



Please see the **NOTICE ON PROGRAM UPDATES** at the bottom of this sample itinerary for details on program changes.



COSTA RICA: Animal Rescue & Veterinary Project

Discover different regions of Costa Rica through supporting rescue and rehabilitation efforts of both domestic and wild animals.

OVERVIEW

On this program you will promote animal rights and spread awareness about the issue in local communities. Gain pre-veterinary experience working alongside certified veterinarians and animal rescue experts. Not only will you engage in compassionate, hands-on work with lovable, furry friends at a dog and cat rescue center, you'll also learn about exotic wildlife species in a country known for its dedication to conservation. In your time off service, experience all the outdoor adventure and natural beauty Costa Rica has to offer.

HIGHLIGHTS

- ★ Engage in hands-on volunteer work alongside veterinarians and get first-hand veterinary experience
- ★ Help care for dogs and cats at a rescue center
- ★ Learn about Costa Rica's animal rescue and wildlife conservation efforts
- ★ Experience home visits and rural clinics
- ★ Zipline and hike through lush valleys
- ★ Relax in the hot springs at Arenal Volcano
- ★ Take to the water and have an epic catamaran & snorkeling experience on the Pacific Coast

PROGRAM SNAPSHOT

14-Day Program

June 10 – June 23, 2024

July 27 – July 10, 2024

July 13 – July 26, 2024

July 30 – August 12, 2024

Tuition: \$5,199

Service Hours: 35

Language Hours: 0

Max Group Size: 30

Age Range: 14-18

Student-to-Staff

Ratio: 6-to-1

Airport: San Jose (SJO)



SPOTLIGHT ON COMMUNITY SERVICE

This is a service-intensive program, and you'll be expected to fully participate as a hands-on volunteer, shadowing local veterinarians and animal experts. Apply your compassion for animals as you rotate through different positions at a traveling clinic providing communities the access they need to veterinary services. Some of the cases you might see include spay and neuter, deworming, care for skin conditions and wounds, and recovery from malnourishment. Observe the intake, surgery and postoperative procedures, and help repair critical infrastructure and provide positive social interaction with the animals that bring comfort to their lives. Service will also include basic care for animals like dog walking, feeding and some cleaning.



SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule and order of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, service work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather and specific needs of the student group.

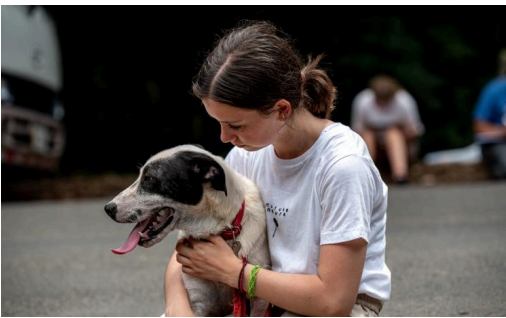


DAY 1: WELCOME TO COSTA RICA!

Fly into San José, the capital of Costa Rica. GLA staff will greet you upon your arrival, and our group will drive together to our Home Base in the mountains outside of San Ramon, approximately 2 hours away. The Home Base is a vegetarian hotel where the staff care for and love animals and nature. Tonight we'll get to know each other and prepare for the next two weeks!

DAY 2: ORIENTATION DAY & INTRO TO SERVICE

What is there to learn about animal welfare in a rural village of Costa Rica? Turns out, a lot! Today we will get to know about the projects that our first service partner is working on to support animal welfare. In the afternoon, enjoy an informative talk from a guest speaker who will discuss different aspects of "Tico" culture. After a delicious dinner, reflect on the day's learnings with your mentor and fellow students in the first of many nightly mentor groups.



DAY 3-4 & 6: COMMUNITY SERVICE - RESCUE SHELTER

We'll assist with many projects at a local rescue shelter for dogs by building or reinforcing kennels, walking dogs around the property, laundering blankets to keep the animals warm at night, or constructing a safe area for the dogs to run freely. Each day you'll have an opportunity to make a difference in the lives of many dogs at the shelter.



After service each day, you'll enjoy a variety of different activities: Play a pick-up game of soccer with friendly local community members. Experience Costa Rica's beauty from a different perspective as you go hiking through scenic mountains and lush farmland. Try your hand at cooking as you learn to prepare a traditional Costa Rican dish alongside local community members. Learn to dance salsa, merengue and bachata from a local dance instructor. Visit the historic town of San Ramon where we will break into groups to walk around and visit a few significant sites. We'll also stop at an artisan market where you can shop for handicrafts and souvenirs to take back home.

DAY 5: ZIPLINING ADVENTURE & HOT SPRINGS

Adventure time! Today we'll take a break from service and head out for a ziplining extravaganza. Challenge yourself to soar through the forest canopy by several cables and platforms in the mountains. The view of the Arenal Volcano in the background is breathtaking! Afterward, relax in natural thermal hot springs and enjoy the surrounding nature.





DAY 8: DISCOVER GUANACASTE & SERVICE PROJECT #2

We'll say farewell to our first Home Base in San Ramon and have breakfast before our caravan departs for our second Home Base location in Liberia. It's a three and a half hour trip, but with some good tunes, games and beautiful sights along the way, we'll be there before you know it! After a quick orientation at our new Home Base, we will launch right in with games at the pool and get to know the hotel property and rules.

To start things off, we will have an orientation with our service partners and learn about the services these veterinarians provide for different communities in Costa Rica. Survey the town, calculate how many animals are in the area and observe what help they need. Spread the word about the pop-up vet services.

Conducting interviews and community diagnostics is a typical method for international development groups to make sure the aid they provide is in line with what's actually needed on the ground. You'll get to meet community members and their furry companions!

