

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

EXAMPLE ITINERARY ONLY: DURATION, DATES, COMMUNITY SERVICE HOURS AND LEARNING OBJECTIVES ARE CUSTOMIZABLE



COSTA RICA: Beachside Service Adventure

Discover an unforgettable adventure and experience what locals call "Pura Vida" — the pure life — while contributing to a meaningful service project in a rural beach community.

OVERVIEW

Escape to Costa Rica's beautiful Pacific coast, where you'll volunteer on a service project that is most needed at the time of your arrival. This could be a mix of efforts, such as beach clean-ups to make way for nesting sea turtles or community or ecosystem restoration projects. While it has many achievements to boast of, like universal healthcare, many Costa Rican communities still benefit from your support! Relax after a hard day's work at our beautiful Home Base. You'll also have the chance to enjoy a variety of adventure activities, such as thrilling river tubing and ziplining expeditions, as well as a catamaran and snorkeling tour to experience fun in the sun with all the new friends you meet on-program.

PROGRAM HIGHLIGHTS:

- ★ Volunteer on community development or environmental conservation projects
- ★ Zipline through the forest canopy & go tubing down a tropical river
- ★ Engage with locals and practice some Spanish
- ★ Enjoy a catamaran boat excursion and snorkel among marine wildlife

THIS ITINERARY INCLUDES

- **10 days / 9 nights of accommodation**
- 20 community service hours
- 1 free chaperone per 10 students
- Minimum 2 expert GLA staff members
- Medical & evacuation insurance
- 12-48 students (price is per student)
- *Optional 2-night extension: adventure excursion for an additional price*

SPOTLIGHT ON COMMUNITY SERVICE

One of the most unique and wonderful aspects of participating in a Global Leadership Adventures program is that our volunteer efforts are really community-led service projects. There are many opportunities to serve the community here, and that means you'll be working on a meaningful project based on what is identified as most needed within the community at the time of your arrival. For example, you may assist in environmental projects such as beach cleanups, planting native tree saplings, or creating signs to promote environmental awareness and sustainability. You may also work on initiatives within local schools, such as improving classroom infrastructure, or starting a school or community garden. The best part is that you'll be living and working together in a small beachside community alongside welcoming locals, all where the ocean plays a huge role in daily life.

SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities can be tailored to your group's needs. 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.



DAY 1: WELCOME TO COSTA RICA!

Fly into the Liberia Guanacaste airport (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 beautiful family owned hotel on the shores of the Pacific coast.. Get settled in and enjoy your first delicious Costa Rican dinner at Home Base. Chat with your roommates about what you're looking forward to most before you get a good night's rest.

DAY 2: GETTING ORIENTED

We'll kick off our time together with group team building activities, utilizing the gardens, pool, sport fields and sandy beaches around us. You'll also get familiar with your community service site. Learn about the service site leaders and local neighbors to gain insight about the socio-economic situation, geographic terrain and environmental status of the region you'll be working in. Tonight, we'll participate in our first Mentor sessions and a leadership activity.

**Note: We work with multiple community organizations in this location, so depending on the group size, students will be divided into smaller groups for service, or the whole group can rotate service sites daily. The itinerary below highlights the various service sites and possible projects.*





DAY 3: COMMUNITY SERVICE - INFRASTRUCTURE PROJECT

We'll get straight to the heart of the GLA experience by diving into our service projects. Work at a nearby school playground or community resource center, helping with renovation or construction work: sanding, painting, mixing and laying cement, making sure trash and recycling receptacles are updated and available, fixing the walkways and bridges and more. While there are many projects in progress, students will break into groups and each group will stick with the same project throughout the program. Helping improve these facilities gives the surrounding communities safe and beautiful spaces for play, gathering and education.

Afterwards, we'll return to Home Base for lunch and a cultural workshop: learn popular Costa Rican dances like salsa, bachata, and merengue. In the evenings, enjoy soccer or yoga on the beach, as well as reflection and leadership sessions around the bonfire with your GLA Mentors.



DAY 4: COMMUNITY SERVICE: BEACH CLEAN-UP

Today you'll have an immediate positive impact on Costa Rica's environment by removing trash before it infiltrates land and coastal waters and nearby mangroves. When it comes to ocean debris, the numbers are staggering: There are 5.25 trillion pieces of plastic debris in the ocean. Plastics in the ocean have deadly consequences for seabirds, fish and marine animals, and pollute a resource that is critical for all life on our planet. Dedicate a few hours to caring for our oceans today, and enjoy the clean beach afterwards!



