



the  
leap

# *Summer Leaps*

TRAVEL EXPERIENCES FOR 18-21 YEAR OLDS



## Escape. Purpose. Impact.

*Where (and how) will you travel this Summer?*

Sun, sea... and something that actually means something? That's where we come in.

This summer, The Leap offers 4-week team adventures to Costa Rica that go way beyond the usual getaway. Designed for school leavers, gap year starters, and uni students on break, our Leaps mix adventure, culture, and hands-on volunteering in some of the world's most inspiring locations.

You'll travel with purpose, push yourself in all the right ways, and come home with more than a tan - think confidence, connection, and a serious CV boost.

**This is summer, redefined.**





# Adventure, resilience & academic achievement

Designed to be the perfect summer solution, a Leap is a journey that takes you off the beaten track and into the heart of real-world experiences.

Rooted in Challenge, Culture and Contribution, and powered by the strength of a like-minded team, you'll live and work alongside local communities, build resilience and come home with a deeper sense of self and the world around you.

## *Bold Journeys*

Push beyond comfort, embrace the unknown and redefine what's possible.

## *Lasting Impact*

Contribute to people and the planet, leaving a meaningful footprint.

WHY IT MATTERS

# Make your *summer count*

Island hopping and festivals? Sure, they're fun. But if you're craving something with more meaning, something that challenges you, connects you, and sets you apart, then now's the time to choose differently.

Our summer Leap to Costa Rica give you the chance to do more. To see the world beyond the tourist trail, to be part of something bigger, and to come home with real stories of impact and adventure.

This is your chance to make your summer count, for yourself, for others, and for whatever comes next.





WHY IT MATTERS

# Building skills the *classroom can't*

Today's young people are growing up in a fast-paced, hyper-connected world, and it's taking a toll. Anxiety is on the rise, resilience is on the decline, and many students are struggling to develop the independence and real-world perspective they'll need for adulthood. Traditional education alone isn't enough.

What's missing is space to stretch, to step outside comfort zones, and to discover who they really are, away from screens and academic pressure. That's where our adventures come in.

*They offer the challenge, culture, and contribution needed to unlock confidence, purpose and perspective.*



CAMARADERIE

# The power of *the team*

No one takes a Leap alone.

You'll join a team of like-minded people your own age, bringing instant connection, shared energy, and a sense of belonging from day one.

*Together*, you'll face challenges, celebrate the wins, and create memories that stick.

This team dynamic is at the heart of every Leap, building friendships, confidence and a supportive environment that makes the whole experience genuinely life-changing.



YOUR WELLBEING

# Feel good, *go further*

A Leap is designed to boost your wellbeing – helping you reset, recharge, and reconnect with what matters.

Through outdoor adventure and meaningful projects, you'll build confidence, resilience, and a real sense of purpose.

Alongside the personal growth, you'll gain valuable skills and achievements – like the Gold Duke of Edinburgh Award and UCAS points – that help your university applications stand out.

It's a journey that supports your mind, body, and future, all in just four unforgettable weeks.





UCAS POINTS + REAL-WORLD SKILL

# Stand out with *academic achievement*

The Leap sets itself apart by offering experiences that go beyond adventure and into recognised academic achievement.

Through our partnership with the Centre for Global Citizenship Studies (CGCS), students can complete the Diploma in International Volunteering, earning 16 UCAS points and showcasing the kind of real-world skills universities look for.

## *Why Choose the Diploma?*

### Earn UCAS Points

Boost university applications with an accredited certification

### Showcase Growth

Demonstrate leadership, global awareness, and contribution

### Seamless Experience

Our Leaps align perfectly with the diploma's five online modules, completed alongside the journey.

For students who want to stand out, this is a unique and meaningful way to turn adventure into academic advantage





“The Leap was amazing from start to finish. Always on hand and super supportive. A truly brilliant experience for my daughter after a gap year that hadn't gone to plan.”

Jessie - parent Leaper

# Explore our Summer Leap to *Costa Rica*

Each Leap is intentionally located in some of the most vibrant, adventurous corners of the world - places that spark connection and curiosity.

Whether you're drawn to beaches, jungles, or highlands, our destinations are the perfect base for impact and exploration.

Even better? They're designed to set you up for independent travel afterwards, so once your Leap is complete, you're already in the right place to keep going, with the confidence and connections to do it your way.



SUMMER LEAP

# Costa Rica in Action

JUNGLE + CLOUD FOREST + BEACH  
4 WEEKS

Embark on the ultimate 4-week, 4-location adventure where conservation meets pure adrenaline.

Protect baby turtles on pristine beaches, work on forest and wildlife projects in lush jungles, then switch gears to surf epic Pacific waves, zip-line through soaring jungle canopies, and chase breathtaking waterfalls.

Experience the thrill of Costa Rica's incredible biodiversity while making an impact you'll never forget.

*Your day-to-day includes:*

- Volunteering on sea turtle and wildlife conservation projects—monitoring nesting sites, protecting habitats, and learning from local biologists
- Helping with community development in a local fishing village
- Zipping through the jungle canopy, and hiking to remote waterfalls
- Unwinding on the pacific beaches after learning to surf
- Time out in the hip town of Santa Teresa







SEAMLESS, SUPPORTED + STRESS-FREE

# We've got you *from start to finish*

From the moment you join a Leap team, we're by your side. We'll guide you through flights, visas, vaccinations, and insurance—taking the stress out of prep.

Before departure, Milly hosts a team Zoom to run through everything from packing lists to safety tips and SIM cards, so you feel ready and confident.

Once you're on the ground, our experienced guides are with you 24/7—living alongside you, managing logistics, and keeping everything running smoothly and safely.

And if anything comes up, our UK team is just a call away.





THE OUTCOME

A team who return home more confident, more capable and more connected – to the world and themselves.

TRAVEL WITH CONFIDENCE

# Trusted by students, parents, and schools for *over 20 years*

Since 2002, The Leap has led purposeful adventures for thousands of young people. From the highlands of Peru to the beaches of Kenya, we've built a reputation for transformative travel where safety, structure and meaningful experiences come first.

We understand what it takes to deliver exceptional gap year experiences because we've been doing it for over two decades.

*What sets us apart:*

- 20+ years of expertise in youth travel and expedition planning
- Fully supported experiences combining UK-based staff, local guides, and robust risk management
- Safeguarding-first approach with DBS-checked leaders and 24/7 emergency backup
- Strong partnerships with overseas NGOs, and conservation organisations
- Personal service, we're here to guide, support, and inspire every step of the way



## SAFETY &amp; ACCREDITATIONS

# Managing Risk: *Adventure with Responsibility*

**24/7 Support**

Every Leap programme includes round-the-clock support from both our overseas project leaders and UK team.

**Your Safety Comes First**

The Leap prioritises safety, quality, and experience over cutting corners.

**Rigorous Risk Assessments**

We adhere to the highest safety standards, conducting annual risk assessments and safety audits.

**Accreditation & Protection You Can Rely On**

The Leap has been assessed, accredited, and trusted by the most respected organisations in the industry,



A woman with blonde hair in a ponytail, wearing a blue and white long-sleeved shirt and black shorts, is hiking down a dirt trail on a steep, grassy mountain slope. The background features a vast, hazy landscape of rolling hills and valleys under a bright, golden sunset sky with scattered clouds. The sun is low on the horizon to the right, casting a warm glow over the entire scene.

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