



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: The Initiative for Children™

Embrace Costa Rica's children and make an impact on the next generation in one of two ways: through community development at local schools or via sports leadership.

OVERVIEW

Learn how development issues in rural Costa Rica—from education access to sustainable land use—are related to the wellness of youth. You'll be based in a very small town far from developed tourism hotspots. Bond with children and families from your neighborhood as you volunteer in their schools, help lead environmental education and spend time working with grassroots organizations passionate about engaging the community in more sustainable practices. After service, experience Costa Rica's lush landscapes and outdoor adventure activities like zip lining, river tubing, hiking, lake kayaking, and relaxing in volcanic hot springs. If you choose the 21-day Flagship experience you'll also explore the beaches on the Pacific coast by catamaran and go snorkeling, as well as white water rafting.

HIGHLIGHTS

- ★ Volunteer on infrastructure projects at rural schools and teach English to local schoolchildren
- ★ Discuss critical community issues
- ★ Experience Costa Rica's rainforest canopy on a zipline and on a hike to a waterfall
- ★ Go river tubing on *Rio Arenal* near the volcano and relax in hot springs
- ★ Enjoy a whitewater rafting adventure, and go on an overnight excursion to the beach for a catamaran ride and snorkeling (21-Day Flagship Program only)

21-DAY FLAGSHIP PROGRAM

July 1 – July 21, 2022

Tuition: \$5,099
Service Hours: 60
Language Hours: 0
Max Group Size: 30
Age Range: 14-18
Student-to-Staff Ratio: 8-to-1
Airport: SJO



14-DAY PROGRAM

June 15 - June 28, 2022
July 25 – August 7, 2022

Tuition: \$3,799
Service Hours: 36
Language Hours: 0
Max Group Size: 30
Age Range: 14-18
Student-to-Staff Ratio: 8-to-1
Airport: SJO

SPOTLIGHT ON COMMUNITY SERVICE

Work at a school or community center, where local children spend time every day. With community members and students, improve the infrastructure and conditions of the site, learn about the local challenges since COVID and opportunities available to children in the community. Depending on the needs of the community when you arrive, you might maintain gardens, build a greenhouse where food can be grown, refurbish a classroom or work on repairs, or engage with youth in a variety of activities to enhance their English language skills.

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.

14-Day Program Itinerary

DAY 1: ARRIVAL IN SAN JOSÉ

Fly into San José, the capital of Costa Rica. GLA staff will be at the airport waiting to greet you! We'll drive together to Home Base, located in the town of Santa Teresa. You'll have time to rest up from travel before your first Costa Rican dinner.

DAY 2: INTRO TO SERVICE, LAKE SWIM

We'll dive right into our service project with an orientation to our service projects. Rotate through different schools and

Days 15-21 (21-Day Flagship Program Only)

DAYS 14-15: BEACH EXCURSION

After spending the last two weeks in Costa Rica and exploring all that inland has to offer, it's time to head to the beach for an overnight in the lush Guanacaste region, known for its incredible beaches.

We will stay overnight near the beach, where we'll soak in two days of sunshine and beach bliss. Enjoy an ocean catamaran ride, complete with an opportunity to snorkel

public areas where you'll help build better infrastructure for classrooms and community centers, and support children in play-based learning activities. Spend the afternoon swimming in your very own private lake behind Home Base!



DAY 3: COFFEE & FAMILY FARMS

Effective community service starts with knowing the community! Today, visit some of the farms that surround the town of Santa Teresa. Students in the schools you'll volunteer at are from the families who work on these pineapple and livestock farms. Hear from a guest speaker about the process of coffee production, one of Costa Rica's main exports.



DAYS 4-6: COMMUNITY SERVICE

Service begins! Work at a school or community center, where local children spend extended time every day. With community members and students, improve the infrastructure and conditions of the site. Learn about the local challenges brought about by the COVID epidemic. Depending on the needs of the community when you arrive, you might maintain gardens, build a greenhouse where food can be grown, refurbish the classroom or work on repairs.

