COSTA RICA: SPRING BREAK SERVICE ADVENTURE

7-DAY PROGRAM

HIGHLIGHTS

- Visit a sea turtle hatchery
- Practice your Spanish as you engage with locals around town
- Zipline through the lush forest canopy
- Enjoy the ocean via catamaran and snorkel among marine life
- Experience Costa Rican culture through cooking classes, dance lessons, and more

ACTIVITY LEVEL

- Medium

2027 PROGRAM DATES

- March 07 – March 13
- March 14 – March 20
- March 21– March 27
- March 28 – April 03
- April 04 – April 10

GET IN TOUCH!

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@GLAteens



Make a meaningful impact this spring break as you experience the culture of Costa Rica and its "pura vida" lifestyle while giving back to a rural beach community and the ecosystem.

OVERVIEW

On this program you will experience spring break in a whole new way! Lend a hand on projects that support the local community and the natural world. Costa Rica is a breathtaking and culturally rich country; however, some communities and habitats still need some extra support, and your efforts can be a big help. Become a true steward for the environment as you support meaningful conservation projects in one of the most biodiverse places on earth. You'll also have the chance to meet and interact with members of your host community during your week abroad. It's not spring break without a bit of adventure, and Costa Rica has an ample supply for everyone! You'll have the chance to enjoy time in nature, have fun in the sun, experience ziplining through the jungle and participate in other activities with your new friends from all over the world.

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 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 quaint family-owned and operated hotel on the shores of the Pacific coast. Rest up after a long day of travel and take in your first Costa Rican sunset from the beach. We'll start getting to know our fellow travelers and GLA staff at a brief orientation. Get settled and enjoy your first delicious 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, pools, sport fields and sandy beaches around us. You'll also familiarize yourself with your community service site. Meet with the service site leaders and local neighbors to learn about the local Guanacaste culture, geographic terrain and environmental status of the region you'll be working in.

In the afternoon, enjoy swimming in the warm tropical waves and play some beach games. Visit the local sea turtle hatchery and learn about how conservation efforts are increasing sea turtle populations. With some luck, witness a baby sea turtle release! After a delicious dinner, we'll participate in our first Mentor Group sessions and leadership activities.

DAY 3: COMMUNITY SERVICE & CULTURAL ACTIVITY

On our first day of community service, we are heading to the beach for a clean-up. The black sand beach of Playa Junquillal draws four different species of sea turtles to our program location. Cleaning the beach of plastic debris makes the environment more inviting to nesting turtles and plant native species.

In the afternoon, enjoy a cooking class led by a member of the community and prepare a Costa Rican recipe in a traditional Guanacaste wood burning oven. To conclude the experience, we'll come together for some friendly competition in a pick-up game of soccer.

DAY 4: ZIPLINE ADVENTURE & BEACH DAY

We'll soar in the canopy and enjoy nature from cables in the treetops. Challenge yourself on multiple exhilarating ziplines, all designed to give you an unforgettable experience while safely soaring through the forest. With some focus and a little luck, spot monkeys and tropical birds as you fly by!

Try boogie boarding some warm waves at a pristine white sand beach. Play some beach soccer and volleyball with your new friends, or relax in a hammock.









DAY 5: COMMUNITY SERVICE & CULTURAL ACTIVITY

We'll get straight to the heart of the GLA experience by diving into our second day of service. Work at a nearby school playground or community resource center, helping with renovation or construction work: sanding, painting, planting, or making sure trash and recycling receptacles are updated and available, fixing the walkways and bridges and more. 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 popular Costa Rican dances like salsa, bachata, and merengue. In the evening, gather for leadership sessions with your GLA Mentors.

DAY 6: SNORKELING & CATAMARAN RIDE

Time for a true Pura Vida adventure day! After breakfast, we'll board a cruising catamaran sail 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 beaches that the Guanacaste region of Costa Rica is famous for. In the evening, enjoy a final farewell celebration and meal together at our Home Base. Capture memories with your friends of the last Costa Rican sunset of your trip!

DAY 7: DEPARTURE

Say see you soon, or "hasta pronto" to your new friends as your Costa Rica experience comes to an end. Reflect on all of the incredible times with your peers and staff. We'll travel as a group back to Guanacaste International Airport in Liberia, where GLA staff will help you check in for your flight and see you off on your journey home. We hope that you have enjoyed the week of service, learning, and unforgettable adventure on your GLA program.

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:** $2,999
- **Service Hours:** 12
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Exclusive Hotel Block
- **Arrival and Departure Airport**
  - Liberia (LIR)

GLA HOME BASE

Home Base is located in a coastal region of Costa Rica known for its beautiful beaches and protected ecological areas. Students will have access to a pool, large outdoor spaces, tables and chairs in covered areas and a stretch of beach nearby. 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.

GLA HOME BASE OVERVIEW

- Pool
  - GLA Homebase 1: Playa Junquillal - Yes
- Airconditioning
  - GLA Homebase 1: Playa Junquillal - Yes
- Remote
  - GLA Homebase 1: Playa Junquillal - Yes

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.



CLIMATE

March-April are two of the driest and warmest months in Costa Rica, which makes it a popular time to visit. The temperatures can be up into the nineties during the day, and the seventies at night. Light ocean breezes provide a warm balmy feel.

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.**