



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



PERU: Service Expedition in the Sacred Valley

The ancient Inca empire is yours to discover while making a difference in the lives of community members.

OVERVIEW

Experience Peru's Andean highlands in the ancient Sacred Valley, the heart of the Inca Empire. Go on an epic train ride to Machu Picchu and experience this iconic wonder of the world. Look around more, and you'll learn Peru has areas of need – poverty and economic development issues are common in rural areas. You'll come to see that Peru is more than its wild landscapes and ancient arts: The generosity and lively culture of its people are what have truly endured the last several centuries.

HIGHLIGHTS

- ★ Embark on a two-day expedition to Machu Picchu and camp among snow-capped peaks
- ★ Whitewater raft and zipline through a stunning river valley
- ★ Explore Cuzco's cobblestone streets and bustling artisan markets
- ★ Learn about Peru's traditional agricultural, artisanal, and spiritual practices from friendly locals.
- ★ Hike to the colorful Rainbow Mountain and spend one night in a traditional artisanal village with a Quechua host (21-day Program only)

PROGRAM SNAPSHOT

14-Day Program

June 19 – July 2, 2024

July 6 – July 19, 2024

July 23 – August 5, 2024

Tuition: \$4,699

Service Hours: 25

Max Group Size: 24

Age Range: 14-18

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

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

21-Day Program

June 19 – July 9, 2024

Tuition: \$6,199

Service Hours: 40

Max Group Size: 24

Age Range: 14-18

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

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



SPOTLIGHT ON COMMUNITY SERVICE

In this program, you'll help improve the quality of life for local Peruvian community members by working on infrastructure projects. You will contribute to rural communities' well-being as you see how projects like these can deliver meaningful – and sustainable – change.



14 DAY 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: 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 you! We'll drive to Home Base in the Sacred Valley to meet our local staff and fellow GLA students. Get settled in and then take a walking tour around our hometown of Ollantaytambo before your first Peruvian dinner.

DAY 2: ORIENTATION, COMMUNITY TOUR, & ANDEAN CEREMONY

Today marks our first full day together in Peru as a group! We'll kick off with a student orientation to cover the expectations of GLA and of our host community. In the afternoon, we will visit the nearby ruins that tower over our town to receive an introduction to the Inca civilization! In the evening, participate in a traditional Andean ceremony to pay tribute to Mother Earth and create intentions for your time here in Peru!

DAY 3: SERVICE & GUEST SPEAKER

Service begins! In the morning, we'll visit our service site, the Patacancha community, about the project we will contribute to over the next few days! We'll be working on infrastructural projects, such as a communal center, to host the organized weavers and support the local community development. After lunch, we will meet a local leader who will talk about the dark sides of tourism and the importance of community-led initiatives to foster the local culture and economy. Students will complete a leadership activity at night to reflect on what they have learned thus far from their time in Peru.

DAYS 4 & 5: SERVICE, CULTURAL EXCHANGE, & PISAC ARTISANAL MARKET

We'll return to the Patacancha community to meet the Community leaders and continue working on the communal center alongside Peruvian members to improve their living conditions! We'll carry out infrastructural and maintenance work throughout the mornings. We'll head to the town of Pisac, where you'll have the opportunity to explore the main square and artisanal market in smaller groups. Practice your Spanish with local vendors as you negotiate for artisanal souvenirs and Peruvian snacks! We'll meet the community members we've been serving over the past few days! Together, we'll engage in a hands-on workshop and learn from each other! After a delicious dinner, we'll break out into Mentor Group sessions and leadership activities in the evenings.

DAY 6: MARAS SALT MINES & CUZCO ADVENTURE

We'll start our day by visiting the famous Maras Salt Mines that have been





active since Inca times! This historical site offers a unique glimpse into the past and shows us how traditional practices are still used today! Afterward, we'll continue our journey to the imperial city of Cuzco, where we'll eat lunch and receive a guided tour of the historical center. Visit the famous San Pedro market to try local fruits and snacks before heading to a locally-owned bed and breakfast to settle in. After dinner, we'll explore the historical center and take in the dazzling lights and sounds of Cuzco's main square!

