



Global Leadership Adventures



2024 PROGRAM CATALOG



Global Leadership Adventures

GLA's goal is to provide life-changing travel experiences that will cultivate a global perspective and open-mindedness in students that will ultimately inspire them to become great leaders and global thinkers who seek positive change in their own communities. Our students have different interests and reasons for going on a GLA program, but we pride ourselves on helping them reach the next level in their development. That is why GLA incorporates community service, hands-on learning and adventure into every one of our travel programs.

PEOPLE
USING
BUSINESS
AS A FORCE
FOR GOOD



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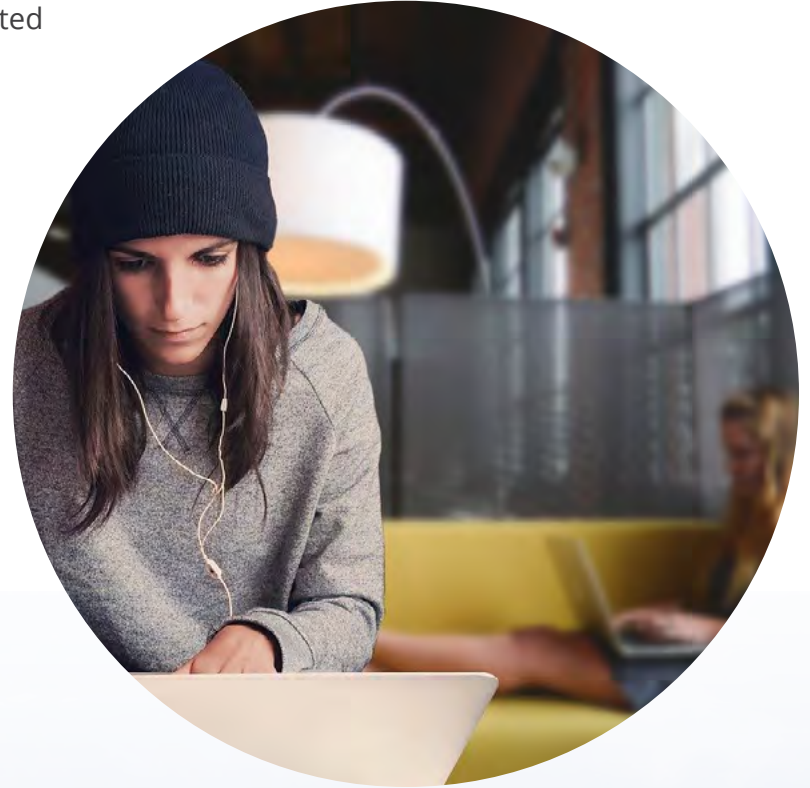
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FELLOWSHIPS

Global Leadership Adventures Fellowships provide academically and creatively gifted students the opportunity to expand upon their GLA program experience with a curriculum that both highlights and recognizes their achievements. Think of a Fellowship as an extension of your standard GLA program experience. Arts & Letters Fellows submit a creative final project (photography, videography, or creative writing); Honors Fellows craft a critical essay in one of four concentrations based on their summer experience. The heavy lifting mostly happens after the program, with some optional (but recommended) pre-program Fellowship coursework to complete before you depart.

Fellows are typically high-achieving high school students. They are eager to go the extra mile, are self-motivated to take on learning assignments before their programs, champion skill-building or critical thinking on-program, and dedicated to producing a thoughtful final project. All successful Fellows receive feedback on their final projects as well as a Certificate of Achievement and other tokens of recognition.



EVENTS

Join us for an in-person, alumni-hosted open house in cities and towns across the United States to meet with our alumni families and a GLA representative. Or sign up for one of our online information sessions hosted on Zoom to meet with GLA staff members on a variety of topics.

ONLINE INFORMATION SESSIONS

DECEMBER 2023

- Leadership & Academic Themes
- Fundraising & Scholarships

JANUARY 2024

- Introducing Service-Learning Internships Abroad
- Costa Rica Program Options
- The GLA Experience (co-hosted by a GLA Alum)

FEBRUARY 2024

- Risk Management & Safety
- Program Themes: Medicine & Public Health
- GLA Admissions Demystified
- Program Themes: Environmental Stewardship

MARCH 2024

- GLA Program Staff Panel
- Program Themes: Animal & Wildlife Conservation
- Program Themes: Youth & Education, Sports Leadership & Language Immersion
- The GLA Experience (co-hosted by a GLA Alum)
- FAQ: Planning, Budgeting & Flights



ALUMNI-HOSTED OPEN HOUSES

DECEMBER 2023

Chestnut Family Home: Oaklyn, NJ

JANUARY 2024

Elliott Family Home: New York, NY

Rice Family Home: Newark, DE

GLA Staff Hosted Open House: Boston, MA

FEBRUARY 2024

Glover Family Home: Costa Mesa, CA

Keller Williams Realty: Long Beach, CA

Eller Family Home: Sammamish, WA

Harris Family Home: Seattle, WA

Butler-Steyer Family Home: San Francisco, CA

GLA Staff Hosted Open House: San Diego, CA

**More dates and locations are coming soon for GLA Alumni-Hosted Open Houses*

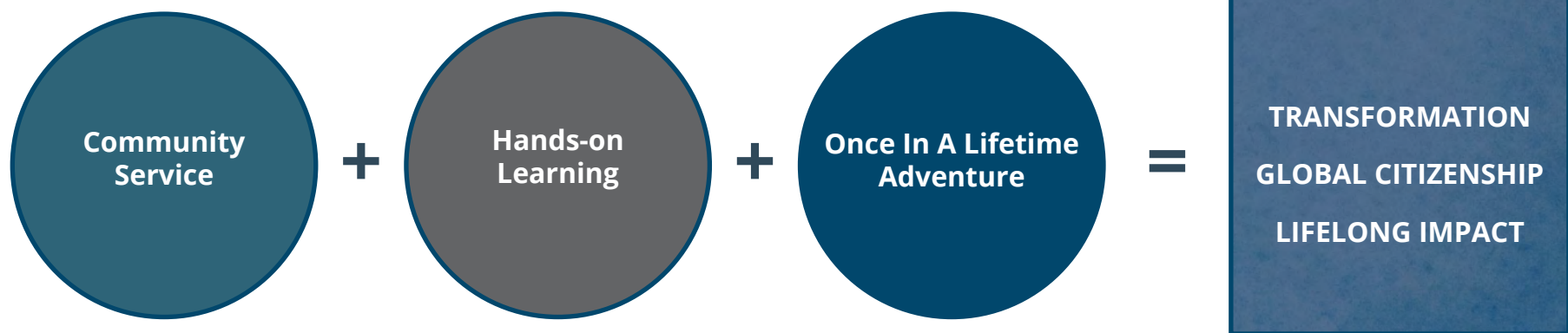


Specific event and webinar dates will be published on our website. To RSVP for an Alumni-Hosted Open House or an Online Information Session, and to explore more dates and details about these in-person and virtual events, head to our website Events hub at www.experienceGLA.com/events or scan the QR code on this page. You can also call us during office hours at **(858) 771-0645** to speak with our team!

LEADERSHIP FORMULA & INTENTIONAL PROGRAM DESIGN

GLA programs create ambitious, ethical leaders.

At GLA, we believe leaders are made, not born: leadership is a life skill meant to be developed. From exploring style to getting students out of their comfort zone and into leadership roles within the group, GLA weaves its leadership curriculum throughout all aspects of the experience; every site visit, cultural workshop and community service project brings an opportunity to put new skills and learnings into practice. Students exercise their leadership potential intelligently and compassionately, framing personal development and knowledge of the wider world through this lens.





Every GLA program is crafted with intention.

Our programs aren't vacations--though there is no shortage of fun to be had!--but rather journeys of many layers.

No adventure excursion is simply that: all activities are carefully selected for maximum fun and their relation to our program learning objectives, allowing us to deliver a cohesive and meaningful experience. Everything we do is an opportunity for learning about ourselves and the world. Get intimate with undersea life on a snorkeling excursion, then hear from a local expert on the impact of ocean pollution in the region; step into the shoes of a local through cooking and arts workshops, then consider how these cultural values translate to how we interact with the community at our service site.

Each activity, discussion and service project works in harmony to infuse a depth and quality to the experience beyond that of what you'd find in a typical trip or camp.

