



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

Please note that program activities may change in order to adhere to COVID-19 regulations.

Costa Rica: Study & Intern Abroad



Study abroad independently by taking your college courses online or by advancing your own learning, including a chance to polish your Spanish skills. Intern abroad with a local organization or social enterprise with an opportunity to earn university credit.

OVERVIEW

Choose your own adventure for this fully customizable experience! Spend one, two or three months overseas at our private campus in Costa Rica while you continue your remote online learning experience or begin an internship in this tropical paradise. Your room and board includes access to WiFi, 3 meals a day, unlimited use of the peaceful open air yoga studio and robust 2-story fitness facility, weekly Spanish Immersion classes, volunteer activities and adventure excursions. This experience is intentionally crafted and organized so that you can pick and choose the combination that best fits your individual learning needs and travel style during your time in Costa Rica.

PROGRAM DETAILS

Service Hours: Optional
Language Hours: 12
hours/month
Max Group Size: 18
Age Range: 18-24
Airport: LIR

3 MONTHS: \$7,485 USD

February 1 - April 29
March 2 - May 29

2 MONTHS: \$5,490 USD

February 1 - March 29
March 2 - April 29
April 2 - May 29

1 MONTH: \$2,995 USD

February 1 - 28
March 2 - 29
April 2 - 29
May 2 - 29

HIGHLIGHTS

- ★ Live on an private, 3 acre remote campus in a Central American tropical paradise
- ★ Enjoy access to a 2-story strength and conditioning facility, open air yoga studio and basketball gym
- ★ Stay within walking distance to one of Costa Rica's most famous white sand beaches
- ★ Explore Costa Rica with three organized adventure activities per month
- ★ Immerse in the culture through weekly cultural workshops
- ★ Improve your Spanish through weekly language immersion lessons

SPOTLIGHT ON THE INTERNSHIP EXPERIENCE

This internship experience gives you a unique opportunity to give back to a local organization, nonprofit or social enterprise within Costa Rica. Choose between the Community Development and Environmental Focus internship track to provide a thematic framework for your experience. Interns will work approximately 30-40 hours a week with paired organizations while concurrently completing a variety of activities to apply knowledge and experience. Interns will continuously negotiate and reflect upon cross-cultural challenges and what it means to be a global citizen. We encourage you to check with your university to see if they will provide credit for this internship. If not, you can either forgo earning credit, or for an additional \$750 fee you can earn 3 credits from Portland State University for completing the required 120 intern hours as well as any specified criteria, curriculum and student reflection. The internship itself is included in the cost of your program, though participation is optional.

SAMPLE ITINERARY: WEEKLY BREAKDOWN

Actual schedule of activities will vary by each monthly session. The information detailed here is typical for what you can expect to experience and is meant to provide you with a snapshot of what to expect. 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.



WEEK 1: WELCOME TO COSTA RICA!

Fly into Liberia (LIR) on the first day of the program, where GLA staff will be ready to welcome you and take you to our Home Base, a private, three-acre campus in beautiful Playa Flamingo, Costa Rica. You'll be walking distance from the shores of the Pacific Ocean and Costa Rica's famed white sand beaches. Your first full day will be spent participating in a thorough orientation that will familiarize you with the Home Base amenities, the surrounding community, your cohort and how to make the most of the days ahead. Settle in with a delicious Costa Rican dinner and get to know your peers for the weeks ahead.



The flow of your days will depend entirely on your schedule and interests. Kick off your week by crafting your personal schedule around your online learning or internship. If you are independently working on your own course credits, you can find a space in the open air common rooms or hunker down in your air conditioned dorm room to work on your courses as you enjoy access to high speed WiFi. If you are participating in the Internship, you will have a second orientation to your internship experience and kick off your projects immediately.



During this week you can also set a language learning goal and work with your local on-site supervisors to find the Spanish courses that fit your level and schedule. Learn how to cook the typical Costa Rican meal for your weekly cultural activity and enjoy the beautiful surroundings at your fingertips. For your weekend, join in on the weekly adventure excursion and get your adrenaline pumping on a zipline adventure through the tropical forest canopy at Diamante Eco Adventure Park.