Local schools don't have strong government support, especially in terms of infrastructure. It's important to build safe areas where youth feel motivated and proud to study, and

and spot some of the area's brightly-colored fish and other ocean creatures. We'll also engage in a service project while living the "pura vida" beach life.



DAYS 16-18: COMMUNITY SERVICE

In our final days of community service, we will push to complete our initiatives for children in this remote part of Costa Rica and leave a lasting impact for the next generation.

DAY 19-20: WHITEWATER RAFTING EXCURSION

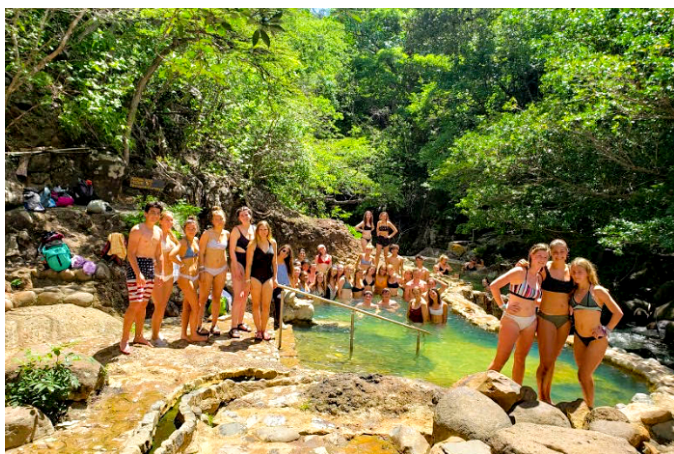
Our last days in Costa Rica call for an epic adventure! Today, paddle down rapids in the Aguas Bravas River before making our journey back to reflect and prepare for departures.

staff feel prepared for teaching.



DAY 7: HIKING, HOT SPRINGS & COOKING CLASS

Take a day off from community service, and enjoy hiking to a waterfall near the famous Arenal Volcano. Afterward, relax in amazing hot springs. Follow a local guide who will teach you about the cultural traditions, history and natural features of the area. Wind your way through the farms and enjoy the unhurried pace of life. Back at Home Base, take a cooking class and learn to make a traditional Costa Rican dish!



DAYS 8-12: COMMUNITY SERVICE & LAKE KAYAKING

Over the next several days, rotate through a few schools and summer camps that could use extra helping hands whether that be infrastructure or student support. Cross-cultural interaction provides lasting memories for the students, opening up opportunities for language exchange, various lessons and mutual inspiration.

After several days of working on the community service project, we'll take a break to go kayaking on the lake. Enjoy Costa Rica's natural beauty and understand why this nation is a global leader in promoting environmental stewardship. One evening, we'll go on a short hike near Home Base. Listen to night calls and try to spot sloths, owls, and some of the forest's



DAY 21: DEPARTURE

Alas, it's time to exchange goodbyes with your Costa Rica family! After breakfast, our group will travel back to the airport in San Jose, where GLA staff will help you check in for your flight and see you off for your journey home.

other night-time residents!

DAY 13: ZIPLINING & RIVER TUBING ADVENTURE

A student favorite! Take a full day to go on an adrenaline-pumping ziplining adventure. See Costa Rica's lush forests from high above as well as on the river while tubing down Rio Arenal. Wrap up with a final farewell dinner.



DAY 14: DEPARTURE

Alas, it's time to exchange goodbyes with your Costa Rica family. After breakfast, our group will travel back to the airport in San José, where GLA staff will help you check in for your flight and see you off for 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 | The is based in Alajuela province, in the town of Santa Teresa. Home Base is an all-wooden lodge surrounded by rural pineapple and sugarcane farms. There are three lakes near the property where students can swim, kayak or fish and enjoy their exclusive sprawling grounds.

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.