



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: Beachside Service Adventure

Experience the pure life - or Pura Vida - while giving back to a rural beach community.

### OVERVIEW

On this program you will escape to Costa Rica's Pacific coast, where you'll volunteer on the project that is most needed at the time of your arrival-this could be beach cleanup, beautification projects, or other initiatives that improve the community. While it has many achievements to boast of, such as universal health care, many Costa Rican communities - individuals, families and children alike - still need your support. Volunteer efforts can be a big help to its most vulnerable citizens. Relax after a hard day's work at our beautiful Home Base. You'll also have the chance to enjoy water sports, fun in the sun and other activities with your new friends from all over the world.

### 10-DAY PROGRAM

June 12 - June 21, 2022  
June 24 - July 3, 2022  
July 6 - July 15, 2022  
July 18 - July 27, 2022  
July 30 - August 8, 2022

Tuition: \$2,499  
Service Hours: 20  
Language Hours: 0  
Max Group Size: 48  
Age Range: 14-18  
Student-to-Staff Ratio: 8-to-1  
Airport: LIR

### HIGHLIGHTS

- ★ Live in a coastal village near a beautiful beach
- ★ Volunteer on educational or environmental development projects
- ★ Go tubing down the Rio Negro
- ★ Engage with locals and practice your Spanish around town
- ★ Zipline through the forest
- ★ Enjoy the ocean via catamaran and snorkel among marine life



## SPOTLIGHT ON COMMUNITY SERVICE

You'll live and work in a small beachside community where the ocean plays a huge role in daily life. There are many opportunities to serve the community here, and you'll be working on a meaningful project based on what is most needed. For example, you may assist in environmental projects such as beach clean up, planting native tree saplings, or creating signs to promote environmental awareness and sustainability. You could work on initiatives within local schools, such as improving classroom infrastructure or starting a school or community garden.

## 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 Liberia (LIR) on the first day of the program, where GLA staff will be ready to welcome you and take you to our Home Base, a beautiful eco-resort on the shores of the Pacific coast. We'll start getting to know our fellow travelers and GLA staff at a brief orientation. Get settled and enjoy your first Costa Rican dinner at Home Base.

### DAY 2: GETTING ORIENTED

We'll kick off our time together with group team building activities, utilizing the gardens, pool, sport fields and sandy beaches around us. You'll also get familiar with your community service site. Meet with the service site leader and local neighbors to learn about the socio-economic situation, geographic terrain and environmental status of the region you'll be working in. Tonight, we'll participate in our first Mentor sessions and a leadership activity.

*\*Note: We have multiple service projects on this program, but each student will stay with the same site and work on **just one** project throughout the program. The itinerary below highlights the various service sites and possible projects.*



### DAY 3: COMMUNITY SERVICE: BUILDING FOR FAMILIES

We'll get straight to the heart of the GLA experience by diving into our service projects. Work at a nearby playground or community resource center, helping with renovation or construction work: sanding, painting, mixing and laying cement, making sure trash and recycling receptacles are updated and available, fixing the walkways and bridges and more. While there are many projects in progress, students will break into groups and each group will stick with the same project throughout the program. Helping improve these facilities gives the surrounding communities safe and beautiful spaces for play, gathering and education. Afterwards, we'll return to Home Base for lunch and a cultural workshop: learn Costa Rican dance, jewelry-making or cooking. In the evenings, soccer or yoga on the beach and reflection and leadership sessions around the bonfire are on the agenda.





## DAY 4: BEACH CLEANUP

Today you'll have an immediate positive impact on Costa Rica's environment by removing trash before it infiltrates land and coastal waters. When it comes to ocean debris, the numbers are staggering: There are 5.25 trillion pieces of plastic debris in the ocean. Plastics in the ocean have deadly consequences for seabirds, fish and marine animals, and pollute a resource that is critical for all life on our planet. Dedicate a few hours to caring for our oceans today, and enjoy the clean beach afterwards!



## DAY 5: SNORKELING & CATAMARAN RIDE

Time for a full adventure day! After breakfast we'll board a cruising boat to a beautiful snorkeling spot, where the water is extremely clear and warm year round. We'll explore a different world underwater, among friendly schools of fish and colorful coral. Take a swim and relax on the white-sand beach like those that Costa Rica is famous for.

## DAY 6: COMMUNITY SERVICE: RESTORING OUR WATERSHED

Jump back into service work well-rested with the local nonprofit Restoring Our Watershed. Work on a reforestation project that prevents drought. Traditional farming favored using herbicides and burning fires to clear land for cattle grazing in spite of the ecological damage these methods cause. Education to reverse these effects and pursue sustainable farming has begun; however, much damage still needs to be reversed.

This is where you come in! You'll make an impact by replenishing forested areas with new trees. Tend to saplings that are being prepared for replanting, plant trees in the field and maintain existing reforestation projects to improve their survival rate. Planting trees and rebuilding a forest cover is critical to retaining rainwater instead of losing it to runoff, and protecting the land from erosion and drought.



## DAY 7: COMMUNITY SERVICE: TURTLE CONSERVATION

Today is all about the turtles! Poaching has been a known issue in the region, and the projects you might work on today will help protect turtles from poachers: Relocate eggs to the hatchery where they can be monitored, collect biometric data on the beach, release baby turtles into the ocean (depending on whether Mother Nature grants us nesting turtle sightings!), and clean the beach to make the environment more inviting to turtles and plant native species.

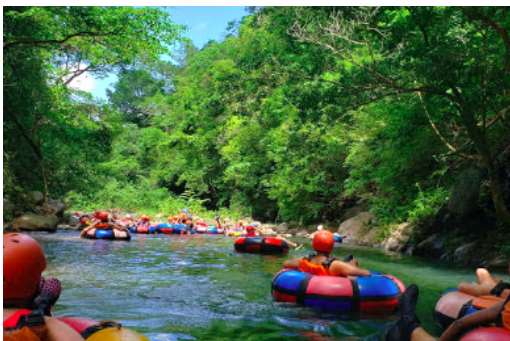


## DAY 8: ZIPLINING ADVENTURE

On our last two days in Costa Rica, we'll take advantage of the spectacular outdoor adventure the country has to offer! Today we'll test our limits and enjoy nature from above the treetops. Challenge yourself to take down eleven zipline cables, all designed to give you an exhilarating experience while safely soaring through the forest.

## DAY 9: TUBING ADVENTURE

Enjoy non-stop fun and excitement bouncing and splashing down three miles of Class II and III rapids in the narrow, rushing Rio Negro. There are plenty of quiet pools along the way as well to appreciate the tropical scenery. The special river tube rafts you'll board are designed with handles and protective bottoms, and







you'll have a guide to help point out sights and keep you safe!

## DAY 10: DEPARTURE

Sadly, our Costa Rica adventure must come to an end. After completing the program, it's time to exchange goodbyes and see-you-laters with your peers and staff. We'll travel as a group back to your departure airport in Liberia where GLA staff will help you check in for your flight and see you off on your 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 2022, 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** | 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 pool, pool table, large outdoor spaces, tables and chairs in covered areas and a stretch of private beach half a mile away. Students are permitted to visit the beach at the staff's discretion and with supervision. The group will stay in gender-segregated rooms with roommates, and have private bathrooms and air conditioning.

**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](http://www.experiencegla.com/enroll).