THE GLA DIFFERENCE



5-POINT SAFETY SYSTEM™

Safety is our first priority. While we believe in the transformative power of stepping outside comfort zones, we remain invested in managing the risks of doing so. We've carefully crafted and continue to enforce our 5-Point Safety System™, a set of rigorous standards that support the safety, health and well-being of students on every program.

GLA Home Base: We pride ourselves in our safe and comfortable Home Bases - a home away from home, a gathering place for reflection and team building after active days

Caring Supervision & Expert Local Knowledge: GLA policy states that no student is to ever be by themselves at any point in time outside the established Home Base. Students may be with staff members, in groups or assigned to a buddy. Our student-to-staff ratio on our travel programs is a maximum of 6:1. Local partners and International staff bring their knowledge of the local community and this unique age group to for the ultimate staff team.

Safe Transportation: The moment students arrive, they are greeted by GLA staff and transported to Home Base by experienced, licensed drivers. In the case of a flight delay, staff will collect the student at the updated arrival time. Transportation is always in approved vehicles or via the mode of transport most appropriate for each location. For example, on Europe programs students may take public transportation supervised by a staff member.

Healthy Meals & Pure Water: Healthy, balanced meals are prepared fresh daily by Home Base staff or vetted restaurants. Students will enjoy a mix of local cuisine and common staples.

24/7 Support & Emergency Response: GLA provides 24/7 support while programs are in session. While emergencies are rare, GLA has a plan in place for all types of situations that could arise, proactively managing risk by identifying health and support facilities.

FULL PARENTAL SUPPORT

We understand it can be challenging to leave your child in the care of others. We take care in providing superior support to every parent before, during and after the program.

Full Pre-Departure Support

Once you've enrolled in one of our programs, the GLA team is at your disposal for assistance, including:

- Booking flights & sharing recommended routes so that students can travel together
- Understanding the passport and visa process
- Full access to the online GLA Travel Portal

In-Country Support and Updates

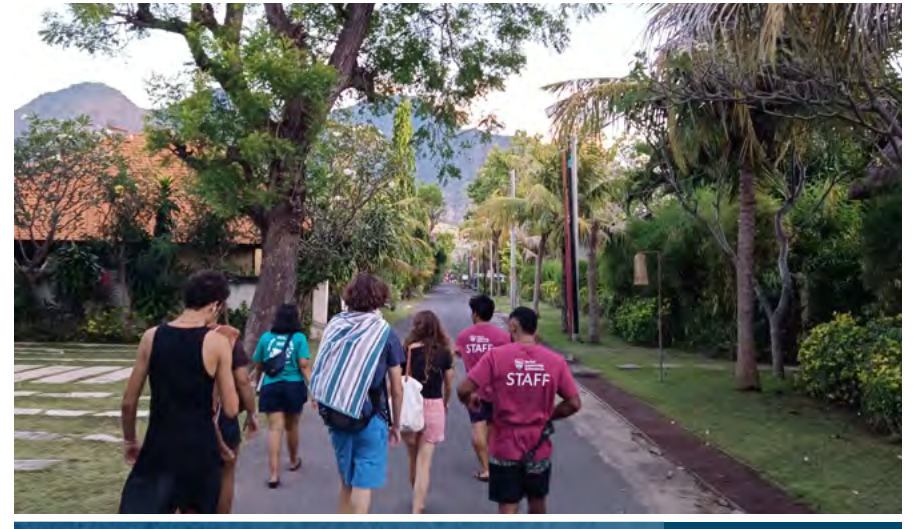
During the program, we are your direct link, 24 hours a day. We:

- Provide a 24-hour emergency hotline
- Communicate any emergencies or major schedule changes
- Periodically update program blogs with photos and accounts of student experiences in action

Post-Program Follow-Up

After the program, our staff follows up with every family to:

- Hear feedback on the program & ensure we've provided the best possible service
- Discuss continued alumni engagement opportunities



EXPERT STAFF

GLA's program staff are passionate educators and teen experts. We hire knowledgeable, responsible and FUN individuals; we know that having the right leaders makes all the difference in creating a comfortable, safe and inclusive learning environment. Students are led by Program Directors and Mentors with years of professional experience working with youth. More than half of our staff return each season. Some program staff have served in the Peace Corps, while others bring experiences studying at renowned educational institutions. Whatever their background, our staff are confident travelers and are adept at facilitating cross-cultural exchange. Our staff elevate a program from a trip to a life-changing journey.

THE GLA DIFFERENCE

HOME BASE LODGING

On a GLA adventure, you might stay in a zen-like ecolodge in the lush Caribbean jungle, a traditional Lapa or dorm-style rooms in a campus setting.

- **EXCLUSIVE HOTEL BLOCK** These may resemble large Western hotels back home or be smaller, locally-owned properties where we stay in an exclusive floor or wing.
- **RUSTIC VILLAS** Detached structures that offer comfortable living with plenty of open space.
- **COZY GUESTHOUSE** Modest properties in a cozy setting where students may interact with their host, eat together and share common areas.
- **ENCLOSED COMPOUND** Several buildings in a gated enclosure, often including detached guest quarters and a separate dining area in an intimate space.
- **TRADITIONAL BUNGALOWS** Detached structures, often featuring open-air construction and in remote locations close to nature and the local culture.
- **ECOLOGDGE** Remote residences located in natural environments, with hosts who place an emphasis on harmony with the local environment
- **DORM-STYLE** Classic dorm rooms on a college-like campus. May feature bunk beds, common spaces and shared amenities.
- **BED & BREAKFAST** Homey, quaint accommodations with a cozy atmosphere, comfy beds and inviting common spaces.
- **CAMPING** Sleep overnight in tents. Expect sleeping bags, campfires and ample time outdoors.



LOCAL PARTNERS

Partnerships pave the path to sustainable development. At GLA, we recognize that working with local partners is a fundamental part of effective community service and responsible travel. Our partners provide critical context that only a resident can give, and grant our students locals-only access to authentic experiences. GLA's local partners are a core part of our global family, and many have been working with us for years. Students interact with and learn from partners, who range from founders of NGOs to local educators, host families and area experts.

PROGRAM THEMES



Animal & Wildlife Conservation

Observe and protect animals in their natural habitats, national parks, or shelters. Take care of the environment that supports animals by working on projects to clear invasive species, collaborate with experts, and spend time with animals.



Community Development

Work on projects that directly impact local children and other members of the community - from school infrastructure to playground restoration to recreational space refurbishment, you'll help create safe, shared spaces for community members of all ages to play and learn.



Environmental Stewardship

Be a steward for the environment by participating in projects to promote sustainable practices like reducing, reusing and recycling. Do hands-on work to help preserve the natural world and the communities who depend on its protection.

PROGRAM THEMES



Language Immersion

Learn the language of your host country through local immersion and mentored study. Take classes that improve your Spanish, no matter your skill level. Use your new language skills to get to know locals in your host community.



Leadership & Exploration

Broaden your horizon by exploring a wide variety of themes and developing your unique leadership style along the way. These programs are for those that have a lot of interests and want to explore several topics during their time abroad.



Medicine & Public Health

Learn what health and healthcare look like abroad in underserved communities. This could mean preventative community education or hygiene advocacy, shadowing medical students, assisting in pop-up clinics, collecting diagnostic information or learning from medical professionals.



Sciences & STEM

Gain hands-on experience in one or more of the STEM fields: science, technology, engineering, or mathematics. We aim for students to critically think about problems from the lenses of science and technology to help solve problems in their homebase communities.



Sports Leadership

Help to improve sports infrastructure in a shared community space, facilitate pick-up games with local kids or use sports as a way to build bridges across cultural and social activities.



Youth & Education

Tutor and provide education to youth at school and outside the classroom. Be a friend and role model to the youngest generation. Leave a lasting impact on the community through infrastructure improvements at local schools.

