



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



COSTA RICA: Spanish Service Adventure (14-day)

Costa Rica is your classroom! Practice Spanish through meaningful community immersion and hands-on learning, all while you experience the adventure of a lifetime.

OVERVIEW

On this program, go beyond the classroom for your Spanish learning journey. Living in Heredia, known for its lush cloud forests, pristine nature and friendly Costa Ricans, you'll learn to speak the language from locals. This environment will enhance your language skills through immersion, making sure you get plenty of practice and return home a more confident Spanish speaker. From ziplining to hiking in a national park to experiencing the magnificence of Costa Rica's wildlife up close, this is a summer program you won't want to miss!

The GLA Experiential Language Curriculum™ integrates Spanish language learning into all aspects of the experience, allowing students to immerse themselves in the culture through meaningful connections. From community service to excursions and cultural events, language is given a new context. Spanish class will never be the same.

HIGHLIGHTS

- ★ Take your Spanish to the next level through a structured immersion program at a local language school
- ★ Practice with native speakers in a welcoming Tico community
- ★ Experience the natural wonder and stunning scenery of Poás Volcano National Park
- ★ Explore the critical role that education and community development play in shaping Costa Rica's future
- ★ Hike in Barva National Park, a less-visited park featuring crater lakes, cloud forests and the dormant Barva Volcano

PROGRAM SNAPSHOT

14-Day Program

JUL 22 – AUG 04, 2024

See infosheet for 21-day program, [here](#).

Tuition: \$4,699

Service Hours: 28

Language Hours: 25

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

Volunteer with your peers on community-led service projects that focus on partnering with local schools to provide support in a variety of ways — from structural refurbishment and physical improvements to language and intercultural exchange with local students. You'll work to develop projects in community spaces, including schools, that are in poor condition or underserved. This way, you can leave a legacy behind that you'll be proud of. After all, by working to serve schools in the local area, we are aiming to help improve educational outcomes and support sustainable community development.



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) where GLA staff will be waiting to greet you with open arms. Meet up with your fellow travelers and head to Home Base, nearby in Heredia. Unpack, settle in and get to know your new friends and GLA team. Enjoy the views overlooking the city lights from your mountain home on your first night and prepare for the rest of the program!

DAY 2: ORIENTATION & CITY TOUR

Wake up to the sounds of your mountainous home, and get ready for an extensive orientation to go over group objectives, service expectations and helpful hints to help get accustomed to the culture. Break into Mentor groups and get to know each other better with icebreakers and group activities, including introductions in Spanish! After lunch, we'll explore our new home and tour Heredia's town center, learning about its history through colonial architecture and winding streets. You'll also get a taste of true "Tico" life as you pass locals and community shops while you wander.

DAYS 3-4: COMMUNITY SERVICE & SPANISH LESSONS

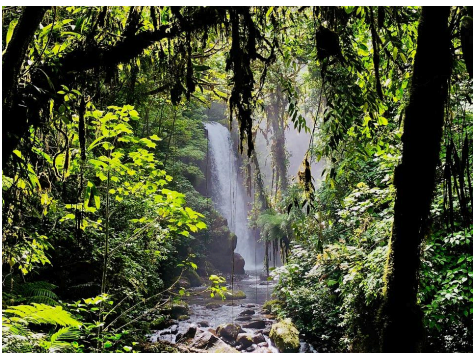
Meet up with local school leaders to learn about how you'll be helping with community-led service projects. Dive into hands-on infrastructure work as you collaborate with teachers to transform classrooms and school grounds into more inviting spaces. Our work will be physical and may include mixing concrete to build sidewalks for better access, painting and planting.

After service and lunch, we'll head to our immersive language institute to start our studies. After you take a language placement test, dive into interactive lessons with your Spanish instructors. Classes will be tailored to skill level — beginner, intermediate or advanced. In small groups, you'll begin your practice in an engaging way, focusing on practical communication skills. Don't be shy! Your instructors and locals here are patient, friendly and willing to help you speak more like a native. Take your lessons out of the classroom as much as possible, talking with vendors in a local market, conversing with our Home Base staff in Spanish and using your language skills at community service in the days to come.

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 5: LA PAZ WATERFALL & COFFEE FARM TOUR

Embark on an unforgettable journey to La Paz Waterfall, a breathtaking natural reserve nestled in the heart of Costa Rica. Take in the lush greenery, pristine waterfalls and diverse wildlife. Then we'll tour a local coffee farm and gain insights into the art and science of coffee cultivation, from bean to cup. Experience the harvesting and processing of coffee





beans, learning about the significance of coffee in Costa Rican culture and its role in sustainable agriculture.

DAY 6: POAS VOLCANO & ANIMAL RESCUE CENTER

Begin your day with a journey to the majestic Poas Volcano. Experience the awe-inspiring sight of the crater, surrounded by a cloud forest. Learn about the geological history of the area and explore the unique flora and fauna that thrive in this volcanic environment.

After a morning filled with natural wonders, transition to a meaningful afternoon at a local animal rescue shelter. Connect with passionate advocates dedicated to the well-being of Costa Rica's diverse wildlife.



