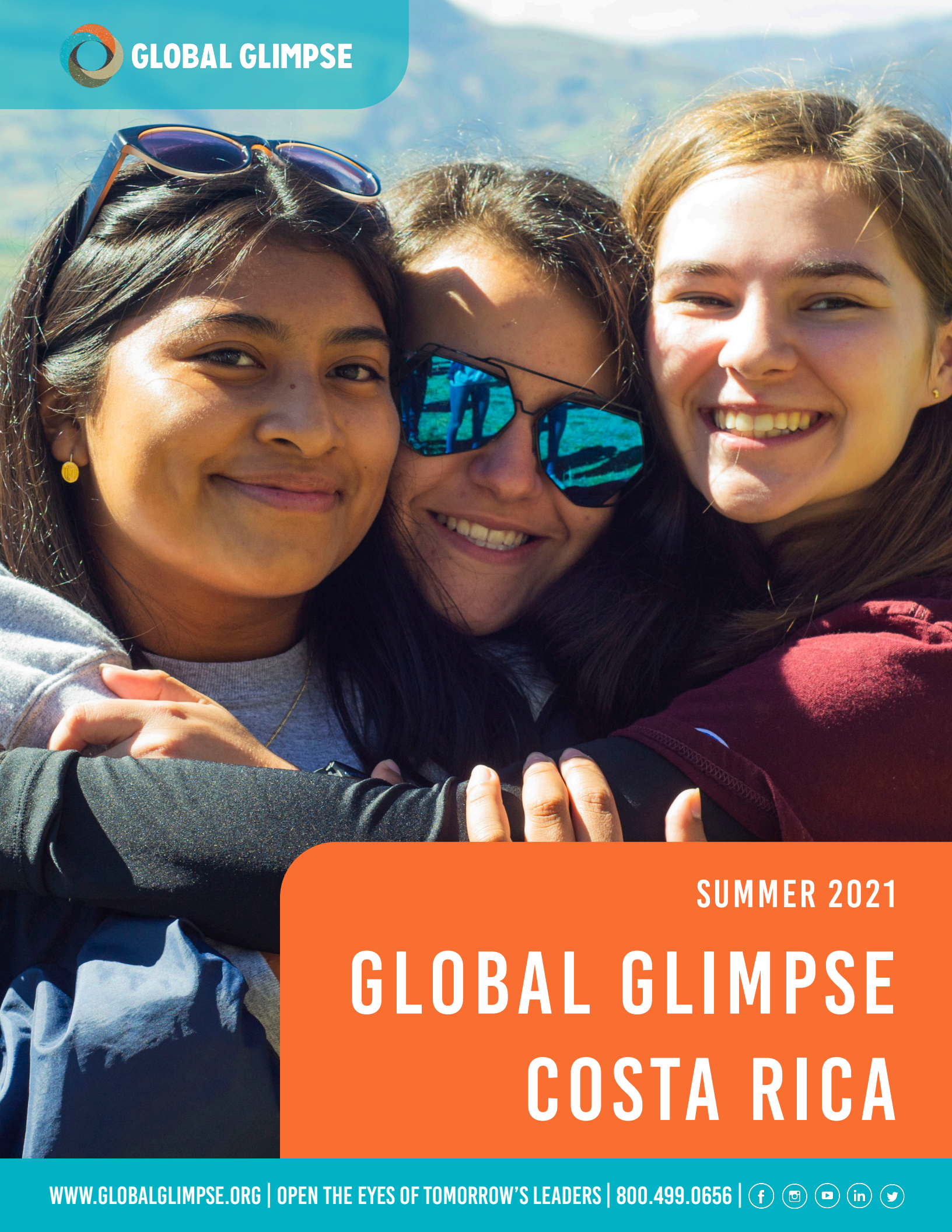




GLOBAL GLIMPSE



SUMMER 2021

# GLOBAL GLIMPSE COSTA RICA





## A NOTE FROM OUR EXECUTIVE DIRECTOR

After prolonged consideration and months of planning in partnership with our global medical team, industry leaders, and our Costa Rica program partner, Ecology Project International (EPI), we have finalized our summer travel option for students and families impacted by program postponement in 2020. This summer we will be offering an in-person travel experience to Costa Rica that responsibly balances ongoing risks related to COVID-19 with our commitment to provide young people with powerful opportunities to expand their global perspective, develop meaningful connections, and take action to better their local and global communities. Why Costa Rica? We decided to focus on a single destination with a long history of political stability and safety, which Costa Rica provides.