TESTIMONIALS

"From this experience I have learned many things about myself and about others. I learned how to listen to others people's opinions and understand them even if they are the complete opposite of mine. I improved my abilities of being a leader in a group setting and learned that speaking my voice is important." — Madeline Y., GLA Africa alum

"This experience is something that I hold close to my heart. The conversations and interactions I've had here have caused me to positively reflect on my own life and culture. The one thing that made my trip extra special is the people I've met, especially the children, locals, mentors and the staff. It also gave me a clearer picture of what I want to do: traveling and working with children is definitely something I see myself doing for the rest of my life. These great experiences I've had have strengthened my empathy, compassion, love, and enthusiasm for the world around me." --Mary Katherine L., GLA Africa alum



"The community service brought me closer to the community we were working in. It made me feel like I was part of something bigger as I worked on the reef and saw all the destruction that humans are bringing to these precious environments. It really opened my eyes to a lot of problems that we overlook in our day-to-day and how small actions can have a huge impact." --Luke M., Fiji alum

"For many years my daughter wanted to go into biomedical engineering; however, her program in Peru has inspired her to go into public health within disaster relief efforts. Shadowing the rural clinics has given her many ideas for off-grid type of public health disaster relief efforts. She was also very impacted by their visit with the shaman and their discussions about balance and give and take." — Jill S., parent

INTRODUCTION TO SERVICE LEARNING ADVENTURES

Participants on GLA service learning adventures can expect to service the community through meaningful volunteer efforts, learn about the community through the lens of a particular program theme, discover the local culture and history, and explore sites of significance along with adventure excursions.

Choose your own adventure:

As you browse this catalog, start by looking into which destinations and themes most excite you. High school students and middle school students are invited to enroll in one of our service learning adventures or internships centered on travel; just be sure to check the age range for your desired program prior to enrollment.





CENTRAL AMERICA



COSTA RICA: Spring Break Service Adventure

On this program you will experience spring break in a whole new way! Lend a hand on projects that improve the lives of local Costa Rica residents and the natural world. Costa Rica is a breathtaking, culturally rich country; however, some communities and habitats still need extra support, and your efforts can be a big help. 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.

★ PROGRAM HIGHLIGHTS:

- Visit a **sea turtle hatchery**
- Engage with locals and **practice your Spanish** around town if you'd like
- Ride a **zipline** through the forest canopy
- Enjoy the ocean via **catamaran** and **snorkel** among marine life
- Experience Costa Rican culture through guest speakers, cooking and dance classes

PROGRAM INFORMATION

THEME: Leadership & Exploration

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

7-Day Program | \$2,799

♡ Service Hours: 15

March 10 - March 16

March 17 - March 23

March 24 - March 30

April 01 - April 07

April 09 - April 15



COSTA RICA: Beachside Service Adventure

Escape to Costa Rica's beautiful Pacific coast, where you'll volunteer on a service project that is most needed at the time of your arrival. This could be a mix of efforts, such as beach clean-ups to make way for nesting sea turtles or community or ecosystem restoration projects. While it has many achievements to boast of, like universal healthcare, many Costa Rican communities still benefit from your support! Relax after a hard day's work at our beautiful Home Base. You'll also have the chance to enjoy a variety of adventure activities, such as thrilling river tubing and ziplining expeditions, as well as a catamaran and snorkeling tour to experience fun in the sun with all the new friends you meet on-program.

★ PROGRAM HIGHLIGHTS:

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

PROGRAM INFORMATION

THEME: Leadership & Exploration

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

10-Day Program | \$3,199

♡ Service Hours: 20

June 10 - June 19

June 23 - July 02

July 06 - July 15

July 19 - July 28

August 01 - August 10



COSTA RICA: Medicine & Healthcare Discovery

This program offers students a unique opportunity to delve into a variety of areas of medicine and public health. Through immersive campaigns with medical professionals in vision screening, physical and occupational therapy, and dental health education, you will not only gain insight into the medical field, but also develop an understanding for the importance of public health education and management. Beyond the health-focused learning, you'll also experience Costa Rican culture and have unforgettable adventures along the way. Dance your heart out and try your hand at local cuisine during lively, locally-led lessons. Immerse yourself in history during a city tour, conquer a volcano hike, learn to catch a wave during a surf lesson and explore the wonders of a biodiverse national park.

★ PROGRAM HIGHLIGHTS:

- Work side-by-side with local healthcare professionals and collaborate on campaigns to **support children & the elderly**
- Support ophthalmologists with **vision test screenings** in local elementary schools
- Collaborate with local health professionals in **physical and occupational therapy** at elderly care centers and nursing homes
- Lead **dental health workshops** in local communities
- Discover the beauty of Costa Rica through visits to **waterfalls, ziplining adventures, beach trips**, and national park exploration

PROGRAM INFORMATION

THEME: Medicine & Public Health

LODGING: Cozy Guesthouse

ACTIVITY LEVEL: Medium

14-Day Program | \$5,199

♡ Service Hours: 30

June 10 - June 23

June 26 - July 09

July 13 - July 26

July 30 - August 12



COSTA RICA: The Initiative For Children

On this program you will learn how development issues in rural Costa Rica — from education access to sustainable land use — are all related to the wellness of youth. You'll be based in a very small town, far from developed tourism hot spots and volunteer at local schools by taking on a variety of infrastructure projects based on the school's needs at the time. 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 experience, you'll also explore the beaches on the Pacific coast by catamaran and go snorkeling, as well as whitewater rafting.

★ PROGRAM HIGHLIGHTS:

- Volunteer on **infrastructure projects** at rural schools
- 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 and relax in **hot springs**
- Learn about the culture through cooking and dancing lessons, as well as a coffee workshop
- Enjoy a **whitewater rafting adventure**, and take an overnight excursion to the beach for a **catamaran ride** and **snorkeling** (21-Day Program only)

PROGRAM INFORMATION

THEME: Youth & Education
LODGING: Ecolodge
ACTIVITY LEVEL: Medium

21-Day Program | \$5,699

♡ Service Hours: 60

June 27 - July 17

14-Day Program | \$4,499

♡ Service Hours: 36

June 10 - June 23
 July 21 - August 03



COSTA RICA: Marine Conservation & Sea Turtle Expedition

As you travel the Pacific coastline during your expedition, you will contribute to conservation projects addressing climate change and learn to be environmental stewards. On the Nicoya Peninsula, spend a week learning about sea turtle conservation and supporting other wildlife native to the area. Then head south and explore world-famous Manuel Antonio National Park, while continuing your environmental service projects along the coast. In the third week, for those on the 21-Day Program, your expedition will take you further south, down to the southern Pacific region, where you'll discover what it takes to become an ocean steward. Throughout this traveling adventure, you will go deep into the impacts of climate change on our oceans, habitats and communities, while checking off nearly every epic Costa Rican adventure you can imagine!

★ PROGRAM HIGHLIGHTS:

- Explore the Pacific coast and enjoy ample **beach** time
- Support a sustainable **sea turtle hatchery**
- **Zipline** through the forest on an adventure excursion and go **bioluminescence boating**
- Live in multiple beach communities along the Pacific
- Collaborate with ocean stewards as you **support reforestation, seed planting, and local campaigns** to protect our oceans (21-Day Program Only)

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation + Environmental Stewardship

LODGING: Multiple

ACTIVITY LEVEL: Medium

21-Day Program | \$6,499

♡ Service Hours: 50

June 17 - July 7

July 11 - July 31

14-Day Program | \$4,799

♡ Service Hours: 35

June 11 - June 24

June 28 - July 11

July 17 - July 30



COSTA RICA: Ocean & Wildlife Conservation Adventure

On this program you will discover Costa Rica's Osa Province, where you'll be amazed by the variety of beautiful beaches, mangroves and animal life. Experience the essence of the ocean-minded "Pura Vida" lifestyle as you live on the coast and work to support ocean and wildlife conservation. Experience the beauty of the Pacific Ocean and 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 the beaches and wildlife habitats, while collecting data on microplastics as a citizen scientist or preparing and distributing food to some of the country's iconic species.

★ PROGRAM HIGHLIGHTS:

- Volunteer on various **marine conservation projects** & microplastics initiatives
- Support wildlife conservation with a local organization dedicated to **animal welfare and protection**
- Go on an epic boat adventure to Caño Island, **snorkel** and experience marine life
- **Zipline** through the forest canopy and venture to world-famous **Manuel Antonio National Park**
- Learn from **marine biologists and national park representatives** about their critical conservation efforts

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation + Environmental Stewardship

LODGING: Ecolodge

ACTIVITY LEVEL: Medium

14-Day Program | \$4,899

♡ Service Hours: 35

June 10 - June 23

June 27 - July 10

July 13 - July 26



COSTA RICA: Sea Turtle Initiative

Learn about many of the threats sea turtles face: boat traffic, climate change, accidental catch by industrial fisheries and pollution in their habitats. The population has declined by 90% since 1980. You'll live and work on the rural Caribbean coast, assisting a turtle conservation organization with critical efforts to preserve the natural areas where this endangered species lives. Ensuring that the turtle population will thrive for generations depends largely on our ability to educate the local community and protect the places where turtles nest. With the right timing and luck, you might be rewarded with the sight of turtles hatching.

