



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.



Cities that Shaped Europe: Europe: Rome, Paris & London

Dive into some of the most influential cities in Europe as you discover their culture and importance in European history.

OVERVIEW

On this program, you will travel to some of Europe's most influential cities over the last two thousand years, spanning Italy, France and the United Kingdom. Explore the ways in which each city along our route has contributed to Europe's cultural identity throughout history and influenced the course of the world. Touch on themes and events such as WWII, the Renaissance, and colonialism, and then integrate these topics into each site, activity, and cultural exchange. Forge relationships with locals through a community-service project and throughout your travels as you explore not only European icons but also your own leadership style and objectives.

HIGHLIGHTS

- ★ Discover incredible Renaissance-era art, including the Sistine Chapel and St. Peter's Basilica
- ★ Get a behind-the-scenes look at a Milanese fashion house and take part in a hands-on fashion workshop
- ★ Take in a West End musical, London's Broadway theater equivalent
- ★ Explore the Roman Colosseum

- and Forum, two that have been in existence for centuries
- ★ Spend a half day helping out the local community with a service project

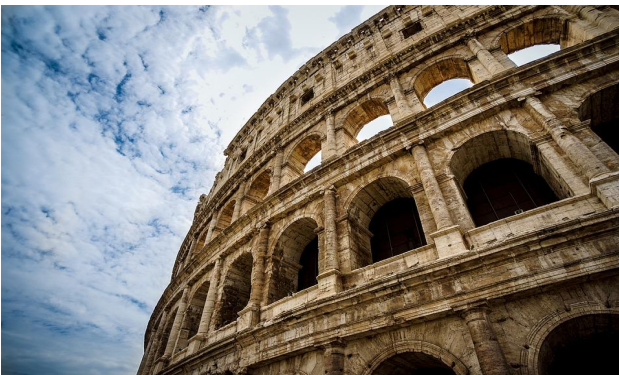
12-DAY PROGRAM

June 21 - July 02, 2022

Tuition: \$5,999
Community Service Hours: 10
Group: 45 students (7:1 staff ratio)
Arrival: Rome Airport (FCO)
Departure: London Airport (LHR)

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, site visits, activities and service work vary depending upon a number of factors, such as the weather, scheduling and constraints of the location.



DAY 1: WELCOME TO ITALY!

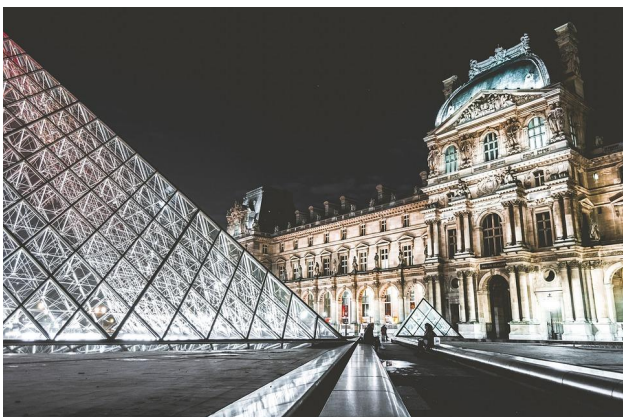
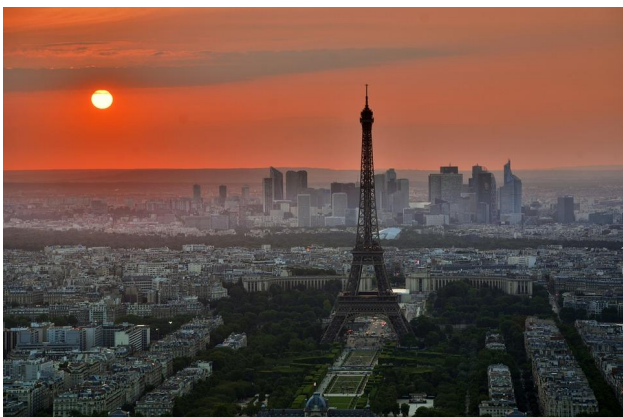
Welcome to Italy! GLA staff will meet you when you land in the Rome airport. Together we'll travel to your new home away from home. Get settled into your room and start getting to know your fellow travelers. We'll have our first Italian welcome dinner together and then gather for a brief orientation.