### HERE ARE SOME OF THE REASONS WE CHOSE COSTA RICA:

**REMOTE:** The Pacuare Reserve is only accessible by private boat and it is a private reserve. We are able to minimize interaction with many different communities, which protects our groups and the local communities we visit.

**MINIMAL HOTEL EXPOSURE:** For the majority of time on this program, participants are staying in a lodge that is wholly owned and operated by a single organization EPI that has strong COVID-19 protocols. For those nights where we stay outside of this lodge, the same organization is only working with lodging providers that follow its protocols.

**HEALTH CARE:** Costa Rica has a long tradition of solid health care systems, which includes both quality of care as well as a wide network of care providers. There is access to quality care in rural areas, such as Pacuare Reserve.

**TRANSPARENCY:** Costa Rica has been transparent about COVID-19 transmission rates and outbreaks in their country.

**CONSISTENCY:** Costa Rica has been consistent with its approach to COVID-19 since early 2020. While some countries are bouncing back and forth between various policies and procedures such as 14-day quarantines upon arrival, Costa Rica has been more steadfast in its slow and steady approach to opening up to tourism.

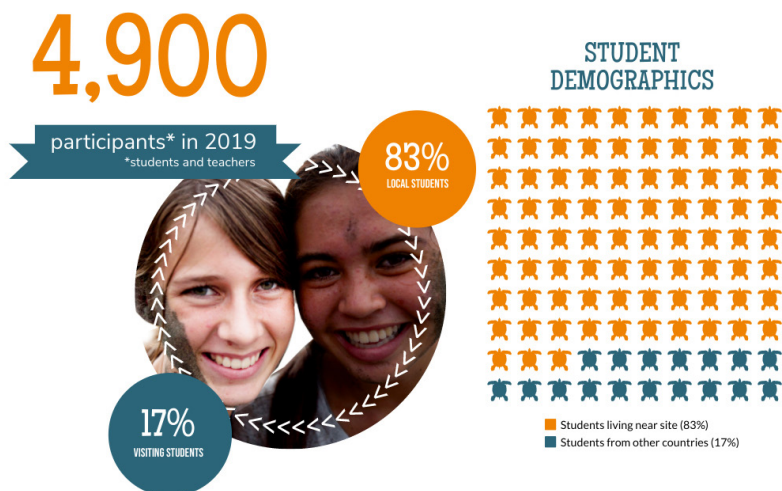
**POLITICAL STABILITY:** Costa Rica has long been stable politically. It has a strong hospitality sector where English is widely spoken and quality standards exist.

**TESTING:** US Citizens returning from international destinations are now required to show proof of a negative COVID-19 test upon re-entry. Our partners at EPI have added this testing to the itinerary. COVID-19 tests are readily available in Costa Rica.



“BEFORE YOU CAN TRULY CHANGE THE WORLD, YOU NEED TO GET TO KNOW THE WORLD AND ALLOW THE WORLD TO GET TO KNOW YOU.” - GLOBAL GLIMPSE ALUMNA

**TRUSTED PARTNER:** We have always relied on strong partnerships to support our international travel programs. For our Costa Rica program this summer we are working directly with Ecology Project International (EPI) to deliver a high-quality travel experience for our students. EPI is a non-profit organization with a 20-year history of providing transformative travel programs for young people in Costa Rica focused on conservation, ecology and hands-on service learning. They have exclusive access to a spectacular private reserve called the Pacuare Reserve in Costa Rica. We’ve always admired their work - especially their commitment to providing local students with access to their programs and we’re excited to collaborate to bring you an amazing experience this summer.



Global Glimpse will provide all pre-trip information and preparation, flight planning and pre and post-program elements leading up to travel this summer. Global Glimpse staff or trained Global Glimpse Trip leaders will be on every trip and they will travel with students on all group flights. In partnership with EPI instructors in Costa Rica, Global Glimpse staff will facilitate all leadership development and social justice workshops and support student learning individually and as a group. EPI will handle travel logistics and conservation activities in Costa Rica as they know the Pacuare Reserve best! Rest assured, Global Glimpse will continue to be with you every step of the way. What follows is a sample itinerary and highlights of our 2021 Costa Rica Summer Program.

We look forward to seeing you on this journey!