★ PROGRAM HIGHLIGHTS:

- Protect an endangered **sea turtle nesting** beach
- Assist with night patrols and visit a **turtle nursery**
- Soar through the rainforest canopy on a zipline adventure
- Go on an **whitewater rafting** expedition down the Pacuare River
- Explore a small **beach town** and the local **artisans market**

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation

LODGING: Ec lodge

ACTIVITY LEVEL: Medium

10-Day Program | \$3,099

♡ Service Hours: 20

June 11 - June 20

June 24 - July 03

July 07 - July 16

July 20 - July 29

August 02 - August 11



COSTA RICA: Spanish Service Adventure

Take learning Spanish out of the classroom —you'll live in Heredia, known for its lush cloud forests, pristine nature and friendly Costa Ricans, all as you learn to speak the language from locals. These experiences enhance your language immersion, making sure you get plenty of practice and return home a more confident Spanish speaker. From ziplining to hiking in a national park to experiencing the magnificence of Costa Rica's wildlife up close, this is a summer program you won't want to miss! The GLA Experiential Language Curriculum™ integrates Spanish language learning into all aspects of the experience, allowing students to take away more of the culture, and also leave more behind. From community service to excursions and cultural events, language is given a new context. Spanish class will never be the same.

★ PROGRAM HIGHLIGHTS:

- Take your Spanish to the next level through a structured **immersion** program at a local language school
- **Practice with native speakers** in an encouraging Tico community
- Experience the natural wonder and stunning scenery of **Poás Volcano National Park**
- Explore the critical role that **education and community development** play in shaping Costa Rica's future
- Go on an overnight excursion to one of Costa Rica's world-renowned **beaches** and explore **Manuel Antonio National Park** (21-day Program only)

PROGRAM INFORMATION

THEME: Language Immersion
LODGING: Exclusive Hotel Block
ACTIVITY LEVEL: Medium

21-Day Program | \$5,999

♥ Service Hours: 48
 ☞ Language Hours: 35

June 28 - July 18

14-Day Program | \$4,699

♥ Service Hours: 28
 ☞ Language Hours: 25

June 11 - June 24
 July 22 - August 04



COSTA RICA: Surf, Sports & Sustainability

On this program you will discover Costa Rica's diverse Guanacaste Province, home to beautiful beaches, misty cloud forests and expansive mangroves. Volunteer with local ecological groups to help conserve the region's beaches and forests. Work on a number of initiatives that serve the local community: we'll lend a hand where we are most needed at the time. Learn about sustainable farming techniques and green initiatives. Stay active daily while surfing warm waves, practicing yoga and playing pick-up sports. Experience the essence of the ocean-minded "Pura Vida" lifestyle as you learn how to surf from skilled instructors. Soak in the beauty of the Pacific Ocean and rich biodiversity of Costa Rica during your two weeks here in Central America.

★ PROGRAM HIGHLIGHTS:

- Stay active by **surfing** warm friendly waves and playing **pick-up sports**
- Learn about **sustainable farming techniques** and local green initiatives
- Volunteer on **ecological restoration projects** and community initiatives
- Zipline, go tubing down a river through lush canyons, and relax in **thermal hot springs**
- Explore the coast by **catamaran boat and snorkel** amongst diverse marine life

PROGRAM INFORMATION

THEME: Sports Leadership +
Environmental Stewardship

LODGING: Ecolodge

ACTIVITY LEVEL: Heavy

14-Day Program | \$5,199

♡ Service Hours: 30

June 10 - June 23
June 26 - July 09
July 13 - July 26
July 30 - August 12



COSTA RICA: Sports Beyond Borders

Experience Costa Rican culture by interacting with local children in an after-school program. Help students with their homework, ignite their creativity through art and bond through playing sports games. Have a real impact on the future of the organization by improving the program's facilities -- garden, add some color to the classroom walls, and assist with crucial infrastructure projects as needed by the organization. Discover the fervor for soccer and the rise of other professional sports in Costa Rica-- stay active with friendly pick-up games of soccer and volleyball. Beyond the realms of sports and service, you'll experience all the adventure and wildlife that Costa Rica has to offer. Zipline through the forest canopy, spotting monkeys and macaws with a little luck. Live the Pura Vida lifestyle as you enjoy the beautiful beaches of Guanacaste and catch some waves in the warm waters of the Pacific.

★ PROGRAM HIGHLIGHTS:

- Volunteer with a local **after school program** offering sports and tutoring in multiple subjects
- Support local youth in meaningful **sports leadership activities** and cross-cultural exchange
- Provide a helping hand to **improve the after school club's grounds and classrooms**
- **Zipline** through the jungle canopy
- Learn how to **surf** with experienced instructors in warm tropical waves
- Enjoy the **food and culture** of Costa Rica's Guanacaste region

PROGRAM INFORMATION

THEME: Sports Leadership +

Youth & Education

LODGING: Ecolodge

ACTIVITY LEVEL: Heavy

14-Day Program | \$4,999

♥ Service Hours: 30

June 28 - July 11

July 15 - July 28



COSTA RICA: Animal Rescue & Veterinary Project

On this program, you will learn about animal welfare through a variety of hands-on rescue center projects and make a positive impact on the lives of domestic animals in local communities through improved access to veterinary services. Gain pre-veterinary experience working alongside certified veterinarians and animal rescue experts. Not only will you do compassionate, hands-on work with lovable, furry friends at a dog & cat rescue center, you'll also learn about exotic wildlife species in a country known for its dedication to conservation. In your time off service, experience all the outdoor adventure and natural beauty Costa Rica has to offer.

★ PROGRAM HIGHLIGHTS:

- Do hands-on volunteer **work alongside veterinarians** and get 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**
- **Zipline and hike** through lush valleys
- Take a dip in **hot springs** known for healing properties

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

14-Day Program | \$5,199

♡ Service Hours: 35

June 10 - June 23

June 27 - July 10

July 13 - July 26

July 30 - August 12



COSTA RICA: Middle School Service Adventure

On this adventure, students will focus on a number of causes, working on both Community Development and Youth & Education projects. Get ready to volunteer in schools with inspiring local children on this well rounded program. No trip to Costa Rica would be complete without adventure! Students will participate in exciting activities like ziplining, hiking, a day at the beach and cultural activities like an exciting chocolate (or cacao!) tour.

★ PROGRAM HIGHLIGHTS:

- **Zipline** through the beautiful landscapes of Costa Rica
- Spot **birds, reptiles and other animals** in the country's Central Valley
- Take a traditional Costa Rican **cooking class**
- Go on a **chocolate tour** guided by a local chocolate expert
- Enjoy a day at one of Costa Rica's picturesque **beaches**

PROGRAM INFORMATION

THEME: Leadership & Exploration

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

AGES: 12-14

10-Day Program | \$4,299

♥ Service Hours: 20

June 23 - July 02



BELIZE: Marine & Manatee Conservation

On this program, you will take in the wonders of Corozal Bay, home to one of the world's largest populations of Antilles manatees. While you won't be working directly with manatees, you will work alongside rangers, scientists, and local fishermen to protect their habitat through mangrove restoration, beach clean-ups, and conservation initiatives with local children. You will also learn how waterways can be protected and conserved through governmental, organizational, and community action. Revel in the natural beauty of Belize as you explore a remote Caye, snorkel and go cave tubing with your new friends. In just a short time, Belize will come to feel like a home away from home.

★ PROGRAM HIGHLIGHTS:

- Restore mangroves, clean up local beaches where sea turtles nest, and engage local students in **conservation education**
- Visit the **Bacalar Chico Marine Reserve**
- Get your hands dirty as you **shadow local fishermen** to harvest from traditional fishing traps and filet your own fish
- Go **snorkeling** in turquoise waters
- **River tube and zipline** through Belize's lush rainforest
- Visit a **manatee rescue center** and meet the passionate scientists working to rehabilitate manatees back into the wild

PROGRAM INFORMATION

THEME: Environmental Stewardship
+ Animal & Wildlife Conservation

LODGING: Multiple

ACTIVITY LEVEL: Medium

14-Day Program | \$5,299

♡ Service Hours: 30

June 28 - July 11

July 14 - July 27

July 30 - August 12



GUATEMALA: Children of the Maya

On this program you will be immersed in indigenous culture, Maya heritage and epic, mountainous landscapes. You'll find warm local residents who are proud to share their ancient traditions. This program is based in Xela (pronounced "shay-lah") —a local nickname for the vibrant town of Quetzaltenango— which is a hub for volunteer opportunities in education and children's issues. With very little English spoken throughout the city, residents of Xela welcome student volunteers to assist in their classrooms on projects that support their education initiatives and infrastructure improvements. You will also zipline through the mountains of Guatemala and journey across the expansive, sacred Lake Atitlán during your time here in Central America.