DAY 5: SNORKELING & CATAMARAN RIDE

Time for a full adventure day! After breakfast we'll board a catamaran boat to a beautiful snorkeling spot, where the water is clear and warm year round. We'll explore a different world underwater, among colorful schools of fish and coral. Take a swim and relax on the white-sand beach like those that Costa Rica is famous for. Enjoy fresh fruits and a delicious lunch aboard the boat as we sail back to the harbor. If we get lucky, we might even spot some dolphins or sea turtles along the way.



DAY 6: COMMUNITY SERVICE: RESTORING OUR WATERSHEDS

Jump back into service work well-rested with the local non-profit organization Nandamojo Association at the Guanacaste Water Center. Work on a reforestation project that prevents drought. Traditional farming favored using herbicides and burning fires to clear land for cattle grazing in spite of the ecological damage these methods cause. Education to reverse these effects and pursue sustainable farming has begun; however, much damage still needs to be reversed.

This is where you come in! You'll make an impact by replenishing forested areas with new trees. Tend to saplings that are being prepared for replanting, plant trees in the field and maintain existing reforestation projects on public and private lands throughout the community. Planting trees and rebuilding a forest cover is critical to maintaining biological corridors for wildlife as well as retaining rainwater instead of losing it to runoff, and protecting the land from erosion and drought.





DAY 7: COMMUNITY SERVICE: TURTLE CONSERVATION

The black sand beach of Playa Junquillal draws four different species of sea turtles to our program location. Learn how to identify sea turtle tracks on the beach alongside the resident marine biologist. The projects you might work on will help protect turtles and increase their population. Replace and replenish sand in the hatchery, assist in the relocation of eggs to the hatchery where they can be monitored, collect biometric data on the beach, release baby turtles into the ocean (depending on whether Mother Nature grants us the opportunity), and clean the beach to make the environment more inviting to nesting turtles and plant native species.



DAY 8: COMMUNITY SERVICE & CULTURAL ACTIVITY

On our final day of community service, we'll work hard to put the finishing touches on our projects. Each community service cohort will have the opportunity to share their accomplishments with the entire group and reflect upon the challenges faced and triumphs achieved. In the afternoon, we'll come together for some friendly competition for traditional Costa Rican games and soccer scrimmage. Then we'll enjoy a cooking class led by a member of the community. Learn how to make some typical Guanacaste foods cooked in the traditional clay oven. *Buen provecho!*

DAY 9: ZIPLINING & TUBING ADVENTURE

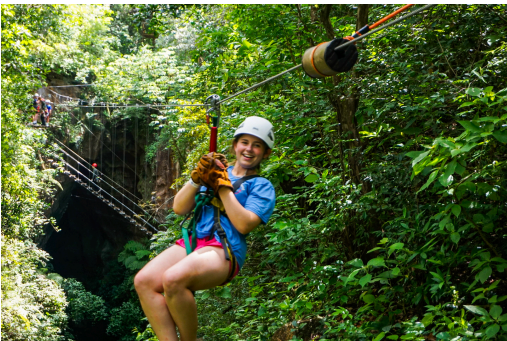
During the last full day in Costa Rica, we'll take advantage of the spectacular outdoor adventure the country has to offer! Today we'll test our limits and enjoy nature from above the treetops. Challenge yourself high in the forest canopy on eleven zipline cables, all designed to give you an exhilarating experience while safely soaring through the forest.



After a delicious lunch and some time to digest, enjoy more non-stop fun and excitement bouncing and splashing down three miles of rapids in the Rio Negro (rain & weather permitting). There are plenty of quiet pools along the way as well to appreciate the tropical scenery. The special river tube rafts you'll board are designed with handles and protective bottoms, and you'll have a guide to help point out sights and keep you safe while you enjoy the thrill!

DAY 10: DEPARTURE

It's hard to believe our Costa Rica adventure must come to an end. Reflect on your personal growth and life-changing memories as you take part in GLA closing ceremonies. We'll travel as a group back to your departure airport in Liberia where GLA staff will help you check in for your flight and see you off on your journey home.





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 spaces, tables and chairs in covered areas, and a view of the ocean from the hotel. The group will stay in gender-segregated dorm-style rooms with 6-8 students per room equipped with bunk beds, and have private bathrooms and air conditioning.

Students are permitted to visit the beach at the staff's discretion and with supervision. However, the ocean in front of the hotel is not always safe for swimming due to rip currents and occasionally high surf. Therefore, designated beach days have been scheduled to allow for time to swim at other calm locations.

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. The weather can change very quickly across the country, so it's important to be prepared by following the packing list.

FLIGHTS | Most group travel clients opt to travel together on the same flight, whether that be a group booking or individually-purchased tickets. GLA's partner travel agency, StudentUniverse, can be a helpful resource in finding and booking flights that meet the groups' budget and logistical requirements.

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.

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.

