



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



BALI: Island Health Expedition™

Explore the intersection of modern medicine and indigenous wisdom as you assist with community health projects.

OVERVIEW

East meets West in this unique program nominated by Go Abroad as a Finalist for Most Innovative New Program. You'll study public health through two different perspectives: Western convention and the indigenous wisdom of the East. Explore the ways in which cultural competence is just as important for achieving wellness as medical resources and technology. Deepen your understanding of the global health puzzle while working in local villages and doing health related service projects to benefit the local community, enjoy Bali's uplifting culture through live music and dance performances, memorable meals and high adventure on the coast.

HIGHLIGHTS

- ★ Observe how public health systems are implemented in developing communities
- ★ Visit a natural birth clinic aimed at reducing maternal and child mortality
- ★ Design and deliver health education workshops for local youth
- ★ Snorkel and learn to Scuba over coral
- ★ Surf with locals on world-renowned waves in Southern Bali
- ★ 21-Day only: Explore the Balinese jungles on foot and a White Water rafting adventure
- ★ 21- Day Only: Adventure to Pemuteran where you will explore the famous

PROGRAM SNAPSHOT

21-Day Program

July 3 - July 23, 2024

Tuition: \$6,299

Service Hours: 36

Max Group Size: 30

Age Range: 14-18

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

Airport: Denpasar (DPS)

14-Day Program

July 26 - August 8, 2024

Tuition: \$4,799

Service Hours: 24

Max Group Size: 30

Age Range: 14-18

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

Airport: Denpasar (DPS)

Coral Triangle



SPOTLIGHT ON COMMUNITY SERVICE

Spend time assisting medical students, NGOs and community leaders in a local village. We'll assist a local medical university that provides free health services to Balinese people who cannot afford treatment or live in remote areas where healthcare is limited. You'll go into a rural village with local medical students, observe the team as they provide free health checks and basic treatments. Take your experience full circle as you help design and deliver a health education workshop for local youth in the second half of the program.



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.



UBUD

DAY 1: WELCOME TO BALI!

Fly into Denpasar, the main gateway to Bali. GLA staff will be there waiting to greet you. Once you have your bag, continue out to the arrivals area where GLA staff will greet and accompany you to our homebase in Ubud.

We'll drive an hour to Home Base in Ubud, where we'll meet fellow GLA students and get settled into our new home. Once everyone has arrived, we'll continue with orientation and your first Balinese dinner.

DAY 2: ORIENTATION & SISYA UPANAYANA (WELCOMING CEREMONY)

Om Swastiastu! In Bali, they give this greeting, which actually means, "May you be in the best of health: spiritually, physically, mentally and emotionally." Over the next two weeks, you'll come to understand viewing health in this holistic way.

In the morning we'll have a program orientation followed by a scavenger hunt in Ubud. In the evening, we'll begin our public health discussions led by your Program Director and with a documentary or guest speaker.

DAY 3-4: HERBAL WALK, SERVICE PREP, TOUR OF ROYAL PALACE & DINNER WITH THE PRINCE OF UBUD

We'll assist a local medical university that provides free health services to Balinese people who cannot afford treatment or live in remote areas where healthcare is limited. You'll go into a rural village with local medical students, helping the team as they provide free health checks and basic treatments. Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.

Later you'll also visit a local *banjar*, or community center, to learn about traditional arts that have become famous around the world: woodcarving, offering making, gamelan making and legong dance.

We will have a meet and greet with university medical students who will be assisting us with some of our service throughout the program. After a day of activities, we'll get the rare opportunity to tour the Royal Palace, and have a conversation with the Prince over traditional Balinese dinner. Prince Cok Agung is one of the young entrepreneurial Princes from *Peliatan* village who works very hard with his local community to preserve traditional Balinese customs. Listen to him talk about how tourism and other modern developments are affecting the practice of Balinese customs and culture in his village and get the chance to ask him questions.

DAY 5- 7: SERVICE, MATERNAL HEALTH, NATURAL BIRTHS, DIFFERENT ABILITIES & TRADITIONAL MEDICINE

We'll visit a Bumi Sehat, a world-renowned natural birth and midwifery clinic that aims to reduce maternal and child mortality, and support the healthy



development of communities. The foundation provides health services and educational support to women, balancing both traditional and Western perspectives on treatment and care.

On Day 6, we'll visit Senang Hati, a non-profit organization in Bali that creates programs to develop self-confidence, physical and economic independence, and increased awareness in the general community of the rights of people with disabilities.

While in Ubud, we will also meet a local *balian*, or traditional Balinese healer. Local people will visit healers for a wide range of care, including herbal treatments and massage as well as energy work and even life and family advice. Observe a *balian* at work and ask questions about her upbringing and journey to becoming a healer.

Catch a traditional *legong* dance by an internationally-recognized Balinese dance troupe, accompanied by a *gamelan* musical group. This is a world-renowned performance that is a must-see in Bali!

DAYS 8-9: EXCURSION TO AMED: SNORKELING & ENVIRONMENTAL HEALTH

Today we'll head to Amed, a sleepy fishing village off the beaten path. Along the way, we'll stop at Tirta Gannga (a former royal palace) as well as the Bali Sehat before enjoying some more free time in Amed to explore the small Balinese village.

