



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



Fiji: Ridge to Reef Service Adventure

Voyage to beautiful Fiji where powerful seeds of opportunity await your planting in this Pacific Paradise.

OVERVIEW

On this program you will embark on a voyage to the Pacific that you never thought possible! Journey from ridge to reef on this tropical adventure to explore Fijian culture and the island way of life in this remote part of the world. While you're here, collaborate with your new friends and local leaders to contribute to meaningful service projects aimed at improving the quality of life of the community. From exploring the villages you visit to snorkeling along coral reefs, there will never be a shortage of adventure during your time in this island nation.

PROGRAM SNAPSHOT

14-DAY PROGRAM

July 6 - July 19, 2024

Tuition: \$5,299
Service Hours: 35
Max Group Size: 24
Age Range: 14-18
Student-to-Staff Ratio: 6-to-1
Airport: NAN

HIGHLIGHTS

- ★ Connect with local village communities through meaningful service projects
- ★ Learn about traditional Fijian dance, weaving & underground cooking
- ★ Experience Fijian culture from the highlands to the coastal areas
- ★ Discover the unique island marine life, learning from experts in the field
- ★ Snorkel along coral reefs teeming with colorful fish

SPOTLIGHT ON COMMUNITY SERVICE

At Global Leadership Adventures, community service is at the heart of what we do. It's our way of giving back to our host community and addressing needs in a community-led way. Learn about life in a small Fijian village as you work on projects aimed at improving quality of life for residents of remote communities. We'll be supporting sustainable infrastructure developments and programs that promote healthy living. The exact details of your service project will vary depending on what's needed most at the time of your arrival on the program.

SAMPLE ITINERARY: 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, 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: GETTING ORIENTED

Bula! Welcome to Fiji. You will fly into Nadi, Fiji's capital, where GLA staff will be waiting to greet you! We will get situated at our first Home Base where our group will learn about some important cultural norms in Fiji. We will try the local food and also learn a handful of basic Fijian language phrases which will be handy over the days to come. You will have time to get acquainted with everyone who you will be in community with throughout this incredible "Ridge to Reef" experience! There will be an opportunity to take in a spectacular panoramic view of the sun setting over distant islands as we learn about the history of Fiji and its unique landscapes.



DAY 2-3 : HIGHLANDS EXCURSION & COMMUNITY ENGAGEMENT

Our group will head up to a village in the Highlands, observing the drastic landscape changes along the way. There, we will connect with a local community and learn about what it's like living at such high elevations in Fiji. This will be a great way to discover some of the unique aspects of living in a village. We will have the opportunity to learn about traditional weaving and have a chance to practice, too! In the evening, we will engage in small group reflection discussions, and continue getting to know each other.



DAY 4: COOKING CLASS & MEAL SERVICE PROGRAM

Today, you'll learn about how housing insecurity impacts Fijians and how this also limits access to fresh, healthy food. We will learn about the history of the Indo-Fijian communities, and how Indian cuisine has made a lasting presence across Fiji. Get ready for some cooking action while we learn about some important staple foods. We will be introduced to an important organization in Nadi making efforts towards mitigating the housing crisis, providing meals while meeting with locals and hearing about their stories.



DAYS 5-8 : SERVICE & LOCAL VILLAGE PROJECTS

We will get acquainted with the local village where our next few days of service will continue. Locals in the village will be working with us, guiding projects that will greatly benefit the health and well-being of the community. These can range from creating cement walking paths to building long-lasting compost toilets. You will most certainly feel welcomed and invited to engage in conversation with locals, creating meaningful connections.

A number of our evenings will be spent engaging in workshops and discussions about leadership, cultural awareness, and what it means to be a global citizen.

DAY 9: ISLAND HOPPING ADVENTURE

Enjoy a full day taking in the pristine beaches and ocean waters that Fiji is known for! We will be cruising around on a boat together, exploring a number of small islands. There will be plenty of time to snorkel and also relax. We will have local staff with us, sharing exciting facts about marine life and ocean health. This is sure to be a memorable day for all!



DAY 10: SAND DUNES NATIONAL PARK

Discover a famous stretch of sand dunes that rise up from the ocean, separating the thick jungle and exotic plant growth. We will take a guided hike, learning about this remarkable landscape, and then have time to explore around the dunes. We will be engaging in some environmental restoration service projects for part of the day, connected to protecting important plant species that contribute to maintaining balanced ecosystems. In the evening, enjoy learning about a well-known traditional Fijian dance called the *Meke*!



DAY 11: TRAVEL TO BEQA ISLAND

After a hearty breakfast, we will head south to the next Home Base on Beqa Island, famously known as the island home to the traditional practice of firewalking in Fiji. We will be staying in traditional "Bure" style bungalows just steps from the beach! Enjoy falling asleep to the sound of waves and insects as you settle into the true rhythm of island life.

DAY 12-13: SNORKELING & MARINE SERVICE ADVENTURE

Get ready to dive into the underwater world once more! We will examine the importance of keeping our ocean ecosystems healthy and contribute towards initiatives taking place for reef protection. We will visit a nearby village, and experience a traditional well-known gathering known as a "*lovo*" - which is a feast cooked below hot stones, underground! Enjoy the food with the community you've become connected to. We'll have a celebratory farewell evening, with time to reflect as we close out our experience together.





DAY 14: MUD POOLS & DEPARTURE

Today we start making our way back to the mainland. En route to Nadi, we have a fun final activity scheduled to relax at a well-known Mud Pool and Hot Spring which will rejuvenate you for the flight home. We will also have a chance to pick up some last souvenirs before heading to the airport. There, the GLA team will help you check in and see you off on your return flight home!

NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. 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 FIJI

GLA HOME BASE | Home Base in Fiji is a locally-owned lodge made up of different rooms with lounge space including a swimming pool and volleyball court. Gather at an open-air common area for meals and evening sessions and enjoy living in a tropical island environment. Students will share bungalows with four to six roommates and have access to ensuite bathrooms with Western style toilets and warm-water showers. Kayaks are also available at Home Base for students to use during downtime under staff supervision.

FOOD | We encourage all students to try local cuisine, both as part of the adventure and as a way to further connect with the community. The Fijian diet includes rice, cassava, plantains, fish, chicken and vegetables.

CLIMATE | Fiji is a volcanic island with geographical features such as sandy ground, dense tropical and dry forests and an abundance of mangrove trees. The islands experience warm and tropical climate year-round.

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 of our programs. Through group discussion, meaningful service, workshops, expert guides, 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.

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