

## 10-DAY PROGRAM



# GLA GROUP TRAVEL SAMPLE ITINERARY

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



## COSTA RICA: Surf, Sports & Sustainability

Experience Pura Vida — or the pure life — while becoming a true steward for the ocean through surf culture, environmentalism and conservation efforts.

### OVERVIEW

On this program you will discover Costa Rica's Guanacaste Province--you'll be amazed by the variety of beautiful beaches, mangrove forests and lush jungles. Volunteer with local organizations to conserve delicate ecosystems and support community development projects. Learn about sustainable farming techniques and green initiatives. Stay active daily by surfing warm waves, practicing yoga and playing pick-up sports. Experience the essence of the ocean-minded "Pura Vida" lifestyle as you learn how to surf from skilled instructors. Take in all the beauty of the Pacific Ocean and rich biodiversity of Costa Rica during your time here in Central America.

### PROGRAM HIGHLIGHTS:

- ★ Stay active by surfing warm friendly waves and playing pick-up sports
- ★ Zipline through the forest canopy and enjoy an afternoon beach picnic
- ★ Learn about sustainable farming techniques and local green initiatives
- ★ 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
- 2 expert GLA staff members
- Medical & evacuation insurance
- 12-24 students (price is per student)
- Optional 2-night Extension: Adventure Excursion for an additional price

## SPOTLIGHT ON COMMUNITY SERVICE

Take part in community service projects to support environmental conservation along Costa Rica's Pacific coast. Students will volunteer alongside local organizations on environmental and community development projects. Students will also learn about mangroves and collect propagules for planting to support the regrowth of local mangrove forests. Mangroves are essential for reducing coastal soil erosion and are a critical habitat for both land and marine species found along the coast, and you can help them to thrive. Our goal will be to play a small but important part in protecting native habitats and supporting ecological restoration. Students will also lend a hand on a sustainable farm and learn sustainable farming techniques. Prepare yourself for many opportunities to learn more about advocating for our environment and promoting sustainability.

## 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 Liberia (LIR) Guanacaste 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 yoga retreat center surrounded by tropical forest. We'll start getting to know our fellow travelers, GLA staff, and what to expect during your program at orientation. Get settled and enjoy your first Costa Rican dinner at Home Base.

### DAY 2: ORIENTATION & PREVIEW TO "PURA VIDA"

During our first full day, attend an orientation to the program and kick off our time together with group team building activities, utilizing the gardens, pool, sport fields and sandy beaches around us. Familiarize yourself with the local ecological organizations and the sustainable farm that you'll be volunteering with. Learn about the impacts of the environmental projects and community infrastructure initiatives you'll be working on throughout your stay. Take in the Pura Vida lifestyle as you learn more about Costa Rican culture. Tonight, we'll participate in our first Mentor sessions and a leadership activity to get to know each other better.

### DAY 3: SURF & MANGROVE RESTORATION

Costa Rica has become one of the top international destinations for surfing due to its easy ocean access and variety of surf conditions. Today, you'll have your first surf lesson with certified local instructors at Playa Avellanas. Whether you are a first-timer, or are looking to improve your surfing skills, our coaches will ensure your wave count is high and your smiles are endless. Learn the basics of surfing, your equipment, and basic ocean safety. After our session, enjoy a delicious typical "Tico" brunch while you review your waves







and reflect on your first taste of the country's favorite adventure sport.

This afternoon, you'll learn all about the importance of the mangroves in Playa Avellanas and Junquillal. Seven species of mangroves are found in Costa Rica that serve very important ecological functions. They are the nursery for thousands of species of marine life and birds, plus their interlocking roots combat coastal erosion and rising sea levels. Make an immediate positive impact by assisting with reforestation efforts by collecting and planting mangrove seedlings (propagules). Every act counts in combating the degradation of the mangrove forest. In the evening, relax in the hammocks and reflect after a hard day's work with your new friends.

#### **DAY 4: YOGA & COMMUNITY SERVICE**

Start the morning off with a relaxing yoga class to stretch your tired muscles and recenter after an action packed itinerary thus far. Yoga connects the mind and body through movement and breath, which reduces stress and allows us to be more present. Yoga also increases your range of motion and flexibility, which is critical as you progress in your surfing and other athletic endeavors. In the afternoon, we'll head to a family owned and operated sustainable farm. Learn about the process of organic farm management and artisan cheese making. Taste the products made on the farm, and discuss the benefits of growing your own food and the impact it has on your health. By providing the animals with high quality organic feed grown right on the farm, this local family has created a thriving sustainable business with healthier products for the surrounding community and happier animals.

