



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.



## CALIFORNIA: San Diego Service Adventure™

Journey to America's Finest City - enjoy panoramic views and Southern California's surf culture while learning about public health and this unique coastal environment.

### OVERVIEW

On this program you will discover Southern California, known for its rugged coastline and spectacular beaches. Draped alongside the Pacific Ocean just north of the U.S. border with Mexico, and a known hotspot for biomedical advances, San Diego provides a unique chance for visitors to explore both opportunities and challenges related to the environment and global health. This is why San Diego is the perfect place to learn about the conservation efforts at-hand for both land and marine protected areas while contributing to public health and community care projects alongside the border with Mexico.

### 10-DAY PROGRAM

July 5 – July 14

Tuition: \$5,299  
Service Hours: 20  
Language Hours: 0  
Max Group Size: 40  
Age Range: 14-19  
Student-to-Staff Ratio: 8-to-1

### HIGHLIGHTS

- ★ Lend a hand on healthcare initiatives near the California/Mexico border
- ★ Support environmental conservation efforts along the coastline
- ★ Observe dozens of species of marine animals
- ★ Take to the water for a kayaking excursion
- ★ Visit 5 different habitats: sandy beach, rocky reefs, sea cliffs, kelp forest and deep water canyons

Airport: SAN

**\*No passport required for U.S. citizens.**



## SPOTLIGHT ON COMMUNITY SERVICE

Help tackle service projects focused on public health and environmental stewardship, specifically San Diego clean waterway and healthy canyon initiatives. You may work on projects such as plastic-free campaigns, community clean-ups, supporting local watersheds, and/or invasive plant species removal in an urban canyon trail system. In addition, you'll contribute to health workshops and participate in a community health and advocacy program near the border. Learn how essential preventive care and community advocacy is to the holistic wellness of the community.

## SAMPLE ITINERARY: DAILY BREAKDOWN

*Actual schedule and order 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.

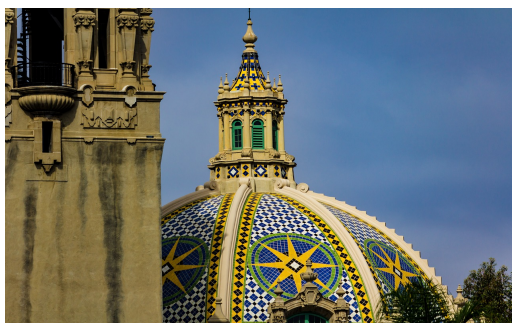


### DAY 1: WELCOME TO SAN DIEGO!

Touch down in San Diego, fondly known as “America’s Finest City”! GLA staff will greet you at the airport upon your arrival, and our group will drive together to our Home Base, approximately 30 minutes away. Home Base is apartment-style dorms at a top university. Experience first hand campus life and why San Diego is a great location to study. Tonight we'll get to know each other and prepare for the next ten days!

### DAY 2: EXPLORE AMERICA’S FINEST CITY

From the remnants of Old Town San Diego to the bustling metropolis of Downtown, “America’s Finest City” is a treasure trove for those interested in history, healthcare, border issues, and the environment. Students will have a chance to explore some of San Diego’s highlights from the marine protected area of La Jolla Cove, to Balboa Park, through downtown and beyond. After discovering the city, learn more about the details of the community service projects and meet with your Mentor groups to continue learning about your peers' backgrounds and experiences.



### DAY 3: COMMUNITY SERVICE BEGINS

We'll awake early and enjoy breakfast on campus before heading off to service. Students will explore an essential canyon ecosystem to learn about and support an ongoing student-led trash free educational initiative to keep the canyons clean. Visit a community education center dedicated to supporting underserved youth through STEM education.



In the evening, get inspired by our guest speaker. Learn how environmental stewardship and public health are ultimately linked. Do you see yourself making a difference in the field of environmental stewardship, public health or both? There are many ways to do so; it's simply a matter of finding the right opportunities for you.