DAY 7: WHITEWATER RAFTING ADVENTURE



Today, we'll head to the South Valley to enjoy non-stop fun and excitement, bouncing and splashing down Class II and III rapids on a whitewater rafting adventure. The water is cold, but the sun on your back will keep you warm, and a hot sauna and meal await you back at the river lodge! In the afternoon, test your limits as you zipline across the river and back. After an epic adventure, we'll return to our Home Base in Ollantaytambo for some much-needed R&R!

DAYS 8 & 9: SERVICE & DANCE



We'll continue working on the social and communal center to host the local organized weavers. These will be your final service days, so make sure to go the extra mile to give back to the Patacancha community in the Sacred Valley and connect with those around you! On one of the days, you will take a dance class where we'll learn the traditional rhythms and steps of dances from across Peru, such as Cumbia, Marinera, and Huayno! Immerse yourself in the Peruvian coast, mountains, and jungle sounds!

DAYS 10-11: LARES TREK



¡Vamonos! For the first part of our journey to Machu Picchu, we will be transported to the starting point of our trek in the town of Lares. From there, we'll hike through traditional farming communities and alpine meadows to the first campsite, where we'll camp under the stars for the night. The next morning, we'll continue on the Lares Trek and reach the highest point of the pass. We'll hike alongside local herds of alpacas before descending into the Sacred Valley. Upon arrival in the Ollantaytambo, we'll return to our Home Base for a hearty meal and to re-pack before heading to Machu Picchu the following day!

DAY 12: MACHU PICCHU



Today is the day! We'll board an early train to Aguas Calientes, the town below Machu Picchu. Take in the majestic scenery and notice how the foliage changes to more deep greens as we descend into the Amazon cloud forest corridor! Once in Aguas Calientes, We'll take a bus to the ruins to spend more time exploring 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 archaeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking the train back to Ollantaytambo.

DAY 13: FINAL DAY AND FAREWELL DINNER

We'll revel in our final day in Ollantaytambo with a few leadership and reflection activities. After lunch, we'll pack and prepare for our journey



home before partaking in a festive farewell celebration!

DAY 14: DEPARTURE

Before we know it, our two-week 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 them until they have safely departed for their gates. ¡Buen Viaje!



21 DAY 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: 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 you! We'll drive to Home Base in the Sacred Valley, where we'll meet our local staff and fellow GLA students. Get settled in and then take a walking tour around our new hometown before your first Peruvian dinner.

DAY 2: ORIENTATION, COMMUNITY TOUR, & ANDEAN CEREMONY

Today marks our first full day together in Peru as a group! We'll kick off with a student orientation to cover the expectations of GLA and of our host community. In the afternoon, we will visit the nearby ruins that tower over our town to receive an introduction to the Inca civilization! In the evening, participate in a traditional Andean ceremony to pay tribute to Mother Earth and create intentions for your time here in Peru!



DAY 3 - 5: SERVICE, CULTURAL EXCHANGE, & PISAC ARTISANAL MARKET

Service begins! On the first day, in the morning, we'll visit our service site about the project we will contribute to over the next few days! We'll be working on infrastructural projects to support local community development. In the afternoon, we'll head to the town of Pisac, where you'll have the opportunity to explore the main square and artisanal market in smaller groups. Practice your Spanish with local vendors as you negotiate for artisanal souvenirs and Peruvian snacks!



For the next two days, we'll return to our service site and continue working on projects that enhance community development and improve living conditions for local community members! We'll carry out infrastructural and maintenance work throughout the mornings. We'll meet the community members we've been serving over the past few days! Together, we'll engage in a hands-on workshop and learn from each other! After a delicious dinner, we'll break out into Mentor Group sessions and leadership activities in the evenings.

DAY 6: MARAS SALT MINES & MISMINAY COMMUNITY VISIT

We'll start our day by visiting the famous Maras Salt Mines that have been active since Inca times! This historical site offers a unique glimpse into the past and shows us how traditional practices are still used today! Afterward, we'll continue our journey to the rural community of Misminay. There, we'll have different activities with the families who live in the community, where we'll learn how they preserve their ancestral traditions, sacredly linked with





nature and their worldview!

DAYS 7 & 8: SERVICE & COOKING CLASS

We'll continue working on our hands-on service projects. These will be your last service days before you embark on the Lares Trek and Machu Picchu, so make sure to go the extra mile to give back to the local organization in the Sacred Valley and connect with those around you! On one of the days, you will enjoy a Peruvian cooking class. Try your hand at making a local dish!