#### **DAY 5: ZIPLINE & BEACH DAY**

We'll soar in the canopy and enjoy nature from cables in the treetops. Challenge yourself on multiple exhilarating ziplines, all designed to give you an unforgettable experience while safely soaring through the forest. With some focus and a little luck, spot monkeys and tropical birds as you fly by!

Try boogie boarding some warm waves at a pristine white sand beach. Play some beach soccer and volleyball with your new friends, or relax in a hammock under the palm trees.

#### **DAY 6: COMMUNITY SERVICE & BEACH SOCCER**

Today we'll learn about composting, tend to the animals, and work the land to wrap up our projects on the farm. Harvest the crops for the animals, work in the garden, and learn the process from seed to harvest. Reflect on how this unique cultural experience has really given you insight into the region of Guanacaste which is known worldwide as a "Blue Zone", where people tend to live longer lives. Discuss with your group how you plan to implement more sustainable practices and what you've learned.

Enjoy some time at the Home Base relaxing and cooling off in the pool then head to the beach at sunset for some soccer. In the evening, take part in a leadership activity that addresses responsible tourism and how you can be a better steward for the environment. Reflect on sustainable practices and the importance of organic farming in Costa Rica.

#### **DAY 7: SURF & SPORTS SERVICE**

It's time to get back into the warm waves and feel the adrenaline again! In



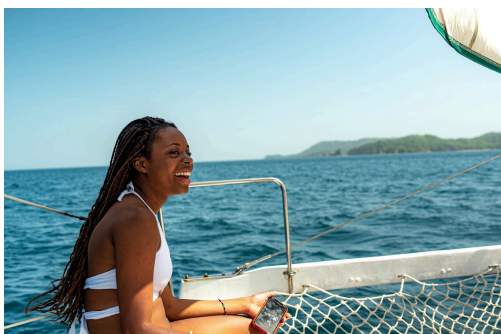


today's surf lesson, learn about the different types of waves, how to read the ocean to spot dangerous currents and safe entries/exits, and take your surfing skills to the next level. We'll focus on riding the waves to their full potential and relating that back to our own challenges in life.

After a hearty post-surf lunch, we'll get started on a community development project to support access to sports. Whether that is organizing a bike repair campaign, working on a local playground, or improving the soccer field, you'll complete the task knowing you're making sports more accessible for all in this rural community.

## DAY 8: COMMUNITY SERVICE & CULTURAL ACTIVITY

For your final day of service, you'll continue working on our community sports infrastructure projects and environmental action campaigns alongside our local partner organization. Put the final touches on the tasks you began previously to leave a lasting impact for the community. Say farewell and gracias to the local changemakers who have made special memories alongside the group. We'll have the opportunity to share 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: CATAMARAN SAILING & SNORKELING ADVENTURE

During the last full day in Costa Rica, we'll cruise up the Guanacaste coast via catamaran to a beautiful snorkeling spot, where you'll have the opportunity to identify a variety of tropical fish, manta ray, and hopefully even sea turtles and dolphins! After lunch, if the wind cooperates, we'll raise the sails and turn the motors off so you can fully embrace the sounds of the Pacific as we make our way back to port. In the evening, we'll take part in some final leadership activities and celebrate what an incredible adventure it has been. 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.



## DAY 10: DEPARTURE

After completing the program, it's time to exchange goodbyes and see-you-laters with your peers and staff. 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.




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## ADD-ON ADVENTURE EXCURSION:

We'll make our way to the majestic volcano Rincon De La Vieja National Park and check in to our final stop, a working hacienda nestled in the national park. During the first afternoon, get checked in and enjoy the thermal hot springs. The following day, experience the thrill of ziplining through the forest canopy and tubing down the Rio Negro river.



# 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. The group will stay in gender-segregated rooms with anywhere from 2-7 roommates depending on the cabin size, and have gender-segregated bathrooms. Each cabin has screened windows and fans. The Home Base is a rustic ecolodge with basic, yet comfortable amenities.

Students are permitted to visit the beach at the staff's discretion and with supervision. However, the ocean near 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.