

Costa Rica: Beachside Service Adventure

From the jungle to the classroom, experience all Costa Rica has to offer and all you have to offer her!



Highlights

- Five steps from an untouched beach
- Hike around a volcano
- Zip line through the forest
- Volunteer at an impoverished primary school
- Ride inner tubes down a jungle river



Costa Rica: Beachside Service Adventure

Join us in Costa Rica on the shores of the Pacific Ocean where you'll volunteer at schools in impoverished communities helping to improve the education of the local children. Along the way, you'll learn more about Costa Rican culture and experience exciting excursions along beaches, volcanoes, forests and waterfalls.

Community Service

We're living and working in an impoverished community where most people are farmers or fisherman. We'll be working at the school where the local children study. We will teach English, sports or arts & crafts. In addition, we will assist in projects to improve the school's infrastructure, such as building a playground or an outdoor basketball court. In addition, we'll occasionally provide after-school activities for the children at a nearby beach such as organizing sports games, arts/crafts and more. You'll also have the opportunity to help build hiking trails, clean up beaches and create signage to protect a local nature reserve.

Hands-On Learning

Living in an authentic community is a great way to learn about Costa Rican culture. You'll spend the afternoon with a local family, learn to dance *salsa* and *cumbia*, try exotic fruits and learn about current social issues in Costa Rica.

Adventure

Costa Rica offers many exciting excursions in a natural setting. We'll ride inner tubes down a roaring river, zip line through a forest and soak in a natural hot springs. You'll also hike around an active volcano and see amazing bubbling mud lagoons and all the other natural wonders of the volcano. We will kayak to nearby islands, as well as ride horses through a jungle paradise. Our location on a private beach resort allows us space for impromptu soccer and volleyball games as well as a variety of water sports.

Lodging

The GLA Home Base is a huge campus just a stone's throw away from the beach. On our campus, our globally-minded students will make new friends and have time to unwind and relax. We are located in a rural Costa Rican community that most travelers never see. Our Home Base is a beach resort used exclusively by GLA located inside a community most travelers never visit. It is a comfortable resort located on a peaceful bay on the Pacific Ocean. The Home Base has a private beach, series of swimming pools and many areas for sports. Three students comfortably share a bedroom with private bathroom and fan. The eating area has a thatched roof and looks out over the swimming pools and ocean.

Tuition

Tuition includes all in-country expenses such as: lodging, meals, transportation, all activities and entrance fees, community service materials, all excursions, wi-fi internet access, backup medical insurance, experienced program leaders. Tuition does not include the following: international airfare, souvenirs, snacks, laundry, phone calls, or medical expenses.

10-day program

June 18 – June 27, 2012
June 30 – July 9, 2012
July 12 – July 21, 2012
July 25 – August 3, 2012
August 6 – August 15, 2012

Duration: 10 days

Tuition: \$1999

Service hours: 20

Max. group size: 50 students

Location: La Cruz



Program Schedule

***Disclaimer: Actual order of activities will vary by program session.** The day by day itinerary detailed below is typical for what you can expect to experience, but not set in stone as work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather. This itinerary is designed to give you an example of what a day to day schedule would look like and provides a clear idea of the program experience. It may be changed during the summer as staff see fit and on the ground circumstances and opportunities change our course. Costa Rica will challenge you as students are expected to work hard and really be present for all that we do. You will get hot, dirty and bug bitten along the way, but your contribution to the rural community and to each other will positively impact everyone involved.*

Day 1: Students arrive to Liberia airport on the first day of the program and are taken to the GLA Home Base which is our private and rural sprawling resort on the shores of the Pacific coast. Students will engage in icebreakers on the beach with staff while awaiting the arrival of the rest of the group. After dinner, students will select their preferred service project: social working at local primary school teaching and playing sports, or environmental working on projects such as building trails and making signage to protect the wildlife and habitat of the nearby nature reserve and engaging in beach clean-ups and litter prevention campaigns.

Day 2: After a hearty breakfast, we'll have a morning of orientation to GLA, Costa Rica and the Code of Conduct followed by ice breakers and team building activities utilizing our gardens, pools, sport fields, and sandy beaches so everyone becomes acquainted with the grounds. After lunch, we'll head out to the community service site and meet with the community members and learn more about the socio-economic situation of the community and a bit about the geographic terrain and environmental status of this region. After a typical Costa Rican dinner we'll participate in our first leadership activity.

Day 3: We'll dive deep into the community service project. We'll work from approximately 8am to 12 noon doing community service and then return to the Home Base for lunch. After lunch, we'll break into teams to compete at different outdoor activities. After dinner we'll start to learn Latin dance moves by local instructors.

Day 4: After a morning of community service, we'll drive up to the border with Nicaragua and learn more about the situation of Nicaraguan immigrants who come to Costa Rica and discuss questions of immigration, identity and culture. After dinner, we will reflect on our community service projects and learn more about Tico culture from a local professor who teaches history and culture.

Day 5: We'll start the day with a morning of community service at our different projects. After lunch we'll break into groups to kayak around the bay and visit a nearby uninhabited island.

Day 6: Today we will challenge ourselves by hiking to Pailas in Rincon de la Vieja National Park. On our half day trek we will see amazing bubbling mud lagoons and all the other natural wonders of the volcano, as well as enjoy breathtaking views of the Costa Rican countryside. After we hike down, we'll relax our tired muscles in a natural hot springs known for their healing properties.

Day 7: We'll see a totally different side of Costa Rica today today as we visit one of the most touristy areas and see the massive development happening. We'll discuss the issues related to tourism and sustainability and the impact on the local economy. You'll have a chance to shop, enjoy the beach, stop at an internet café and check out the local handicrafts. In the evening, we'll continue to practice our Latin dance moves.

Day 8: After a fun and relaxing weekend, we return to our community service project. Since it's the last day, we'll hand-make piñatas with the local children. That evening, we'll have our farewell party with the local families, we'll break open our piñatas as we say goodbye to the community.

Day 9: Our last full day in Costa Rica will be packed full of adventure. We'll start by zip lining through the treetops of a forest, then we'll ride inner tubes down a roaring river, followed by a horseback ride around the base of a volcano and end it with fun in a gorgeous waterfall and hot springs. At night, we'll have our farewell banquet and party.

Day 10: We'll enjoy our last breakfast together as a full group. Most students will depart around mid-day for the airport.

About Global Leadership Adventures

Global Leadership Adventures, established in 2004, is the premier international community service-learning program for high school students. Students come back transformed.

GLA is unique because of its focus on leadership development and first-hand learning about global issues. Students learn first hand from social pioneers around the world who are creating positive social change in their communities.

Students are taught to use their heart, as well as their head, to become agents of positive change across borders.

GLA has been featured in:

The New York Times

seventeen

The Boston Globe

BALTIMORE TIMES ONLINE

