



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 accommodate COVID-19 regulations.



DOMINICAN REPUBLIC: Semester of Service

Go on the journey of a lifetime in the Caribbean, and build a working organization with your peers over the course of eight weeks.

OVERVIEW

Come to the Dominican Republic to learn about critical issues affecting communities on the ground and draw connections to these same issues that exist on a global scale. Your objective? Work as a team with your peers on the program to create an organization that parlays your passions into meeting the needs of the local or global community. Develop a mission statement and an operating plan, and set goals as you gain real-life experience in creating and sustaining your own organization. This extended-length gap program gives students an opportunity to deepen their knowledge while being supported in developing solutions to these issues. Think of it as a kind of pint-sized gap year experience, taking the best elements of a typical gap year and compressing it into a shorter, semester-length program to make it more accessible to more students. You will complete 200 hours of community service on this program. Additionally, you will complete 40 language hours in Spanish as part of your experience: 20 hours of formal classroom instruction plus 20 hours of community language immersion.

HIGHLIGHTS

- ★ Complete 200 hours of community service over the course of eight weeks
- ★ Create a working organization that meets the needs of the community
- ★ Go on an journey of academic, group and self discovery
- ★ Be immersed in multiple thematic focus areas, including social justice and public health
- ★ Visit Santo Domingo, the Cabarete Caves and 27 Waterfalls as part of your adventure

8-Week Gap Program

Ages 18-24

June 25 – August 20

September 24 – November 19

Duration: 57 days

Tuition: \$7,999

Service Hours: 200

Language Hours: 40

Age Range: 18-24

Airport: POP or STI

SPOTLIGHT ON COMMUNITY SERVICE

During the Semester of Service, students will gain hands-on experience as they engage in concepts around critical issues that relate to the areas of social and environmental development in both the Dominican Republic and Haiti. Students will support a large variety of ongoing projects that are intentionally crafted to complement the wide spectrum of learning objectives this program has to offer. For instance, you may support reforestation and forest clean-up initiatives as you learn about how the health of the environment impacts the people that live there, support medical brigades to better understand how access to health can impact the holistic wellbeing of a community, construct bottle house buildings, lay concrete floors or install water tanks as you learn about the fragile line between poverty and economic security, or perhaps lend a hand towards building a greenhouse to better understand the importance of food security.

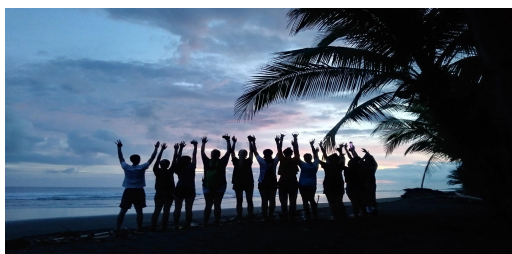
SAMPLE ITINERARY: WEEKLY BREAKDOWN

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.



WEEK 1: INTRODUCTION TO THE CONCEPT OF PLANETARY HEALTH

Staff will greet students upon arrival into the Dominican Republic and take them back to Home Base to settle in for their extended stay. The first week will include a thorough orientation, which will introduce you to the program, your peers, the learning objectives and expectations for the program, the culture and the surrounding community.



Prepare to jump right into the program, as we have a lot to accomplish in the weeks ahead! Within the first few days, we will have a thorough introduction to the service and learning experiences that await us. We will spend the first week learning about the concept of Planetary Health and how all societies around the world are impacted by the same set of factors. This can be a heavy topic, but the program will focus on a specific factor each week to break down this large concept into manageable chunks.

What is Planetary Health, you ask? In short, Planetary Health is an emerging field of study which recognizes that human health and the health of our planet are inextricably linked, and that our civilization depends on human health, flourishing natural systems, and the wise stewardship of natural resources for ultimate survival. We will begin to address factors of Planetary



Health through hearing from guest speakers who support local NGOs and humanitarian organizations as they share their missions and the work they are doing to restore balance to their social and natural environments.

During the middle of the week, we will hike to the rural mountain community of Brison to experience a more rural way of life. After a challenging trek with amazing views, our group will eat lunch with a local family. You'll also have the chance to purchase locally-made handicrafts and souvenirs on the way up.

