



Please see the **NOTICE ON PROGRAM UPDATES** at the bottom of this sample itinerary for details on program changes.

Please note that program activities may change in order to adhere to COVID-19 regulations.



COSTA RICA: Pura Vida Service Adventure

Costa Rica is your classroom where cross-cultural experiences, meaningful volunteering and unforgettable adventure create a limitless learning environment.



COLLEGE PREPARATION WITH LEWIS & CLARK

Learn how international leadership and service experiences can prepare you for your college search process.

As part of your program, we will hold two information sessions to help prepare rising high school students for the college search and application process, as well as become more familiar with careers related to sustainability, conservation, and the environment.

First, we'll talk about making the most of your years before college, how to use these experiences abroad to demonstrate your values, and how to prepare for your college search process. We'll sit down and help you understand how to relay these experiences abroad in a meaningful way on a college application, admissions essay, or in-person interview.

Second, we'll explore pathways for careers in a range of environmental fields including discussing typical undergraduate majors and programs in environmental studies. We'll discuss institutions that can provide experiential opportunities during your college years.

OVERVIEW

Kick off your adventure in Cartago, land of volcanoes, beautiful nature and friendly Costa Ricans. In this unique town, you'll enhance your understanding of "Tico" culture, making sure you get plenty of interaction with the local community and your peers through collaboration on community service projects. After service, experience Costa Rica's lush landscapes and outdoor adventure activities like ziplining through treetop canopies, hiking through renowned national parks, whitewater rafting and surfing.

This program is in partnership with Lewis & Clark College, and staff will include mentors who are Lewis & Clark graduates and staff, and special college preparatory workshops will be incorporated by these staff into the experience.

HIGHLIGHTS

- ★ Volunteer on infrastructure projects at rural schools
- ★ Go on an exhilarating whitewater rafting adventure down Rio Orosi
- ★ See an abundance of wildlife in Marino Ballena National Park
- ★ Learn the importance of sustainable development for Costa Rica's future
- ★ Surf the gentle waves in Bahia Ballena (no matter your skill level)

12-DAY PROGRAM

July 21-August 1, 2023

Tuition: \$4,499
(+application fee)
Service Hours: 28
Language Hours: 25
Max Group Size: 30
Age Range: 14-18
Student-to-Staff Ratio: 6-to-1
Airport: SJO

SPOTLIGHT ON COMMUNITY SERVICE

Community service is at the heart of every GLA program. In the face of increased tourism and development, you'll volunteer on projects focusing on the social development of rural communities and the improvement of recreational spaces. Focus on the creation of community spaces in the rural town of Cartago. Develop projects in public spaces, including schools and sports fields that are in poor condition or abandoned. Through rehabilitating safe, community-friendly spaces, we are helping to reduce school dropout rates, enhancing the abilities of children, providing increased access to sports, and supporting overall community development.

SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities will vary by program session. 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 and specific needs of the student group.



DAY 1: WELCOME TO COSTA RICA!

Fly into San José (SJO) where staff will be waiting to greet you with open arms. Gather with your fellow travelers and head to Home Base in Paraíso de Cartago. Unpack, settle in, enjoy your first Costa Rican meal and get acquainted with your new home.

DAY 2: ORIENTATION & CITY TOUR

We'll dive right into what the next days have in store during orientation and learn about how you'll contribute to service projects. Then we'll enjoy a walking tour of the unique city of Cartago. In the afternoon we'll play some soccer and continue orientation to go over group objectives, service expectations, and helpful hints to help get accustomed to the culture. Break into GLA Mentor groups and get to know each other better with icebreakers and group activities.

DAYS 3 - 4: COMMUNITY SERVICE, IRAZU VOLCANO & CULTURAL DEEP DIVE

Service time! Meet with community members to learn about how you'll be helping with community projects. Service begins early each morning and ends at lunchtime. Our work will be physical, and may include mixing concrete to build sidewalks for better access, painting, and planting. We'll break up into teams for our projects which will be at schools and local sports fields, and also use the time to practice a bit of Spanish with our local counterparts.

In the afternoon, witness the breathtaking views of Orosi and Ujarras valley, where you will see ancient ruins of times past. Additionally, we'll have the chance to play soccer, learn traditional dance or cooking and learn about Costa Rican life and history from a guest speaker.

In the evenings, reflect with your fellow GLA students and mentors on the impact of service, your leadership journey and our cross-cultural experiences.

DAYS 5 - 6: ZIPLINE

Sail through the cloud forest and keep your eyes peeled for brightly-colored birds and other wildlife. Ziplining in the canopy is the best way to experience the Costa Rican tropical forest.

We'll continue our work on our community service projects in Paraíso in the afternoon and again the following morning. Reflect on the challenges faced by the local community. We will also visit the famous Prusia forest to hike among towering trees and catch glimpses of Irazu Volcano in the distance.

DAYS 7 - 8: RAFTING, TURRIALBA VOLCANO & SERVICE

We'll rise early and travel by bus to the Orosi River, where we'll embark upon a whitewater rafting adventure! With the help of our expert guides, we'll navigate our way down the river and enjoy the adrenaline rush.

In the afternoon, we will get back to work with the community of Paraíso, where we'll wrap up our service projects. By this time, you may have developed friendships with the Costa Rican locals, and so you'll want to



cherish these last interactions!



On Day 8, we'll enjoy a field trip to Hacienda La Central to experience Costa Rica's various different types of forests (subtropical and tropical) from a whole new perspective. Take in the amazing landscapes at Turrialba Volcano National Park as we hike near the base of the volcano and learn about the many species of flora and fauna that we'll encounter.

DAYS 9 - 10: OVERNIGHT EXCURSION & SURFING

After a week of service and learning, it's time for a weekend adventure! Experience the back roads of Costa Rica as you wind your way from the mountains around Home Base down to the Pacific coast. The highlight of this overnight trip is Marino Ballena National Park, known for its pristine beaches and abundant wildlife. Ballena is Spanish for "whale," so named for the shape of the park. Explore the natural beauty--if you're lucky, you might spot sloths, monkeys or tropical birds. Surf, swim, and relax on the beach. You've earned it!

DAY 11: RELAX & REFLECT

We'll make our way back to Cartago for a final day of activities and relaxation at our Paraíso Home Base. Fittingly, Paraíso translates to "paradise" and we'll reflect on our time spent together and the new life-long connections we have forged in the beautiful tropical paradise of Costa Rica. After everyone has prepared their suitcases for the journey home, we'll enjoy a celebratory farewell dinner together and reflect on both our accomplishments as well as what we've learned from this experience in the land of Pura Vida!

DAY 12: DEPARTURES

It's time to say goodbye to your new friends and to the community of Paraíso de Cartago that has served as your home away from home. At the airport, GLA staff will help students check in for flights and see them off for the journey home.

NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for 2023, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.

POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the COVID-19 pandemic, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

TRAVELING TO COSTA RICA

GLA HOME BASE | GLA operates two Home Bases for this program. One is located close to the central park in Paraíso de Cartago and the other one is about 20 minutes away with a fantastic view of the valley.

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.

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.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY**

 **NBC NEWS**

The Boston Globe

seventeen

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.

Enroll Now

We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.