DAY 2: THE ROMAN EMPIRE

First, you'll get a chance to visit the most iconic amphitheatre in the world: the Colosseum. Completed in AD 80, this grand structure was able to host upwards of eighty thousand spectators. After lunch at a local restaurant, you'll explore the ruins of the Roman Forum, the center of day-to-day life in Ancient Rome. Climb to the top of the Palatine Hill, on which, according to tradition, Romulus and Remus founded the first Roman settlement. Once finished with dinner at a local restaurant, we'll head back to our home base in Rome for a GLA welcome workshop.

DAYS 3: ROME AND THE VATICAN

You'll start the day with an introduction to Rome from our Local Director. We'll then make our way to one of Rome's many markets to get a feel for the city and buy some local products. In the afternoon, we'll visit Vatican City, the world's smallest sovereign state. Explore mind blowing Renaissance structures including St. Peter's Basilica, the largest church in the world. Walk through the Vatican Museums, with collections showing about 20,000 works of art. Within this



museum is the famous Sistine Chapel. This evening, you'll be making your own dinner with an authentic Italian pasta workshop!

DAY 4: MILAN

Get an orientation of the city of Milan as you travel toward the capital of the Western Roman Empire. After lunch at a local restaurant, you'll step inside the magnificent Milan Cathedral. You'll climb to the top of the Cathedral's roof, providing stunning views of the entire city. Once we're finished at the cathedral, we'll visit a Milanese fashion house and take part in a fashion workshop. We will have the opportunity to really digest the impact Rome, Milan, and Italy has had on the world over the last two thousand years. After dinner in a local restaurant, we'll catch a night train as we journey to Paris.

DAY 5: PARIS AND VERSAILLES

Welcome to France! You'll arrive early in the morning to the incredible city of light, Paris. After breakfast and a brief orientation of the city with your local director, you'll head out into the city. We'll have lunch at a local restaurant, getting our first taste of world renowned French cuisine. In the afternoon, we'll visit the Palace of Versailles and its extraordinary gardens. Once the residence of France's kings, it is now one of the greatest monuments to history in France. We'll have dinner at a local restaurant, then spend the night in a Paris home base after a GLA reflection workshop.

DAY 6: PARIS: THE BELLE EPOQUE

Today's focus is all about Paris in the Belle Epoque (1871 - 1914). During this time, Paris saw the construction of the Eiffel Tower, the Paris Metro, Paris Opera, and the beginnings of the Basilica of Sacre-Coeur on Montmartre. We'll visit the extraordinary Musee d'Orsay, a museum focusing on impressionist and post-impressionist masterpieces from artists such as Monet, Renoir, and Van Gogh. We'll try our hand in the world of paint with a sketching workshop at a local artist's studio. After lunch, we'll take time to explore Montmartre to experience the creative charm of this famous neighborhood.

DAY 7: THE LANDMARKS OF PARIS

To start the day off right, we'll climb to the top of the Eiffel Tower and enjoy views of the morning light spilling into the city of Paris. After exploring the area, we'll have lunch at a local restaurant and take a cruise on the river Seine. Our next stop will be the Louvre Palace, which has been the residence of French kings. Inside, we'll explore the Louvre Museum, the world's largest art museum and one of the most iconic landmarks in Paris. After dinner at a local restaurant, you'll debate the shifting role of "Great Nations" power in the 21st century with a political science or history student. All of this to get a sense of how Paris has shaped Europe and the world.

DAY 8: PARIS TO LONDON

After breakfast, we'll take the Eurostar to London, one of the world's most important global cities. Once we're finished with a London Orientation with our local director, we'll take a ride on the iconic



London Eye and spend some time exploring London's South Bank, one of London's many cultural districts. You'll get a chance to visit the Tate Modern, Britain's national gallery of international modern art. After dinner, we'll do a GLA leadership activity and spend the night in our London hotel.

DAY 9: CITY OF LONDON

Now it's time to see the landmarks of this incredible city. We'll visit the Tower of London first. This tower has been used as a prison, royal residence, treasury, armoury, and is currently the home to the Crown Jewels of England. After lunch, we'll take a cruise on the river Thames and arrive in Greenwich where we'll spend the afternoon exploring the Greenwich Observatory, the first state-funded scientific institution of its day. This evening, you'll have a night of theatre watching one of London's great West End Musical shows.



DAY 10: CONTEMPORARY LONDON

Despite being a hub of philosophy, prosperity, culture, and scientific discoveries, Europe has also been haunted by dreadful wars. Today, we'll focus on these tears in the world's history with a visit to the Imperial War Museum and learn about the global influence of war. Inside, you'll have a chance to take part in the Documentary Challenge and visit the Churchill War Rooms. Once we're finished with lunch, we'll meet a former British MP and discuss the political developments within Europe and the US. The rest of the evening will allow you to relax, explore, and shop in the surrounding area.

