



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: Middle School Service Adventure

Choose your own adventure - work with Costa Rican children in local schools or help to protect the country's incredible wildlife.

OVERVIEW

On this program you will choose between inspiring local children through volunteer work in schools, or rehabilitating and ensuring the wellness of Costa Rica's wildlife. Both tracks will participate in exciting activities like ziplining, hiking and a day at the beach. When enrolling for this program, choose to focus on one of two tracks: Community Development & Children, or Animal & Wildlife Conservation. The track you choose will determine the focus of your experience and your community service projects.

10-DAY PROGRAM - 2022 dates

July 15 - July 24

Tuition: \$3,599

Service Hours: 20

Language Hours: 0

Max Group Size: 30

Age Range: 13-14

Group: 5:1 staff ratio

Airport: SJO

HIGHLIGHTS

- ★ Zipline through the beautiful landscapes of Costa Rica
- ★ Spot birds, reptiles, and other animals in the country's Central Valley
- ★ Take a traditional Costa Rican cooking class
- ★ Go on a chocolate tour guided by a local chocolate expert
- ★ Enjoy a day at one of the country's picturesque beaches

SPOTLIGHT ON COMMUNITY SERVICE

COMMUNITY DEVELOPMENT & CHILDREN TRACK

Make a difference in the lives of Costa Rican youth. Empower local children through your volunteer work in schools. Help with school refurbishment and beautification projects and participate in cross-cultural exchange with students from the nearby towns.

ANIMAL & WILDLIFE CONSERVATION TRACK

Learn about Costa Rican wildlife, and sustainable animal care. Service includes feeding the animals, cleaning enclosures, creating toys and stimulating exercises, and general tidying of the grounds.

SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities may vary by program session. The information detailed below is typical for what you can expect to experience; however, service work and activities may 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, the capital of Costa Rica, where your GLA Director and Mentors will be waiting to meet you at the airport! We'll drive to Home Base, located in the province of Alajuela, only a short distance away. Our hosts will be eager to greet everyone at our new home away from home!

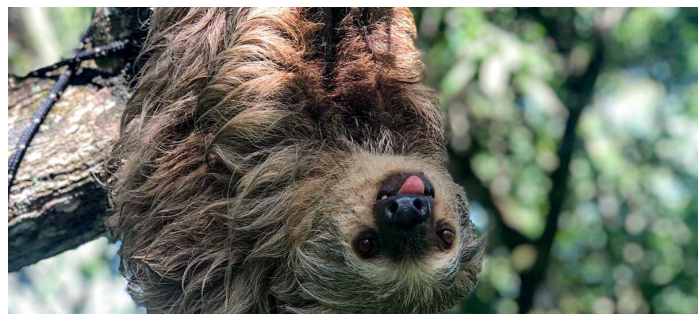
Enjoy a traditional Costa Rican lunch and, if time permits, take a guided walk around town to see local sites such as churches, parks, restaurants, and beautiful scenery!

In the afternoon, once all students have arrived, we'll have an orientation with fun activities to help you get to know your fellow GLA students and program staff members. We'll also discuss your upcoming service projects as well as the amazing adventures that await you in the days to come!

We'll also have our first Mentor group activity where students are split into small groups to discuss topics such as culture, leadership, goals for our time abroad, and more. Each group is led by a program staff member, and students are encouraged to share, participate, and reflect on their experiences.

DAY 2: FIRST DAY OF SERVICE

Today your community service begins! Depending on which track you're in, you'll head to your service site with staff, where you'll be introduced to the service projects you'll be working on during the program. There are five service days throughout the program, which take place in



the mornings and last around four hours. The wildlife track will head to the animal rescue center, while the children track will get settled into a local school.

After you've completed your first day of service, you'll head back to Home Base for a crash course in *Tico* Spanish. You'll learn common words and phrases that you can use to converse with members of the local community during learning or cultural activities. Later, we'll have Mentor Groups, and possibly another after-dinner group activity if time permits.

DAY 3: SERVICE & WATERFALL HIKE

Today we'll continue our service in the morning, then head back to Home Base for lunch. In the afternoon we'll dive into our first adventure activity: a hike through the Costa Rican rainforest! The hike will be guided, and students will have the opportunity to experience and learn about the rich biodiversity of Costa Rica, spotting local flora and fauna along the way. Later, we'll have Mentor Groups and dive deep into topics such as wildlife conservation and children's access to education.

