



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



COSTA RICA: Medicine & Healthcare Discovery

Explore your passion for medicine and public health in the heart of Costa Rica as you discover an adventure unlike any other.

OVERVIEW

This program offers students a unique opportunity to delve into a variety of areas of medicine and public health. Through immersive campaigns with medical professionals in vision screening, physical and occupational therapy, and dental health education, you will not only gain insight into the medical field, but also develop an understanding for the importance of public health education and management.

Beyond the health-focused learning, you'll also experience Costa Rican culture and have unforgettable adventures along the way. Dance your heart out and try your hand at local cuisine during lively, locally-led lessons. Immerse yourself in history during a city tour, conquer a volcano hike, learn to catch a wave during a surf lesson and explore the wonders of a biodiverse national park.

HIGHLIGHTS

- ★ Work side-by-side with local healthcare professionals and collaborate on campaigns to support children & the elderly
- ★ Support ophthalmologists with vision test screenings in local elementary schools
- ★ Collaborate with local health professionals in physical and occupational therapy at elderly care centers and nursing homes
- ★ Discover the beauty of Costa Rica through visits to waterfalls, beaches and a national park.

PROGRAM SNAPSHOT

14-Day Program

JUN 10 – JUN 23, 2024

JUN 26 – JUL 09, 2024

JUL 13 – JUL 26, 2024

JUL 30 – AUG 12, 2024

Tuition: \$5,199

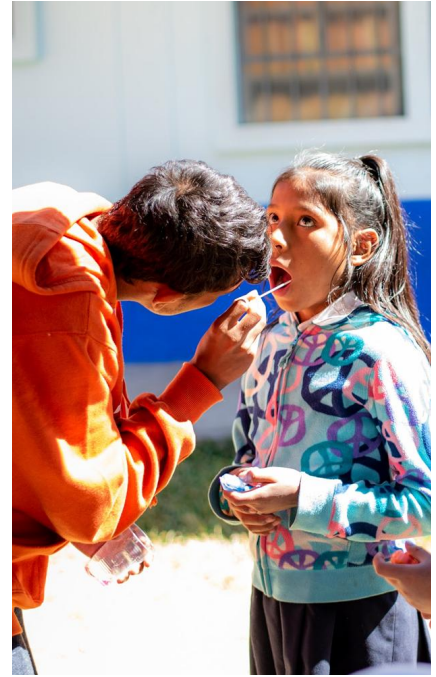
Service Hours: 30

Max Group Size: 30

Age Range: 14-18

Student-to-Staff Ratio: 6-to-1

Airport: SJO Arrival (anytime), SJO departure (anytime)



SPOTLIGHT ON COMMUNITY SERVICE

Your service work in Costa Rica will provide you with hands-on opportunities to learn about health and wellness in action. Dive into various aspects of healthcare by supporting ophthalmologists with vision tests in local elementary schools. Proper vision care is essential for students to learn and grow. Then, work alongside local health professionals in physical and occupational therapy at elderly centers and nursing homes. Lead dental health workshops in local communities, and visit local health clinics to gain insights into the Costa Rican healthcare system. You'll also support local initiatives to improve health conditions and promote good practices!



SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule 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!

Upon arrival at San José (SJO) airport, our enthusiastic team will be awaiting your arrival, ready to extend a warm Costa Rican welcome. You'll be transferred to Paraíso de Cartago, your home base for the program. Take this time to settle into the accommodations, unwind from your journey, and get ready for the adventure ahead.

DAY 2: ORIENTATION & CITY TOUR

Start the day with a hearty breakfast followed by an official Costa Rica welcome and your GLA orientation. Learn about the project details and how your efforts will impact the local community. Get to know Cartago better through a guided walking tour, exploring its historical landmarks and vibrant culture. In the evening, we will do our primary leadership anchor activity and get context for healthcare in Costa Rica.

DAYS 3-6: EYE CAMPAIGNS & VISION EXAMS, LOCAL ENGAGEMENT, NATURAL & CULTURAL EXPLORATION

Engage in our primary service project focused on providing vision exams for the community. You'll work with an ophthalmologist, who will teach the basics behind eye examinations and how to operate the software we'll be using. Our eye campaigns are organized in rural areas and in conjunction with local schools. Typically, a number of kids show up to the campaigns, mostly kids who haven't had the possibility to have their sight tested, so parents want them to attend. You'll work in multiple stations with the doctor and/or GLA staff to run the eye exams. From there, the children will either receive eyeglasses on-site, or receive a formula to have them made elsewhere, in the case of more complex needs.

