



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



PERU: Foundations of Global Health

Work on public health campaigns for the residents of Peru's Cuzco region

OVERVIEW

This program is a real opportunity to learn about public health as a basic human need while helping to carry out essential health campaigns in one of the most exciting and culturally rich landscapes in the world. Work alongside local medical professionals to provide care to remote highland communities through traveling clinics. When not gaining hands-on experience in the field, students will explore Cuzco and raft through the Andes mountains to hike to visit an enchanted Incan ruin and a hidden waterfall.

On the 21-day program, students will gain additional field experience through infrastructural projects that improve the hygiene, health, and quality of life of Quechua families.

HIGHLIGHTS

- ★ Gain hands-on healthcare experience in rural Quechua communities
- ★ Explore the cobblestone streets and bustling markets of Cuzco
- ★ Meet friendly alpacas and local artisans at a nearby textile cooperative
- ★ Take a train to visit the sacred citadel of Machu Picchu
- ★ Learn about the Sacred Valley's artisanal traditions in a highland ceramics workshop and hike to Rainbow Mountain (21-Day Program Only)

PROGRAM SNAPSHOT

14-Day Program

June 15 – June 28, 2024

July 2 – July 15, 2024

July 19 – August 1, 2024

Tuition: \$4,599

Service Hours: 35

Max Group Size: 30

Age Range: 14-18

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

Airport: CUZ Arrival (anytime), CUZ departure (anytime)

21-Day Program

July 14 – August 3, 2024

Tuition: \$5,999

Service Hours: 60

Max Group Size: 30

Age Range: 14-18

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

Airport: CUZ Arrival (anytime), CUZ departure (anytime)



SPOTLIGHT ON SERVICE LEARNING

14-Day Program

Learn about Peru's healthcare system and shadow medical professionals as they deliver campaigns on holistic health and medical awareness. The service hours for the 14-day program consist of **shadow learning**. Students can expect to spend 35 hours engaging in shadow learning, including detailed observations and learning from medical professionals during the medical brigade experience and a medical reality tour.

21-Day Program

Work on public health projects that improve living conditions for rural families and see how initiatives such as building chimney stoves and food dehydrators can contribute to locals' long-term health. Learn about traveling clinics that strive to reach remote communities in the Andes to provide free, quality care that they would otherwise not have access to. The service hours for the 21-day program consist of physical service and shadow learning to create a well-rounded service experience. Students can expect to spend 25 hours doing **physical service** on public-health-related infrastructure projects and 35 hours engaging in **shadow learning**, including learning from medical professionals during the medical brigade experience and a medical reality tour.

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, and the weather and specific needs of the student group.



DAY 1: WELCOME TO PERU!

Fly into Cuzco, the gateway to Machu Picchu and the mystical Andes. GLA staff will be at the airport waiting to greet work drive to Home Base, where we'll meet more staff and fellow GLA students and settle into our new home. Take a small walking tour through the surrounding historic neighborhood before your first Peruvian dinner!



DAY 2: ORIENTATION & ANDEAN CEREMONY

Today marks our first full day together in Peru! We'll kick off with a program orientation to cover GLA and our hosts' expectations of us. In the afternoon, we'll receive a guided tour of the Cuzco Historical Center near our Home Base. Take in the grandeur of the main square and practice your Spanish with vendors at the famous San Pedro market. In the evening, we'll meet a local healer who will share some ancestral traditions of the indigenous Quechua people and lead us through a ceremony to honor Mother Earth. Use this opportunity to create intentions for your time here in Peru!



DAY 3: REALITY TOUR & CLINIC WORKSHOP

Today, we'll meet representatives from the organization we'll work with over the next few weeks! Together, we'll depart on a Reality Tour, visiting several health and education sites across rural and urban areas of Cuzco. This tour will help us understand the disparities in access to health services between urban and rural communities. Once back at the Home Base, we'll launch into a preparatory workshop in anticipation of our first community clinic the following day. Learn some basic phrases in Spanish and the indigenous Quechua language. Take notes, as you'll soon be putting these concepts into practice!



DAYS 4 & 5: SHADOWING POP-UP MEDICAL CLINICS

For the next two days, you'll shadow doctors as they offer pro-bono medical services to remote Andean communities with limited access to quality medical care. You'll rotate through various stations such as general medicine, triage, dental, pharmacy, education, and hygiene under the supervision of medical professionals. In the evenings, you will engage in cultural activities such as Peruvian dance. You will also have time for deeper personal reflection. Break out into smaller groups to discuss what you have learned from your time in Peru thus far.



DAY 6: WHITE WATER RAFTING

After two long days of service work, It's time for some adventure! Whitewater raft through a stunning river valley as you navigate Class II and III rapids. The glacial water will be chilly, but a warm sauna and homecooked meal will await you back at the river lodge! In the afternoon, you'll have the opportunity to zipline across Sacred Valley's Vilcanota River!