WEEK 2: SETTLE INTO PARADISE

By your second week, you can continue soaking up everything this experience has to offer. Setup a daily fitness routine where you can practice yoga, go for a run on the beach, or strength train in the 2-story gym before



indulging in a healthy, well rounded breakfast prepared by the in-house chef where you will have your pick of local fruits and varying wholesome options. Continue your online classwork or your internship during the day on your own schedule. Share family style dinner with your peers as you reflect on the day together and relax. Choose to participate in the weekly cultural activity and learn how to dance the Merengue, one of the most popular Latin dances in Costa Rica. Continue your Spanish learning around your schedule and challenge yourself to use your Spanish with everyone you meet. This weekend we will continue our adventure on a catamaran boat tour where you will snorkel and take in a spectacular Costa Rican sunset -- an experience like no other!

WEEK 3: LIVING LA PURA VIDA

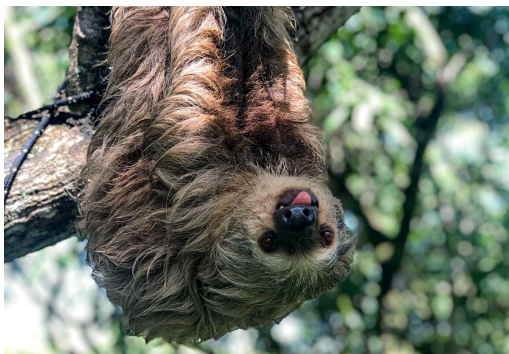
You are halfway through your month long experience and there is still so much to enjoy! By now you will likely feel connected to the country, your cohort and the local community and may begin reflecting on how you would like to maximize your remaining time in Costa Rica. Perhaps this week you opt into the organized service activity to give back to the local community and participate in an afternoon trash cleanup. Maybe you organize a basketball game with your peers or hike a new trail in the surrounding jungle. Continue your online courses or internship experience during the days and catch another breathtaking sunset (they never get old!) before settling in for a good old fashioned movie night back at Home Base. This weekend we will take to the rivers and enjoy the lush jungle interior during a white water rafting expedition.

WEEK 4: WRAP UP

You have made it to your fourth week in Costa Rica. You may have already planned to stay another 1-3 months, or maybe you are wrapping up and going home. Whatever your personal journey includes, the week is not over yet! Continue your online classes or if you are an intern you will focus on wrapping up your internship and saying goodbye to your Mentors that have guided you along the way. Enjoy those daily fruits and farm fresh eggs as you reflect on your month -- what have you learned and how has Costa Rica and the Pura Vida life changed you? Say goodbye to the community, to the beautiful beach, to the birds and the jungle. Enjoy one final dinner with your cohort before bidding them farewell and preparing for your departure. Staff will accompany you to Liberia on the day of your flight to ensure a safe exit. If you are staying for another month, you can opt into another weekend adventure as you hike through the Rincon De La Vieja National Park where diversity meets you around every corner with 2 volcanos, 32 rivers and abundant flora and fauna.

OPTIONAL: MONTH 2 and MONTH 3

If you have decided to extend your internship and study abroad experience in Costa Rica for another month or two, you'll now be an honorary local in the community with expert knowledge of the ins and outs of the area. Continue with your online classes, enjoy extra free time after you've wrapped your internship (or extend your intern experience further), and make more progress on your Spanish language learning through immersion. We may also be able to work with you and other peers extending their stay on new weekend adventure excursion activities to continue exploring Costa Rica.



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 2021, 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.

POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the global pandemic caused by COVID-19 outbreaks around the world, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

LIVING IN COSTA RICA

GLA HOME BASE | Home Base is an all inclusive campus in the small beach town of Brasilito, near Playa Flamingo, Costa Rica. This part of Guanacaste region is known for its incredible beaches, lush green vegetation and access to any needed resources and additional amenities and within short distance to a variety of iconic activities. With our unique campus model, we are able to manage COVID-19 in a way that still allows students to study abroad and keep safe.

FOOD | All meals are included on campus in the dining hall, breakfast, lunch, and dinner. Both typical Costa Rican cuisine (rice, beans, salad, tropical fruits) as well as some common staple items (pastas, sandwiches, etc.) are always available so you feel like home away from home with a little flare.

ON-SITE SUPPORT 24/7 | Your local Costa Rican Study Abroad Supervisors will be living on campus and available for students 24/7. Both for individual support, as well as safety and risk management guidelines for the facilities and campus in general relating to covid-19 preventions and management, emergency support and other miscellaneous i.e. tech support, homesickness, etc.

CLIMATE | As in all other parts of the country, the Guanacaste region where Home Base campus is located has a tropical climate with moderate temperatures. Rains are usually scattered, but rarely all day.

TRAVEL TO & FROM | Fly in and out of the newly renovated Liberia International Airport, approximately 1 hour from our Home Base campus.

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:



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.