



Please see the **NOTICE ON PROGRAM UPDATES** at the bottom of this sample itinerary for details on program changes.

Please note that program activities may change in order to adhere to COVID-19 regulations.



BALI: Land of Discovery™

Immerse yourself in the indigenous culture of the “Island of the Gods,” and discover your own path: choose between Children & Education or Public Health & Medicine.

OVERVIEW

On this program you will journey to the island of Bali, where you'll 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. On the Children & Education track, volunteer at a local school, teaching English and bonding with the community. On the Public Health & Medicine track, deepen your understanding of the global health puzzle, including a visit to a natural birth clinic. During your time off service, enjoy Bali's uplifting culture through live music, dance performances and high adventure on the coast.

21-DAY FLAGSHIP PROGRAM

July 2 – July 22
July 26 – August 15

Tuition: \$5,499
Service Hours: 36
Language Hours: 0
Max Group Size: 30
Age Range: 14-19
Student-to-Staff Ratio: 8-to-1

HIGHLIGHTS

- ★ Surf with locals on world-renowned waves in Southern Bali
- ★ Have dinner at the Royal Palace with the Prince of Ubud
- ★ Explore the islands' spiritual culture through temple visits and activities
- ★ Explore Bali's Northern coast and partake in a Discover SCUBA course (21-Day Flagship Program only)
- ★ Teach children at schools or shadow and assist medical students at clinics

Airport: DPS

14-DAY PROGRAM

June 16 – June 29
July 2 – July 15
July 26 – August 8

Tuition: \$3,999
Service Hours: 24
Language Hours: 0
Max Group Size: 30
Age Range: 14-19
Student-to-Staff Ratio: 8-to-1
Airport: DPS

SPOTLIGHT ON COMMUNITY SERVICE

Speaking English unlocks advancement opportunities for Balinese youth. In this tourist hotspot, many of the villages and impoverished communities are overlooked, and as a result, Bali's education is one area that needs attention. Volunteer at an English camp and create unforgettable bonds with your students as you design creative lesson plans and share crucial language lessons. Through community service, you'll get to know the local people and get a rare peek into the daily life of the Balinese.

SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, service work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather and specific needs of the student group.



DAY 1: WELCOME TO BALI!

Welcome to Bali! GLA staff will meet you at the airport in Denpasar and corral our group of adventurers. Together we'll head to our first Home Base in Ubud, the cultural and artistic center of Bali. After a long travel day, get settled and enjoy an authentic Balinese dinner. We will get to know our new home and peers before exploration begins the next morning.

DAY 2: ORIENTATION & SCAVENGER HUNT

Om Swastiastu! In Bali, they give this greeting, which actually means, "May you be in the best of health: spiritually, physically, mentally and emotionally." Over the next two weeks, you'll come to understand viewing health in this holistic way. In the morning we'll have a program orientation, followed by a scavenger hunt in Ubud, so you can get to know your new home in an interactive way.



In the evening, Public Health & Medicine students will begin their public health discussions with a documentary or guest speaker. Students on the Children & Education track will have a language course and take part in reflective activities on the goals you want to achieve while in Bali.

DAY 3: CULTURAL TOUR, LESSON PLANNING & GREET WITH MEDICAL STUDENTS

Today we'll do a morning cultural tour of our surroundings in Ubud: Spend the early morning exploring the rice fields, learning about medicinal



properties of many herbs and spices found in Bali. Then head to the holy spring water temple, where you can experience a true taste of Balinese culture.

In the afternoon we will prep for your service in the coming days. Public Health & Medicine students will meet with the medical school students who will be working with them through their service, while the Children & Education group starts service prep for their upcoming English Camp.

DAY 4: BUMI SEHAT & SERVICE

Today, both groups are going to work together to assist a local nonprofit organization that provides free health services to Balinese people who cannot afford treatment or live in remote areas where healthcare is limited. The organization is uniquely funded by local small businesses that contribute their profits to providing such services for the community.