★ PROGRAM HIGHLIGHTS:

- Support **education initiatives** at a local Guatemalan School
- Journey across world-famous **Lake Atitlán** and take in the sweeping views
- Attend a **traditional ceremony** with a Maya shaman
- Explore ancient **archaeological ruins** at Iximche
- Stroll through the largest **indigenous craft market** in the hemisphere

PROGRAM INFORMATION

THEME: Youth & Education
LODGING: Enclosed Compound
ACTIVITY LEVEL: Medium

14-Day Program | \$4,199

♡ Service Hours: 30

June 18 - July 01



GUATEMALA: Global Health in the Land of the Maya

On this program you will be immersed in public health and sanitation projects taking place in the heart of indigenous communities. Work alongside local medical professionals and, with their guidance, gain field experience by providing care to communities whose access to healthcare is limited. Be trained by professionals and get certified in CPR & Basic First Aid. You'll be captivated by the fascinating Maya heritage and splendid Central American landscapes. And while a focus on healthcare and medicine is at the core of this program, every GLA experience also includes adventure! Zipline through Guatemalan mountains and journey across the sacred and awe-inspiring Lake Atitlán.

★ PROGRAM HIGHLIGHTS:

- Gain **hands-on healthcare experience** in rural indigenous communities
- Be trained by medical professionals and **get certified in CPR & First-Aid**
- **Shadow medical professionals** and observe best practices for providing health services
- Shop at the largest **indigenous craft market** in the Western Hemisphere
- Venture across sacred **Lake Atitlán**, one of the most beautiful lakes in the world

PROGRAM INFORMATION

THEME: Medicine & Public Health

LODGING: Enclosed Compound

ACTIVITY LEVEL: Medium

14-Day Program | \$4,599

♥ Service Hours: 30

July 06 - July 19



CARIBBEAN



DOMINICAN REPUBLIC: Caribbean Sea Conservation Project

On this program you will take in the wonders of the Samana Bay, where humpback whales come to have their babies each year. While you likely won't see whales up close on this program, you will work alongside marine conservationists and community members to restore this natural habitat and its surroundings through coral reef restoration, beach cleanups, trail maintenance and species identification. Revel in the natural beauty of the Dominican Republic as you explore hidden beaches and snorkel in crystal clear waters. Get ready to go outside of your comfort zone with high adventure activities, such as ziplining and speed boating. In just a short time, Samana will come to feel like a home away from home.

★ PROGRAM HIGHLIGHTS:

- Conserve **biodiversity** as a steward of the island's marine areas
- **Zipline** through a lush forest canopy
- Visit indigenous Taino caves and breeze past mangroves on a high-speed **boat adventure**
- **Snorkel** in the aquamarine waters and soak in the sun on white sand beaches
- Explore the historical center of **Santo Domingo**

PROGRAM INFORMATION

THEME: Environmental Stewardship
LODGING: Multiple
ACTIVITY LEVEL: Medium

14-Day Program | \$4,699

♡ Service Hours: 30

June 12 - June 25
 June 28 - July 11
 July 14 - July 27



DOMINICAN REPUBLIC: Island Service Adventure

Discover yourself through meaningful service within a rural Dominican community. On this program, you will help GLA's local partner assist residents with infrastructure projects and community-based initiatives. You will learn how service, when led by locals and supported by you, can be a monumental part in uplifting a village. The hard work on this program is rewarded with adventures through some of the Dominican Republic's most pristine paradises. You will explore the jungle, spend time on hidden beaches, snorkel in tropical blue water, and stay the night on a small isolated island in the national park. Every step of the way you will feel the Dominican culture calling you to dance, indulge in amazing new foods, play baseball and soak in the centuries of history.

★ PROGRAM HIGHLIGHTS:

- **Live in and explore a village** near a beautiful stretch of coast
- Volunteer on **community development** projects
- Swim in **Los Tres Ojos National park**, a network of underground lakes
- **Play baseball** and practice your Spanish with locals
- Spend the night on Saona Island, and assist with **turtle hatchlings** if we're lucky

PROGRAM INFORMATION

THEME: Leadership & Exploration

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

10-Day Program | \$3,199

♥ Service Hours: 24

June 14 - June 23

June 27 - July 06

July 10 - July 19

July 23 - August 01



DOMINICAN REPUBLIC: Global Health Initiative

On this program, you will challenge your preconceptions of health and community care. Learn about the differences between public health and medicine, and how community wellbeing depends on both. Live like a local in a small community, connecting with your neighbors and feeling the rewards (and challenges!) of living close to nature as you participate in a grassroots lifestyle. You'll receive guidance from local medical professionals and gain field experience by doing physical work and sanitation projects that aim to improve the lives of hundreds of Dominicans living in poverty. While you're diving into deep, meaningful projects, you will also have time for adventure. Explore to your heart's content, as coastline, jungle and Caribbean culture surround you at every turn.

★ PROGRAM HIGHLIGHTS:

- Gain fieldwork experience that will introduce you to **public health and medicine**
- Swim in the natural caves and majestic cenotes of **Dudu Lagoon**
- Go for a spectacular **boat ride and snorkel** in the crystal blue seas
- Test your limits on an adrenaline-packed **waterfall** adventure
- Explore the town of **Puerto Plata**, with its embellished Victorian-style buildings and famous cableway

PROGRAM INFORMATION

THEME: Medicine & Public Health

LODGING: Ecolodge

ACTIVITY LEVEL: Heavy

14-Day Program | \$4,799

♡ Service Hours: 40

June 13 - June 26
June 20 - July 03
June 30 - July 13
July 07 - July 20
July 17 - July 30
July 24 - August 06



SOUTH AMERICA



GALÁPAGOS: Preserving Nature's Wonders

On this program you will experience one of the most pristine natural environments in the world, where Charles Darwin first developed the Theory of Evolution. Volunteer alongside conservationists to help preserve this UNESCO-designated heritage site and unique ecosystem. Journey between various islands of the Galapagos archipelago and witness habitats and geological formations found nowhere else on Earth. Besides volunteering, you'll have the opportunity to explore two different islands, snorkel with sea lions, and see world-famous Galapagos tortoises. This program is a favorite of GLA alumni and is a perfect choice for adventure seekers, animal lovers, and teens who are passionate about preserving the natural world.

★ PROGRAM HIGHLIGHTS:

- Restore the habitat of native **Galápagos tortoises**
- Explore the natural wonders of two **majestic islands**
- **Snorkel** with sea lions and spot iguanas, sea turtles, and blue-footed boobies
- Experience life-changing adventure as you **boat** between Pacific islands
- Explore the cobblestone streets and artisan markets of **historical Quito**

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation

LODGING: Multiple

ACTIVITY LEVEL: Heavy

14-Day Program | \$5,699

♥ Service Hours: 26

June 13 - June 26

June 18 - July 01

June 30 - July 13

July 05 - July 18

July 17 - July 30

July 22 - August 04



PERU: Spanish Service Adventure

Spanish class will never be the same! Discover Cuzco, the cultural heart of the Inca Empire, as you immerse yourself in its sights and sounds—ancient flutes, traditional clothes, and surrounding Andean peaks. Volunteer on various agricultural and infrastructural projects that benefit communities in and around the Sacred Valley. Practice your Spanish and Quechua with friendly native speakers.

The GLA Experiential Language Curriculum™ integrates Spanish language learning into all aspects of the experience, allowing students to take away more of the culture, and also leave more behind. From community service to excursions and cultural events, language is given a new context.

