



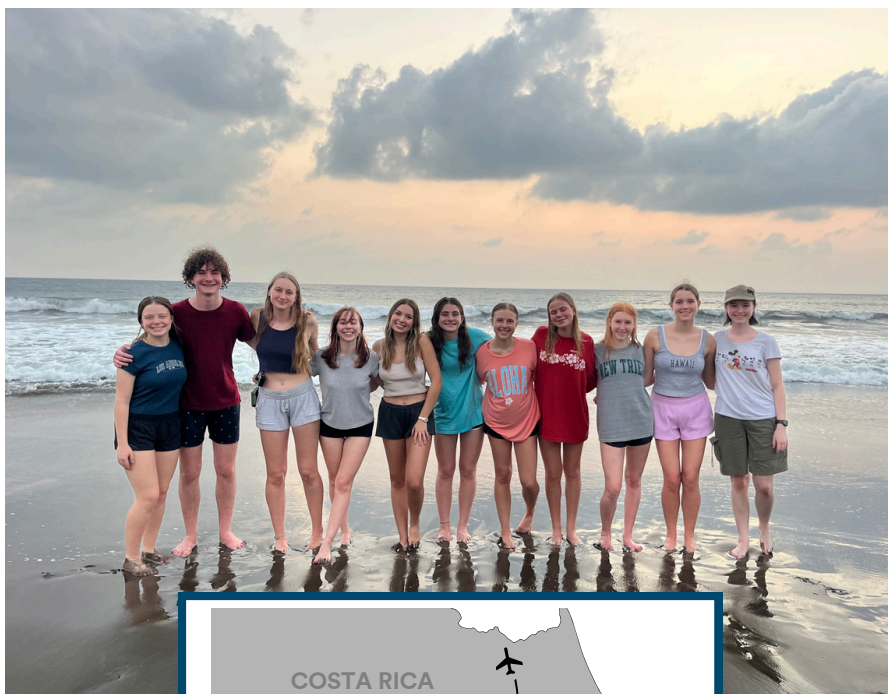
COSTA RICA: OCEAN & WILDLIFE CONSERVATION ADVENTURE

Uvita

14-DAY PROGRAM

HIGHLIGHTS

- Contribute to environmental restoration and conservation projects that protect vital habitats
- Support the well-being of rescued wildlife alongside a local organization
- Go on an epic boat excursion to spot marine wildlife
- Zipline through the forest canopy Visit world-famous Manuel Antonio National Park, home to 300 species of mammals and birds
- Learn from marine biologists and park experts about their vital conservation efforts



PROGRAM OVERVIEW

On this program, you will discover Costa Rica's Puntarenas Province, where you'll be amazed by the stunning beaches, thriving mangroves and abundant wildlife. Embrace the coastal 'Pura Vida' lifestyle as you live by the ocean and contribute to marine and wildlife conservation. Experience the beauty of the Pacific Ocean and the rich biodiversity of Costa Rica in one of the most unique places on the planet.

You'll volunteer with local ecological groups to help conserve beaches and wildlife habitats, raise awareness about environmental protection or prepare and distribute food to support some of the country's most iconic species. This program combines two themes, Environmental Stewardship and Animal and Wildlife Conservation, making for a one-of-a-kind adventure.





PROGRAM ITINERARY

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

DAY 1: WELCOME TO COSTA RICA!

Arrive in San José and meet GLA Groups staff at the airport, who will welcome you and assist with the transfer to your hotel. Once you arrive, settle in, unpack, and take some time to relax after your journey. Later, join a group orientation where you'll learn more about the upcoming experience, meet fellow travelers and staff, and get introduced to the exciting days ahead.



DAY 2: TRAVEL TO UVITA

Travel by van to Uvita, enjoying the changing scenery along the way and making a memorable stop at a famous bridge to view crocodiles in their natural environment. Continue the journey to Home Base, where you'll settle in and complete a full program orientation to learn more about the schedule, expectations, and experiences ahead. Later, meet your Mentor groups and begin building connections through fun, interactive activities designed to encourage teamwork, conversation, and a strong sense of community as everyone gets to know one another.



