

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



COSTA RICA: Animal Rescue & Veterinary Project

Discover different regions of Costa Rica through supporting rescue and rehabilitation efforts of domestic animals and learn about Costa Rican culture and history!

OVERVIEW

On this program you will promote animal rights and spread awareness about the issue in local communities. Gain pre-veterinary experience working alongside certified veterinarians and animal rescue experts. Not only will you engage in compassionate, hands-on work with lovable, furry friends at a dog and cat rescue center, you'll also learn about Costa Rican history and culture. In your time off service, experience all the outdoor adventure and natural beauty that Costa Rica has to offer.

PROGRAM HIGHLIGHTS:

- ★ Engage in hands-on volunteer work alongside veterinarians and get first-hand veterinary experience
- ★ Help care for dogs and cats at a rescue center
- ★ Experience home visits and rural clinics
- ★ Relax in the hot springs at Arenal Volcano

THIS ITINERARY INCLUDES

- **10 days / 9 nights of accommodation**
- 10-15 community service hours
- 1 free chaperone per 10 students
- Minimum 2 expert GLA staff members
- Medical & evacuation insurance
- 12-24 students (price is per student)
- Optional zipline adventure (add-on)

SPOTLIGHT ON COMMUNITY SERVICE

This is a service-intensive program, and you'll be expected to fully participate as a hands-on volunteer, shadowing local veterinarians and animal experts. Apply your compassion for animals as you rotate through different positions at a traveling clinic providing communities the access they need to veterinary services. Some of the cases you might see include spay and neuter, deworming, care for skin conditions and wounds, and recovery from malnourishment. Observe the intake, surgery and postoperative procedures, and help repair critical infrastructure and provide positive social interaction with the animals that bring comfort to their lives. Service will also include basic care for animals like dog walking, feeding and some cleaning.

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, the capital of Costa Rica. GLA staff will greet you upon your arrival, and our group will drive together to our Home Base in the mountains outside of San Ramon, approximately 2 hours away. The Home Base is a vegetarian hotel where the staff care for and love animals and nature. Tonight we'll get to know each other and prepare for the next two weeks!

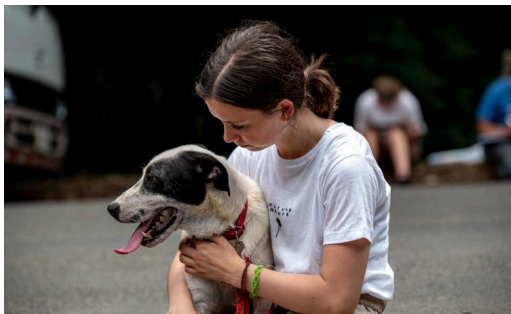
DAY 2: ORIENTATION DAY & INTRO TO SERVICE

What is there to learn about animal welfare in a rural village of Costa Rica? Turns out, a lot! Today we will get to know about the projects that our first service partner is working on to support animal welfare. In the afternoon, enjoy an informative talk from a guest speaker who will discuss different aspects of "Tico" culture. After a delicious dinner, reflect on the day's learnings with your mentor and fellow students in the first of many nightly mentor groups.

DAYS 3-4: COMMUNITY SERVICE - RESCUE SHELTER

We'll assist with many projects at a local rescue shelter for dogs by building or reinforcing kennels, walking dogs around the property, laundering blankets to keep the animals warm at night, or constructing a safe area for the dogs to run freely. Each day you'll have an opportunity to make a difference in the lives of many dogs at the shelter.

After service each day, you'll enjoy a variety of different activities: Play a pick-up game of soccer with friendly local community members. Try your hand at cooking as you learn to prepare a traditional Costa Rican dish alongside local community members. Learn to dance salsa, merengue and bachata from a local dance instructor. Visit the historic town of San Ramon where we will break into groups to walk around and visit a few significant sites. We'll also stop at an artisan market where you can shop for handicrafts





and souvenirs to take back home.

DAY 5: ARENAL VOLCANO HIKE & HOT SPRINGS

Adventure time! Today we'll take a break from service and head out for a hike around Costa Rica's famous Arenal Volcano. Afterward, relax in natural thermal hot springs and enjoy the surrounding nature.

DAY 6: DISCOVER GUANACASTE & SERVICE PROJECT #2

We'll say farewell to our first Home Base in San Ramon and have breakfast before our caravan departs for our second Home Base location in Liberia. It's a three and a half hour trip, but with some good tunes, games and beautiful sights along the way, we'll be there before you know it! After a quick orientation at our new Home Base, we will launch right in with games at the pool and get to know the hotel property and rules.

To start things off, we will have an orientation with our service partners and learn about the services these veterinarians provide for different communities in Costa Rica. Survey the town, calculate how many animals are in the area and observe what help they need. Spread the word about the pop-up vet services.

Conducting interviews and community diagnostics is a typical method for international development groups to make sure the aid they provide is in line with what's actually needed on the ground. You'll get to meet community members and their furry companions!

Later we'll have dinner, get our veterinarian scrubs ready and get to bed early so we're well rested for a full day of service tomorrow.

DAYS 7-8: MOBILE VET CLINIC

After reviewing our projects for the second part of the program, we're diving right into working with animals! For the next few days, we'll attend mobile veterinary clinics, run by a local group that gives animals the care they may not receive otherwise.

Learn firsthand the process and importance of these pop-up vet clinics. Shadow the vet staff and assist with making the mobile clinic operate smoothly. Help conduct physical exams, intake, post-operations and even witness surgery! For those who are truly aspiring to become veterinarians, this is a great introduction in the field to what your work may be like.

DAY 9: FINAL SERVICE DAY

Spend your last day of community service helping our service partners in the pop-up clinic educating people in these rural communities about the importance of spaying and neutering, providing lessons on proper grooming techniques, and teaching about animal nutrition and dental care.

In the afternoon, you'll pack your bags and head to our final hotel in the Central Valley near the airport. Relax, reflect and reminisce on all of your incredible experiences shared with your new friends. Enjoy a final dinner to celebrate all of your accomplishments and all of the animals you helped.





DAY 10: DEPARTURE DAY!

In the morning, it's time to exchange goodbyes and see-you-laters with your peers and staff. We'll travel as a group to the airport in San José, where GLA staff will help you check in for your flight and see you off for your journey home. The land of "Pura Vida" will no doubt leave a special mark on you with so many new friendships made and unforgettable experiences that you'll talk about for years to come.



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, and tables and chairs in covered areas. 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.

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.