★ PROGRAM HIGHLIGHTS:

- **Improve your Spanish** through daily language immersion and classes
- Engage in initiatives that **support local communities**
- Visit the sacred Incan citadel of **Machu Picchu**
- **Explore Cuzco's** cobblestone streets and bustling markets
- Visit the **ancient Incan salt mines** of Maras and the circular agricultural terraces of Moray
- Meet friendly alpacas and **local artisans** at a nearby community cooperative

PROGRAM INFORMATION

THEME: Language Immersion
LODGING: Exclusive Hotel Block
ACTIVITY LEVEL: Medium

14-Day Program | \$4,599

♥ Service Hours: 20
🗨 Language Hours: 25

June 26 - July 09
July 13 - July 26



PERU: Foundations of Global Health

This program is a real opportunity to learn about public health as a basic human need while helping to carry out important health campaigns in one of the most exciting and culturally rich landscapes in the world. Work alongside local medical professionals to provide care to remote highland communities through traveling clinics. When not gaining hands-on experience in the field, students will explore Cuzco, raft through the Andes mountains to hike to visit an enchanted Incan ruin and a hidden waterfall. On the 21-day program, students will gain additional field experience through infrastructural projects that improve the hygiene, health, and quality of life for Quechua families.

★ PROGRAM HIGHLIGHTS:

- Gain hands-on **healthcare experience** in rural, Quechua communities
- Explore the cobblestone streets and bustling markets of **Cuzco**
- Meet friendly alpacas and **local artisans** at a nearby textile cooperative
- Take a train to visit the sacred citadel of **Machu Picchu**
- Learn about the Sacred Valley's artisanal traditions in a highland **ceramics workshop** and hike to **Rainbow Mountain** (21-Day Program only)

PROGRAM INFORMATION

THEME: Medicine & Public Health

LODGING: Enclosed Compound (14-Day)
Hotel Block (21-Day)

ACTIVITY LEVEL: Heavy / Medium

21-Day Program | \$5,999

♡ Service Hours: 60

July 14 - August 03

14-Day Program | \$4,599

♡ Service Hours: 35

June 15 - June 28
July 02 - July 15
July 19 - August 01



PERU: Service Expedition in the Sacred Valley

Experience Peru's Andean highlands in the ancient Sacred Valley, the heart of the Inca Empire. Go on an epic train ride to Machu Picchu and experience this iconic wonder of the world. Look around more, and you'll learn Peru has areas of need – poverty and economic development issues are common in rural areas. As you work to combat these issues, you'll see that Peru is more than its wild landscapes and ancient arts: The generosity and lively culture of its people are what have truly endured the last several centuries.

★ PROGRAM HIGHLIGHTS:

- Help make quality education more accessible to rural girls through **community development projects**
- Embark on a two-day expedition to **Machu Picchu** and camp among snow-capped peaks
- Whitewater **raft** and **zipline** through a stunning river valley
- Explore **Cuzco's** cobblestone streets and bustling **artisan markets**
- Learn about Peru's **traditional agricultural, artisanal, and spiritual practices** from friendly locals
- Hike to the colorful **Rainbow Mountain** and spend one night in a traditional artisanal village with a Quechua host (21-Day Program only)

PROGRAM INFORMATION

THEME: Community Development

LODGING: Enclosed Compound

ACTIVITY LEVEL: Heavy

21-Day Program | \$6,199

♡ Service Hours: 40

June 19 - July 9

14-Day Program | \$4,699

♡ Service Hours: 25

June 19 - July 02

July 06 - July 19

July 23 - August 05





AFRICA



GHANA: Children of Africa

On this program you will step onto the flat, sandy earth of Ghana in West Africa and embark on a journey you will never forget. Join your peers, local leaders and community members as you volunteer among one of the continent's most passionate and welcoming communities. Ghanaians are known for their smiles, vibrancy and welcoming nature — you'll see bright colors in the land, stitched into traditional clothing and adorning your Home Base. Your presence will infuse the school with excitement as you work on community-led service projects. Experience what life is like in Ghana, from ancient traditions still practiced today, to modern practices found throughout bustling Ghanaian communities.

★ PROGRAM HIGHLIGHTS:

- Develop educational resources that will be used to **tutor children** at a local primary school
- Help build and **refurbish school facilities**
- Discuss current **social issues** facing Ghana's women and children
- Learn traditional **African dance, batik fabric dyeing, drums** and percussion
- Explore **outdoor markets, visit historic sites** and hike to a beautiful **waterfall**

PROGRAM INFORMATION

THEME: Youth & Education
LODGING: Enclosed Compound
ACTIVITY LEVEL: Medium

21-Day Program | \$5,599

♡ Service Hours: 60
July 07 - July 27

14-Day Program | \$3,999

♡ Service Hours: 40
June 22 - July 05
July 09 - July 22
July 26 - August 08



SOUTH AFRICA: Safari & Conservation Expedition

On this program you will experience life in a quintessential South African reserve--learn about conservation on the front lines. You might spot Africa's "Big Five" in the region — lions, leopards, elephants, Cape buffalo and rhino. By night, you'll live at a rustic Home Base, hearing traditional stories and learning about tribal culture. By day, shadow wildlife conservationists in the South African bush, go on game drives to observe animals and learn about sustainably preserving the region's endangered species. Your animal conservation efforts will be hands-on and incredibly immersive: support local giraffe populations through identification projects and assist an anti-poaching unit with wildlife predator monitoring.

★ PROGRAM HIGHLIGHTS:

- Assist with ongoing **rhino, giraffe, and African elephant conservation projects**
- Track and **monitor wildlife movement** on a renowned reserve
- Spot Africa's "**Big Five**" wild animals
- Enjoy a bonfire as you **camp under the stars**
- Experience **tribal culture and traditional storytelling**
- Support the reserve's **local community projects**
- Journey to **iSimangaliso Wetland Park** to support hippo and crocodile conservation efforts (21-day program only)

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation

LODGING: Enclosed Compound

ACTIVITY LEVEL: Heavy

21-Day Program | \$5,999

♡ Service Hours: 60

June 20 - July 10

14-Day Program | \$4,599

♡ Service Hours: 40

July 14 - July 27



TANZANIA: Heart & Soul of Kilimanjaro

At dawn, the rising sun floods Tanzania's cool grasslands with gold, school children walk along the roadsides and vendors set out their wares. Nature surrounds Tanzania, where the largest of animals mingle with the most minute, and landscapes are colorful and diverse. But more than anything else, it is the Tanzanian people who will make your visit memorable. Whether you're teaching a class full of energetic children, embarking on a safari guided by locals or chatting with community members, you'll constantly be greeted with the characteristic warmth of Tanzanians, and the raw beauty of East Africa.

★ PROGRAM HIGHLIGHTS:

- Support and initiate **education projects** & build resources for a local school
- See zebras, lions, rhinos and more on an incredible **African safari**
- Visit the **Maasai nomadic warrior tribe** and learn about their history and customs
- Spend time with a **Tanzanian host family**
- Learn African **dance, percussion and batik cloth dyeing** from locals
- Hike around the base of **Kilimanjaro** to a breathtaking **waterfall**

PROGRAM INFORMATION

THEME: Youth & Education
LODGING: Enclosed Compound
ACTIVITY LEVEL: Medium

21-Day Program | \$6,599

♡ Service Hours: 45
July 08 - July 28

14-Day Program | \$4,899

♡ Service Hours: 30
June 21 - July 04



EUROPE



GREECE: Mythical Cities & Islands Expedition

On this program you will travel to some of Greece's most influential and picturesque cities. You'll also explore some of the most treasured islands found in the Mediterranean! Your adventure begins in Athens, a treasure trove of ancient civilization that has been incredibly memorialized in the form of ruins, museums and iconic spaces that are still in use. Ferry to Crete, Greece's largest island and, according to Greek mythology, the birthplace of Zeus himself. Stay and explore Heraklion and Rethymno, as well as several other colorful villages on the island. Finally, sail through the Aegean Sea to the dreamy island of Santorini, known for its whitewashed cube dwellings.

★ PROGRAM HIGHLIGHTS:

- Visit the ancient **Acropolis** of Athens citadel, a UNESCO World Heritage Site which includes the **Parthenon** and **Temple of Athena Nike**
- Sail along the caldera of **Santorini** in a traditional wooden boat, just like a true argonaut
- Explore **Crete** and learn about --and taste!--Greek cuisine with a **food tour** and cooking class
- Dive deep into **Greek mythology** through site visits, guest speakers and local lore
- Participate in **community service** to help support a meaningful local cause

PROGRAM INFORMATION

THEME: Exploration & Leadership

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

12-Day Program | \$5,799

♥ Service Hours: 10

June 13 - June 24

July 13 - July 24



GREECE: Turtle & Conservation Adventure

Set sail for Greece, where we will explore one of the world's oldest cultures and support important marine conservation work. Due to climate change and human impact in this ancient land, loggerhead turtles and other wildlife are at risk of extinction. You'll support a local turtle sanctuary in their efforts to protect endangered and threatened species. Get to know Athens and discover its iconic ancient sites, such as the Acropolis. Set sail for the picturesque Ionian islands, and wrap up your adventure with a visit to Delphi to explore the temple of Apollo and other historical sites which have had significant impact on Greek mythology and history. Meet with warm locals, taste incredible Mediterranean cuisine and immerse yourself in the sights and sounds of this vibrant and warm culture!

