



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



COSTA RICA: Sea Turtle Initiative

Become a conservationist for Costa Rica's sea turtles as you explore an untouched coast.

OVERVIEW

On this program you will learn about many of the threats sea turtles face: boat traffic, climate change, accidental catch by industrial fisheries and pollution in their habitats. The population has declined by 90% since 1980. You'll live and work on the rural Caribbean coast, assisting a turtle conservation organization with critical efforts to preserve the natural areas where this endangered species lives. Ensuring that the turtle population will thrive for generations depends largely on our ability to educate ourselves and the local community and protect the places where turtles nest. With the right timing and luck, you might be rewarded with the sight of turtles hatching.

HIGHLIGHTS

- ★ Protect an endangered sea turtle nesting beach
- ★ Assist with night patrols and visit a turtle nursery
- ★ Soar through the rainforest canopy on a zipline adventure
- ★ Go whitewater rafting in the Pacuare River (rated one of the top rivers in the world)
- ★ Explore a small and secluded beach town and the local artisans market

PROGRAM SNAPSHOT

10-DAY PROGRAM

June 11 - June 20, 2024

June 24 - July 3, 2024

July 7 - July 16, 2024

July 20 - July 29, 2024

August 2 - August 11, 2024

Tuition: \$3,099

Service Hours: 20

Language Hours: 0

Max Group Size: 24

Age Range: 14-18

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

Airport: San Jose (SJO)



SPOTLIGHT ON COMMUNITY SERVICE

Each year, leatherback and green turtles come to Costa Rica's beaches to lay their eggs. Poachers steal the turtles and their eggs to sell in underground markets for profit. Although this practice is illegal in Costa Rica it is hard to enforce without the help of the local community's participation. You'll be assisting on night patrols with a local nonprofit and anti-poaching organization. Prepare yourself for long walks on the beach guided by the moonlight searching for turtle tracks and nesting turtles. You'll also participate in beach cleanups, survey nesting sites and raise community awareness.



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, where GLA staff will be there to greet you! We'll drive to the city of Alajuela, only a short distance away, where our group will meet and spend our first night in Costa Rica.

DAY 2: ZIPLINE AND TRAVEL TO PARISMINA

We'll wake up early to embark upon the six-hour journey to our Home Base in Parismina, a peaceful community located on the Caribbean coast. Along the way we'll stop to engage in one of Costa Rica's most exciting and rewarding adventures; a zipline tour through the dense cloud forest. After flying through the thick jungle for a couple of hours we'll continue our journey towards the coast. Parismina is quite remote, accessible only by boat or plane, so we'll be taking to the waters at the end of our journey. Upon arrival, we'll get a warm welcome from local staff and settle into our new home.

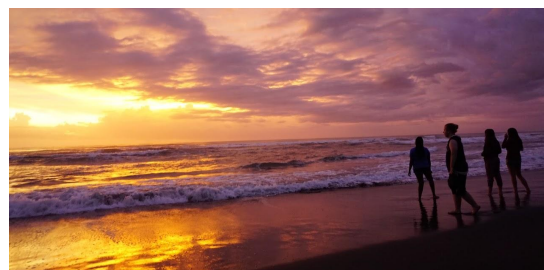
DAYS 3-7: NIGHT PATROLS, BEACH TIME, AND CULTURAL ACTIVITIES

The next 5 days are intense and exciting! During our 4 night patrols, we'll split into small groups and begin to walk the beach, being careful not to disturb nesting turtles. In the event of encountering a turtle, we'll guard the surroundings and collect eggs for safekeeping at the hatchery, where they'll undergo their natural development cycle. Expect long nights, ending close to midnight!

During the day we'll engage in a variety of activities. We'll take a tour through the surroundings of our Home Base and learn about the local fauna and flora. We'll even get to try fresh coconuts right off the palm trees. If we're lucky we might get to spot howler monkeys and sloths! We'll also go on a boat tour through the river canals surrounding the Home Base. On most afternoons we'll do beach clean-ups followed by a time to swim and play in the warm waters of the Caribbean.

We'll also go on a short truck ride to visit the town of Parismina. Local members of the community will guide us on a walking tour through this unique and peaceful place, where only about 500 people live. We'll also participate in a cooking class and a local artisan fair. When in town we'll also tour the turtle hatchery and learn from local experts how these amazing creatures are taken care of until they're ready to be released into the ocean.

Please note: Sea turtle nesting on the beaches of Costa Rica is a natural phenomenon that occurs annually throughout the spring and summer months. While every opportunity is given to maximize the chances for GLA students to witness this phenomenon in person, we unfortunately cannot control or predict the



exact time a turtle will emerge to nest or baby turtles we'll be ready to be released into the ocean, and therefore we cannot guarantee that students on any specific session will see a turtle in person. However, the service work students do on this program has a direct and lasting impact on local sea turtle conservation efforts.

DAY 8: WHITEWATER RAFTING

After a week of being immersed in the remote setting of Parismina and our Home Base, today we'll venture inland to go whitewater rafting. For a couple of hours we'll cruise down the exciting rapids of the Pacuare river. We'll work together as teams to surpass the various challenges that the river will present upon us. This will be a great opportunity to learn about a different ecosystem and appreciate the biodiversity of Costa Rica.

DAY 9: DRIVE BACK TO ALAJUELA AND FAREWELL DINNER

Our time in this beautiful and secluded location has come to an end and it's time to depart Home Base for Alajuela once again. We'll stop for our last Costa Rican lunch along the way and we'll enjoy a bit of free time at the hotel once we're back. In the evening we'll dress up for our farewell dinner and closing ceremonies.

DAY 10: DEPARTURE

It's time to say goodbye—or hopefully, see you later!—to our new friends and to Costa Rica. At the San José airport, the GLA team will help you check in for your flight and see you off on your return flight 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 2023, 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 a rustic ecolodge nestled in the jungle, and is just a short walk to the Caribbean Sea. Students stay in gender-segregated rooms with fans and mosquito nets, enjoy delicious, home-cooked Costa Rican meals and have bathrooms with cold-water showers. Limited access to electricity for only a couple of hours a day, plus the absence of Wi-Fi, allow for an opportunity to disconnect, recenter, and appreciate the local beauty of this remote setting. If you look closely, you might even spot local wildlife in the trees surrounding Home Base!

FOOD | We encourage all students to try local cuisine, both as part of the adventure and as a way to further connect with the community. Typical Costa Rican dishes generally include rice, beans, some type of meat and a vegetable or salad. Meals will be hearty, healthy and locally-grown whenever possible, and end with fresh Caribbean fruit.

CLIMATE | You'll arrive during the wet season—also called the green season. While Costa Ricans refer to this period of the year as *invierno*, or winter, temperatures are warm year-round. During this season, the mornings are usually sunny, with rainfall occurring in the afternoon.

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.