Following the day's work each day, gather for a reflective meeting to discuss the goals and expectations of the project. In the spirit of cultural exchange, join a soccer match with the local community members, fostering bonds through sport. Embark on an excursion to Montesky lookout point, reveling in breathtaking panoramic views. One afternoon will be dedicated to exploring a local waterfall, immersing in Costa Rica's natural beauty. Dive into the rich history of Orosi and Ujarras through a guided walking tour, understanding their cultural significance and contributions to Costa Rican heritage. Gain valuable insights into Costa Rica's healthcare system through a presentation by a guest speaker who's a doctor in the community. Explore the country's diet with a hands-on cooking class, learning to prepare traditional dishes.

In the evenings, reflect with your fellow GLA students and Mentors on the impact of service, your leadership journey and our cross-cultural experiences.





DAY 7: ELDERLY CARE CENTER & LOCAL CLINIC VISITS

Commence a new service project focused on supporting an elderly care center in the community. About 100 elders live in the home we will work in. Some of them are functional; some aren't at all and require a lot of care. We will shadow the “cuidadores”, or caretakers — these are people who have been trained and licensed to look after the elders, and you will assist them on some of the basic tasks they do. You will be trained to help take vital signs—body temperature, pulse rate, blood pressure, respiration rate—which happens daily for all the elders in the center, and multiple times a day for some of the most critical cases. You will also shadow and support physical and occupational therapy sessions, exposing you to two new fast-growing healthcare focus areas. Finally, you'll also provide support in tasks that don't require technical knowledge: gardening, cleaning, laundry and kitchen duties, serving food, and anything else asked of us at the time of our stay.



Today, you'll also visit local health clinics run by the Ministry of Health (EBAIS) to gain firsthand understanding of the healthcare practices within the community. Wrap up the day with another competitive soccer match and enjoy some downtime to relax and unwind.



DAY 8: ZIPLINE ADVENTURE & CONTINUED SERVICE

Embark on a thrilling ziplining adventure, soaring through the lush Costa Rican landscape, soaking in the breathtaking views and enjoying an adrenaline rush. After lunch, return to the elderly care center, continuing efforts to positively impact the residents and support the caretakers. Cap off the day with a reflective activity, encouraging participants to share and process their experiences.



DAY 9: FINALIZING PROJECTS & CULTURAL INSIGHTS

Wrap up projects at the elderly care center, reflecting on the transformative experiences and connections made. What have you learned about the various ways to support someone's health and wellbeing? In what ways are physical & emotional health intertwined, especially as we age? Engage in a session led by a guest speaker, shedding light on the social context of the elderly in Costa Rica. Conclude the day with another hands-on cooking class, learning to prepare traditional Costa Rican dishes.

DAY 10: DENTAL HEALTH WORKSHOP + VOLCANO HIKE



To tackle another piece of the healthcare puzzle, conduct a dental health campaign at a local elementary school, educating students about oral hygiene practices that can support dental health. In rural areas of Costa Rica, access to dental care might be limited due to fewer dental clinics or professionals available, leading to challenges in receiving regular check-ups or treatments. You'll receive support from a dentist to learn some basic theory, plan, and deliver the content of these workshops. Afterward, take a break before embarking on an adventurous Turrialba volcano hiking tour, exploring the awe-inspiring natural beauty and geological wonders that Costa Rica has to offer.



DAY 11-13: EXCURSION TO UVITA

Today we will celebrate the impactful community service work we have done by taking off on an excursion to Uvita. Take a surf lesson upon arrival, really getting into the ocean-minded *Pura Vida* lifestyle. After surfing, enjoy a beach sunset lowering over the waves you just caught all afternoon. Bask in the beauty of Marino Ballena National Park, and explore Uvita Waterfalls. Enjoy leisure time at two beaches to round out your Costa Rica beach excursion before returning to Cartago Home Base for a closing reflection activity and a special farewell dinner, cherishing the memories and connections made during your time in Costa Rica.



DAY 14: DEPARTURES

After breakfast and final goodbyes, we'll head to the airport where GLA staff will check students in for their journey home. ¡Adiós!

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 2024, 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 | Home Base on this program is a locally-owned bed & breakfast-style guest house in Cartago. Two big houses are connected to one another, with many common and green areas and a large outdoor space for the group to hang out and utilize for activities.

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, but fresh and healthy and include delicious, locally-grown fruits.

CLIMATE | Although summer is the middle of the rainy season, Costa Rica typically experiences a mini dry season in July. Rainfall decreases significantly for three or four weeks, especially in the northern Pacific. This makes for hot, sunny days and cooling evening rains.

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.