During the afternoon, students will split into two their tracks for service.



DAY 5: TRADITIONAL ARTS & DINNER WITH THE PRINCE OF UBUD

Today, you'll visit a local *banjar*, or community center, to learn about traditional arts that have become famous around the world: woodcarving, offering making, gamelan making and legong dance.

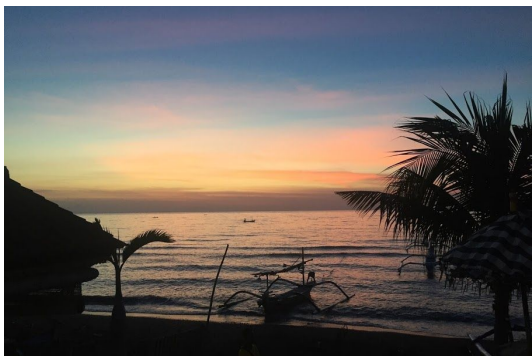
This is always a student favorite! After a day of arts and service, we'll get the rare opportunity to tour the Royal Palace, and have a conversation with the Prince over traditional Balinese dinner. Prince Cok Agung is one of the young entrepreneurial Princes from *Peliatan* village who works very hard with his local community to preserve traditional Balinese customs. Listen to him talk about how tourism and other modern developments are affecting the practice of Balinese customs and culture in his village.



DAY 6: NGO VISIT, SERVICE & BALINESE DANCE PERFORMANCE

Today, both groups are going to visit Senang Hati, a non-profit organization in Bali that creates programs to develop self confidence, physical and economic independence, and increased awareness in the general community of the rights of people with disabilities. Learn about the work being done at Senang Hati, as well as the people who live and work there.

Students will split for service in the afternoon before coming back together to catch a traditional legong dance by an internationally-recognized Balinese dance troupe, accompanied by a gamelan musical group. This is a world-renowned performance that is a must-see in Bali!



DAYS 7-8: WEEKEND EXCURSION TO AMED

Time to relax after a few long days of service! Take a weekend trip to Amed, a sleepy fishing village off the beaten path. We'll go on a sunrise boat ride alongside local fishermen, visit a beautiful waterfall and have a visit from Peduli Alam, an NGO focused to help the villagers of Amed to be aware of the impact on nature and health that results from incineration or disposal of garbage in nature, rivers and sea.

DAY 9: RETURN TO UBUD, MEET TRADITIONAL HEALER



After we make our way back to Ubud, we will head to visit a *Balian* -- a traditional Balinese Healer. *Balians* are an important part of Balinese culture and you will be able to hear about the *Balian's* story, how they became a healer and how they live their day-to-day life.

DAY 10: PLANNING, SERVICE & KARAOKE!

Public Health & Medicine students and Children & Education will split into service groups again. The morning will start with preparation for your service projects, followed by an afternoon of service. Tonight, you'll head out for a full-group sing-a-long at one of Indonesia's largest karaoke venues!



DAY 11: COOKING CLASS & SERVICE

Enjoy a morning of cooking at Mai Organic. Mai Organic Farm is a local community and "*mai*" means "let's" or "come here". They invite people to care about their food and their environment for a better life. Try your hand at cooking (and eating!) some of the most famous and delicious Balinese dishes.

In the afternoon, Public Health & Medicine and Children & Education students will split to continue their service projects.

DAY 12: WHITE WATER RAFTING & SERVICE

Are you ready for some more pulse-pounding adventure? Today, we'll spend two hours at the river on a white water rafting adventure.

In the afternoon, Public Health & Medicine and Children & Education students will split to continue their service projects.



DAY 13: SURFS UP! & REFLECTION

We'll spend the day surfing in some of the most beautiful waters in Bali. Lessons will be taught by world-class instructors in an area that is well suited for beginners. South Bali is well known for being one of the top surfing destinations in the world, so this will definitely be an adventure to remember.

