



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



## COSTA RICA: Marine Conservation & Sea Turtle Expedition

The beaches of Costa Rica are yours to explore this summer. Discover what you can do for the future of the planet as you learn about sea turtle conservation and ocean stewardship.

### OVERVIEW

As you travel the Pacific coastline during your expedition, you will contribute to conservation projects addressing climate change and learn to be environmental stewards. On the Nicoya Peninsula, spend a week learning about sea turtle conservation and supporting other wildlife native to the area. Then head south and explore the world-famous Manuel Antonio National Park, while continuing your environmental service projects along the coast.

For those on the 21-Day Program, your expedition will take you down to the southern Pacific region, where you'll discover what it takes to become an ocean steward. Throughout this traveling adventure, you will go deep into the impacts of climate change on our oceans, habitats, and communities, while checking off nearly every epic Costa Rican adventure you can imagine!

### HIGHLIGHTS

- ★ Explore the Pacific coast and enjoy ample beach time
- ★ Support a sustainable sea turtle hatchery
- ★ Zipline through the forest on an adventure excursion
- ★ Live in multiple beach communities along the Pacific
- ★ Collaborate with ocean stewards as you support reforestation, seed planting, and local campaigns to protect our oceans (21-Day Program Only)



## PROGRAM SNAPSHOT

### 21-Day Program

June 1 – July 7, 2024

July 11 – July 31, 2024

**Tuition:** \$6,499

**Service Hours:** 50

**Max Group Size:** 24

**Age Range:** 14-18

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

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

### 14-Day Program

June 11 – June 24, 2024

June 28 – July 11, 2024

July 17 - July 30, 2024

**Tuition:** \$4,799

**Service Hours:** 35

**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

Lend a hand on a variety of meaningful community service projects to support marine conservation along the Pacific coast. Wildlife and habitat conservation will be the cornerstones of your efforts. Assist local conservationists with sea turtle night patrols, hatchery support, and other duties to support this important year-round work. You'll live and work in small beachside communities where the ocean plays a huge role in daily life. Threats ranging from critical habitat loss to the climate crisis mean there are many opportunities to serve your host communities here; take part in projects based on what is identified as most needed at the time of your arrival. For example, you may participate in environmental projects such as beach clean-up, planting native tree saplings, or creating signs to promote environmental awareness and sustainability.



# 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 staff will be waiting to greet you with open arms. Meet up with your fellow travelers and get acquainted with your new travel pod. We will stay one night near San José to recover from travel, and then depart the next morning as we journey four hours to the Nicoya Peninsula to our Home Base located steps from the beach.

## DAY 2: ORIENTATION & SEA TURTLE CONSERVATION

Wake up to the sounds of the ocean and wildlife, 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 before heading out to our first day of service at the sea turtle hatchery. Our first day we will meet the leaders of the organization and start our new service work projects. In the evening, we will do our primary leadership anchor activity and get context for conservation in Costa Rica.

## DAYS 3 - 6: SEA TURTLE CONSERVATION SERVICE, FIRST NATIONAL PARK VISIT & BIOLUMINESCENCE BOATING

Service time! Meet up with organization leaders to learn about how you'll be helping with community projects. Our work will be physical and include constructing turtle hatcheries on the beach, measuring and marking patrol routes of sea turtle nesting locations, as well as planting and reforestation in the area. We will also do night patrols to protect turtle eggs and other work to support the sea turtles and their habitat. We'll break up into teams for our projects, and also use the time to practice communicating in Spanish with our local counterparts. We will hike and explore a nature preserve, and go kayaking to see the bioluminescence of wildlife off the coast. 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: SURF EXPLORATION DAY!

Today we set out for yet another epic Costa Rican beach town. Visit the community of Santa Teresa for a surf day and enjoy the sunset on the beaches of the Pacific. Sunset is a community ritual in San Teresa, so after a session on water there's no better way to end the day!

Then head back to Home Base in Montezuma for Mentor Group meeting and dinner.







