

8-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



COSTA RICA: Pacific Marine Conservation 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

Embark on an exhilarating 8-day journey to the picturesque Pacific coast of Costa Rica in the small town of Parrita. Nestled amidst swaying palm trees, your beachfront Home Base offers a haven of relaxation, boasting hammocks dotting the landscape and a refreshing pool for those mid-day dips. Delve into the heart of local conservation efforts through community service projects, spending two impactful days aiding marine conservation, reforestation, and combating beach erosion. Engage in lively dance lessons and gain insight from a captivating guest speaker from Parrita. Immerse yourself in the flavors of Costa Rica during a group cooking class, savoring the essence of local cuisine. Feel the rush of adrenaline as you zip-line through lush canopies, then explore the breathtaking Manuel Antonio National Park guided by knowledgeable certified park guides. Conclude your journey with a relaxing catamaran and snorkeling cruise, soaking in the beauty of the Pacific Ocean reminiscing about the lifelong memories and friends you've just made.

PROGRAM HIGHLIGHTS:

- ★ Volunteer with a beachside community on marine conservation projects
- ★ Zipline through Costa Rica's forest canopy for an adventurous experience
- ★ Immerse in "Pura Vida" culture with local dance and cooking classes
- ★ Relax on a catamaran boat excursion and snorkel among Pacific marine wildlife

THIS ITINERARY INCLUDES:

- **8 days / 7 nights of accommodation and meals**
- All in-country transportation
- 12 community service hours
- 1 free chaperone per 10 students
- Minimum of 2 expert GLA staff members
- Medical & evacuation insurance
- 12-30 students (price is per student)
- Optional add-on: Surf lesson excursion

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!

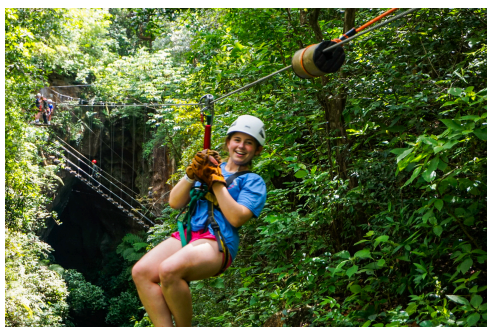
Fly into San José (SJO) where staff will be waiting to greet you with open arms. Embark on a 3-hour journey west to the Pacific Ocean. Arrive in Parrita, our home base for the week. Enjoy a group walk on the beach, a jump in the pool, or a nap in the hammock after your day of travel.

After you get settled in, 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 & ZIPLINING

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. After lunch, fly through the canopy forests via zipline and see Costa Rica from up above. Wrap up the evening after dinner with a leadership workshop and fun activities.

Break into Mentor groups and get to know each other better with icebreakers and group activities. In the evening, we will do our primary leadership anchor activity and get context for conservation in Costa Rica.





DAY 3: MARINE CONSERVATION SERVICE BEGINS!

Today we jump into work with the community of Parrita, where we'll help with new and continuing conservation projects for local nonprofits and NGOs. We'll go deeper into our learning about environmental stewardship and learn about Costa Rica's global Initiatives in this realm. For service we will support local conservation initiatives. Spend the afternoon lounging poolside or journaling in the hammock, then enjoy an EPIC Costa Rican sunset in the evening.



DAY 4: GUIDED TOUR OF MANUEL ANTONIO NATIONAL PARK

Today we will spend a day hiking and swimming in the jewel of Costa Rica, Manuel Antonio National Park where we will encounter all sorts of wildlife while we hike trails and learn more about Costa Rica. Meet monkeys and maybe even a sloth. Capture some breathtaking photos to remember these special moments with friends. After enjoying a picnic lunch on the beach we will enjoy some time souvenir shopping around the National Park.

DAY 5: SERVICE CONTINUES

Continue to support our local service project and learn more about conservation in this part of the world. In the afternoon, hear from a guest speaker focused on sea turtle conservation, then spend time relaxing in the pool and the incredible beaches.



In the evening enjoy learning from local community leaders as we hear from those in the community working to protect local turtle populations.

DAY 6: PURA VIDA CULTURE

Today 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 7: CATAMARAN & SNORKEL DAY

Experience the epitome of relaxation and adventure as you embark on a leisurely catamaran and snorkeling excursion along Costa Rica's breathtaking Pacific coast. Spend a day basking in the warm tropical sun, lounging on the spacious deck of your deluxe catamaran.

Dive into the vibrant underwater world, snorkeling among colorful coral reefs and tropical fish. Indulge in refreshing drinks and gourmet snacks as you unwind in style. This idyllic day on the ocean promises unparalleled tranquility and rejuvenation, leaving you with memories of pure bliss along the serene Costa Rican coastline.



DAY 8: DEPARTURE DAY

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 make your way back to the capital city. We'll travel as a group back to your departure airport in San José 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. In spring months, expect a little drier climate and potentially warmer days.

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.