



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 potential COVID-19 regulations.



THAILAND: Island Marine Excursion™

Gain hands-on experience with marine biology and conservation while living on tropical Koh Tao ("Turtle Island") in the south of Thailand.

OVERVIEW

On this program, you will travel to a marine lover's dream destination, a tropical paradise known for its coral reefs, diverse marine life and idyllic diving locations. You'll learn from experts about marine biology and conservation, as well as the importance of environmental stewardship in sustaining Koh Tao's natural wonders. Observe and take in marine beauty where it's most magical -- underneath the water -- as you dive into a Discover SCUBA course.

14-DAY PROGRAM

June 30 – July 13, 2023
July 17 – July 30, 2023

Tuition: \$4,699 USD
Service Hours: 28
Language Hours: 0
Max Group Size: 24
Age Range: 14-18
Student-to-Staff Ratio: 6-to-1
Airport: Koh Samui (USM)

HIGHLIGHTS

- ★ Support artificial reef creation
- ★ Snorkel and kayak in crystal clear waters and get plenty of beach time
- ★ Gain insight on fundraising, social media usage and marketing from a local dive school
- ★ Dive into a Discover PADI SCUBA diving course
- ★ Enjoy a beach BBQ with the local team

SPOTLIGHT ON COMMUNITY SERVICE

The ecology of the Southern islands of Thailand are threatened by external forces like human activity and climate change. Support marine sustainability efforts by working with a local diving school to learn about marine biology, environmental pollution and its effect on marine life, and how a multifaceted approach can promote a healthy marine ecosystem. Study local marine life; design, create and deploy an artificial reef; and take part in large-scale environmental clean-ups. Along the way, adapt to island life while you snorkel, SCUBA and otherwise appreciate Thailand's diverse marine landscape.

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 THAILAND

Sawadee ka! (Hello!) Upon arrival at the Koh Samui airport, you will pass through immigration and grab your luggage, going through the updated COVID-19 arrival protocols along the way. GLA staff will be ready to greet you, gathering as a group, and we will take a short bus ride to our Home Base on the island of Koh Samui where we will get settled and enjoy your first Thai dinner!

DAY 2: ORIENTATION & CULTURAL IMMERSION

We will have an orientation at our new hotel, and learn some basic Thai phrases that will be helpful and fun for you during your stay in Thailand. We will explore parts of Koh Samui, getting settled into life on "island time" before we head to the more remote Koh Tao, where our main Home Base is located. Koh Samui is a great place to get introduced to Thai cuisine and culture, and to shop for souvenirs.

DAY 3: SNORKELING & KAYAKING AT KOH TAN & KOH MADSUM

We told you this would be an island adventure -- and we're zipping over to two new small islands! We'll take a speedboat to Koh Tan, where you'll snorkel to see the diverse coral and sea life that southern Thailand is known for. We'll also visit Koh Madsum ("Pig Island"), a unique island where wild pigs live and roam on the beach. You can kayak, snorkel or just spend time on a remote beach for the rest of the day.

DAY 4: ENGLISH CAMPS AT LOCAL SCHOOLS

Travel to a local government primary school and spend the day engaging with the students through facilitating creative English games, lessons and activities. Be prepared to connect with children eager to meet you! You will stay energetic and on your feet for several hours and improvise games to help your students stay engaged and learning! In today's globalized society, English language abilities help with job security everywhere, especially in communities where tourism is a major





industry. Take mental notes to share in our evening session about the differences between Thai schools and schools we've experienced.

KOH TAO

DAY 5: JOURNEY TO KOH TAO & MEET SERVICE PARTNER

We'll depart our Koh Samui base for the port and begin our journey to Koh Tao. Enjoy the ocean and island views on the ferry ride over! We will get situated at our new Home Base just up from the beach, surrounded by jungle and birds. During the afternoon, we'll have a meet and greet with our service partner, Big Blue Diving School. We'll learn about the kind of marine conservation work that Big Blue does on Koh Tao and be introduced to one of the main program sites. Learn about the major marine conservation issues facing Koh Tao and other Thai islands, and what work is being done to address them.

DAY 6-9:

MARINE ECOLOGY & ENVIRONMENTAL EDUCATION

It's time to really dive deep (pun intended!) into marine ecology and environmental education. You're going to spend the day with the experts at Big Blue Diving School, rotating through a few different focus area workshops. You'll learn about environmental clean-ups and artificial reef creation from Big Blue's Artificial Reef Specialist; you'll gain an introduction to the study of marine biology and conservation in Thailand alongside a certified marine biologist; and you'll also learn about fundraising and digital marketing from Big Blue's Marketing & Social Media Specialist. How can you support marine ecology and conservation work, even if you aren't a scientist?

SCUBA DIVING!

What better way to learn about Thailand's marine life than by experiencing it up close? Students will participate in a Scuba Schools International course. This one-day course introduces participants to the safety and technical training needed to safely complete a guided SCUBA dive. Learn about the equipment and safety regulations before completing a test and earning your first dive. Your scuba instructors will also show you the unique underwater world and the sea life that reside there.

Continue your marine education this evening with a nighttime activity focused on leadership and marine ecology.