## DAY 8: JOURNEY TO OUR NEXT BEACHSIDE COMMUNITY

Experience the back roads of Costa Rica as you wind your way down the Pacific coast and even take a ferry ride where you can potentially spot dolphins. Stop along the way and enjoy lunch and see the famous crocodiles of the Tarcoles River. By early evening we will arrive at our next home base situated on the beautiful Pacific Ocean.

## DAYS 9 - 12: SERVICE, ZIPLINING, AND PURA VIDA CULTURE

We'll get back to work with the community of Parrita, where we'll continue with new conservation projects for local community organizations. We'll go deeper into our learning about environmental stewardship and learn about Costa Rica's global Initiatives in this realm. Support local conservation initiatives including infrastructure building, beach clean ups and other tasks as needed by the local leaders of the community organizations. In addition to half days of service, we will go ziplining through the rainforest canopy, spend a day hiking and swimming in Manuel Antonio National Park where we will encounter monkeys and maybe even a sloth. In the afternoons, we'll try our hand at cooking the local cuisine, play games, learn local dance and have time to enjoy our natural surroundings at the beach and swimming pool.



## DAY 13-14: SERVICE WRAP-UP & FAREWELL 14-DAY

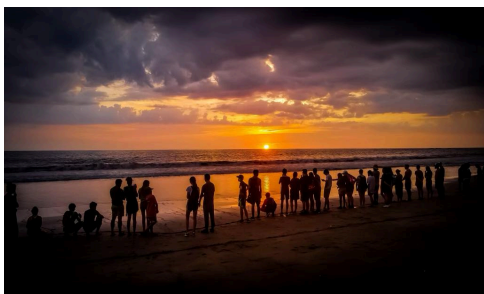
Today we will wrap up our service projects in this beach community and for our students on the 14-day program, it's time to say goodbye to your new friends and to the community that has served as your home away from home. Enjoy a celebratory meal together and reflect on both our accomplishments as well as what we've learned *together*.



The 14-day students will trek to San José, the capital to prepare for last-minute souvenirs and departures the following morning. For those on the 21-day program, we will continue our adventure further south to the town of Uvita.

## DAYS 15 - 18: OCEAN STEWARDSHIP & SERVICE, SNORKEL AT CAÑO ISLAND, SURFING & WATERFALLS

On the 21-day program, we start our last week together arriving at our final beachside community in Uvita. We will meet the leaders of our service project and provide support on projects ranging from seed planting and reforestation to beach clean-ups. On the way to Marino Ballena National Park, we will pass by the famous whale made by previous GLA groups and constructed entirely of recycled plastic bottles that has turned into an educational art demonstration for the public.



At Marino Ballena National Park we will discover the pristine beaches and abundant wildlife which it is so well known for. Ballena is Spanish for "whale," and is also the park's name due to its shape. Explore the natural beauty of the park--if we're lucky, we might spot sloths, monkeys or tropical birds. Students will get a chance to take a crash course in surfing, as well as boat to the incredible *Caño Island*, where we will snorkel with the various marine life. In addition, we will meet and hear from guest speakers and local leaders about how this region is one of the most biologically





diverse on earth, and what we can do to become ocean stewards.

Each region of Costa Rica is so distinct! We'll explore this peninsula through a waterfall hike and through spending time on the pristine beaches after service.

### **DAYS 19-20: VOLCANO HIKE, FINAL REFLECTION & CELEBRATION**

More adventure! We'll rise early and travel towards the center of the country, near the capital San José, and have the opportunity to hike the active Poas Volcano. We will also do our final reflections and leadership activities as our 3-week journey comes to an end. We'll enjoy a celebratory dinner and reflect on both our accomplishments and learnings.

### **DAY 21: 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** | GLA operates multiple home bases for this program. Each one is an eco-lodge or small hotel, steps from the beach with modest and typical amenities and a final one near the airport for departures.

**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](http://www.experiencegla.com/enroll).

