



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

Please note that program activities may change in order to adhere to COVID-19 regulations.



## SOUTH AFRICA: Global Health & Advocacy Project™

Travel to rural South Africa, where you'll help provide crucial health education to a community in a secluded village town.

### OVERVIEW

On this program you will live in Geluksburg, which means "happy mountains" in rural KwaZulu Natal. This rural village town, like many others, has limited resources for primary health care and basic first aid. Become accustomed to the Zulu culture as you participate in a home visit and explore the places where traditional and western medicine intersect. Meet with the local chief, and eat a traditional meal. The rolling mist and tranquility of the surrounding Drakensberg mountain peaks will make for a one-of-a-kind experience on the southern tip of the African continent.

#### 14-DAY PROGRAM

June 30- July 13, 2022  
July 16- July 29, 2022  
August 1- August 14, 2022

Tuition: \$3,999  
Service Hours: 35  
Language Hours: 0  
Max Group Size: 24  
Age Range: 14-19  
Student-to-Staff Ratio: 8-to-1  
Airport: JNB

### HIGHLIGHTS

- ★ Experience true cultural immersion in a rural South African community
- ★ Observe community health workers in a mobile health clinic
- ★ Learn about the challenges of providing healthcare in remote areas of the African continent
- ★ Hike the Drakensberg mountains, famous for their many peaks and magnificent scenery
- ★ Zipline amidst the stunning natural beauty of the mountains

## SPOTLIGHT ON COMMUNITY SERVICE

Live in Geluksburg, which means “happy mountains” in rural Kwa-Zulu Natal. This rural village town, like many others, has limited resources for primary health care and basic first aid. Become accustomed to the Zulu culture as you participate in a home visit and explore the places where traditional and western medicine intersect. Meet with the local chief and eat a traditional meal. The rolling mist and tranquility of the surrounding Drakensberg mountain peaks will make for a one-of-a-kind experience on the southern tip of the African continent.

## 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 SOUTH AFRICA!

Touch down in Johannesburg , the heart of South Africa! GLA staff will greet you upon your arrival, and our group will drive together to a local hotel for an overnight stay in Johannesburg. Rest up, because we'll be heading out early the next morning for a road trip to Home Base in Geluksburg.

### DAY 2: SUNSET IN GELUKSBURG

We'll travel for most of the day, making our way to Home Base in Geluksburg. While the drive is long, the views of South Africa are breathtaking. Take the time to get to know your fellow travelers before we arrive for a South African welcome dinner and to settle in



### DAYS 3: INTRO TO SERVICE & HEALTH KIT PREPARATION

Service begins! Today we are learning about the basics of first aid, patient data capturing and some basic Zulu phrases in preparation for the service in the community. Learn about specific items and how to use them - we're going to be using this knowledge later on during our home visits . After lunch, we'll get hands on, as each group will meet up with members of a local NGO to learn how to assemble the health kits, which we will be distributing and training families, teachers and students in the community in how to use. Before we can go into the community however, we need to visit the Chief to get his blessing to work with his people. Join him and his family for a traditional Zulu meal as we celebrate the start of service!



### DAY 4-8: SERVICE AND CULTURE

Your connections with the local community will grow stronger as you continue to spend your mornings working with different families and educating them on the health kits and recording valuable health data. In the afternoons, we'll meet with inspirational medical practitioners and grassroots leaders in and around the community and learn how they are addressing pressing issues facing rural South Africans today. In the evenings we'll reflect on the days work around a bonfire and learn some traditional Zulu dancing and drumming from the community members themselves.





## DAY 9: DAY TRIP TO THE DRAKENSBURG MOUNTAINS

Adventure time! Rise early for a memorable adventure into the heart of the Drakensberg mountains where you will go on a hike and enjoy some breathtaking views of the surrounding peaks. After lunch, enjoy the view of the Drakensberg Valley below while flying high above the trees on a zipline adventure. You'll even receive a certificate for completing the zipline course.

## DAY 10: TRADITIONAL ZULU HEALING & LOCAL CRAFTS

One of the most special aspects of the Geluksburg community is its welcoming nature, so much so that people always feel connected to return, no matter how far away they go! Today we'll get the opportunity to speak with world renowned Traditional healer - Dr Elliot. He's been to the Oscars, he's met the Queen and is even considered the "unofficial Sangoma (traditional healer) to the stars". Hear about what keeps bringing him back home to the mountains in South Africa and what role traditional medicine plays in an ever increasing westernized medical world. Come with your questions - he'll be happy to answer them!

## DAY 11 & 12: VISIT A LOCAL CLINIC & OBSERVE A NURSE IN THE MOBILE HEALTH CLINIC

Today we're off to visit a local clinic and a public hospital to see firsthand the challenges of health care in rural South Africa. Speak to local doctors and nurses as they share their experience working in both the private and public sector and the vast difference in conditions.

You'll see first hand how prominent the access gap in healthcare is due to the geographical terrain and how this prevents more clinics and hospitals from being set up for the people in the communities we'll be working in, hence why the mobile clinics are so important.

In the afternoon, you'll get to observe a local nurse during a Mobile Health Clinic. One of the biggest challenges with rural medicine is accessibility to healthcare - if patients can't go to the clinic, the clinic comes to them!



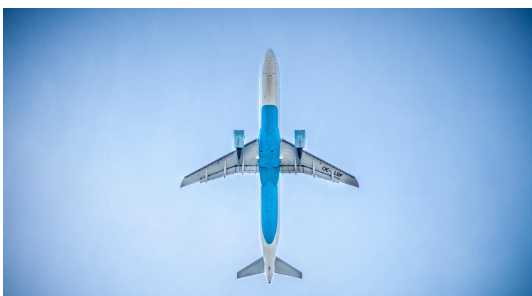
## DAY 13: COMMUNITY HEALTH AWARENESS DAY & GOODBYES

All of our hard work during service over the last two weeks will be put to the test today. Help prepare and set up health education stands (which you will run together with your group and community health care worker) on the community field. Local schools have been invited to learn about healthy habits and lifestyles - now is your chance to pass along all that knowledge you learned in the last two weeks. Finding ways to make sure children remember these healthy values and habits can seem tricky - but using physical activity and movement makes learning fun! At the end of the day, maybe you'll even get a chance to take on the local soccer team as you say goodbye to all the new friends you have made.



## DAY 14: DEPARTURE

Time to say *Hamba Kahle*—"goodbye" in Zulu—to South Africa! We'll depart for the Johannesburg airport together, and GLA staff will make sure that everyone is checked in for their flight and ready to embark on their journey home.



## 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 2021, 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.

## POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the global pandemic caused by COVID-19 outbreaks around the world, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

## TRAVELING TO SOUTH AFRICA

**GLA HOME BASE** | You'll spend your first night in Johannesburg in a cozy guesthouse, and then depart as a group on day two to your Home Base, a converted farmhouse nestled in a remote community. Students will stay in gender-segregated rooms with roommates, and have access to en suite bathrooms with hot water showers. Wake up every day to the amazing scenic views of the Drakensberg mountain range. This Home Base is located in the heart of the community where you'll work on your service project.

**FOOD** | Staples of South African food include rice and potatoes, stew with vegetables and chicken or beef served with *pap*, similar to cornmeal. *Braai* is a traditional barbecue that is a must-try for every visitor to South Africa.

**CLIMATE** | South Africa will be in its winter season in June and July, so expect sunny days and brisk evenings!

## 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](http://www.experiencegla.com/enroll).