Later we'll have dinner, get our veterinarian scrubs ready and get to bed early so we're well rested for a full day of service tomorrow.

DAY 9-10: MOBILE VET CLINIC

After reviewing our projects for the second part of the program, we're diving right into working with animals! For the next few days, we'll attend mobile veterinary clinics, run by a local group that gives animals the care they may not receive otherwise.

Learn firsthand the process and importance of these pop-up vet clinics. Shadow the vet staff and assist with making the mobile clinic operate smoothly. Help conduct physical exams, intake, post-operations and even witness surgery! For those who are truly aspiring to become veterinarians, this is a great introduction in the field to what your work may be like.

DAY 11: BEACH DAY! CATAMARAN & SNORKEL ADVENTURE!

Enjoy a fun relaxing day on a Catamaran boat tour excursion, taking in the scenery of Guanacaste's pacific coast!! Discover ocean life with the opportunity to snorkel.

DAY 12: CLINICAL DAY

This will be a full day in medical scrubs assisting local veterinarians with important procedures. These campaigns bring opportunities to community members to not only care for their pets, but also learn about the importance of animal welfare.





DAY 13: FINAL SERVICE DAY

Spend your last day of community service helping our service partners in the pop-up clinic educating people in these rural communities about the importance of spaying and neutering, providing lessons on proper grooming techniques, and teaching about animal nutrition and dental care.

In the afternoon, you'll pack your bags and head to our final hotel in the Central Valley near the airport. Relax, reflect and reminisce on all of your incredible experiences shared with your new friends. Enjoy a final dinner to celebrate all of your accomplishments and all of the animals you helped.

DAY 14: DEPARTURE DAY!

In the morning, it's time to exchange goodbyes and see-you-laters with your peers and staff. We'll travel as a group to the airport in San José, where GLA staff will help you check in for your flight and see you off for your journey home. The land of "Pura Vida" will no doubt leave a special mark on you with so many new friendships made and unforgettable experiences that you'll talk about for years to come.

NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for this season, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.

TRAVELING TO COSTA RICA

GLA HOME BASE | Students on this program will stay in two distinct areas -- San Ramon and Guanacaste. In San Ramon, Home Base is a locally-owned boutique hotel surrounded by hills and lush vegetation with an animal rescue center on-site. In Guanacaste, Home Base is a hotel where students will have access to several local communities, where they'll support clinics. In all accommodations, students live in gender-segregated rooms with roommates and have access to shared bathrooms. The food at Home Base will reflect the traditional dietary staples of the people in Costa Rica.

FOOD | Costa Rica is known for its simple diet of rice, beans and a side of meat. The food at Home Base will reflect the traditional dietary staples of the people in Costa Rica. It will be simple, fresh, healthy and include delicious, locally-grown fruits and vegetables.

CLIMATE | Although summer is the middle of the rainy season, Costa Rica has many microclimates ranging from tropical beaches, cloud forests, rainforests, and more! Costa Rica typically experiences a mini dry season in July. Rainfall decreases significantly for three or four weeks. This makes for hot, sunny days and cooling evening rains in certain regions of the country.

LEADERSHIP

Global Leadership Adventures started as an educational institute, so we continue to think and act like educators—not tour operators—as we deliver life-changing programs. We intentionally weave a leadership curriculum into the daily experience on our programs. Through group discussion, meaningful service, workshops, speakers and excursions, staff guide students to reflect on program events through the lens of leadership, and celebrate outstanding examples of leaders they encounter in the local community. Lending this context to the experience creates opportunities for students to dig deep into their vision, purpose and knowledge of themselves and the world.

ABOUT GLOBAL LEADERSHIP ADVENTURES

Global Leadership Adventures was founded in 2003 by Fred Swaniker, a native of Ghana, TED Fellow and educational entrepreneur whose work has been praised by Barack Obama. Born as a global extension of the revolutionary African Leadership Academy, Global Leadership Adventures now operates programs centered around leadership, sustainable community service projects, and meaningful travel across Africa, Asia, Europe or the Americas. Through life-changing adventures, we strive to inspire the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY**

 **NBC NEWS**

The Boston Globe

seventeen

OUR EXPECTATIONS

Be present

Our mission at GLA is “to inspire the next generation to realize their potential to transform the world and their role in it.” To that end, we expect GLA students to maintain high standards of personal behavior and to be open-minded. The culture may be different, sometimes shockingly so. GLA will challenge students as they are expected to work hard and be present physically and mentally for all activities. We also ask students to take a step back from regular use of technology - particularly their smartphones - so as to maximize their engagement with the program and their fellow participants. Students may get hot, dirty and bug-bitten along the way, but their contribution can transform the community. The goal is for each student to return home having had a life-changing experience.

No tolerance

GLA has a no-tolerance policy towards drugs, alcohol, tobacco and disruptive behavior. Those who violate or are suspected of violating this policy will be immediately dismissed from the program at the sole discretion of GLA staff.

Community-Led experiences

GLA makes every effort to offer thoughtfully crafted programs for teens and young adults. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. However, occasionally service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and/or various cultural celebrations and customs. We expect participants to be open-minded and flexible, willing to embrace the experience when plans change. GLA makes every effort to communicate adjustments to students and families with advance notice. We expect you to be open-minded and flexible.

Mentorship

GLA is not a therapy program. Our staff are highly skilled, professional, caring and fun, but they are not licensed therapists. GLA programs can be physically and emotionally demanding, and applicants should be in good physical and mental health.

WE'RE HERE TO HELP

Contact Us

Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.

Enroll Now

We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.



V4_2024