



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.



Colorado: Wilderness First Aid Adventure

Explore Colorado and its many scenic wonders as you earn your Wilderness Advanced First Aid certification with NOLS - the leader in wilderness medicine courses.

OVERVIEW

On this program you will learn how Wilderness Advanced First Aid can make a meaningful difference for those who travel into remote environments, all amongst the beautiful panoramic views of Colorado. Earning your Wilderness Advanced First Aid certification is a perfect stepping stone to those who want to enter into the health field. Not only does it provide you with basic life skills to care for yourself, but also educates you on health concepts in a very hands-on way. Going through this certification experience on-program is as enriching and empowering as it is challenging. This opportunity is ideal for those who want to travel or work in the wilderness in the future and stay healthy while traveling.

10-DAY PROGRAM

June 30 – July 9

Tuition: \$4,999
Service Hours: 10
Max Group Size: 15
Age Range: 16-19
Student-to-Staff Ratio: 8-to-1
Airport: DEN

HIGHLIGHTS

- ★ Hone your Wilderness Advanced First Aid skills and earn your WAFA certification
- ★ Discover what kinds of preventative health measures can be used to save lives in the great outdoors
- ★ Shadow and learn from community members and experts in the field
- ★ Enjoy hikes in the Colorado wilderness, a bucket list item for nature enthusiasts
- ★ Take to the water on a kayaking or river rafting excursion

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

SPOTLIGHT ON COMMUNITY SERVICE

Contribute to meaningful service projects that provide for improved public health and wellness. Depending on the needs of the community at your time of arrival, your service could include initiatives such as health data collection, public health advocacy, putting together first aid kits for distribution, or projects that support the long-term health and sustainability of the local environment. Your new WAFA certification will also equip you for future service work off the beaten path, as you will learn the basic skills to communicate with any individual who does not share your same language, and applies to both humans and animals alike.

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 COLORADO!

Touch down in Denver, the beautiful and outdoorsy capital of Colorado. GLA staff will greet you upon your arrival, and our group will drive together to our Home Base near Estes Park, approximately 2 hours away. Home Base is an ecolodge with multiple cabins, great common areas and beautiful mountain views everywhere you look. Tonight we'll get to know each other and prepare to immediately dive into your Wilderness Advanced First Aid (WAFA) course tomorrow!



Remember that your WAFA course is intense -- you'll be spending around 8 hours a day on the course, with lectures integrated with practical scenarios, case studies, and skills practice sessions. Scenarios and practice sessions will take place both inside and outside, so be ready to mix things up.

DAYS 2: WAFA COURSE KICK-OFF

There's no messing around here! Your program starts by immediately diving into your intensive 5-day WAFA course, led by NOLS. With successful completion of this course, you will earn the following NOLS Wilderness Medicine certifications: Wilderness Advanced First Aid; Adult, and Child CPR & Airway Management; and Epinephrine Auto-injector.

Today, you'll be introduced to the course and start with infection control, personal protective equipment (PPE) and a patient assessment system. After lunch outdoors, you'll get into emergency procedures for spine injury management, shock and chest injury.

DAY 3: WAFA COURSE, CONTINUED

We'll awake early and have breakfast with breathtaking Colorado views before getting back into the course. Today features focused spine assessment, head injury and wilderness wounds. As a heads up, stage blood and make-up are





used to enhance the realism of a scenario.

Your afternoon will consist of learning about fractures, dislocations and athletic injuries.

DAY 4: WAFA COURSE, CONTINUED

You're getting the hang of things now and will learn about some injuries and illnesses that could be common in Colorado in both summer and winter. Your morning session will cover stress injury, cold injury, submersion and heat and hydration.

After lunch, learn how to treat or respond to altitude illness, bites and stings, and lightning.

DAY 5: WAFA COURSE, CONTINUED

Things get even more serious today as you will be trained on how to respond to cardiac emergencies and how to administer CPR. You'll also learn how to identify and respond to respiratory emergencies, altered mental status, diabetes and allergy or anaphylaxis.

DAY 6: WAFA EXAMS + CELEBRATION!

Wow, you've made it to your final day of the WAFA course! Wrap up your course in the morning by learning about abdominal pain, urinary and reproductive poisoning, communicable disease, medical legal issues and wilderness first aid kits.

After your last lunch with your instructors, you'll take your written and practical exams to demonstrate the knowledge you've obtained and the skills you've learned. Once you've passed both exams, you will have earned your WAFA certification!

We'll celebrate the wrap-up of your course with an evening bonfire and other fun activities -- you've earned the break.

DAY 7: OUTDOOR ADVENTURES

As a reward for spending 5 days studying and practicing wilderness medicine, we're going on a relaxing, but adventurous, outdoors expedition. We'll start with a hike in the Rockies -- a Colorado must-do. Stretch your legs and allow yourself to be awestruck by the incredible scenery around you.

In the afternoon, we'll go on a kayaking or rafting excursion to allow you to see Colorado from the water. Paddle with your classmates and friends as you enjoy all the fresh air and stunning views Colorado has to offer.

DAY 8: COMMUNITY SERVICE

Today we'll focus on giving back to the community we've called home for the past week. We'll support a meaningful service project that provides for improved public health and wellness. Depending on the needs of the community at the time we're here, we may support initiatives such as health data collection, public health advocacy, putting together first aid kits for distribution, or projects that support the long-term health and sustainability of the local environment.





DAY 9: COMMUNITY SERVICE + HIKING

We'll finish up the project we started yet, giving ourselves a little more time to contribute to the work that is going on in this community. We may also hear from a local health worker who can share their insights into the unique public health and medical issues that are common in this area.

In the afternoon, we'll go on a final hike to say goodbye to the Rockies. Hiking here is so nice, we've got to do it twice!



DAY 10: GOOD-BYE, COLORADO!

It's time to say goodbye to the Rocky Mountains and to your fellow WAFA-certified cohort. After breakfast, we'll depart for the Denver airport together, and GLA staff will make sure that everyone is checked in for their flight and ready to embark on their journey home, equipped with new skills, knowledge and a better understanding of wilderness medicine.

TRAVELING TO COLORADO

GLA HOME BASE | Home Base is a collection of cabins or an ecolodge near Estes Park. Lodging will be rustic, but cozy, and provide a plenty of classroom space for indoor learning and outdoor areas for practical skills building. Bathrooms will be shared in cabins or in separate bathroom facilities by the lodge.

FOOD | Students will have standard American fare, with varying dishes available to students each day.

CLIMATE | Summers in Colorado are warm to hot and where we are located will have average high temperatures between 75°F (23.8°C) and 80°F (26.67°C). Night temperatures get chilly quickly, down to an average of 45°F (7.2°C) to 50°F (10°C).

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.