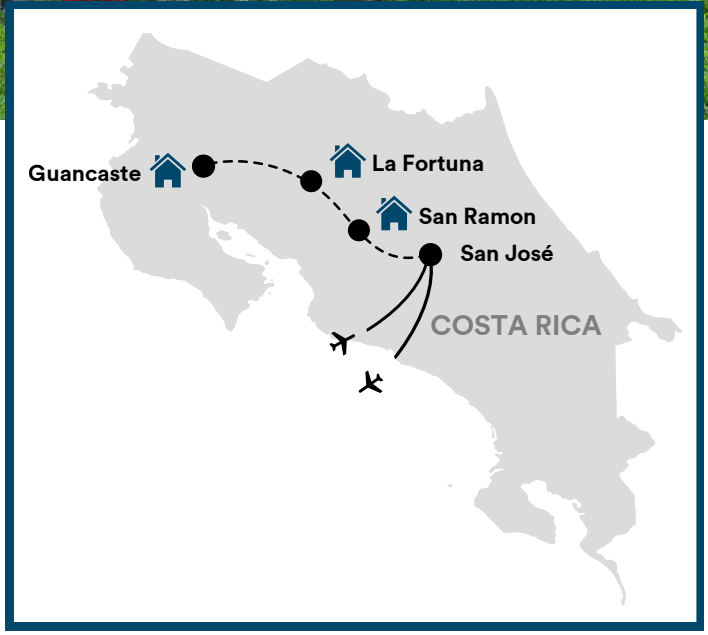
COSTA RICA: ANIMAL RESCUE & VETERINARY PROJECT

14-DAY PROGRAM





HIGHLIGHTS

- Engage in hands-on volunteer work alongside veterinarians and gain first-hand experience in a surgical setting
- Help care for dogs and cats (and maybe a few other species!) at a rescue center
- Learn about Costa Rica's animal rescue and wildlife conservation efforts
- Relax on a catamaran and snorkel through wildlife-rich waters
- Zipline and hike through lush valleys
- Take a dip in hot springs known for healing properties

ACTIVITY LEVEL

- Medium

2027 PROGRAM DATES

- July 09 - July 22
- July 25 - August 07

GET IN TOUCH!

experiencegla.com
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Support the care of animals in Costa Rica, a natural haven for both domestic and wild creatures.

OVERVIEW

On this program, you'll explore animal welfare through hands-on projects at a rescue center and help improve the lives of domestic animals by expanding access to veterinary care in local communities. Gain pre-veterinary experience by working alongside certified veterinarians and animal rescue experts. You'll take part in compassionate, hands-on work at a local dog and cat rescue while soaking up Costa Rica's outdoor adventures and natural beauty in your free time.

Certified B Corporation









ITINERARY

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 San José, the capital of Costa Rica. GLA staff will greet you upon your arrival, and our group will drive together to our Home Base in the mountains outside of San Ramon, approximately 2 hours away. The Home Base is a vegetarian hotel where the staff care for and love animals and nature. Tonight we'll get to know each other and prepare for the next two weeks!

DAY 2: ORIENTATION DAY & INTRO TO SERVICE

What is there to learn about animal welfare in a rural village of Costa Rica? Turns out, a lot! Today we will get to know about the projects that our first service partner is working on to support animal welfare. In the afternoon, enjoy an informative talk from a guest speaker who will discuss different aspects of "Tico" culture. After a delicious dinner, reflect on the day's learnings with your mentor and fellow students in the first of many nightly mentor groups.

DAYS 3-4: COMMUNITY SERVICE - RESCUE SHELTER

We'll assist with many projects at a local rescue shelter for dogs and other domestic animals by building or reinforcing kennels, walking dogs around the property, laundering blankets to keep the animals warm at night, or constructing a safe area for them to run freely. Each day you'll have an opportunity to make a difference in the lives of many domestic animals at the shelter.