### DAY 4: COMMUNITY SERVICE + BIRCH AQUARIUM



In the morning, our group will continue with their service project. Students will learn first hand about the importance of clean waterways as they identify trash challenges in the canyon and assist with invasive species removal. In the afternoon, we will visit the world-renowned Birch Aquarium at Scripps Institute of Oceanography. Students will have the chance to see striking exhibits of local marine life, current research in action, and educational displays of conservation initiatives.

## DAY 5: SERVICE & LEARNING CONTINUES

Visit Casa Familiar, a leading service and community development organization in San Ysidro, which provides programs in public health, social services, and community engagement. Shadow a community health promoter and learn about the importance of preventive care and health education initiatives in this border community. Students will have the chance to get creative and put together healthy living activities for daily youth programming at Casa Familiar. Promote health and wellness through exercise, nutrition, make friends and help contribute to this amazing community organization.



## DAY 6: HANDS-ON EXPERIENCE

The learning continues today at the Tijuana River National Estuarine Research Reserve. Students will examine cross-border environmental and public health issues and the importance of how one of the last intact estuaries in Southern California removes toxins, sediment, and nutrients as water flows from land to sea. Students will learn about the areas that are encompassed in the Reserve — both in the U.S. and in Mexico — and the issues that the Reserve are confronting, including the restoration of natural habitats, the management of endangered species and the management of wastewater. Are these issues strictly affecting the environment or the health of local citizens — or both?



## DAY 7: FUN IN THE SUN

You cannot visit sunny San Diego without catching some rays and spending time out on the water. Experience the thrill of being on the water stand-up paddle boarding or hydrobiking! Paddle or pedal along the shores of Mission Bay and view sea lions and other marine life. In the afternoon, explore the sights and shops of Old Town San Diego, a California State Historic Park, while you learn about San Diego's history. (Fun fact: Old Town San Diego is considered the "birthplace" of California.)



## DAY 8: CAREER EXPLORATION & CAMPUS TOUR

Today is all about discovery! Students will visit a simulation lab where nursing students practice clinical skills and prepare for careers in medicine. They'll learn first hand what it's like to pursue a career in the medical field and maybe even get a chance to practice some basic skills.

You'll have the opportunity to reflect on the experiences you've had actively supporting conservation efforts and community public health initiatives in underserved areas. In the afternoon, tour the university campus and discover why San Diego is such a wonderful location to study.





## DAY 9: DISCOVER LA JOLLA, “THE JEWEL” OF SAN DIEGO, & FAREWELL BONFIRE

Today, we will take a break from service and enjoy a day exploring one of the most spectacular marine protected areas in San Diego, La Jolla Cove. We'll take to the water with experienced guides on kayaks to see the local marine life and sea caves up close. Sea lions bask on the rocks, while pelicans and cormorants soar above. Underneath the surface we'll spy the brightly colored state fish of California, the garibaldi, as they seek shelter in the kelp. Close the evening off with a farewell beach bonfire while reflecting on new friendships made.



## DAY 10: GOOD BYE, SAN DIEGO!

After breakfast we'll depart for the San Diego airport together, and GLA staff will make sure that everyone is checked in for their flight and ready to embark on their journey home. We hope you've ignited your passion in Environmental Stewardship and Public Health while enjoying your time with GLA in “America's Finest City”!

## TRAVELING TO SAN DIEGO

**GLA HOME BASE** | Our Home Base is located at a university apartment-style dormitory. Students will stay with roommates in comfortable, gender-segregated rooms fully equipped with linens. Bathrooms will be shared. See what it's like living on campus in a college dorm!

**FOOD** | Daily meals will consist of typical American fare and students will have the opportunity to select from a variety of balanced foods available to them at on-campus dining facilities.

**CLIMATE** | San Diego, California is known for its beautiful temperate weather. Days are generally warm from mid 70s°F sometimes reaching 80°F (23°-26.6°C.). Mornings and evenings can be a bit chilly (mid 60s°F (50.5°C)), so the packing list does call for a jacket/sweater for the coastal breeze.

## 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*

### 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.

## 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](http://www.experiencegla.com/enroll).