This week, we will also jump right into our service projects by participating in a community diagnostic plan, where we will map out the local community and learn more about what access gaps to critical resources exist in the surrounding communities. Students will begin to drill down on the factors that create 'poverty' by comparing and contrasting the data they are collecting. Finally, we will begin our Spanish lessons; where each student will be placed into a level that meets them where they are at in their language-learning journey.



Sound like a lot of work? It is! But not to worry, the Home Base is located just steps away from the beach where you can relax and reflect each afternoon and there is a swimming pool at Home Base for you to swim in or lounge around in your free time. During our first weekend, we will take a break from our important work to visit Dudu Ecological Park, a freshwater lagoon which looks like a turquoise crater and is considered one of the most gorgeous cenotes, or sinkholes, in the world. There are multiple natural pools and underwater caves you can swim in, volleyball sand pits, hammocks and open space.



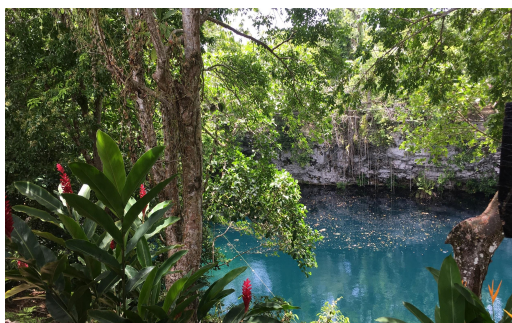
WEEK 2: ENVIRONMENT & GREENHOUSE CONSTRUCTION

During the second week of the program, students will learn the important issues around the concept of Environmental Security. Topics covered will include water pollution, climate change, air pollution, sea level rise and soil contaminants. These issues are all having a great impact on the planet and creating imbalances that threaten all species, including us! The service project for this week will be to explore food systems in the Dominican Republic and Haiti and support the ongoing construction of a greenhouse for an economically-challenged community.



We will also take a break from the beach and head to the mountainous town of Jarabacoa, where we will visit food production systems and work on a small reforestation project with the environmental ministry. Enjoy your time in this magical place that feels like an entirely different world to the coast you've been calling home and will allow you to see how different the Dominican Republic is across the island.

We will continue our language learning in the afternoons and enjoy some downtime each day to reflect and decompress. This week, we will participate in some leadership activities during a beach day and on the weekend, pay a visit to Jamao River where we will enjoy this beautiful swimming hole and have a proper barbeque (Dominican style!)



WEEK 3: ECONOMIC SECURITY & SANTO DOMINGO

This week, we will learn about the roots of poverty -- the contributing factors, current impact and historical roots. Topics to be covered will include the



history of capitalism, economic systems and colonialism. We will also discuss the role of education in poverty and the generational cycles of poverty.

We will start conversations about how to set up a foundation and/or NGO, proper methods and processes and finally the impact of NGOs today in Haiti and the Dominican Republic. Our service project for the week will be to build a bottle house in an impoverished community for a family in need or perhaps continue our work on the greenhouse project from week 2.

Toward the end of the week, we will travel down south to Santo Domingo, the capital of the Dominican Republic and one of the Caribbean's oldest cities. We'll take a walking tour of its walled, cobblestoned historic core, the Zona Colonial, which has buildings that date to the 1500s, including the cathedral, which was the first built in the New World. Exploring this bustling city center is another chance for you to see the distinct differences of life that exist in this small country.

In the afternoon, we'll meet with representatives of a national or international development organization such as the U.S. Agency for International Development or the Instituto Dominicano de Desarrollo Integral.

WEEK 4: POLITICAL SECURITY & RIVER ADVENTURE

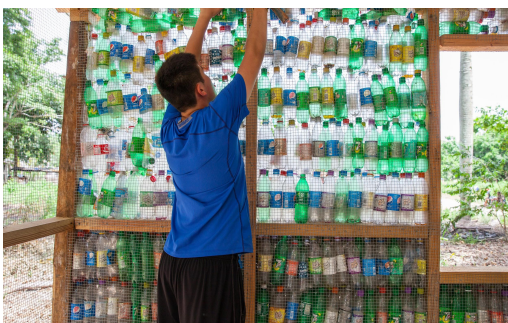
We are halfway through our program already, and there is still so much to absorb. This week we will focus on the concept of Political Security. As a result of economic, environmental and political issues globally, millions of people are becoming "forced migrants" into countries, both legally and illegally. This is a growing phenomenon and can ultimately work to destabilize political systems, but also create permanent classes of impoverished and unrepresented people. During this week we will learn about systemic racism, forced migration, institutional violence and representation and discrimination. We will also cover racial, cultural and religious differences that contribute to discrimination and violence.