DAYS 3-5: SERVICE, SURFING, & COOKING CLASS

Spend the next days getting involved in the local community through coastal conservation and community service projects, gaining hands-on experience while contributing to the health and well-being of the surrounding environment. Continue your adventure with a surf lesson led by certified instructors, where you'll learn and practice essential techniques while building confidence in the water. Later, explore the local culture through a community walk, learning more about the area and the people who call it home, before joining a hands-on cooking class where you'll prepare and enjoy traditional local dishes.



DAY 6: MANUEL ANTONIO NATIONAL PARK

Explore the trails of Manuel Antonio National Park on a guided hike through lush tropical forest, keeping an eye out for monkeys, sloths, colorful birds, and other native wildlife along the way. Take time to enjoy the park's beautiful protected beaches, where you can relax, take in the scenery, and cool off by the water. After a full day of exploring, return to Home Base for a refreshing swim and some well-deserved downtime, giving everyone a chance to unwind and recharge in a relaxed setting.



DAYS 7-9: WILDLIFE RESCUE CENTER & CONSERVATION

Over the next few days, spend time learning about conservation and community efforts to protect Costa Rica's natural environment. Volunteer at a local wildlife rescue center, gaining hands-on experience while supporting animal care and learning about the challenges faced by native wildlife. Hear from guest speakers about sustainable tourism, conservation, and practical ways to reduce plastic use and its impact on the environment. Later, visit a marine research center to discover how scientists and local organizations are working to protect coastal ecosystems, while connecting the issues you see firsthand to larger environmental challenges around the world.



DAYS 10-11: SERVICE, UVITA WATERFALL, & ZIPLINING

Continue hands-on conservation service with local partners, contributing to meaningful projects that support the surrounding community and environment. After your service work, hike to Uvita Waterfall, taking in the lush tropical scenery along the trail before cooling off with a refreshing swim in the natural pools. Later, experience the excitement of zip-lining through the forest canopy, soaring above the trees and enjoying panoramic views of the landscape. Enjoy a restorative yoga session, taking time to stretch, relax, and recharge after active days of service and adventure.



DAY 12: CAÑO ISLAND, SNORKEL, & SERVICE

Take a boat tour to Caño Island, enjoying the scenic journey along the coast while keeping an eye out for marine wildlife along the way. Once there, explore the surrounding coastal ecosystems through snorkeling or other guided activities, conditions permitting, and discover the diverse marine life that makes the area unique. After returning, help complete the final service projects with local partners, putting the finishing touches on the work you've contributed to throughout the program. Close the day with a meaningful group reflection, taking time to consider the impact of your service, the connections you've made, and the experiences and lessons you'll carry home.



DAY 13: FINAL SERVICE, SURFING, & CLOSING DINNER

Wrap up the final service projects and take time to say goodbye to the community partners who helped make the experience meaningful. Celebrate the completion of your work with one last surf session, enjoying the waves and reflecting on the skills and memories built throughout the program. Later, travel to San José for a special closing dinner and ceremonies, bringing the group together to celebrate the journey, recognize everyone's contributions, and reflect on the connections and experiences shared along the way.



DAY 14: DEPARTURE

Enjoy a final breakfast together before saying your goodbyes to Costa Rica and the local staff who helped make the experience so memorable. Travel to the airport with staff, who will provide support and assistance through the departure process and up to airport security. As you board your flight home, take a moment to reflect on the friendships, experiences, and memories from your time in Costa Rica. Buen viaje!





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

Your Home Base on this program is located in a coastal region of Costa Rica. Students will have access to a pool, outdoor spaces and covered areas with tables and chairs. Plus, a private beach just half a mile away! The group will stay in gender-segregated rooms with roommates, private bathrooms and air conditioning.



CLIMATE

Uvita has a warm tropical climate all year with daytime temperatures generally in the mid20s °C (mid-70s to low-80s °F) and mild nights. The dry season runs roughly from December to April, with more sunshine and less rain, while May through November brings more frequent showers.



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.



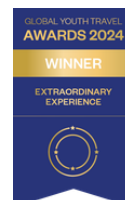
PROGRAM INCLUSIONS

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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