

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



COSTA RICA: Caribbean Sea Turtle Expedition

Become a conservationist for Costa Rica's sea turtles as you explore an untouched coast.

OVERVIEW

On this program you will learn about many of the threats sea turtles face: boat traffic, climate change, accidental catch by industrial fisheries and pollution in their habitats. The population has declined by 90% since 1980. You'll live and work on the rural Caribbean coast, assisting a turtle conservation organization with critical efforts to preserve the natural areas where this endangered species lives. Ensuring that the turtle population will thrive for generations depends largely on our ability to educate ourselves and the local community and protect the places where turtles nest. With the right timing and luck, you might be rewarded with the sight of turtles hatching.

PROGRAM HIGHLIGHTS:

- ★ Protect an endangered sea turtle nesting beach
- ★ Assist with night patrols and visit a turtle nursery
- ★ Soar through the rainforest canopy on a zipline adventure
- ★ Explore a small secluded beach town and the local artisans market
- ★ Live in rhythm with the sounds of nature, tucked in the jungle just steps from the ocean!

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
- 12-24 students (price is per student)
- Optional add-on: whitewater rafting excursion

SPOTLIGHT ON COMMUNITY SERVICE

Each year, leatherback and green turtles come to Costa Rica's beaches to lay their eggs. Poachers steal the turtles and their eggs to sell in underground markets for profit. Although this practice is illegal in Costa Rica it is hard to enforce without the help of the local community's participation. You'll be assisting on night patrols with a local nonprofit and anti-poaching organization. Prepare yourself for long walks on the beach guided by the moonlight searching for turtle tracks and nesting turtles. You'll also participate in beach cleanups, survey nesting sites and raise community awareness.

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, where GLA staff will be there to greet you! We'll drive to the city of Alajuela, only a short distance away, where our group will meet and spend our first night in Costa Rica.

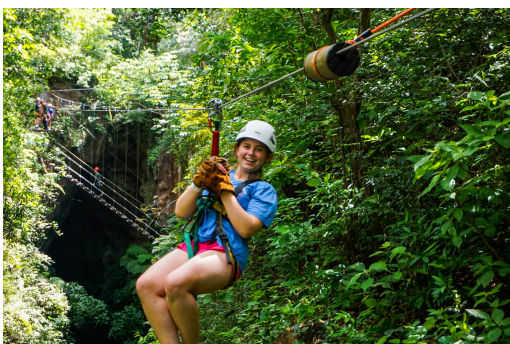
DAY 2: ZIPLINE AND TRAVEL TO PARISMINA

We'll wake up early to embark upon the six-hour journey to our Home Base in Parismina, a peaceful community located on the Caribbean coast. Along the way we'll stop to engage in one of Costa Rica's most exciting and rewarding adventures; a zipline tour through the dense cloud forest. After flying through the thick jungle for a couple of hours we'll continue our journey towards the coast. Parismina is quite remote, accessible only by boat or plane, so we'll be taking to the waters at the end of our journey. Upon arrival, we'll get a warm welcome from local staff and settle into our new home.

DAYS 3-7: NIGHT PATROLS, BEACH & CULTURAL ACTIVITIES

The next few days are intense and exciting! During our night patrols, we'll split into small groups and begin to walk the beach, being careful not to disturb nesting turtles. In the event of encountering a turtle, we'll guard the surroundings and collect eggs for safekeeping at the hatchery, where they'll undergo their natural development cycle. Expect long nights, ending close to midnight!

During the day we'll engage in a variety of activities. We'll take a tour through the surroundings of our Home Base and learn about the local fauna and flora. We'll even get to try fresh coconuts right off the palm trees. If we're lucky we might get to spot howler monkeys and sloths! We'll also go on a boat tour through the river canals surrounding the Home Base. On most afternoons we'll do beach clean-ups followed by a time to swim and play in the warm waters of the Caribbean.





We'll also go on a short truck ride to visit the town of Parismina. Local members of the community will guide us on a walking tour through this unique and peaceful place, where only about 500 people live. We'll also participate in a cooking class and a local artisan fair. When in town we'll also tour the turtle hatchery and learn from local experts how these amazing creatures are taken care of until they're ready to be released into the ocean.

Please note: Sea turtle nesting on the beaches of Costa Rica is a natural phenomenon that occurs annually throughout the spring and summer months. While every opportunity is given to maximize the chances for GLA students to witness this phenomenon in person, we unfortunately cannot control or predict the exact time a turtle will emerge to nest or baby turtles we'll be ready to be released into the ocean, and therefore we cannot guarantee that students on any specific session will see a turtle in person. However, the service work students do on this program has a direct and lasting impact on local sea turtle conservation efforts.



DAY 8: FINAL SERVICE AND COMMUNITY ENGAGEMENT DAY OR WHITEWATER RAFTING *(optional add-on)*

After a week of being immersed in this beautiful location, we will finish up our service projects and spend the afternoon getting smoothies in town and spending time with the local families that we've connected with. This is such a valuable opportunity to continue practicing Spanish! There will be time for a last game of soccer or volleyball before the evening leadership activity and getting packed up.

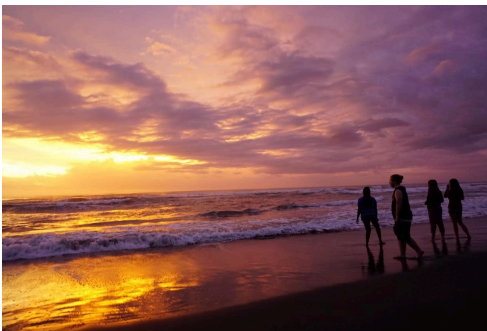


DAY 9: ALAJUELA & FAREWELL CELEBRATION

Our time in this beautiful and secluded location has come to an end and it's time to depart Home Base for Alajuela once again. We'll stop for our last Costa Rican lunch along the way and we'll enjoy a bit of free time at the hotel once we're back. In the evening we'll dress up for our farewell dinner and closing ceremonies.

DAY 10: DEPARTURE DAY

It's time to say goodbye—or hopefully, see you later!—to our new friends and to Costa Rica. At the San José airport, the GLA team will help you check in for your flight and see you off on your return flight home.





TRAVELING TO COSTA RICA

GLA HOME BASE | Home Base is a rustic ecolodge (built by our Local Director!) nestled in the jungle, and is just a short walk to the Caribbean Sea. Students stay in gender-segregated rooms with fans and mosquito nets, enjoy delicious, home-cooked Costa Rican meals and have bathrooms with cold-water showers. Limited access to electricity for only a couple of hours a day, plus the absence of Wi-Fi, allow for an opportunity to disconnect, recenter, and appreciate the local beauty of this remote setting. Hammocks and a volleyball court allow for both lounging and activities, and if you look closely, you might even spot local wildlife in the trees surrounding Home Base!

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 | You'll arrive during the wet season—also called the green season. While Costa Ricans refer to this period of the year as *invierno*, or winter, temperatures are warm year-round. During this season, the mornings are usually sunny, with rainfall occurring in the afternoon. Spring months may be a bit drier, with 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.