

8-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



COSTA RICA: Ocean & Wildlife Conservation Adventure

Experience Pura Vida — *the pure life* — while becoming a steward for the ocean and wildlife ecosystems in Costa Rica.

OVERVIEW

On this program you will discover the famous Osa region of Costa Rica, where you'll be amazed by the variety of beautiful beaches, forests, and animal life. Experience the essence of the "Pura Vida" lifestyle as you learn about the local cuisine in a cooking class and connect with the surrounding community. You'll volunteer with local ecological groups to help conserve coastal animal habitats while generating a deeper understanding of sustainability and protecting native species. Stay active while hiking to a waterfall and exploring a National Park with wildlife.

PROGRAM HIGHLIGHTS:

- ★ Live in the coastal town of Uvita in the Osa region
- ★ Learn from local experts about critical wildlife and marine conservation efforts in the region
- ★ Go on an epic boat trip to Caño Island, snorkel and experience marine life
- ★ Visit an established Marine Center and learn about environmental conservation efforts in the area
- ★ Participate in cultural dancing and cooking lessons
- ★ Participate in a yoga class led by a professional instructor

THIS ITINERARY INCLUDES

- ★ **8 days / 7 nights of accommodation**
- ★ 12 community service hours
- ★ 1 free chaperone per 10 students
- ★ 2 expert GLA staff members
- ★ Medical & evacuation insurance
- ★ 12-25 students (price is per student)
- ★ Optional surf lesson from a local well-known surf school (add-on)
- ★ Optional ziplining tour through Costa Rica's diverse forests (add-on)

SPOTLIGHT ON COMMUNITY SERVICE

Protecting the diverse plant life that supports healthy coastal ecosystems is instrumental to the well-being of wildlife species. During this program, you will work closely with a local wildlife rescue center to care for rescued animals and contribute to initiatives supporting their natural environments. Many iconic wildlife species in Costa Rica are at risk because of their shifting natural environments. Expect to learn about some challenges wildlife habitats face and volunteer with different conservation efforts.

Contaminants generated by unsustainable practices worldwide find their way into the sea, impacting the precious ecosystem in Whale Bay and its wildlife. During this program, your community service projects will depend on what's most needed by your host community and its local habitats at the time of your arrival. This might involve taking part in reforestation initiatives along the coast and protecting beaches from erosion, making education signs and supporting local research initiatives, and/or supporting the care for animals who have been rescued. Our wildlife and environmental conservation projects in the Bahia Ballena community depend on the ocean tides, so sometimes we'll work at our service sites in the morning, and other times in the afternoon.

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), the capital of Costa Rica, where GLA staff will be ready to welcome you and take you to our hotel for the first night of the program. After you get settled, learn more about what to expect with an orientation that includes tips for acclimating to the culture and climate, expectations and our schedule for the days to come. Tomorrow morning, we'll depart early to Uvita.

DAY 2: ORIENTATION & COMMUNITY WALK

After our first Costa Rican breakfast, we'll get in the vans and begin the journey toward the Pacific coast. Along the way, we'll stop at a famous bridge to check out the large population of crocodiles that usually hang out in the area. We'll arrive at our Home Base in Uvita and go straight into lunch. In the afternoon, we'll walk around the surrounding area and learn some basic Spanish! There will be time to relax and enjoy the pool at our Home Base before dinner. In the evening, a guest speaker will highlight what makes this region so special and the marine conservation efforts.

DAY 3: COMMUNITY SERVICE & VISIT INNOCEANNA MARINE CENTER

Today we will get started with our community service. Based on actual needs at the time, our service will involve taking part in reforestation initiatives along the coast and protecting beaches from erosion, making education signs and supporting local research initiatives, and/or helping a wildlife rescue center with their ongoing projects. Our marine and wildlife conservation projects in



the Bahía Ballena community depend on the ocean tides, so sometimes we'll work at our service sites in the morning and other times in the afternoon. Service will typically take place as a half-day activity. We will also visit a famous Marine Center and learn about current projects happening to support ocean life.

DAY 4: VISIT MANUEL ANTONIO NATIONAL PARK

In the morning, we'll venture into one of Costa Rica's main tourist attractions: Manuel Antonio National Park. Here, we'll learn about the local fauna and flora as we hike some of the park's trails and visit some of its most beautiful beaches while trying to spot the many wildlife species that call this park home. We will have packed lunches to bring with us on the day excursion. Be ready to hear the famous Howler Monkeys and watch for sloths sleeping high in the trees! We will break up into smaller reflection groups in the evening to discuss the experience.



DAY 5: COMMUNITY SERVICE & DANCE LESSONS

Today we will continue with our community service projects and learn about important conservation efforts from local leaders. In the afternoon, a local dance instructor will lead the entire group through dance lessons! After dinner, we will participate in engaging leadership activities.



DAY 6: CAÑO ISLAND BOAT TOUR & SNORKEL EXCURSION & COOKING CLASS

Today we will take an adventure boat tour to Caño Island where we will get up close to the local marine life as we snorkel among schools of fish. You will have the opportunity to swim and snorkel in the ocean in these pristine coastal waters. After returning to Home Base, we will participate in a local cooking class where we'll get to prepare (and taste!) some of this region's delicacies.



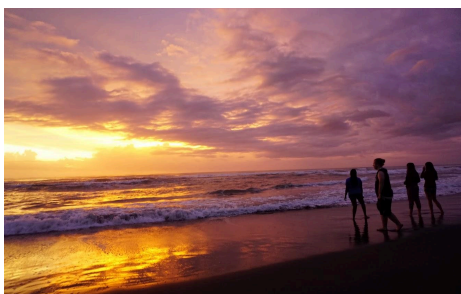
DAY 7: WATERFALL HIKE, FINAL COMMUNITY SERVICE & A YOGA CLASS

After a hearty breakfast, we will go on a short hike to the Uvita Waterfall where we will take in the lush scenery and even go swimming in the natural pools. In the afternoon we will spend some time wrapping up our final service projects and then will then participate in a yoga class to unwind from all of the activity.



DAY 8: DEPARTURE DAY

After breakfast, we will depart early for the airport in San José, where we'll say ¡Adiós y Pura Vida! Our Costa Rica adventure must come to an end. GLA staff will check students in for their journey home.



TRAVELING TO COSTA RICA

GLA HOME BASE | Home Base is an eco-lodge 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 common spaces, tables and chairs in covered areas. There's also a stretch of beach a short drive away from the Home Base, so there will be opportunities for the group as a whole to go and play on the sand and waves. The group will stay in gender-segregated rooms with roommates, and have private bathrooms and fans.

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.