DAYS 9-10: LARES TREK

¡Vamonos! For the first part of our journey to Machu Picchu, we will be transported to the starting point of our trek in the town of Lares. From there, we'll hike through traditional farming communities and alpine meadows to the first campsite, where we'll camp under the stars for the night. The next morning, we'll continue on the Lares Trek and reach the highest point of the pass. We'll hike alongside local herds of alpacas before descending into the Sacred Valley, 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'll board an early train to Aguas Calientes, the town below Machu Picchu. Take in the majestic scenery and notice how the foliage changes to more deep greens as we descend into the Amazon cloud forest corridor! Once in Aguas Calientes, We'll take a bus to the ruins to spend more time exploring 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 archaeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking the train back to Ollantaytambo. We'll arrive at our Home Base in the evening.

DAYS 12 & 13: SERVICE & PERUVIAN DANCE

Back from Machu Picchu, we return to our daily routine of community service. We'll continue working on our service projects. One afternoon, we'll take a dance class to learn the traditional rhythms and steps of dances from across Peru, such as Cumbia, Marinera, and Huayno! Immerse yourself in the sounds of the Peruvian coast, mountains, and jungle!

DAY 14: RAQCHI HOMESTAY: EXPERIENCE A NIGHT WITH A QUECHUA FAMILY

This day is one of those that are not forgotten! We'll travel to the Raqchi community, where we'll be distributed among different family homes to cook with each family, listen to their stories, and spend the night in each family home! You'll experience a real immersive experience by staying in an ancient community that keeps its cultural traditions intact!

You'll experience how a Quechua community, Raqchi, lives, and you'll be part of its history by learning its Andean worldview and its artisanal and agricultural knowledge next to the imposing Wiracocha Temple!

DAY 15: RAINBOW MOUNTAIN HIKE





Get ready for an epic trek that will take you to new heights to see the multi-colored Rainbow Mountain, also known as Vinicunca! Pass through pristine land full of wild desert landscapes, snow-capped glaciated peaks, herds of alpaca, and raw beauty. A two-hour hike will bring you over 16,000 feet at the colorful peak before descending 1.5 hours to the base. Eat a hearty lunch before returning to the Home Base for some well-deserved R&R!

DAY 16: WHITEWATER RAFTING ADVENTURE

Today, we'll head to the South Valley to enjoy non-stop fun and excitement, bouncing and splashing down Class II and III rapids on a whitewater rafting adventure. The water is cold, but the sun on your back will keep you warm, and a hot sauna and meal await you back at the river lodge! In the afternoon, test your limits as you zipline across the river and back. After an epic adventure, we'll head back to our Home Base for some much-needed R&R!



DAYS 17 & 18: SERVICE WRAP-UP & GUEST SPEAKER.

It's our final two days of service, so put in your best effort! On one of the days, you will meet a local leader who will talk about the dark sides of tourism and the importance of community-led initiatives to foster the local culture and economy. Students will complete a leadership activity at night to reflect on what they have learned thus far from their time in Peru.



DAY 19: EXPLORING CUZCO, THE IMPERIAL CITY

Explore the colossal ruins of Sacsayhuaman and the main plaza in Cuzco, led by a professional guide, to take in the history of these monuments and the imperial city! After lunch, we will visit the world-famous San Pedro Market, where you will try some popular Peruvian fruits and snacks. Then, we'll walk to the artisanal neighborhood of San Blas, which boasts small workshops with hand-carved mirrors, woven alpaca garments, and gold-plated religious paintings.

DAY 20: FINAL DAY AND FAREWELL DINNER

We'll revel in our final day in the Sacred Valley with a few leadership and reflection activities. After lunch, we'll pack and prepare for our journey home before partaking in a festive farewell celebration!



DAY 21: DEPARTURE

Before we know it, our two-week 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 them until they have safely departed for their gates. ¡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 | Home Base is a locally-owned property in the Sacred Valley. Students stay in gender-segregated rooms and have access to shared bathrooms. During weekend hiking excursions, students camp in tents provided by GLA.

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 fruits, 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 are 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 packing list specifically for the trekking portion of 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 of 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.