As our 14-day program students depart tomorrow, our evening leadership sessions and Mentor groups will discuss how to integrate your learning from Bali into your life back home. Reflect on the experiences you've had and share the self-discoveries that made this trip special.



DAY 14: DEPARTURE or BATIK WORKSHOP

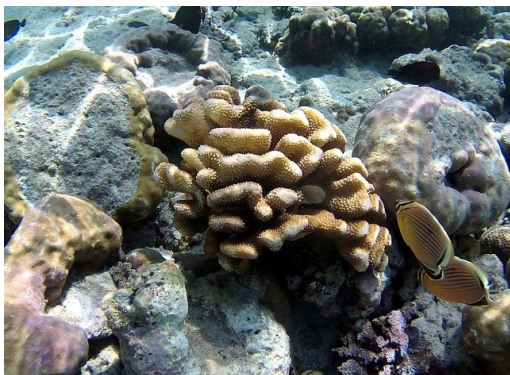
Students on the 14-day program sadly have to head back home today. GLA staff will accompany these students to the Denpasar airport and see them off on their flight home.

Students on the 21-day program will continue their adventure at a batik workshop, taking part in the ancient practice of batik. Using wax and dye, create a masterpiece you will be able to take back home with you!



DAYS 15-16: EXCURSION TO PEMUTERAN & BIOROCK RESTORATION PROJECT

On day 15, we'll head to Pemuteran, a laid-back, charming and remote fishing village on the northwest coast of Bali. Upon arrival, you can enjoy some beach



time before we head out on a sunset boat ride.

The next day, learn about Bali's place in the Coral Triangle, the area with the highest biodiversity of marine species in the world. In fact, about 500 reef-building coral species can be found here—7 times as many as in the entire Caribbean! Learn about the unfortunate degradation of the coral due to development and human activity, and the amazing Biorock Coral Restoration Project, a local initiative working to rebuild them.

In the afternoon, you will be doing a beach clean-up with local school children, followed by a relaxing dinner back at the Home Base.

DAY 17: SCUBA DIVING



Pemuteran is also known for excellent scuba diving and snorkeling. Get ready to see the underwater world in a whole new way! You'll take an introductory SCUBA course, learn the basics and complete two dives alongside certified professionals in the gorgeous waters off Pemuteran's coast.

DAY 18: HIKING IN WEST BALI NATIONAL PARK

In the morning hike through West Bali national park. Some 160 species can be found inside the park, including the banteng, barn swallow, black-naped oriole, black racket-tailed treepie, crested serpent-eagle, crested treeswift, dollarbird, hawksbill turtle, Indian muntjac, Java sparrow, Javan lutung, large flying fox, leopard cat, lesser adjutant, long-tailed shrike, milky stork, Pacific swallow, red-rumped swallow, rusa deer, sacred kingfisher, savanna nightjar, stork-billed kingfisher, water monitor, wild boar, yellow-vented bulbul and the critically endangered Bali myna.



In the afternoon, head to a local school to teach the students about the environment and how physical health and environmental health are intertwined. What types of health issues arise when a community's natural environment is polluted? How can we improve physical health by taking care of the natural world?

DAY 19: HIGH SCHOOL EXCHANGE & NARAYAN SEVA

So far, the Balinese students you've taught and interacted with are generally much younger than you—but it's time to get to know some peers! We'll visit a boarding high school today and experience cross-cultural exchange with some Balinese students your age. We'll have introductions, play games, and learn some Indonesian phrases.



End the day visiting Narayan Seva, a children's home for young Balinese who are either orphaned or whose parents have no resources to support them. Narayan Seva focuses not only on the education of the children, but their spiritual well-being as well, with daily meditation and yoga. The children will impress you with their acro yoga skills! This experience is a GLA favorite!