Our service project for the week will be to continue work on the house started in the prior week and we may also begin work on a water provision system.

We will take a break mid-week to enjoy the Yasika River, a non-tourist, local hangout that exhibits the Dominican Republic's natural beauty. The river pools into a blue lagoon, which is perfect for cooling off in the tropical heat. We will continue our language learning journeys, and by week four, can start challenging ourselves to speak to each other and everyone we meet in Spanish. Spend the weekend relaxing at a beautiful Dominican white-sand beach and enjoying a snorkeling adventure -- an experience that never gets old, and let's face it, you have earned it!

WEEK 5: HEALTH SECURITY & DAJABÓN MARKET

During this week, we will learn about infectious and noncommunicable diseases on a global basis, and will also learn about the pharmaceutical and biotechnology industries and how they are contributing to the health of the global population. We will also learn about the efforts of NGOs such as *Doctors Without Borders* and their successes and failures. Our project for the week will be to participate in medical brigades in various communities on the Northern coast of the Dominican Republic. We will provide support to doctors who will be offering basic medical care to community members, as well as vitamin distribution for undernourished children.





This week, we will visit the Dajabón Market, a market on the border of the Dominican Republic and Haiti. On certain days each week, Haitians are permitted to cross the border into the Dominican Republic without immigration controls in order to trade at the Dajabón market. The market is a unique setting in which to absorb the interaction of these two cultures, which neighbor each other and share the same island, but have a complicated history of strained relations. On market days, cultural differences are put aside and visitors can observe an intercultural relationship on the mend. The market is a lively trading atmosphere that will awaken your senses!

In the afternoons, we will have some down time to enjoy the beach nearby, continue our language learning practice, and our personal leadership development through various staff-led activities.



WEEK 6: SOCIAL JUSTICE & 27 CHARCOS ADVENTURE

During this week, we will learn to define social justice and will learn about efforts that have been made to create a more “just” planet. Economic, political and environmental systems have created an imbalance among societies across the planet. Previously, we learned about the root causes of this and throughout this week, we will learn about efforts being made to create more balance. We will learn about race theory, conflict resolution, cultural diversity and will continue our exploration of NGOs and other humanitarian organizations. Our project this week will be to build a bathroom or concrete floors in a Haitian Batey. The project and time spent in the batey will give you an idea of what life is like when living in “forced migration”.



This week, we will also participate in a one-of-a-kind adventure at 27 Charcos. 27 Charcos translates to “27 Waterfalls”. Originally started by a Peace Corps volunteer, this local tourism venture offers a sustainable income for the small surrounding community. Follow highly trained guides who will take you first on a hike up a gradual mountain, then jump, swim and slide down natural rock formations through waterfalls to get down. This is a truly unique experience that offers both maximum adventure and an opportunity to learn about how one small idea offered a sustainable solution for the long term. This is a prime example to get your ideas flowing for what type of NGO you want to start.

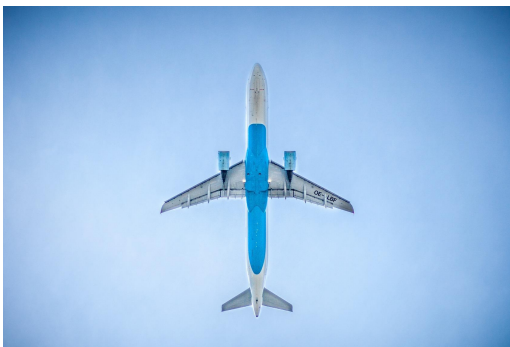
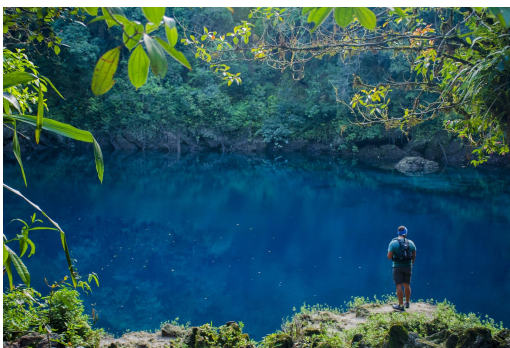


