



8-DAY PROGRAM

GLA GROUP TRAVEL SAMPLE ITINERARY

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



COSTA RICA: The Initiative for Children

Make an impact on the next generation of Costa Rican youth through infrastructure improvements and cross-cultural exchanges at local schools.

OVERVIEW

Learn how development issues in rural Costa Rica—from education access to sustainable land use—are related to the wellness of youth. You'll be based in a very small town far from developed tourism hotspots. Connect with children and families from the surrounding neighborhoods as you volunteer in their schools, primarily working on projects that improve the infrastructure and environment of the school. You'll also experience Costa Rica's lush landscapes and outdoor adventure activities like zip lining, hiking, lake kayaking, and relaxing in volcanic hot springs!

PROGRAM HIGHLIGHTS:

- ★ Volunteer on infrastructure projects at rural schools and discuss critical community issues
- ★ Experience Costa Rica's rainforest canopy on a zipline and on a hike to a waterfall
- ★ Go river tubing on *Rio Arenal* near the volcano and relax in hot springs
- ★ Experience Costa Rica's rainforest canopy on a zipline and on a hike to a waterfall
- ★ Participate in cultural dancing and cooking lessons
- ★ Learn about the farming industry in Costa Rica first-hand with tours and workshops!

THIS ITINERARY INCLUDES

- **8 days / 7 nights of accommodation**
- 10-12 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 rafting excursion (add-on) / catamaran boat tour & snorkel beach excursion (add-on, includes one extra day)

SPOTLIGHT ON COMMUNITY SERVICE

Work at a school or community center, where local children spend time every day. With community members and students, improve the infrastructure and conditions of the site, learn about the local challenges and opportunities available to children in the community. Depending on the needs of the community when you arrive, you might maintain gardens, build a greenhouse where food can be grown, refurbish a classroom or work on repairs. There might be opportunities to spend time with local children while they are on their breaks from classes.

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 be at the airport waiting to greet you! We'll drive together to Home Base, located in the town of Santa Teresa. You'll have time to rest up from travel before your first Costa Rican dinner.

DAY 2: ORIENTATION AND COMMUNITY SERVICE

We'll dive right into learning about our service projects with an orientation including important context about the surrounding communities. Rotate through different schools and public areas where you'll help build better infrastructure for classrooms and community centers, and support children in play-based learning activities. Spend the afternoon relaxing at the Home Base getting to know each other on the beautiful property exclusive to GLA with a lake and even some kayaks to take out!



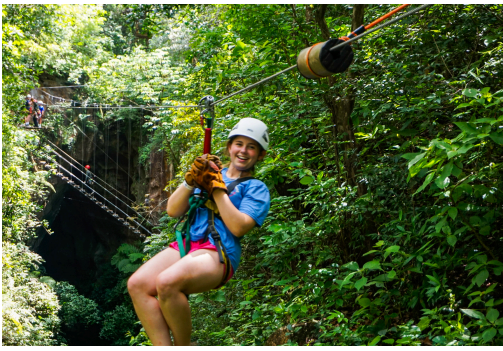
DAY 3: PINEAPPLE FARM TOUR & COOKING CLASS

Effective community service starts with knowing the community! Today, visit some of the farms that surround the town of Santa Teresa. Students in the schools you'll volunteer at are from the families who work on these pineapple and livestock farms. Hear from a guest speaker about the process of coffee production, one of Costa Rica's main exports. In the afternoon, you will participate in a cooking class and even try the local food that you prepare!

DAY 4: HIKING AND HOT SPRINGS

Enjoy hiking to a waterfall near the famous Arenal Volcano in the town of La Fortuna. Hike, splash around and marvel at the natural environment. Afterward, relax in some of the amazing hot springs for which La Fortuna is known.





DAY 5: COMMUNITY SERVICE & DANCE LESSONS

We will continue our service projects at a school or community center, where local children spend extended time every day. With community members and students, improve the infrastructure and conditions of the site. Depending on the needs of the community when you arrive, you might maintain gardens, build a greenhouse where food can be grown, refurbish the classroom or work on repairs. The afternoon will be filled with fun cultural dancing lessons! After dinner, the group will participate in leadership activities.

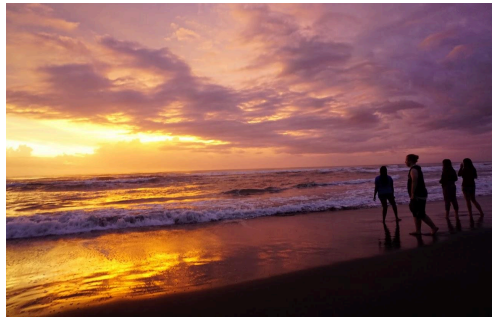
DAY 6: COMMUNITY SERVICE & FARM WORKSHOP

Today will be the final morning to finish up our service projects! In the afternoon, we will visit some of the farms that surround the town of Santa Teresa. Students in the schools you'll volunteer at are from the families who work on these pineapple and livestock farms. Hear from a guest speaker about the process of coffee production, one of Costa Rica's main exports.



DAY 7: ZIPLINING & RIVER TUBING ADVENTURE

A student favorite! Take a full day to go on an adrenaline-pumping ziplining adventure. See Costa Rica's lush forests from high above as well as on the river while tubing down Rio Arenal. Wrap up with a final farewell dinner.



DAY 8: DEPARTURE DAY

Alas, it's time to exchange goodbyes with the students departing on the 14-day program where GLA staff will send them off from San José. The rest of the group will push to complete the initiatives for children in this remote part of Costa Rica, leaving a lasting impact for years to come. During the afternoons, there will be new cultural activities to engage in!



WHITE WATER RAFTING EXCURSION - snapshot

Spending your last days in Costa Rica calls for an epic adventure! Today, get ready to paddle down rapids on the Aguas Bravas River. Work together in groups of 4-5 per raft to overcome the challenging and fun rapids and appreciate the beauty of the local fauna and flora.

BEACH EXCURSION - snapshot

After spending the last week in Costa Rica and exploring all that inland has to offer, it's time to head to the beach for an overnight in the famous Guanacaste region, known for its incredible beaches.

We will stay overnight near the beach, where we'll soak in two days of sunshine and beach bliss. Enjoy an ocean catamaran ride, complete with an opportunity to snorkel and spot some of the area's brightly-colored fish and other ocean creatures.

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 large private lake to kayak and swim in, large outdoor spaces, tables and chairs in covered areas, and a view of the famous Arenal Volcano. 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.

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.