DAY 20: HEAD TO SANUR & CELEBRATION

Spend your last day driving through the mountains of Bali until you reach your final destination of Sanur! Wrap up your final evening with the friends you have made, enjoy dinner on the beach and an intimate closing ceremony.

DAY 21: *TERIMA KASIH*, BALI!

“Goodbye” doesn’t exist in Indonesian, so we’ll say, “See you later!” as you prepare to depart. Enjoy your last Balinese breakfast and head to the airport to begin your journey back. At the airport, GLA staff will help you check in for your flight and see you off on your trip home.

NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for 2021, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.

POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the global pandemic caused by COVID-19 outbreaks around the world, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

TRAVELING TO BALI

GLA HOME BASE | Home Base in Bali will be in two to three locations (depending on your program length) as you travel around the island during the program: Ubud, Amed and Pemuteran. These fascinating destinations have all the comforts of home, but also a distinct essence that draws people from all over the world. Students share comfortable, gender-segregated rooms with roommates, and have access to bathrooms with toilets and cold-water showers.

FOOD | Students will typically eat Balinese staple meals, including rice, rice-based noodles, chicken, fish, tempeh/tofu and vegetables. Popular traditional dishes include *Nasi Goreng* (stir-fried rice with peanuts and coconut) and *Gado Gado* (tempeh and steamed vegetables with peanut sauce). Western options will be available occasionally.

CLIMATE | Bali’s climate is tropical, warm and humid all year. The central mountain area, including Ubud, is typically cooler and expects more rain than the southern coastal areas, making it quite pleasant.

LEADERSHIP

Global Leadership Adventures started as an educational institute, so we continue to think and act like educators—not tour operators—as we deliver life-changing programs. We intentionally weave a leadership curriculum into the daily experience on our programs. Through group discussion, meaningful service, workshops, speakers and excursions, staff guide students to reflect on program events through the lens of leadership, and celebrate outstanding examples of leaders they encounter in the local community. Lending this context to the experience creates opportunities for students to dig deep into their vision, purpose and knowledge of themselves and the world.

ABOUT GLOBAL LEADERSHIP ADVENTURES

Global Leadership Adventures was founded in 2003 by Fred Swaniker, a native of Ghana, TED Fellow and educational entrepreneur whose work has been praised by Barack Obama. Born as a global extension of the revolutionary African Leadership Academy, Global Leadership Adventures now operates programs centered around leadership, sustainable community service projects, and meaningful travel across Africa, Asia, Europe or the Americas. Through life-changing adventures, we strive to inspire

the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY**

 **NBC NEWS**

The Boston Globe
seventeen

Our Expectations

Be present

Our mission at GLA is “to inspire the next generation to realize their potential to transform the world and their role in it.” To that end, we expect GLA students to maintain high standards of personal behavior and to be open-minded. The culture may be different, sometimes shockingly so. GLA will challenge students as they are expected to work hard and be present physically and mentally for all activities. We also ask students to take a step back from regular use of technology - particularly their smartphones - so as to maximize their engagement with the program and their fellow participants. Students may get hot, dirty and bug-bitten along the way, but their contribution can transform the community. The goal is for each student to return home having had a life-changing experience.

No tolerance

GLA has a no-tolerance policy towards drugs, alcohol, tobacco and disruptive behavior. Those who violate or are suspected of violating this policy will be immediately dismissed from the program at the sole discretion of GLA staff.

Community-Led experiences

GLA makes every effort to offer thoughtfully crafted programs for teens and young adults. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. However, occasionally service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and/or various cultural celebrations and customs. We expect participants to be open-minded and flexible, willing to embrace the experience when plans change. GLA makes every effort to communicate adjustments to students and families with advance notice. We expect you to be open-minded and flexible.

Mentorship

GLA is not a therapy program. Our staff are highly skilled, professional, caring and fun, but they are not licensed therapists. GLA programs can be physically and emotionally demanding, and applicants should be in good physical and mental health.

We're Here to Help

Contact Us

Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.

Enroll Now

We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.