★ PROGRAM HIGHLIGHTS:

- Visit the ancient **Acropolis, the Temple of Apollo, the Parthenon and the Temple of Athena Nike**
- Learn how a local sanctuary works to protect **loggerhead turtle nesting** habitat
- Assist with surveys and other research tasks related to **conservation**
- Visit the iconic **Ionian Islands**
- Learn firsthand how bees contribute to the sustainability of a local **olive tree farm**

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation + Leadership & Exploration

LODGING: Exclusive Hotel Block

ACTIVITY LEVEL: Medium

12-Day Program | \$5,899

♥ Service Hours: 24

June 27 - July 08



SPAIN: Spanish in the Land of Don Quixote

Explore the passions of Spain's people in the fabric of daily life. This is a country with music in its soul, a love of fine food and wild landscapes, and a special talent for celebrating all things in life. Based in Toledo, you'll be surrounded by rich history and architecture and visit medieval monuments and historic cathedrals. Sharpen your Spanish skills through language immersion and formal instruction; practice with native Spanish speakers as you participate in a range of volunteer activities with locals.

The GLA Experiential Language Curriculum™ integrates Spanish language learning into all aspects of the experience, allowing students to take away more of the culture, and also leave more behind. From community service to excursions and cultural events, language is given a new context. Spanish class will never be the same.

★ PROGRAM HIGHLIGHTS:

- Improve your Spanish through **language immersion**
- Walk the historic streets of **Toledo**, known as "the city of three cultures"
- Try **tapas** at one of Madrid's oldest restaurants
- Spend a weekend in Madrid visiting its iconic landmarks: **Prado Museum, Bernabeu Stadium** and more
- Go **kayaking** on the Alto Tajo River

PROGRAM INFORMATION

THEME: Language Immersion

LODGING: Ecolodge

ACTIVITY LEVEL: Medium

14-Day Program | \$5,299

♥ Service Hours: 20

🕒 Language Hours: 35

July 01 - 14

July 18 - 31



ASIA & THE PACIFIC



BALI: Education & Marine Adventure

On this program you will journey to the island of Bali. During your time on the island you'll positively influence local youth and explore the many wonders of the "Island of the Gods." The Balinese people are what make this region truly beautiful. Charming and generous, local residents warmly welcome you to their communities and invite you to learn about the unique culture of Indonesia's most diverse island. Volunteer at a local school teaching about environmental sustainability and bonding with the community. In the afternoons and evenings, you might hike to a waterfall, hop on a spider boat to catch the sunset, or gather around a bonfire on the beach. An epic scuba experience also awaits!

★ PROGRAM HIGHLIGHTS:

- **Teach children** at local Balinese schools
- Learn to **scuba dive** in turquoise waters
- Explore the island's spiritual culture through **temple visits** and activities
- Have dinner at the **Royal Palace**
- **Surf** with locals in Southern Bali, a world class surf destination
- Go on a **white river rafting** adventure and **snorkel** with reef manta rays (21-Day Program only)

PROGRAM INFORMATION

THEME: Youth & Education
LODGING: Enclosed Compound
ACTIVITY LEVEL: Medium

21-Day Program | \$6,199

♥ Service Hours: 36
 June 29 - July 19

14-Day Program | \$4,699

♥ Service Hours: 24
 June 12 - June 25
 July 23 - August 05



BALI: Island Health Expedition

On this program you will experience a side of Bali few travelers get to see. Study public health through two different perspectives: Western convention and the indigenous wisdom of the East. Deepen your understanding of the global health puzzle with a visit to a natural birth clinic and uncover how cultural competence is just as important for achieving wellness as medical resources and technology. This Medicine & Public Health program combines meaningful community service with hands-on learning and adventure. During your time not spent on community service, enjoy Bali's uplifting culture through live music, dance performances and memorable meals. This is a high adventure program on the Balinese coast, and a journey you will never forget.

★ PROGRAM HIGHLIGHTS:

- Shadow and assist medical students during **pop-up clinics**
- Observe how **public health systems** are implemented in developing communities
- Visit a **natural birth clinic** aimed at reducing maternal and child mortality
- Design and deliver **health education workshops** for local youth
- **Surf** with locals on world-renowned waves in Southern Bali and snorkel over coral reefs in clear waters

PROGRAM INFORMATION

THEME: Medicine & Public Health

LODGING: Enclosed Compound

ACTIVITY LEVEL: Medium

21-Day Program | \$6,299

♡ Service Hours: 36

July 03 - July 23

14-Day Program | \$4,799

♡ Service Hours: 24

June 15 - June 28
July 26 - August 08



FIJI: Ridge to Reef Service Adventure

On this program you will embark on a voyage to the Pacific that you never thought possible! Journey from ridge to reef on this tropical adventure to explore Fijian culture and the island way of life in this remote part of the world. While you're here, collaborate with your new friends and local leaders to contribute to meaningful service projects aimed at improving residents' quality of life. From exploring the villages you visit to snorkeling along coral reefs teeming with colorful fish, there will never be a shortage of adventure during your time in this island nation.

★ PROGRAM HIGHLIGHTS:

- Learn about traditional **Fijian dance, weaving & underground cooking**
- Experience **Fijian culture** from the highlands to the coastal areas
- Contribute toward **community infrastructure projects**
- Discover the **unique island marine life**, learning from experts in the field
- Find out what life is like in a **small Fijian village** as you become immersed in your host community

PROGRAM INFORMATION

THEME: Community Development + Environmental Stewardship

LODGING: Enclosed Compound

ACTIVITY LEVEL: Heavy

14-Day Program | \$5,299

♡ Service Hours: 30

June 19 - July 02

July 06 - July 19

July 23 - August 05



SUMATRA: Orangutan & Conservation Expedition

Support reforestation in the Gunung Leuser National Park buffer zone by assisting with tree planting projects to restore orangutan habitats that have been decimated by human activity. Learn about the fascinating Sumatran orangutans and trek through their habitat, potentially glimpsing these incredible creatures in one of the two remaining natural habitats for them on earth.

★ PROGRAM HIGHLIGHTS:

- Trek to find orangutans in the wild in **Gunung Leuser National Park**, a UNESCO World Heritage site
- **Plant trees** to aid reforestation of the “buffer zone” for the orangutan habitat that was cleared for palm oil production
- Go on a **river tubing** adventure known locally as a “jungle taxi”
- **Teach English** to local children with a focus on conservation and sustainability
- **Assist a local NGO** to collect and sort plastic and turn it into reusable items
- Learn how eco-bricks are being used to build **sustainable infrastructure** in the jungle

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation
+ Environmental Stewardship
LODGING: Ecolodge
ACTIVITY LEVEL: Heavy

14-Day Program | \$4,999

📍 Service Hours: 24

June 20 - July 03



THAILAND: Elephant & Education Initiative

Journey to enchanting Chiang Mai in northern Thailand, where you'll have a chance to engage with Thai youth, as well as Asian elephants. Make unforgettable connections with Thai students through community service at a rural primary school, and take part in a cultural exchange at a local high school. Then, care for elephants at a sanctuary, while you learn why these animals are an integral part of Thai culture, conservation and tourism. Cook your own fabulous cuisine, shop at bustling markets and explore the rich history and culture of Thai temples.

★ PROGRAM HIGHLIGHTS:

- Responsibly **care for elephants** living at a sanctuary for rescue elephants
- Learn about **cultural, social and environmental issues** related to elephant tourism
- Meet enthusiastic **Thai youth** and make a difference in their lives
- Volunteer on **educational projects** related to the classroom of a primary school
- Visit colorful night bazaars filled with local **cuisine and handicrafts**

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation + Youth Development & Education

LODGING: Multiple

ACTIVITY LEVEL: Light

14-Day Program | \$4,499

♡ Service Hours: 30

June 12 - June 25
June 29 - July 12
July 05 - July 18
July 16 - July 29
July 22 - August 04



UNITED STATES



HAWAII: Maui Island Service Adventure

Adapt to Maui's evolving needs and make a lasting impact while embracing thrilling adventures, from snorkeling in the Pacific Ocean to an epic surfing experience. Explore diverse landscapes, from lush rainforests along the Road to Hana to the rocky summit of Haleakala, the island's enormous volcanic crater. Contribute to the island's recovery efforts while learning about the delicate balance between preservation and progress.