DAYS 7-11: COMMUNITY SERVICE, LANGUAGE LEARNING & PURA VIDA CULTURE

We'll get back to work with our community service projects each morning, where we'll continue with beautification and infrastructure projects to improve local schools. Depending on the students' school schedule, we will engage with the children in games and activities. Immerse yourself in the vibrant local culture through language and intercultural exchange. Tap into your creative side as you support teachers with arts projects and imaginative activities. We'll go deeper into our learning about Costa Rica's education system and forge connections that go beyond borders.



Each afternoon after lunch, continue your language immersion journey with Spanish classes. Delve into Costa Rican cultural topics through insightful presentations and discussions, and apply your newfound language skills in practical scenarios. Engage in role-playing, group discussions and language games to reinforce your understanding and boost your confidence. Continue to take your language skills to the community as you engage in conversations during cooking class and dance lessons.



DAYS 12-13: ADVENTURE WEEKEND: ZIPLINING, NATURE WALK, BARVA NATIONAL PARK

As a reward for a week of incredible contributions to our local school partners and your own Spanish language improvement, you'll enjoy a weekend of adventure! Gear up for an exhilarating day with a ziplining adventure and aerial tram through the treetops. Enjoy panoramic views and learn about the incredible biodiversity from above. Explore a nature walk through an enchanting orchid garden and encounter fascinating serpents and butterflies on display.



Embark on a unique and off-the-beaten path experience as you visit the Barva Volcano. Explore the stunning landscapes and geological features that distinguish the lesser-known gem. Admire the pristine beauty of the crater and the surrounding natural wonders as you hike through the park.

Conclude your adventure-packed weekend with a celebratory final dinner. Share stories, laughs and memories from your GLA program experience.



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. You'll be departing with improved Spanish skills, a variety of unbelievable experiences to share with your family and friends, and ideally, a deep desire to return to Costa Rica again one day soon! *¡Adiós y nos vemos pronto!*

NOTICE ON PROGRAM UPDATES

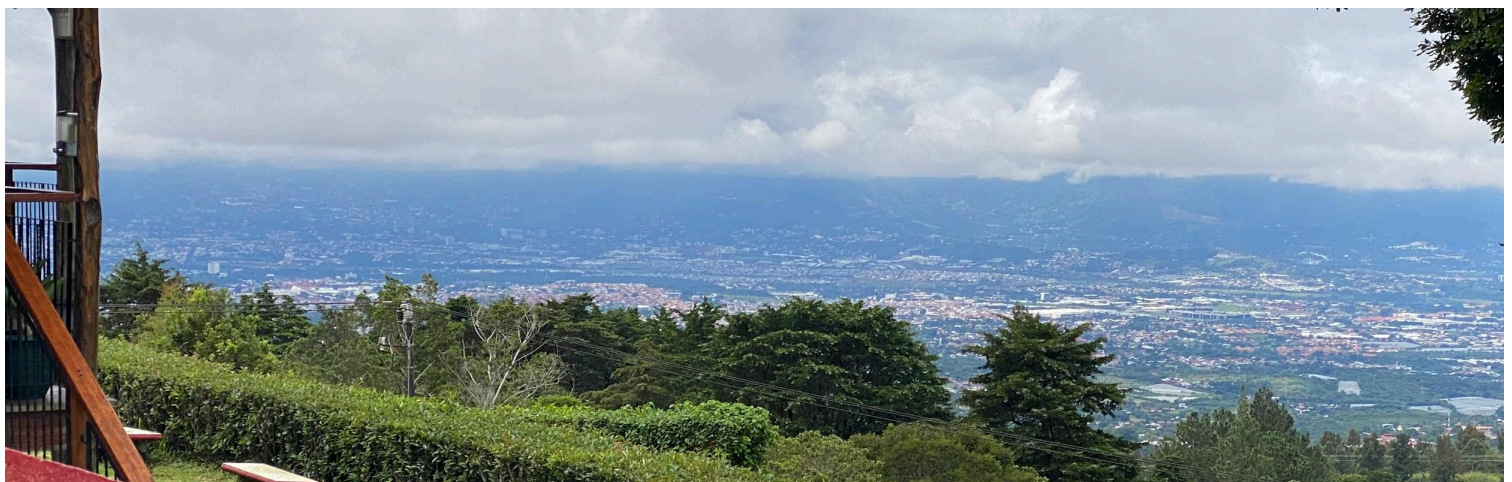
Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for 2024, some activities or details may change between now and the program start date. Please note that references from past participants and previously published 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 | GLA's Home Base for this program is a hotel located in the small town of Heredia in the Central Valley of Costa Rica, with mountain views overlooking the city. It is locally owned and operated with comfortable modest amenities and plenty of green spaces 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. The Central Valley experiences some of the nicest weather in the country that gets cooler as you go up in elevation. The days will be warm and sunny, with cooler temperatures in the mornings and in the evenings — highs around 79°F/26°C and lows of 65°F/18°C) at nighttime.



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 up 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.