ISLAND ADVENTURE HIKE

We'll take a morning jungle hike to check out some of Koh Tao's most beautiful spots. It's always incredible to see a place from a different point of view. Along the way, we'll be collecting trash and other waste to support a clean-up of the local environment. Where does this waste come from and who or what are the leading causes? How do these debris impact the natural environment? What about the marine environment and waterways?

FREE DIVING WORKSHOP & INTERACTIVE LECTURES

Have you ever wanted to try your hand at free diving? Free diving is underwater diving that relies on breath-holding until resurfacing, rather than using an oxygen tank like you do for SCUBA diving. On this day, you'll learn about how to hold your





breath for long periods of time underwater. Your instructors will also teach you the benefits and advantages of being able to stay underwater without the use of a breathing apparatus.

Big Blue's marine biologist will teach students how to identify various fish species found in the Gulf of Thailand and beyond.

ARTIFICIAL REEF CREATION

Today is going to be centered around how we can directly contribute towards positively impacting the marine environment here in Koh Tao. Students and local staff are going to design and build the artificial reef that will be carefully placed to support further coral growth. An artificial reef is a human-created underwater structure, typically built to promote marine life in areas where natural coral reefs have been eroded. You will have input into the design and creation of the structure, allowing your ideas and opinions to be put to work on a tangible project. Over time, the corals on these artificial reefs grow and create a refreshed and healthy marine environment by increasing marine habitat. The work you do on this program will be impactful for so many years to come!



ENVIRONMENTAL CLEAN-UP

This morning, you're going to support a trash clean-up initiative in order to promote healthier marine life and water sources. We will go with our Big Blue staff to remove trash on the island, discovering the types of materials that collect on beaches. Learn about the hazardous impacts of trash and pollution in oceans and about ethical waste management efforts in Thailand. Get ready to work really hard to improve the environment of this island we have called home for the past week.



DAY 10: KOH NANG YUAN SNORKELING & BEACH BBQ

We will visit some previously placed reefs to see the growth they have made, which will give us an idea of what we can look forward to with our own reef.

Are you ready to explore another lush island in the south of Thailand? Today, we'll take a boat to a nearby island, Koh Nang Yuan, and spend the afternoon snorkeling over coral reefs and seeing if we can identify certain fish we have learned about. Spend time on the beach and take a short hike up to the view point, a famous spot for seeing the island from above.

To celebrate everyone's hard work, Big Blue will host a beach BBQ for us. It'll be an amazing way to reflect on the work we've done and to think about our ideas for moving forward.



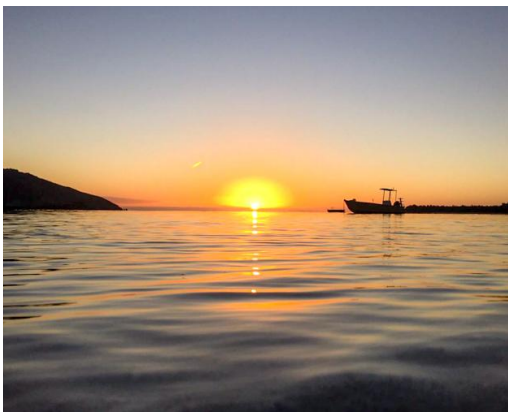
BACK TO KOH SAMUI

DAY 11: THAI COOKING CLASS

We will say goodbye to the beautiful ocean views and jump on the ferry back to Koh Samui. Connect even deeper with Thai culture through an engaging cooking class, learning about what makes Thai food so unique! Enjoy the dinner you just made, sharing a real taste of local cuisine.

DAY 12:

Today we will be meeting and connecting with local Thai high school students! This is a special way to learn more about what it's like to live in Thailand and also share about your life. Students will reflect further about the exchange in Mentor group



discussions and further examine important learnings from the variety of experiences over the last two weeks.

DAY 13: EXPLORE ANGTHONG NATIONAL PARK

Today we will head to Ang Thong National Park - a marine national park in the Gulf of Thailand. Students will spend the day exploring the park and soaking up the last of the Thailand island sun.

DAY 14: DEPARTURE

Enjoy your last Thai breakfast as we say our final farewells and depart for the airport. There, GLA staff will help you check-in for your flight and see you off for your 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 2023, 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 COVID-19 pandemic, please note that program activities may change in order to accommodate potential 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 THAILAND

GLA HOME BASE | Students will stay in a few Home Bases while on this program -- one on the island of Koh Samui and the other on the island of Koh Tao. Students will share comfortable, gender-segregated rooms and bathrooms and will have outdoor spaces for enjoying your surroundings.

FOOD | Thai cooking is known for its strong, aromatic components and a spicy edge. Dishes prepared at Home Base will be healthy and balanced, commonly including rice or noodles. Students with nut, soy or shellfish allergies, as well as strict vegetarians or vegans, should contact GLA to inform staff and ensure that dietary needs can be met.

CLIMATE | Koh Samui and Koh Tao are warm and humid during the summer. You can expect temperatures averaging 85°F (29°C) during the day and 75°F (24°C) in the evenings. Though you won't be there during the rainy season, you may experience sporadic island rain.

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

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.