



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



THE DOMINICAN REPUBLIC: Global Health Initiative™

Travel to a Caribbean paradise and provide medical and public health support to rural Dominican communities.

OVERVIEW

On this program, you will challenge your preconceptions of health and community care. Learn about the differences between public health and medicine and how community well-being depends on both. Receive guidance from local medical professionals and begin to understand what being an island healthcare worker is all about. Discover the seven critical elements of human security and determine how health care fits into the picture. Gain field experience by doing physical work and sanitation projects that are public health-focused and aim to improve living conditions in rural Dominican communities. And while you're diving into deep, meaningful projects, you will also have time for adventure while you're here. Explore to your heart's content as coastline, jungle, and Caribbean culture surround you at every turn.

HIGHLIGHTS

- ★ Gain fieldwork experience that will introduce you to public health and medicine
- ★ Talk with health and medical professionals about health access in rural island communities
- ★ Swim in the natural caves and majestic cenotes of Dudu Lagoon
- ★ Go for a spectacular boat ride and snorkel in the crystal blue seas
- ★ Enjoy your island hideaway at Home Base, just a quick stroll away from a white sand beach

PROGRAM SNAPSHOT

14-Day Program

June 13 - June 26, 2024

June 20 - July 03, 2024

June 30 - July 13, 2024

July 07 - July 20, 2024

July 17 - July 30, 2024

Tuition: \$4,799

Service Hours: 40

Max Group Size: 30

Age Range: 14-18

Student-to-Staff Ratio: 6-to-1

Airport: Puerto Plata (POP), Santiago de los Caballeros (STI)



SPOTLIGHT ON COMMUNITY SERVICE

This program is your chance to uncover how public health and poverty are strongly linked, through physical service and shadow-learning. Work on public health projects that prevent disease, and see how initiatives such as providing cement floors, ventilated stoves, bathrooms, and greenhouses can contribute to locals' long-term health. Shadow medical professionals as they provide pro-bono consultations to patients in at-risk communities. Put your new medical Spanish vocabulary to use as you accompany doctors through various stations such as patient triage, evaluations, and pharmacy.

The service hours for this program consist of physical service and shadow learning to create a well-rounded service experience. Students can expect to spend 22 hours doing physical service on public-health-related infrastructure projects and 18 hours doing shadow learning, including detailed observations and learning from medical professionals during the medical brigade experience.



SAMPLE ITINERARY: DAILY BREAKDOWN

The 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: ¡BIENVENIDOS A REPÚBLICA DOMINICANA!

Welcome to the DR! GLA staff will meet you at the airport (Puerto Plata - POP or Santiago de los Caballeros - STI) and take our group to the Home Base located about an hour away. We'll get settled in, have our first Dominican meal together, and then launch into some team-building activities.

DAY 2: STUDENT ORIENTATION

Today marks our first full day together in the Dominican Republic! We'll begin with a walking tour of the village of Las Canas to explore the community and all that our surrounding area has to offer! Afterward, we will have a program orientation to discuss our hosts' expectations of us as visiting volunteers. In the afternoon, we'll visit another nearby community, where we'll be working over the next two weeks, and receive an orientation to service. Once back at the Home Base, you'll meet the team of medical professionals you will shadow over the next two weeks! Take a swim test and then get ready for a hearty dinner. In the evening, your program directors will facilitate a conversation about a public health topic, providing more context for the service work and shadowing we'll engage in together.



DAY 3: INFRASTRUCTURE SERVICE IN LAS CANAS

One way to sustainably alleviate widespread health problems is by improving everyday living conditions. Universal, affordable, and sustainable access to water, sanitation, and safe living conditions are key public health concerns within international development. Today, we'll be returning to the community project site, where you will assist in sanitation-related projects that dramatically reduce the risk of disease. In the afternoon, receive a full clinical briefing for your upcoming shadowing experience. At night, learn the basics of medical Spanish and practice with your peers to prepare for the following day!



DAY 4: SHADOW LEARNING ON MEDICAL BRIGADE

Remember your vitals and brigade training we received from the local doctor? Today, we'll put that knowledge into practice, shadowing the doctor and medical brigade team at one of seven stations, such as registration or pharmacy. Learn how crucial community engagement is to breaking the cycle of poverty and poor health for good and ensure that the clinic runs smoothly.

