



COSTA RICA: BEACHSIDE SERVICE ADVENTURE

Guanacaste

9-DAY PROGRAM

HIGHLIGHTS

- Live in a coastal village near a beautiful beach
- Volunteer on community development or environmental conservation projects
- Go tubing down the spectacular Rio Negro river
- Engage with locals and practice some Spanish
- Zip line through the forest canopy
- Enjoy a catamaran boat excursion and snorkel among marine wildlife



PROGRAM OVERVIEW

Escape to Costa Rica's Pacific coast for a transformative program combining service, leadership, cultural immersion, and adventure. Contribute to community-led projects, such as beach clean-ups, ecosystem restoration, or infrastructure improvements, while developing teamwork, problem-solving, and leadership skills through hands-on experiences.

Explore local culture, connect with the community, and discover the region's diverse natural landscapes before unwinding at Home Base or enjoying activities like river tubing, ziplining, and a catamaran snorkeling tour with fellow participants. Along the way, build meaningful connections, gain new perspectives, and create unforgettable memories.





PROGRAM ITINERARY

Activities and the daily schedule may vary based on weather, local events, and group needs.

DAY 1: WELCOME TO COSTA RICA!

Arrive at Liberia Guanacaste Airport and transfer to Home Base, where you'll have time to settle in and get comfortable in your new surroundings. Take part in an orientation to learn more about the program, meet fellow students and staff, and get introduced to the experience ahead. End the day with a welcoming group dinner, enjoying a relaxed evening together and beginning to build connections with your fellow participants.

DAY 2: TEAM BUILDING AND LEADERSHIP

Start the day with team-building activities around the property and nearby beaches, creating opportunities to connect with fellow students and strengthen communication and collaboration. Learn more about the service sites you'll be working with, the local community, and the environmental context of the region to better understand the impact of your work. In the evening, gather for a mentor session and leadership activity focused on personal growth, teamwork, and building the skills needed to make the most of your experience.

DAYS 3-4: SERVICE, CULTURE & COMMUNITY

Take part in meaningful community service projects, including beach cleanups, school playground renovations, and community resource initiatives that support local needs and make a positive impact in the area. Alongside your service work, immerse yourself in Costa Rican culture through hands-on workshops focused on traditional cooking and dance, creating opportunities to connect with local traditions, learn new skills, and engage with the community. In the evenings, slow down with group reflection and leadership sessions to share experiences and build confidence, or enjoy time outdoors with a relaxing yoga session or a friendly game of soccer on the beach.

DAY 5: ZIPLINING & TUBING ADVENTURES

Soar through the forest canopy on an exciting zipline adventure featuring eleven cables, taking in sweeping views of the lush landscape as you glide from platform to platform. After the morning adventure, spend the afternoon river tubing along the Rio Negro, floating through scenic stretches of water and navigating gentle rapids with the guidance of experienced professionals. Enjoy the natural beauty surrounding the river while cooling off, laughing with your group, and experiencing a fun-filled day of outdoor adventure.



DAYS 6-7: TURTLE CONSERVATION

Take part in hands-on turtle conservation efforts, learning how to identify turtle tracks and support local hatchery operations. Assist with important activities such as egg relocation and beach cleanups, gaining a deeper understanding of the challenges facing sea turtles and the importance of protecting their nesting habitats. Later, help complete the final touches on community and environmental projects, working alongside your group and local partners to bring your service efforts to completion and reflect on the impact of your contributions.



DAY 8: CATAMARANS SNORKELING ADVENTURE

Set out on a scenic catamaran ride along the coast, traveling to beautiful snorkeling spots with clear waters, colorful coral, and tropical fish. Spend time swimming and exploring beneath the surface before relaxing on white-sand beaches and taking in the surrounding coastal scenery. Enjoy a delicious lunch on board as you cruise between destinations, with plenty of time to unwind and soak up the sun. Keep an eye on the water throughout the journey for the chance to spot dolphins, sea turtles, and other marine life, making for a memorable day of adventure and relaxation on the Pacific coast.



DAY 9: REFLECTIONS & DEPARTURE

Gather together for closing reflections and ceremonies, taking time to celebrate the experiences, accomplishments, and connections made throughout the program. Share favorite memories, recognize the contributions of fellow participants and community partners, and reflect on the lessons and personal growth gained along the way. After the closing activities, travel together to Liberia Airport for your departure flight, saying final farewells to new friends, staff, and the local community before beginning your journey home.





PROGRAM SAFETY



**SAFE
TRANSPORTATION**



**CARING SUPERVISION
& EXPERT LOCAL
KNOWLEDGE**



**24/7 SUPPORT &
EMERGENCY RESPONSE**



**GLA HOME BASE:
SAFE & SECURE
LODGING**



**HEALTHY MEALS &
PURE WATER**

**GLA'S
5 POINT
SAFETY
SYSTEM**



GLA HOME BASE

Home Base is a coastal hotel in Costa Rica with ocean views, a pool, and spacious outdoor areas, offering dormstyle rooms with 6-8 students, private bathrooms, and air conditioning.



CLIMATE

Guanacaste enjoys a tropical climate yearround, with a dry season from December to April and a rainy season from May to November. Even during the rainy season, sunny periods are common, with warm temperatures and occasional evening showers. Weather can change quickly, so be sure to follow the packing list.



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, with lots of typical Western options blended in. It will be simple, but fresh and healthy and include delicious, locally-grown fruits.



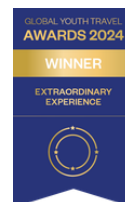
PROGRAM INCLUSIONS

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)



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