUS.org.

A special Thank you to Charles Campbell at Translation Back Office; Kevin McQuire and Jennifer Alvarez of Atlas Language Services for their site visit and contributions to this "Know Before You Go" guide.


LOS SUEÑOS
marina village
MARINA VILLAGE RESTAURANTS
• BAMBU Sushi & Asian Cuisine
• LANTERNA Italian Steakhouse
• DOLCE VITA Coffee & Sweets
• THE HOOK UP Restaurant
RESORT SERVICES
• CLINICA HERRADURA Urgent Clinic & Pharmacy
• HELIPORT
• BEACH CLUB Private Venue
• AL FRESCO Beach Club Restaurant
• LA IGUANA Golf Course
• MARRIOTT Hotel
MARINA VILLAGE
• NATIONAL Car Rentals
• GATO GORDO Golf Carts
• BLP Legal Services
• STAY IN COSTA RICA Rentals & Tours
• LOS SUEÑOS RESORT WEAR Clothing Boutique
• SCOTIABANK & ATM
• PROMERICA Bank & ATM
• MAVERICK Sportfishing Center
• GALATI International Yacht Sales
• NATURAL INSTINCT Interior Designs
• WINE & SPIRITS Liquor Store
• BRISTOL YACHT Refinishing
• BRISTOL MARINE Supply
• AMERICAN EXPORT & Imports
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• PRODIESEL Sales & Service
• AG MARINE Services
• COSTA CAT Tortuga Cruises
• LOS SUEÑOS REAL ESTATE Sales Office
• MARINA OFFICE
• LOS SUEÑOS CORPORATE OFFICE
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11. Vista del Sol
12. Altavista
13. Miramar
14. The Estates
15. Montecielo
16. Las Brisas Estates
ALTAMIRA
17. Villas Riviera & Malibú
18. Terrazas de Marbella
19. Marbella
20. Montebello
21. Del Bosque
GOLF COURSE
GOLF COURSE
MARRIOTT HOTEL & GOLF
REAL ESTATE OFFICE
PROMENADE connecting Marina Village, Beach Club and Marriott Hotel
CARE CLINIC & PHARMACY
RESORT Entrance
Playa Herradura
LOS SUEÑOS
marina village