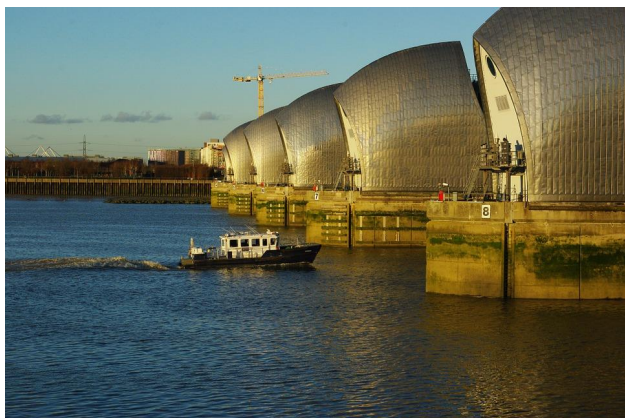


DAY 11: HUMAN HISTORY IN LONDON

Unfortunately, this will be our last full day exploring the city of London. We'll start the day with a visit to the Thames Barrier Information Centre to find out about the past, present, and future of this imposing structure and its vital function in preventing flooding in London. After lunch, we'll explore the story of human history at the British Museum. This evening, we'll have a farewell dinner at a local restaurant. To wrap up we will explore how these three great cities, Rome, Paris and London have shaped Europe throughout time, and continue to do so today.

DAY 12: DEPARTURE

Before you even know it, the 12-day discovery journey traveling through some of the most influential cities in Europe must come to an end. Head to the London airport today with memories and knowledge that will benefit you for life! Staff will assist students with checking in and accompany them until they have safely departed for their gates at the London Airport.



TRAVELING TO EUROPE

GLA CELL PHONE POLICY | We want to make sure parents, students, and staff are on the same page regarding cell phone usage during GLA programs. Cell phones may be used *only during designated times* on the program as we are striving to create an environment to allow students to unplug and immerse themselves in the experience. Use of phones and electronic devices will never be allowed during meals, Mentor groups, leadership workshops or group excursions and may be collected by staff during these times. While we encourage students to challenge themselves to disconnect and leave their cell phones at home, we understand that many families feel more comfortable with that connection. That said, some locations may have unreliable cell phone service. Please know, Wifi will not regularly be available for student use. Once you are enrolled in your GLA Program, please take a moment to review GLA's policy on phones and internet on the Travel Portal and be sure to review this with your student.

FOOD | Explore the culinary blend of European culture from Italy to France to the United Kingdom. While Italy is known for their fresh pastas, delicious pizzas, and healthy grains, French cuisine centers around staples of fresh fruits, vegetables, herbs, and meat. Whereas British cuisine consists of fish and chips, Sunday roast, steak, shepherds pie, and mash. GLA students will have the opportunity to taste the culinary differences as they travel from city to city dining at a variety of European restaurants.

CLIMATE | Italy typically brings a hot, dry summer climate, but there is some fluctuation in temperature and weather throughout the country. Northern Italy can reach temperatures in the high 70's and sometimes even 80's, whereas the coastal climates are around 70 degrees over the summer. Rainfall is average, with common thunderstorms in the Northern region of Italy. Similarly, central France can reach temperatures in the high 80's, but this is fairly rare and most of the coastal climates are around 70 degrees over the summer. Rainfall in France is average. Lastly, the United Kingdom has temperate climates, but there is some fluctuation in temperature and weather. The travel days here will be anywhere from 50-75 degrees, with quite a bit of rainfall. Don't forget your rain jacket!

LEADERSHIP

At Global Leadership Adventures, we deliver life-changing programs by intentionally weaving a leadership curriculum into the daily experience on our travel programs. Through group discussion, 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 country. 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 and Latin America. 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. Please note that some activities or details may change, as our program development experts plan the best possible experience. As such, 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 COVID-19 pandemic, 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 will 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 will get hot, dirty and bug-bitten along the way, but their contribution will transform the community. The goal is for each student to return home with a life-changing experience.

Zero tolerance

GLA has a zero-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 well-thought-out programs crafted for high school students. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. Occasionally, however, service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and 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 team of Enrollment Specialists are experts on our programs and happy to answer your questions. They have collectively visited, staffed, or sent their own teen to every one of our programs abroad, and have unique insights 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

Now is the best time to enroll! In fact, our most popular programs fill early every year, and many students end up on the waiting list for their 1st choice program. The best way to ensure you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.