After service each day, you'll enjoy a variety of different activities: Play a pick-up game of soccer with friendly local community members. Experience Costa Rica's beauty from a different perspective as you go hiking through scenic mountains and lush farmland. Try your hand at cooking as you learn to prepare a traditional Costa Rican dish alongside local community members. Learn to dance salsa, merengue and bachata from a local dance instructor. Visit the historic town of San Ramon where we will break into groups to walk around and visit a few significant sites. We'll also stop at an artisan market where you can shop for handicrafts and souvenirs to take back home.

DAY 5: CHOCOLATE TOUR AND HOT SPRINGS IN LA FORTUNA

Today, we'll say goodbye to our San Ramon Home Base and take a break from service as we journey to La Fortuna, near Arenal Volcano. Once there, we'll enjoy a fun chocolate tour, relax in natural hot springs and soak in the surrounding landscapes.

DAY 6: LA FORTUNA WATERFALL

Start your day with breakfast before heading out for a morning of community service with Costa Rica Dog Rescue & Adoption. Work alongside the organization to support its efforts to care for and protect dogs in need, learning about animal welfare, responsible pet ownership, and the









DAY 6: LA FORTUNA WATERFALL - CONTINUED

importance of rescue and adoption initiatives in local communities. After a meaningful morning of service, head to La Fortuna Waterfall for an afternoon adventure! Enjoy the scenic surroundings, take in the impressive waterfall, and cool off with a refreshing swim in its natural pool.

In the evening, come together with your fellow GLA students and Mentors for a group pulse check and the first part of your trip reflection. You'll also have time to start packing and prepare for the next leg of your adventure!

DAY 7: DEPART FOR LIBERIA

We'll say farewell to our Home Base in Arenal, La Fortuna, and enjoy breakfast before our caravan departs for our final Home Base location in Liberia. It's about a 2.5 hour drive, but with some good tunes, games and beautiful sights along the way, we'll be there before you know it! After a quick orientation at our new Home Base, we will launch into the veterinary portion of the program with an orientation with our service partners and learn about the services these veterinarians provide for different communities in Costa Rica.

We will start our service project by surveying the town, calculating how many animals are in the area and observing what help they need. We will also help spread the word about the local shelter's pop-up vet services. Conducting interviews and community diagnostics is a typical method for international development groups to make sure the aid they provide is in line with what's actually needed on the ground. You'll get to meet community members and their furry companions!

Later we'll have dinner, get our veterinarian scrubs ready and get to bed early so we're well rested for our first day of clinical service tomorrow.

DAYS 8-9: MOBILE VET CLINIC

After reviewing our projects for the second part of the program, we're diving right into working with animals in a veterinary setting! For the next few days, we'll attend mobile veterinary clinics, run by a local group that gives animals the care they may not receive otherwise.

Learn firsthand the process and importance of these pop-up vet clinics. Shadow the vet staff and assist with making the mobile clinic operate smoothly. Help conduct physical exams, intake, post-operations and even witness surgery! For those who are truly aspiring to become veterinarians, this is a great introduction in the field to what your work may be like.

In the afternoons, we'll take a break from service and enjoy a waterfall hike in Liberia, as well as relaxing time by the pool.

DAY 10: BEACH DAY! CATAMARAN & SNORKEL ADVENTURE!

Enjoy a fun, relaxing half-day on a catamaran boat tour excursion, taking in the scenery of Guanacaste's Pacific coast! Discover ocean life with the opportunity to snorkel. Once you're off the boat, enjoy one of Costa Rica's world-renowned beaches — enjoy the sand, sun & sea!









DAY 11: SERVICE & ZIPLINE

Students will continue exploring veterinary medicine in the field alongside our local partners as they participate in another mobile veterinary clinic. Through hands-on clinical experience, students will assist veterinary professionals with dog and cat spay and neuter procedures, as well as general veterinary care, including patient intake, basic health assessments, vaccinations and post-operative recovery. This experience offers students valuable exposure to veterinary practices while supporting animal welfare and improving access to essential veterinary services in local communities.

