



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



## GUATEMALA: Global Health in the Land of the Maya™

Work alongside Guatemalan doctors to provide public health access to rural indigenous communities. Explore Guatemala's diverse cultures, traditions, and history at the heart of the Mayan Empire.

### OVERVIEW

On this program, you will be immersed in public health and sanitation projects in the heart of indigenous communities. Work alongside local medical professionals and, with their guidance, gain field experience by providing care to communities whose access to healthcare is limited. Be trained by professionals and get certified in CPR and Basic First Aid. You'll be captivated by the fascinating Maya heritage and splendid Central American landscapes. And while a focus on healthcare and medicine is at the core of this program, every GLA experience also includes adventure! Zipline through Guatemalan mountains and journey across the sacred and awe-inspiring Lake Atitlán.

### HIGHLIGHTS

- ★ Gain hands-on healthcare experience in rural indigenous communities
- ★ Be trained by medical professionals and get certified in CPR & First-Aid
- ★ Shadow medical professionals and observe best practices for providing health services
- ★ Shop at the largest indigenous craft market in the Western Hemisphere
- ★ Venture across sacred Lake Atitlán, one of the most beautiful lakes in the world



## PROGRAM SNAPSHOT

### 14-Day Program

July 6 – July 19, 2024

**Tuition:** \$4,599

**Service Hours:** 30

**Max Group Size:** 30

**Age Range:** 13-18

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

**Airport:** GUA Arrival (anytime), GUA departure (anytime)



### SPOTLIGHT ON COMMUNITY SERVICE

Shadow and assist local medical professionals as they provide free health checks, essential physical exams, and assessments. Learn firsthand about the importance of providing free and quality care to communities that wouldn't otherwise have access to it. After learning and getting certified in Basic First Aid and CPR, put your new medical Spanish as you accompany qualified professionals offering medical care!



# SAMPLE ITINERARY: DAILY BREAKDOWN

*Actual schedule of activities will vary by program session.* The information detailed here is typical of 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, and the weather and specific needs of the student group.



## DAY 1: WELCOME TO GUATEMALA!

Fly into La Aurora International Airport in Guatemala City, the gateway to Maya heritage. GLA staff will greet you at the airport, and we will drive to the colonial town of Antigua, where you'll meet more staff and fellow GLA students. As we begin this thrilling journey, start to get to know each other and enjoy the first authentic Guatemalan dinner!

## DAY 2: ORIENTATION & MAYAN WEDDING CEREMONY

On our first full day together, we will start orientation by learning some essential cultural norms in Guatemala, reviewing the GLA Code of Conduct, and playing get-to-know games. As we travel together, you'll learn more about the exciting experiences that await you in the next weeks! To start immersing ourselves in the culture, we will meet with local Maya women who will teach us the ancient customs of the Maya wedding ceremony. On the way to Home Base in *Xela*, in the western highlands of Guatemala, we will visit the ancient ruins of *Iximche*, the old capital of the *Kaq'chikel* Maya kingdom. At the ruins, a local anthropologist will guide us through the site's architecture.



## DAY 3: REALITY TOUR & CLINIC TRAINING

During our first day in *Xela*, we'll meet representatives from the organization we'll work with over the next few weeks! We'll depart on a Reality Tour as a group, visiting different medical facilities in the *Quetzaltenango (Xela)* region. This tour will help us understand the discrepancies in the medical system between urban and rural communities. We'll launch into a preparatory workshop in anticipation of our first community clinic the following day and have the opportunity to debate with medical professionals. While you learn some basic medical phrases in Spanish and *Kaqchikel* (an indigenous Mayan language), take notes, as you'll soon be putting these concepts into practice!



## DAYS 4-7: MEDICAL CLINICS, FIRST AID AND CPR COURSE, & ADVENTURE

For the next four days, you'll shadow and assist local medical professionals as they provide free health checks, basic physical exams, and assessments. You'll rotate through various stations such as general medicine, triage, pharmacy, education, and hygiene under the supervision of medical professionals. These clinics will help us learn how certain populations (predominantly indigenous Maya) experience more severe public health issues due to the lack of equal access to quality care. You will also be trained by medical professionals and get certified in CPR & First-Aid!



