

## Costa Rica: Spring Break Service Adventure

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### Highlights

- Live at the edge of the rainforest for a week
- Hike up to the crater of a volcano
- Tube down a roaring river
- Experience massive biodiversity
- Zip line through the forest
- Volunteer at an impoverished village primary school

## **Costa Rica: Spring Break Service Adventure**

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Experience nature in all its beauty on this unique program in Costa Rica. We're based in the Guanacaste Conservation Area – one of the most unique places on earth, with so much biodiversity that UNESCO, a UN body, named it a World Heritage Site.

The conservation area is located directly on top of the Continental Divide, where the Atlantic and Pacific ecosystems collide to create a natural kaleidoscope unmatched anywhere else in Costa Rica. The area is home to 140 species of mammals, 300 species of birds, 100 species of amphibians and reptiles, and over 10,000 species of insects.

Live near the edge of Rincon de La Vieja Crater and spend time exploring the rain forest. You will volunteer in a village school teaching, refurbishing the school and getting to know local children. Along the way, experience the vast range of natural wonders in a variety of ecosystems through exciting outdoor adventure activities.

### **Community Service**

The project will be in a village school, we'll start working in an impoverished community where we'll volunteer at a local school teaching 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 participate in some environmental projects in the rainforest.

### **Learning**

You will experience the unique ecosystems only found in this part of the world. Along the way, you'll also learn about taxonomy and learn to identify flora and fauna of the region. We'll see first hand the challenges locals face with regard to access to natural resources. You'll also learn about Costa Rican culture, including dance, music, and social issues.

### **Excursions**

You'll engage in just about every outdoor activity imaginable! The huge range of ecosystems concentrated in a relatively small geographic area provides a vast array of exciting outdoor adventures. We'll explore the forests by hiking, whitewater tubing, zip lining and horseback riding. You'll also hike up an active volcano, relax and shop at a local beach, bathe underneath a waterfall, as well as ride horses through a jungle paradise.



### **Lodging**

On the first night, the group will travel to our Home Base – which are rustic and simple bunkhouses, with four bunk beds per room and shared bathrooms. Although the Home Base is remote, students will be able to call home to let families know that they arrived well. Food will be hearty and healthy, locally grown food that consists of meats, beans, rice, vegetables, and fruit.

### **Tuition**

Tuition includes all in-country expenses including lodging, meals, transportation, all activities and entrance fees, community service materials, all excursions, backup medical insurance, and experienced program leaders.

Tuition does not include the following: international airfare, souvenirs, snacks, laundry, or medical expenses.

### **8-Day Program**

March 31 – April 7, 2012

April 7 – April 14, 2012

**Duration:** 8 days

**Tuition:** \$1,699

**Max. group size:** 24

**Service hours:** 15

**Location:** Guanacaste, CR

## Program Schedule

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**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 community and to each other will positively impact everyone involved.

**Day 1:** Students arrive at Liberia airport on the first day of the program and are taken to our rustic rainforest home base located at the base of Rincon de la Vieja Crater. Students who arrive in the afternoon will engage in ice-breakers and have a chance to explore the reserve. Students who arrive in the evening will join the full group for dinner or snacks and a brief welcome.

**Day 2:** After a hearty breakfast, we'll have a morning of orientation and review the Code of Conduct. We will then engage in name games and ice-breakers to get to know each other a bit, as well as explore the area surrounding our home base. After lunch we will go to the school and become acquainted with the children we will work at for the next few days and begin our project. After dinner, we will have time to discuss each of our goals for the program and do more leadership activities.

**Day 3:** Today we will break into small groups to go visit a family in their homes to learn more about the socio-economic situation of this community and how the natural environment impacts their daily lives. We will then head to the local school where we will continue our service project. In the evening, we will engage in a leadership workshop and learn Latin dance moves by the local women in the cloud forest community.

**Day 4:** We'll dive deep into the community service project at the school. After school, we'll take the children to play a game of soccer. After the game, we'll continue our discussions on this unique ecosystem and learn from our on hand biologists. After dinner we'll go on a night hike to see various species that only come out in the dark.

**Day 5:** After a morning of community service and lunch we'll drive to Playa del Coco to shop for souvenirs and experience the Costa Rican beach. We'll have dinner at the beach and then head back to our home base to settle into bed before a big day of hiking.

**Day 6:** Today we will challenge ourselves by hiking up to the top of the Rincon de la Vieja volcano. At the top, we'll look into the crater of the volcano and enjoy breathtaking views of the Costa Rican countryside. After we hike down, we'll relax our tired muscles in natural hot springs known for their healing properties. In the evening we will have free time to relax with friends.

**Day 7:** 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 then settle into a hotel near the airport to prepare for departures the following morning.

**Day 8:** 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

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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**

**The Boston Globe**

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**BALTIMORE TIMES ONLINE**