In the afternoon, students will depart for the last adventure of the trip, traveling to a tropical forest for a ziplining adventure.

DAYS 12-13: FINAL SERVICE DAYS & REFLECTION

Put on your medical scrubs for a hands-on morning assisting local veterinarians with essential medical procedures, bringing vital care and animal welfare education to the community.

In the next day pack your bags and get reaady for your final full day together! Visit the Rescate Wildlife Rescue Center—Costa Rica's official wildlife rehabilitation facility to see how expert veterinary care and conservation efforts give injured and orphaned native animals a second chance. In the afternoon, head to your airport hotel to settle in for your final evening together. Gather for program evaluations and closing reflections to share favorite memories, celebrate your personal growth and look back on an unforgettable journey.E nd the day with a celebratory farewell dinner, connecting with your fellow travelers and honoring the incredible impact you've made together before departure.

DAY 14: DEPARTURE DAY!

In the morning, it's time to exchange goodbyes and see-you-laters with your peers and staff. We'll travel as a group 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.

The land of "Pura Vida" will no doubt leave a special mark on you with so many new friendships made and unforgettable experiences that you'll talk about for years to come.

NOTICE ON PROGRAM UPDATES

While this program is being planned for this season, 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.

PROGRAM SPECIFICS

- **Tuition:** $5,599
- **Service Hours:** 35
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Enclosed Compound
- **Arrival and Departure Airport**
  - San Jose (SJO)

GLA HOME BASE

Students in this program will stay in three unique locations: San Ramon, La Fortuna, and Liberia. In San Ramon, Home Base is a locally-owned boutique hotel surrounded by lush hills and featuring an on-site animal rescue center. Students will then spend multiple nights in La Fortuna, near Arenal Volcano, before heading to Guanacaste, where Home Base is a hotel with convenient access to several nearby communities where they will support local clinics. At all locations, students stay in gender-segregated rooms with roommates and shared bathrooms.

GLA HOME BASE OVERVIEW

- Pool
  - GLA Home Base 1: San Ramon - Yes
  - GLA Home Base 2: La Fortuna - TBD
  - GLA Home Base 3: Liberia - TBD
- Air conditioning
  - GLA Home Base 1: San Ramon - No
  - GLA Home Base 2: La Fortuna - TBD
  - GLA Home Base 3: Liberia - TBD
- Remote
  - GLA Home Base 1: San Ramon - Yes
  - GLA Home Base 2: La Fortuna - TBD
  - GLA Home Base 3: Liberia - TBD

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, fresh, healthy and include delicious, locally-grown fruits and vegetables.

CLIMATE

June, July, and August in Costa Rica are during its rainy season, with hot, sunny days and afternoon showers common across most regions. Daytime temperatures average 75-90°F (24-32°C), with milder temperatures in the Central Valley.

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 environment 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 experience can transform their perspective. 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.

ESSENTIAL ELIGIBILITY CRITERIA

At Global Leadership Adventures, we welcome age-eligible teens who are excited about the opportunity to travel to apply for our programs. To ensure a safe and meaningful experience for everyone in the group, we follow essential eligibility criteria. While out intent is not to be exclusionary, it's important to note that GLA programs are not therapeutic programs and are not able to support struggling teens seeking behavior or mental health outcomes.

Applications are carefully considered and screened to align with these criteria. It is not uncommon for GLA to require supporting documentation or information in the application screening process to confirm eligibility or suitability for program participation. Failure to disclose full medical history may also result in the application not being accepted, additional fees, and/or removal from the program. Please discuss with our team for any further clarification or concerns and visit **https://www.experiencegla.com/policies/essential-eligibility-criteria/** to view the full essential eligibility criteria list.

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 up 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.**