On Day 9, We'll go on a sunrise boat ride alongside local fishermen in their traditional spider boats and snorkel over coral reefs, marine wildlife and more! In the afternoon we will assist the Bali Sehat local clinic with some service work before heading back to our Home Base for a nice group meal.

DAY 10: DISCOVER SCUBA!

Today is the day we explore Bali from underneath the crystal blue waters! Students will learn some basic dive theory and some vital dive skills in the shallows before going on your guided underwater tour. This will be an amazing opportunity to explore Bali's stunning coral reefs. All students will need to do a swim test to participate in this activity.

DAY 11: HEAD BACK TO UBUD, RICE-PADDY TREKKING

We will also explore the Bali jungle on foot, participating in a scenic 3 hour trek starting from a beautiful river, crossing the jungle, and ending in a village of Native Bali, also known as Bali Aga, called Tenganan. During the trek we will see the scenery of Mt Agung and a wide view of rice paddies. In the middle of the trek we will stop at a local house to enjoy the honey harvested by the local family and try the red tea. It is the perfect opportunity for breath-taking photos and stunning views.

UBUD

DAY 12 - SERVICE & BEACH DAY AT PURI SANTRIAN RESORT

After finishing our service at the SOS Food Distribution center in the morning, it's time to relax and unwind on one of the many beautiful beaches Bali has on offer! Today we'll head East to Sanur, where students can relax poolside or on the beach. We'll enjoy some spectacular sunset views and



reflect on our leadership journey before heading back to Home Base.

DAY 13: SURFING & BEACH TIME

Today we'll head south to spend the day surfing in some of the most beautiful waters in Bali. Lessons will be taught by world-class instructors in an area that is well suited for beginners. South Bali is well known for being one of the top surfing destinations in the world, so this will definitely be an adventure to remember.

(14 DAY ONLY) DAY 14: DEPARTURE

"Goodbye" doesn't exist in Indonesian, so we'll say, "See you later!" as you prepare to depart. Enjoy your last Balinese breakfast and head to the airport to begin your journey back. At the airport, GLA staff will help you check in for your flight and see you off on your trip home.

21 DAY PROGRAM ONLY

DAY 14: SERVICE CONTINUES FOR 21 DAY STUDENTS + BATIK WORKSHOP

Today we say goodbye to our friends from the 14 day program and begin to prepare our Children's Health Education workshops. We will design and deliver workshops to local school children (4th - 6th graders) on a public health issue such as healthy eating, hygiene, exercise, and more. This part of our service will have a lasting positive impact as health awareness and education with youth is a key factor in making change in these rural communities. We'll also head to the edge of Ubud to experience the Ridge Walk and get to know more of the area we are staying in.

DAY 15: WHITE WATER RAFTING & SERVICE PREPARATION

Today we'll venture into the jungle to explore the river on a whitewater rafting expedition to explore Bali from a different angle! In the afternoon, we'll continue our preparation for the Children's Health Education workshops and prepare for tomorrow's travel day!

PEMUTERAN

DAY 17: TRAVEL TO PEMUTERAN & JUNGLE TREK

We'll travel several hours up to a beautiful coastal village and learn about how environmental health connects and influences human health. Bali is part of the Coral Triangle, the area with the highest biodiversity of marine species. In fact, about 500 reef-building coral species can be found here—7 times as many as in the entire Caribbean! Learn about the unfortunate degradation of the coral due to development and human activity, and local initiatives working to rebuild them.

Trek around the rainforest area of Lake Tamblingan, and enjoy the amazing flora and the unspoiled landscape (many of the trees here are hundreds of years old).

DAY 18-19: VISIT TO CORAL RESTORATION PROJECT, SNORKELING, MANGROVE PLANTING SERVICE, AND RETURN





TO UBUD.

Visit the Coral Triangle Center for a presentation on preserving marine biodiversity and resources in Bali and beyond and then explore the project yourself through a snorkeling mask!

Visit West Bali National Park Hike and learn about mangroves and plant seeds as a contribution to the service project.

In the afternoons visit local schools and teach the lessons you have been preparing about public health.

DAY 20: TJAMPUHAN RIDGE WALK AND SOUVENIR SHOPPING

Get to know Ubud from a different angle with a ridge walk through local communities as you take one more day to take in the beautiful surroundings of the city you have called home for the last 3 weeks!

DAY 21: DEPARTURE

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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 BALI

GLA HOME BASE | Home Base will be in Ubud, Bali's cultural hub, which has all the comforts of home but bears the artful and serene essence that draws people from all over the world to the island. Your housing will be diverse, from an authentic family home to a beach bungalow. Students share comfortable, gender-segregated rooms with roommates, and have access to bathrooms with Western-style toilets and showers.

FOOD | Balinese staples include rice, rice-based noodles, chicken, fish, tofu, veggies and tropical fruits. Cooks at Home Base will provide many Balinese options for you to sample, and are equipped to accommodate vegetarian, vegan and gluten-free diets.

CLIMATE | Bali is just 8 degrees south of the equator, so expect a tropical and humid climate all year. Bali's central mountain area, including Ubud, is typically cooler and expects more rain than the southern coastal areas, making it quite pleasant.

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.