Eliza Pesuit, Executive Director



**ECOLOGY PROJECT  
INTERNATIONAL**



**GLOBAL GLIMPSE**  
Open the eyes of tomorrow's leaders



### **GROW AS A LEADER**

While living in the rainforest at this extraordinary reserve, you'll push your comfort zone, expand your global perspective, develop meaningful connections, and learn to lead with empathy. Look forward to hands-on conservation and engaging workshops exploring the intersection of environmental, racial, and social justice.

### **LEARN TO LIVE SUSTAINABLY**

Learn to take care of your mental and physical health through daily wellness and reflection exercises that will support you to unplug from technology and thrive in a community of diverse peers. Learn principles and practices for sustainable living that increase your awareness around climate issues and minimize your impact on the natural world.

### **PROTECT LEATHERBACK SEA TURTLES**

This year, the status of the leatherback turtle, an animal with a 100-million-year history, went from Vulnerable to Endangered on the list of threatened species. You'll have the rare opportunity to support scientists at the forefront of environmental conservation by aiding newborn leatherback sea turtles on their way out of their nests and along their short but perilous journey to the ocean.

### **A UNIQUE PARTNERSHIP**

Two award-winning nonprofits with a combined 30 years of experience unite to provide you with this once-in-a-lifetime experience. Global Glimpse focuses on students' leadership and global learning before, during, and after the trip, and EPI provides an introduction to conservation, biology, and ecology while coordinating all on-the-ground logistics in Costa Rica.

# **COSTA RICA**

## **HIGHLIGHTS**



**TRAVEL WITH A DIVERSE GROUP OF  
YOUNG LEADERS**



**PARTICIPATE IN HANDS-ON SERVICE  
PROJECTS**



**EXPERIENCE WHITE WATER RIVER  
RAFTING**



# COSTA RICA

## SAMPLE ITINERARY

### DAY 1: WELCOME TO COSTA RICA!

Upon arrival, we set our intentions for the experience, talk about how the team will work together and establish ground rules for success.

- Students will meet your EPI instructor team
- First night is spent at a local hotel outside of San Jose where preparations will begin for the adventure to Pacuare Reserve

### DAYS 2-5: CONSERVATION & ENVIRONMENTAL JUSTICE

This trip is designed to introduce you to people, projects and places that will develop your empathy, agency and global perspective. At Global Glimpse, we believe that transformative learning happens just beyond your comfort and we support you to have powerful new experiences that open your eyes to the world. In Costa Rica, we focus on conservation and environmental justice; critical issues for the health and sustainability of our planet and Costa Ricans living in one of the most biodiverse countries on earth. As you engage in meaningful service and immersion, we'll ask you to explore the intersection of environmental, racial, and social justice and support you to define your own purpose and vision for a better world.

- Meet extraordinary guest speakers from the Pacuare Reserve and learn about their lives, purpose and passion
- Learn about sea turtle biology, rainforest ecology, and conservation issues
- Explore the amazing wildlife of lowland tropical ecosystems
- Assist newborn sea turtles on their journey to the ocean

### DAYS 6-7: EXPLORE THE RAINFOREST AND LEARN TO LISTEN

As we dive into the rainforest, you will learn about the interdependence, fragility, and strength of ecosystems. At the same time, you will apply what you've learned as scientists and ecologists to build a deeper understanding of the needs of your own community back home through inquiry and empathetic listening.

- Meet more inspiring speakers and learn how they lead with empathy and global perspective.
- Discover exotic birds and rainforest species as you explore the rainforest and enjoy another facet of Costa Rica
- Observe and learn about nocturnal rainforest species while on a night hike

### DAY 8: REACH OUTSIDE YOUR COMFORT ZONE ON AN ADVENTURE

One key to success as a leader is to regularly push beyond our comfort zones to try new things. We'll do just that as we also explore why it's so hard to get outside our comfort zone, the pros and cons of change and uncertainty, and what excites us to stretch and do big things.

- Raft through rainforest rapids

### DAY 9: DEPART FROM SAN JOSE INTERNATIONAL AIRPORT

After a closing ceremony that ties our learnings together and bonds us as a team, we set our intentions around a meaningful return to our daily lives. This includes a personal and sometimes team pledge to fulfill a goal when we return home. Global Glimpse provides you with follow-on college and career development opportunities that further develop your leadership potential and fulfill your commitment to better your local and global communities.

- Head back to the airport and return home

