



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



COSTA RICA: Ocean & Wildlife Conservation Adventure

Experience Pura Vida — *the pure life* — while becoming a steward for the ocean and wildlife ecosystems in Costa Rica. Engage in critical wildlife protection and conservation efforts while also enjoying the coastal paradise that the Osa region offers.

OVERVIEW

On this program you will discover the famous Osa region of Costa Rica, where you'll be amazed by the variety of beautiful beaches, forests and animal life. Stay active while hiking to a waterfall in the area and surfing warm waves in a group lesson. Experience the essence of the "Pura Vida" lifestyle as you learn about the local cuisine in a cooking class and connect with the surrounding community.

Learn from local experts about the challenges this region faces from an environmental perspective and how to support wildlife conservation. You'll volunteer with local ecological groups to help conserve coastal animal habitats while generating a deeper understanding about sustainability and protecting native species.

HIGHLIGHTS

- ★ Live in the coastal town of Uvita in the Osa region
- ★ Learn from local experts about critical wildlife and marine conservation efforts in the region
- ★ Go on an epic boat trip to Caño Island, snorkel and experience marine life
- ★ Surf warm and friendly waves, whether you're a first-time surfer or you're returning to the board
- ★ Volunteer at a local wildlife rescue center, supporting iconic animal species
- ★ Zipline through the forest and venture to world-famous Manuel Antonio National Park

PROGRAM SNAPSHOT

14-Day Program

June 10 – June 23, 2024

June 27 – July 10, 2024

July 13 – July 26, 2024

Tuition: \$4,899

Service Hours: 35

Language Hours: 0

Max Group Size: 24

Age Range: 14-18

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

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



SPOTLIGHT ON COMMUNITY SERVICE

Protecting the diverse plant life that supports healthy coastal ecosystems is instrumental to the wellbeing of wildlife species. During this program, you will work closely with a local wildlife rescue center to care for rescued animals and also contribute towards initiatives that support their natural environments. Many iconic wildlife species in Costa Rica are at risk because of their shifting natural environments. Expect to learn about some challenges wildlife habitats are facing as well as volunteer with different conservation efforts.

Contaminants generated by unsustainable practices around the world find their way into the sea, impacting the precious ecosystem in Whale Bay and its wildlife. During this program, your community service projects will depend on what's most needed by your host community and its local habitats at the time of your arrival. This might involve taking part in reforestation initiatives along the coast and protecting beaches from erosion, making education signs and supporting local research initiatives, and/or supporting the care for animals who have been rescued. Our wildlife and environmental conservation projects in the Bahia Ballena community depend on the ocean tides, so sometimes we'll work at our service sites in the morning, and other times in the afternoon.



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!

Fly into San José (SJO), the capital of Costa Rica, where GLA staff will be ready to welcome you and take you to our hotel for the first night of the program. We'll start getting to know our fellow travelers, GLA staff, and what to expect during your program at orientation. Tomorrow morning, we'll have an early departure to Uvita.

DAY 2: TRAVEL DAY TO UVITA AND ORIENTATION

After our first Costa Rican breakfast, we'll get in the vans and begin the journey toward the Pacific coast. Along the way, we'll stop at a famous bridge to check out the large population of crocodiles that usually hang out in the area. We'll arrive at our Home Base in Uvita and go straight into lunch. In the afternoon, we'll have an extensive orientation to go over group objectives, service expectations, and helpful hints to get accustomed to the local culture. We'll break into Mentor groups and get to know each other better with icebreakers and group activities.



DAYS 3-5: COMMUNITY SERVICE, ADVENTURE, AND CULTURAL ACTIVITIES

This week will get started with our community service. Based on actual needs at the time, our service will involve taking part in reforestation initiatives along the coast and protecting beaches from erosion, making education signs and supporting local research initiatives, and/or helping a wildlife rescue center with their ongoing projects. Our marine and wildlife conservation projects in the Bahía Ballena community depend on the ocean tides, so sometimes we'll work at our service sites in the morning, and other times in the afternoon. Service will typically take place as a half-day activity.



This week we'll also have a surf lesson with certified local instructors from a renowned Uvita-based surf school. Costa Rica has become one of the top international destinations for surfing due to its easy ocean access and variety of surf conditions. Whether you are a first-timer, or are looking to improve your surfing skills, our coaches will ensure your wave count is high and your smiles are endless. Learn the basics of surfing, your equipment, and basic ocean safety.



In addition to service and surfing, we'll explore the local culture by joining a local leader on a guided walk around this beach community, and also participating in a cooking class where we'll get to prepare (and taste!) some of this region's delicacies.



DAY 6: MANUEL ANTONIO NATIONAL PARK

In the morning, we'll venture into one of Costa Rica's main tourist attractions: Manuel Antonio National Park. Here we'll learn about the local fauna and flora as we hike some of the park's trails and visit some of its most beautiful beaches, all while trying to spot the plethora of wildlife species that call this park home. We'll then venture back to Uvita for an afternoon to relax together at Home Base and swim in the pool.

DAYS 7-12: COMMUNITY SERVICE AND ADVENTURE



This is our second week working together to support the needs of two local organizations that are hosting us. We'll continue to work on our assigned projects, as we learn about the rich biodiversity of this area and the local and global threats that are affecting us all. This week we will be volunteering with a local wildlife rescue center, supporting the care of the animals and learning more about these iconic species. To complement our learning, we'll have a guest speaker from a local NGO who will talk to us about the Development of Rural Areas around Tourism, and the Plastic Free Ballena Bay project. We'll also visit Innoceanna Marine Center, where we'll learn from researchers about local conservation issues and how those connect with the bigger picture of climate change and biodiversity loss.



We'll fill the rest of our time this week with tons of adventure and fun, including a hike and swim to the Uvita Waterfall, and we will sail through the air zip-lining through lush forests! Up next is a boat tour to Caño Island where we will get up close to the local marine life as we snorkel among schools of fish. A yoga class will be in order to stretch our tired muscles and recenter after an action packed itinerary thus far.

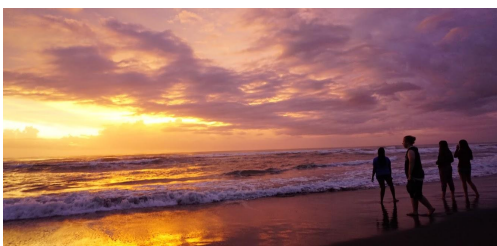
DAY 13: COMMUNITY SERVICE & DRIVE BACK TO SAN JOSÉ

Our days of community service have come to an end and today we get to bring closure to this important cycle of our program. After giving the final touches on our projects, we'll get to say goodbye to the various local leaders who welcomed us in their communities and gave us the opportunity to learn and grow alongside them. We'll then depart to San José, where we'll have our farewell dinner and closing ceremonies for the program.



DAY 14: DEPARTURE

¡Adiós y Pura Vida! Our Costa Rica adventure must come to an end. After breakfast and final goodbyes, we'll head to the airport where GLA staff will check students in for their journey home.



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 | Home Base is located in a coastal region of Costa Rica that's known for its beautiful beaches and protected ecological areas. Students will have access to a pool, large outdoor common spaces, tables and chairs in covered areas. There's also a stretch of beach a short drive away from the Home Base, so there will be opportunities for the group as a whole to go and play on the sand and waves. The group will stay in gender-segregated rooms with roommates, and have private bathrooms and fans.

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.