WEEK 7: SOCIAL ENTERPRISE & PUERTO PLATA

In the beginning of this week, we will learn the definition of a social enterprise and how these types of organizations can be used to offset threats to our planet. We will learn about global production and consumption patterns and how technology and sustainability ideas can be used to create necessary products while providing employment and profitability. We will learn that current economic systems are not all bad, but can be tweaked to provide prosperity and health to all while creating more balance in environmental systems. We will learn more about the failures of NGOs and how to construct a more purposeful and impactful organization. Our project for the week will be to wrap up any and all field projects we participated in over the previous 6 weeks. It is important to complete all work promised to communities and individuals and we will prioritize our efforts here.

Still practicing our Spanish during our weekly language learning classes, we should now be feeling pretty successful as our language abilities have undoubtedly advanced over the past 6 weeks.





Over the weekend, we will take a tour of Puerto Plata, the city nearest to our community. There's no shortage of sights to see and museums to visit here. We'll visit a museum that showcases local precious stones such as larimar, a rare blue mineral found only in the Dominican Republic. Learn about the colonial history and architecture of this city on the sea. We'll take the long way back as we explore another new beach and the local Cabarete Caves -- a national park where we will explore the park and cool off in the crystal clear water of the caves -- another truly unique experience! We will also adventure to Laguna Gri Gri, a beautiful oasis about 30 minutes away from the Home Base. Travel by boat up a mangrove forest, where we will enjoy a picnic lunch and snorkeling for the afternoon. A beautiful place to relax and decompress through crystal clear waters.

WEEK 8: NGO DEVELOPMENT, MANAGEMENT & WRAP UP

For the past 7 weeks, we have learned about injustices across the planet, as well as existential threats to the human species. We have learned about efforts that have been made to balance the risks and vulnerabilities to human security in developing and developed countries. We will now use that knowledge this week to address correct, ethical methods and processes in developing and managing your own NGO. We will learn about topics such as development approaches, organizational structures and funding, as well as learn more about existing development organizations such as the IMF, World Bank, World Trade Organization and the United Nations. We will learn the importance of global citizenship and what your role and responsibility is. Our project for the week will be to develop an NGO from inception through completion. As a group, you will be tasked with managing this organization in perpetuity.

Our final adventure and exploration this week will take us to Cola de Pato, a hidden gem off the beaten track. Hike into the jungle toward an inland oasis, boasting crystal clear waters carved through river canyons. Relax by waterfalls, swim in the refreshing waters, and enjoy your last moments of this lush environment. It's a truly unique experience that is sure to tap into the adventurous spirit.

This program has challenged your core and supported you to think differently towards existing challenges in our world, all while you have been able to call another country home. Make your final presentations to your fellow students, lock in your plan for continued operations within your NGO, and share a final banquet meal where you can reflect on everything you have gained over the course of these 8 weeks. On your final day of the program, staff will take you to the airport where they will make sure of your safe departure.

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 THE DOMINICAN REPUBLIC

GLA HOME BASE | Home Base is a rustic ecolodge built from local materials in the style of the Taíno people. The beach is just a short walk away, and students have access to a swimming pool onsite. Students will share rooms with roommates, and have shared bathrooms with cold-water showers. Food will be healthy and locally sourced, including meats, beans, rice, vegetables and fresh fruit.

FOOD | Dominican cuisine centers around staples of chicken, rice, beans, vegetables, plantains and fresh fruit. Home Base chefs will prepare a variety of local dishes for students to sample. Meals are generally hearty, healthy and source locally-grown ingredients.

CLIMATE | The Dominican Republic has a tropical climate, hot all year round, with a rainy season from April to October. As generally in the Caribbean, the rains occur mainly as brief showers and thunderstorms.

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.