DAY 4: SERVICE & LEADERSHIP

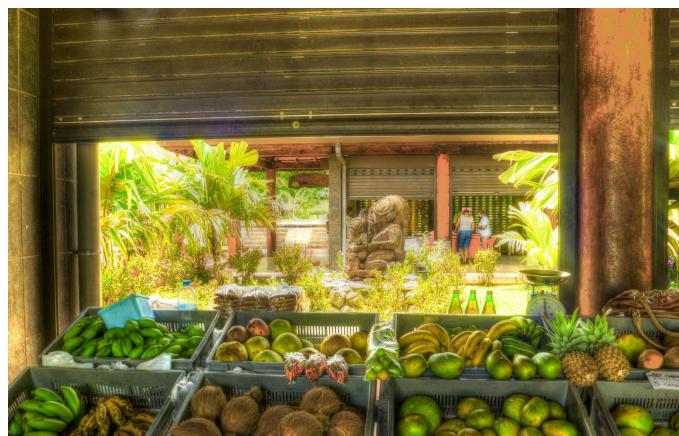
Today's theme is leadership! After our third day of volunteering, we'll hear a presentation from a local leader. They will share and reflect on personal stories, experiences, and current initiatives in place to make a positive impact on the local community. You'll also learn more about what makes a successful service project. Back at Home Base, our group will participate in various leadership activities designed to help students develop their own leadership skills that will last long after the program ends.

DAY 5: ADVENTURE DAY

Today marks the halfway point of the program, and we'll celebrate with our first full adventure day! In the morning we'll head out for a day of exciting activities. First up: ziplining! You'll soar through the rainforest on ten different cables and fifteen zipline platforms. You may even spot some wildlife as you zoom through the canopy. Next, we'll embark upon our second rainforest hike of the program, then close out the day with a foray even higher into the sky on an aerial tram ride above the rainforest.

DAY 6: SERVICE & COOKING CLASS

Reinvigorated by the previous day's adventures, we'll return to our service sites in the morning, continuing where we left off on Day Four. After service, we'll get into the kitchen for a cooking class! You can try your hand at crafting delicious staples from the local Costa Rican cuisine, such as empanadas or patacones. In the evening,



we'll continue with our Mentor Groups and an after-dinner activity or free time.

DAY 7: BEACH EXCURSION

Onto our next adventure day! We'll head a couple hours west to the Pacific coast for a day at the beach. After all, you can't visit Costa Rica without seeing the beautiful beaches for which the country is famous! Students will have the opportunity to swim and play in the waves, relax and bask in the sun, and shop for souvenirs in the local beach town with a staff chaperone. Back at Home Base we'll have our final Mentor groups where students can reflect on their experience in Costa Rica so far and what lessons they want to bring home and share with their communities.

DAY 8: SERVICE & LOCAL MARKET

On our final day of service, wrap up the projects you've been working on over the past week, and say farewell to the friends you've made at your service sites. Later, we'll visit the National Craft Market. Crafts are a big part of Costa Rican culture and you'll have the chance to buy gifts and souvenirs from local artisans; it's also a great opportunity to practice the Spanish you've learned so far! Back at Home Base, we'll dance the night away with local instructors who will teach us famous dances such as salsa, cumbia, bachata and merengue.

DAY 9: HOT SPRINGS & CHOCOLATE TOUR

Our final full day in Costa Rica will be full of adventure and memories! We'll start off with a visit to a hot spring center where you'll be able to enjoy various pools with different temperatures. This activity is two hours from Home Base, so it's a great chance for students to experience a different region of Costa Rica. You'll even be able to see the famous Arenal Volcano!

For the next activity of the day, we'll visit a local chocolate maker for a tour where you'll learn the origins of cacao and the process of making chocolate. In the evening, we'll have a farewell dinner to celebrate and reflect on your accomplishments with all the wonderful friends you've made in Costa Rica.

DAY 10: DEPARTURE

It's time to say goodbye—or hopefully, hasta luego!—to Home Base and your program staff. Students departing for Los Angeles will leave early in the morning for their chaperoned group flight back to LAX.

Your GLA flight chaperone will assist with check in and remain with your group until you've landed safely back at your destination airport.



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 2021, 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 global pandemic caused by COVID-19 outbreaks around the world, 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 | Home Base will be a family-owned lodge in the Central Valley region of Costa Rica, which includes a large indoor common area and a pool. Wake up to the surrounding views of lush landscapes and the chirping of native birds. Students will share gender-segregated rooms with roommates, and have access to Western-style en-suite bathrooms.

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. 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.