★ PROGRAM HIGHLIGHTS:

- Lend a hand on projects that address Maui's ever-changing needs and **recovery efforts**
- Learn about Hawaii's Indigenous population, the Kanaka Maoli, and gain a deep understanding of their rich **culture and history**
- Try your hand at **surfing** and explore the Pacific via a **snorkeling** excursion
- Explore the **pristine beaches**, crystal-clear waters and volcanic terrain of this diverse island
- Join forces with local experts on **conservation initiatives**

PROGRAM INFORMATION

THEME: Community Development

LODGING: Ecolodge

ACTIVITY LEVEL: Medium

10-Day Program | \$5,599

♡ Service Hours: 20

July 08 - July 17

July 20 - July 29



UTAH: Arches, Canyonlands & The Colorado River

Experience the myths and modern day realities of the American West. During your time in Utah, you'll discover not only what a unique state this is, but how immensely its ecosystems have shaped its world-famous landscape. From an excursion to Arches National Park to days on end spent alongside the Colorado River, you will be outdoors for a good portion of this program, and be exploring every nook and cranny of the Utah wilderness. Support environmental stewardship projects, learn about public land management, and begin to develop your own personal leadership style by facing challenges in the great outdoors.

★ PROGRAM HIGHLIGHTS:

- Go on an epic, multi-night **river rafting** expedition
- Explore picturesque Utah, spending half your time rafting and **camping**
- Support service and **restoration** efforts along the Colorado River
- Work with the **National Forest Service** amongst the aspens and pines of the beautiful La Sal mountains
- Hike through **Arches National Park**, famed for its more than 2,000 stunning natural stone/rock formations

PROGRAM INFORMATION

THEME: Environmental Stewardship

LODGING: Multiple

ACTIVITY LEVEL: Heavy

10-Day Program | \$4,699

♥ Service Hours: 20

July 05 - July 14

INTERNSHIPS

Global Leadership Adventures is proud to introduce our internship programs, designed specifically for students who want to dive even deeper into a particular theme or subject matter.

Interns will engage in an experience that offers the opportunity to develop practical new skills in a meaningful way. Whereas GLA service learning adventures focus on hands-on volunteer service projects, student interns will gain interactive field experience through partnerships with organizations abroad. Interns work to understand the local and global issues that these dedicated groups are working to address.

All interns will be supported by advisors within their host organization—these mentors will provide guidance during their time abroad. Each day, interns will engage with an important function of the organization and make progress on a project with the help of their fellow interns and advisors. At the end of the program, interns will present their project and share what they have learned. Through this experience, interns will develop their own leadership style, something that will continue to benefit them long after they return home.

GLA creates the environment for interns to develop a strong network of professionals and industry experts that can serve them as they advance throughout their high school and college years and beyond. Not only can an internship hold weight on a college application, but all interns will receive a letter of recommendation from the respective organization and can receive college credit from Portland State University as an add-on.

All internships will include observation hours, professional development hours and self-study hours.

And remember, this is still a GLA program, so we have not forgotten about the adventure! Interns will participate in many of the same activities that students would in service learning programs after their internship hours are completed for the day. Interns will experience the local culture and embark on various excursions to see what makes their host country special.





COSTA RICA INTERNSHIP: Career Exploration in Environmental Stewardship

Embark on a dynamic 21-day internship adventure to the Osa Peninsula, where your knowledge and hands-on experience flourish week by week. Join a dedicated group of aspiring conservationists to engage in immersive wildlife studies guided by field biologists, actively contribute to habitat restoration projects and embrace sustainable practices. Experience the breathtaking beauty of the Osa Peninsula's rainforests, forging connections with nature and like-minded peers while making lasting memories. This is your opportunity to explore, learn and make a lasting impact on the delicate ecosystems of Costa Rica while gaining valuable internship experience.

★ PROGRAM HIGHLIGHTS:

- Work on **assessments and data collection** under the mentorship of experienced conservationists
- Contribute directly to **conservation efforts** by participating in projects and initiatives that make a tangible impact
- Collaborate closely with seasoned **biologists and expert field staff**, learning from their expertise in the intricacies of wildlife conservation
- Discover the delicate balance between **nature preservation and local community engagement**

PROGRAM INFORMATION

THEME: Animal & Wildlife Conservation
+ Environmental Stewardship
LODGING: Ec lodge
AGES: 14-18

21-Day Internship | \$6,999

July 07 - July 27

INTERNSHIP HOURS

Observation Hours: 36
Professional Development Hours: 12
Self-Study Hours: 12
Total Internship Hours: 60



PERU INTERNSHIP: Career Exploration in Sciences & STEM

Dive into a hands-on STEM internship in Peru's majestic Sacred Valley, where you'll lead water conservation projects in rural communities affected by drought. Learn from experts in the field to gain a deeper understanding of the challenges and triumphs of modern-day Quechua communities and explore both innovative and ancient methods of supporting sustainable water systems. In addition, you'll have the opportunity to explore one of the most beautiful places on earth: embark on a two-day hiking expedition through the Andes, raft through a scenic river valley and hike the aptly named Rainbow Mountain.

★ PROGRAM HIGHLIGHTS:

- Engage in hands-on **water conservation projects** in rural communities as you learn about current challenges and how science and technology hold the key to solutions
- Learn from experienced professionals about **ancient Incan engineering** and how it comes into play today
- Spend a night in a traditional artisanal village with a Quechua host and learn about **Andean traditions and culture**
- Get immersed in authentic **Peruvian cultural activities** in the highland communities nearby
- Embark on a two-day expedition to **Machu Picchu** and camp among stunning mountains

PROGRAM INFORMATION

THEME: Sciences & STEM
LODGING: Exclusive Hotel Block
AGES: 14–18

21-Day Internship | \$6,999

June 30 - July 20

INTERNSHIP HOURS

Observation Hours: 36
Professional Development Hours: 12
Self-Study Hours: 12
Total Internship Hours: 60



THAILAND INTERNSHIP: Career Exploration In Medicine & Hospitals

Work alongside a local, mission-driven organization to explore the convergence of eastern and western medicine in Thailand. Shadowing professionals in a variety of healthcare facilities is a unique opportunity to observe, ask questions and get valuable experience in the field. Immerse yourself in a bright and vibrant country unlike any other on earth as you explore the natural and cultural wonders of Thailand.

★ PROGRAM HIGHLIGHTS:

- Observe doctors and nurses in real time as you rotate through departments at a **local hospital**
- Engage with the community through **local outreach and education projects** pertaining to **public health**
- Take in the sights, sounds and tastes of **Thai culture** at a vibrant street market
- Enjoy a weekend excursion to **Koh Samet island**, part of one of Thailand's breathtaking national parks

PROGRAM INFORMATION

THEME: Medicine & Public Health
LODGING: Exclusive Hotel Block / Multiple
AGES: 14-18

21-Day Internship | \$6,999

June 23 - July 13
July 21 - August 10

INTERNSHIP HOURS

Observation Hours: 36
Professional Development Hours: 12
Self-Study Hours: 12
Total Internship Hours: 60

HOW TO APPLY

1 Visit our online application portal.
link.experienceGLA.com/apply

2 Hold your space in the program of your choice.

Make your program selection and complete the Contact Information section. Submitting the deposit and application fee using our secure online system (Visa or MasterCard) holds your spot on the program as you complete the remaining steps of the application. You may also mail a check to Global Leadership Adventures or call +1 858-771-0645 during office hours to pay by phone.

3 Complete the online application.

Part of the application process is for you to reflect on yourself as an applicant. Complete a brief series of short answer essay questions and a self-evaluation, which help us get to know your motivation for going on a GLA program. This also ensures that your interests are aligned with what the program offers. Finally, complete a medical questionnaire, which helps us prepare to accommodate for pre-existing conditions, food allergies and other safety- and health-related considerations.



A completed application includes:

- APPLICATION FEE
- DEPOSIT
- SHORT ANSWER ESSAY QUESTIONS
- SELF-ASSESSMENT
- SIGNED AGREEMENT FORMS
- MEDICAL QUESTIONNAIRE

We review completed applications in 3-5 business days, and notify students of final decisions by email. If you do not have access to a computer, please contact us for alternative application options.

CONTACT US



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