DAY 5: DUDU LAGOON AND PLAYA PRECIOSA

After several days of hard work and service, hang out at Dudu Lagoon, a beautiful natural feature. The lagoon is shaped like a crater and is considered one of the most gorgeous cenotes, or sinkholes, in the world. There are blue freshwater pools and underwater caves where you can





swim, or you can hang with your fellow students and locals at the nearby volleyball court. In the afternoon, you'll visit Playa Preciosa, a pristine hidden beach just up the road! Swim in the turquoise waters or soak in the sun on the white sand beach, surrounded by lush palms. Upon returning to the Home Base, we'll eat dinner and then receive a lecture on a public health topic.

DAY 6: INFRASTRUCTURE SERVICE IN CAÑO DULCE

Today, we'll begin a new public health infrastructural project in the community of Caño Dulce. Providing families with concrete flooring, ventilated stoves, toilets, and greenhouses, we help give them safer living conditions. You'll break out into Mentor groups for a reflection activity at night.

DAY 7: WOMEN'S CHOCOLATE COOPERATIVE & BEE BOXES

In the morning, we'll visit a women's chocolate-making cooperative, where you'll tour the grounds, see the production of local cacao, and try some tasty treats! In the afternoon, we'll learn about the importance of bees to the ecosystem and local economy as we build bee boxes alongside a well-known beekeeper. Upon return to the Home Base, you'll have some free time before gathering with friends on the nearby beach for a bonfire.

DAY 8: SHADOW LEARNING ON A MEDICAL BRIGADE

Today, we'll assist at another pop-up clinic, helping guide patients through the stations, shadowing the doctors, and making sure everything runs efficiently so as many community members as possible can be seen. In the afternoon, we'll take shade under a tree to learn about the prevalence of water-borne diseases in the communities we're serving and the importance of sanitation projects.

DAY 9: DAMAJAGUA WATERFALL ADVENTURE

Get ready for an adventure! Today, we'll visit the famous Damajagua Waterfalls, where we'll jump or slide down a series of waterfalls into deep turquoise pools. You'll wear a helmet and life vest as you swim past rock formations and grottos, jump from low-hanging waterfalls, and slide down smooth natural rock slides to reach the end of the circuit! At night, you'll engage in a leadership activity.

DAYS 10 - 11: COMMUNITY SERVICE AND MEDICAL BRIGADE

Spend time with locals and reflect on your impact as you complete the sanitation project in Caño Dulce one day and assist medical professionals in the final medical brigade the following day. In the afternoons, learn about social justice, global citizenship, and how to conduct a community diagnostic to ensure development projects are community-led.

DAY 12: PUERTO PLATA TRAM AND CITY TOUR

Travel to the nearby city of Puerto Plata, known for its charming historical center that was established in 1496! We'll explore the cobblestone streets of Puerto Plata's colonial zone and visit the Amber Museum, home to hundreds of Amber gems! In the afternoon, we'll take a sky tram to receive a stunning view of the city and coastline before returning to Home Base.

DAY 13: SNORKEL AND BOAT RIDE IN THE CARIBBEAN

Our last day in the DR has arrived! Relax today with a snorkeling adventure in the crystal-clear Caribbean. The boat will stop in a spot that's ideal for jumping in and checking out the tropical fish and coral that inhabit the area. Spend the day swimming in warm, inviting water, and post up on the beach for a well-deserved nap. In the evening, enjoy a farewell dinner to celebrate all of your accomplishments and reflect on your experience in the DR

DAY 14: ¡BUEN VIAJE!

Alas, our Dominican adventure must come to an end! After breakfast and final goodbyes, we'll travel to the airport together to board our flights home. At the airport, GLA staff will help you check in and see you off for your journey.



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 2024, 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.

TRAVELING TO THE DOMINICAN REPUBLIC

GLA HOME BASE | Home Base is a locally-owned property on the North Coast of the Dominican Republic. Students stay in gender-segregated rooms and have access to shared bathrooms.

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, and 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.