DAYS 7 & 8: SHADOWING POP-UP MEDICAL CLINICS

For the next two days, you'll continue shadowing and assisting doctors as they provide free health checks, basic physical exams, and assessments. Put your new medical Spanish into practice as you accompany qualified professionals offering medical care! In the evenings, you will take part in different cultural activities, such as cooking and music. Learn the rhythms and steps to traditional songs and dances from the Andes. Try your hand at making a local dish!



DAY 9: ROUNDTABLE & PUBLIC HEALTH DEBATE

We'll have a slow start this morning. Get some extra shut-eye before a late breakfast. In the afternoon, we'll meet with several individuals whose lives have been greatly impacted by the work of our partner organization. Hear their stories and understand the importance of non-governmental initiatives in providing medical access to rural communities. After, we'll engage in a debate about topics related to public health.

DAY 10: MARAS SALT MINES, FRIENDLY ALPACAS, & PERUVIAN TEXTILES

Get ready for an epic adventure through archaeological sites and charming Andean villages as we make our way toward the sacred citadel of Machu Picchu. First, we'll visit the Maras Salt Mines, which have been active since Inca times. Admire the stunning white salt pools and try some salty treats as you learn about the history of this unique site. Afterward, we'll visit a local weaving center to have lunch, feed friendly alpacas, and learn how handwoven textiles are made. You'll have an opportunity to purchase unique souvenirs and make a positive impact on artisans and their families. Afterward, we'll continue our journey to the charming town of Ollantaytambo, where we'll eat dinner before catching a 1.5-hour train to Aguas Calientes, the town below Machu Picchu. Upon arrival, we'll check into our hotel and go to bed early before we visit Machu Picchu the following day!

DAY 11: MACHU PICCHU

Today is the day! We will take a bus to the ruins to explore the Lost City of the Incas. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking a scenic train ride back to Ollantaytambo. We'll arrive at our Cuzco Home Base in the evening.





DAYS 12 & 13: QORICANCHA & ART MUSEUM, FINAL REFLECTION & CELEBRATION

After two days of adventure in the Sacred Valley, today we will explore more of the cobblestone streets and bustling markets of Cuzco. We will visit Qoricancha, the most sacred temple in the Inca Empire! As our program comes to an end, we'll engage in some final leadership activities to reflect on our experience in Peru. Pack your bags before a final farewell celebration hosted by our Home Base family!

14 DAY PROGRAM ONLY - DAY 14: DEPARTURES

Our Peruvian adventure must come to an end! Head to the airport with memories that will last a lifetime and a broader understanding of global health. Staff will assist with checking in and accompany students until they have safely departed for their gates. ¡Buen viaje!

21 DAY PROGRAM ONLY

DAY 14: MEDICAL CLINIC

Today, we'll travel to a new Andean community where you'll accompany medical professionals through various stations. 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 15-18: HEALTHY HOMES PROJECT

Most rural families in Cuzco cook indoors with open wood fires, leading to frequent lung disease and chronic cough in children. Many rural homes also have only dirt floors, hindering sanitary conditions. For the next few days, we'll work directly in community homes, where our projects may include building ecological stoves or making basic home improvements. We may also help construct corn dryers to keep crops from succumbing to insects and mold. These are our final days of service work, so put in the extra effort to impact rural families' quality of life. In the evenings, we'll engage in leadership and cultural activities involving the local community when possible. You'll even participate in a chocolate workshop!

DAY 19: CHINCHEROS HIKE & POC POC WATERFALL

Let's celebrate our accomplishments with a thrilling adventure! Walk past the impressive Chinchero ruins and the pristine Poc Poc waterfall as you gently descend into the Sacred Valley. Thank the surrounding mountain spirits or Apus for clear skies and great company on your trek! Eat a hearty meal and take a moment to reflect on all you've learned over the past three weeks and the lessons you will take home.



DAY 20: FINAL REFLECTION & CELEBRATION

As our program ends, we'll engage in some final leadership activities to reflect on our experience in Peru. Pack your bags before a festive farewell dinner to celebrate the friendships you've made here!

DAY 21: DEPARTURES

Before we know it, our Peruvian adventure has come to an end! Head to the airport today with memories that will last a lifetime. Staff will assist students with checking in and accompany the group until they have safely departed for their gate. ¡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 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 PERU

GLA HOME BASE | The Home Base for the program is a locally-owned hotel in Cuzco City. Students will share rooms with roommates, typically with ensuite bathrooms, and enjoy communal meals as a group.

FOOD | Home Base staff will prepare authentic Peruvian cuisine for you to sample! In Peru, breakfast is simple and typically includes eggs, fresh rolls, and jam. Lunch and dinner contain rice, potatoes, fish, and many locally-grown fruit, such as cherimoya, lucuma, citrus fruits, and pineapple. Pollo a la Brasa, also known as Peruvian chicken, is one of the most consumed dishes in the country. Salsas, sauces, or dips are essential to Peruvian cuisine and a must on every table.

CLIMATE | The climate in the mountainous Cuzco region is dry and sunny in the summer months; however, mornings and nights can be cold. Expect to strip down to short sleeves during the day, but wear hats, sweaters, gloves, and scarves at night! The GLA Coordination team will provide enrolled students with a list of clothing to pack specifically for this program.

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 to 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 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.