After service, you will participate in various cultural learning and adventure activities. Take part in a hands-on textile workshop taught by local weavers and have time for deeper personal reflection. Hear stories of those





impacted by public health initiatives and debate the importance of non-governmental initiatives in providing medical access to rural communities. Then, take a break and go ziplining through the Guatemalan mountains! Take in the landscape, enjoy the breathtaking views, and laugh with your new friends!

## **DAYS 8 & 9: TWO-DAY EXCURSION!**

In the morning, we'll drive to Lake Atitlán, the sacred lake of the Mayans and one of the most beautiful lakes in the world. Spend the day surrounded by incredible scenery, enjoying a boat ride to one of the Maya villages and strolling through town while exploring local artisan markets. We'll spend the night at a lakeside hotel. The day after, we'll leave Lake Atitlán early in the morning to travel to *Chichicastenango*, the largest Maya craft market in the hemisphere. Artisans from all over the country come to this open-air market—it's truly a sight to behold!

## **DAYS 10 & 11: SERVICE WRAP-UP & MORE MAYAN CULTURE**

After two days of adventure, and with renewed energy, we will return to the medical clinics! Today, we'll travel to a new community where you'll accompany medical professionals through various stations. You will participate in many activities, from registering patients, taking vital signs and height/weight measurements, shadowing doctor consults, and dispensing medication. We will continue learning firsthand about the importance of providing free and quality care to communities that wouldn't otherwise have access to it.

In the afternoons, you'll participate in various cultural activities: visit a colorful church in San Andres Xecul and enjoy natural hot springs. In the evenings, we will break out into smaller groups to discuss what you have learned from your time in Guatemala thus far.

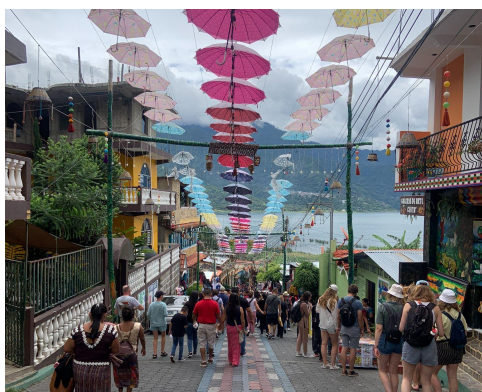
## **DAY 12: CHICABAL LAKE & CELEBRATION**

Dive into Maya cosmology by visiting a sacred mountain! We will do a short hike to a viewpoint of Lake Chicabal and hike down to the lake itself, where a local Maya healer, or *Curandero*, will share an ancient religious ceremony. You will also learn about Mesoamerican culture! You'll even participate in a chocolate workshop and take a class on salsa dancing!

## **DAYS 13 & 14: ANTIGUA, COFFEE FARM TOUR & DEPARTURES**

Our group departs Xela early in the morning to head back to Antigua, where you'll spend your last afternoon exploring the colonial city and doing any last-minute shopping. We'll also visit an organic coffee plantation (which offers samples—yum!). That night, we'll go out for a farewell dinner and reflect on our time in Guatemala.

After breakfast and final goodbyes on our last day, we'll travel to the airport to begin our journey home. GLA staff will ensure you're checked in for your flight and prepared for the trip home. ¡Buen Viaje!





### NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is planned for 2024, some activities or details may change between now and the 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 GUATEMALA

**GLA HOME BASE** | Home Base is a lodge in the heart of Xela that offers students a peaceful escape after long days of service and adventure. Students live in gender-segregated rooms with 2-4 bunk beds per room, depending on the size of the rooms. Bathrooms are shared, and hot showers are available. Home Base is quaint and provides groups with a strong sense of community.

**FOOD** | Meals in Guatemala frequently include delicious, sweet herbal tea and homemade tortillas. Chicken, rice, beans, vegetables, and plantains are staples. Traditional Guatemalan dishes will be the norm at Home Base, but we will occasionally have American food, like pasta and sub sandwiches.

**CLIMATE** | Generally, the climate in Xela can go from mild to chilly, with sporadic warm episodes. The daily high is usually reached around noon. From then on, temperatures decrease exceptionally fast into the 50s. You'll be in Guatemala during its rainy season but expect only scattered showers on the days it rains.



# 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, and 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 physically and mentally present for all activities. We also ask students to step back from regular use of technology - particularly smartphones - 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 to our program development process. However, service and activities are occasionally 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 worldwide, 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 possible! 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](http://www.experiencegla.com/enroll).

