



10-DAY PROGRAM

GLA GROUP TRAVEL SAMPLE ITINERARY

EXAMPLE ITINERARY ONLY: DURATION, DATES, COMMUNITY SERVICE HOURS AND LEARNING OBJECTIVES ARE CUSTOMIZABLE



Europe: The Cities that Shaped Europe

Engage in a cultural odyssey through two of the most influential cities in history: Rome, Italy and Paris, France.

OVERVIEW

On this program you will travel to two of Europe's most influential cities, spanning Italy and France. Explore the ways in which each city along our route has contributed to Europe's cultural identity throughout history and influenced many modern cities around the globe. Touch on themes and events such as World War II, the Renaissance and colonialism and integrate these topics into each site, activity and cultural exchange.

Forge relationships with locals through meaningful cross-cultural engagement. And throughout your travels, explore impressive European icons, but also off-the-beaten path locales that provide that authentic charm usually not seen by typical travelers to these cities.

PROGRAM HIGHLIGHTS:

- ★ Journey to Rome and Paris on a single travel itinerary
- ★ Explore the Roman Colosseum, a site that has withstood time
- ★ Discover incredible Renaissance-era art, including the Sistine Chapel and Vatican City
- ★ Climb the Eiffel Tower to take in mesmerizing views of Paris
- ★ Visit the world-renowned Louvre Museum to see the famous Mona Lisa

THIS ITINERARY INCLUDES

- **10 days / 9 nights of accommodation**
- 5-15 community service hours
- 1 free chaperone per 10 students
- 2 expert GLA staff members
- Medical & evacuation insurance
- 14 - 50 students (price is per student)

OPTIONAL COMMUNITY SERVICE PROJECTS

On our programs throughout Europe, you have the option of incorporating service hours into the itinerary. Your group can choose from a variety of ongoing service projects designed by local leaders in partnership with Global Leadership Adventures. Projects could focus on community development, environmental initiatives, or social welfare projects; of course, the exact projects will vary based on the current needs of the community at the time of your visit.

GLA will provide more details about your projects closer to the date of travel; typically you will contribute to a few community-led projects over the course of a few days. This allows students to experience varied sides of community service. Your group will also participate in a post service reflection where students will discuss their participation in the project, what they learned through hands-on work in the community they are visiting, and how they can continue to foster their own leadership skills once they return home from the program.

SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities can be tailored to your group's needs. 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.



DAY 1: WELCOME TO ROME!

Touch down in Rome, Italy, where GLA staff will greet you upon arrival. We'll drive to our Home Base, located just outside the historical city center of Rome. After settling in, we'll visit a local Roman restaurant where we'll get our first taste of authentic Italian cuisine. We'll head to bed early to get some rest before our first full day in Italy!

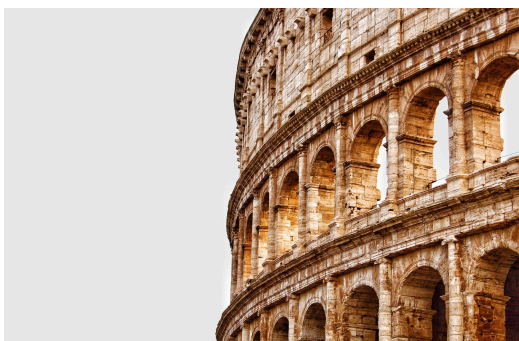
DAY 2: COLOSSEUM & THE ROMAN FORUM

Our journey through Europe kicks off with a dive into ancient history and a taste of Italy's finest flavors. Get ready to explore, connect and indulge in the heart of Rome – all while creating memories that will last a lifetime.

Time to begin our adventure with a rendezvous at the most iconic amphitheater ever built – The Colosseum. As we step onto the same ground where gladiators once battled, history comes alive before our eyes. Learn about the types of games and battles put on here. The Colosseum is one of the best preserved colosseums in the world and we get to see its glory first-hand!

We'll leave the Colosseum and cross the road to get to the famous heart of Ancient Rome's city center. This is our opportunity to stroll through the hallowed grounds of the Roman Forum and Palatine Hill and step back into a time when these grounds were a bustling city.

We'll head back to our Home Base in time for a delicious dinner and a GLA Leadership activity led by your expert staff.





DAY 3: HISTORIC ROME & PIZZA MAKING

The charming streets of Baroque Rome extend an invitation to our group. The cobblestone streets and old buildings make you feel as though you've stepped back into history. The local guide will regale us with stories as we wander off the beaten path that most tourists see. We get the inside scoop of the best-kept secrets of the Roman times.

The historic center of Rome is as fascinating as it is beautiful. The Pantheon looms over us as we explore the streets. Upon arrival at the Trevi Fountain, our coins will take flight, carrying wishes for our return to Rome. We'll close out our day as we ascend the Spanish Steps to witness a breathtaking sunset painting the city with hues of gold and crimson.

Indulgence takes center stage today as we roll up our sleeves for a private pizza-making workshop, crafting and savoring traditional Roman pizza. Fresh ingredients and directions from our expert *Pizzolos* make for one of the best pizzas you'll ever taste!



DAY 4: VATICAN MUSEUMS & CASTEL ST' ANGELO

The city of Rome is home to the smallest country in the world: Vatican City. Home to the Pope and historically significant, we'll enter the Vatican City as a group to embark on a fascinating journey through the Vatican Museums. Stand in awe before the Sistine Chapel, where Michelangelo's masterpieces whisper stories of the past. Then, off to St. Peter's Basilica, where grandeur meets spirituality. The view of the Basilica from the outside does not prepare you for the enormity and ornate decoration of the biggest church in the world.

After exiting Vatican City, our group will enjoy a delectable cuisine of pastas and Roman appetizers. Italians are known for their delicious food, including pastas and gelato. We will get a true taste of Italy!

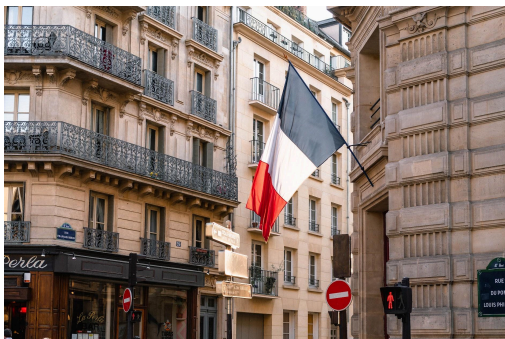
In the afternoon, we'll follow the banks of the Tiber River towards the fortress of Castel St Angelo. With plenty of souvenir shops and inspiring views, our group will be content enjoying time and space to explore all that Rome has to offer.



DAY 5: ROME TO PARIS

Today is a travel day from Rome to Paris. Our adventure begins aboard our first train, when we take a scenic voyage through Italy's charming countryside and picturesque towns and into the bustling hub of Milan. In Milan, we pause for a delightful lunch at Milano Centrale, Europe's grandest railway station – a spectacle of architecture and energy.

We'll jump aboard an afternoon train that will take us north, towards the next stop on our European journey. The City of Enlightenment awaits us at the end of our train journey through the French countryside. We'll arrive in Paris in the evening and enjoy dinner together before heading off to rest for the next half of our trip.



DAY 6: THE LOUVRE MUSEUM & TUILERIES GARDEN

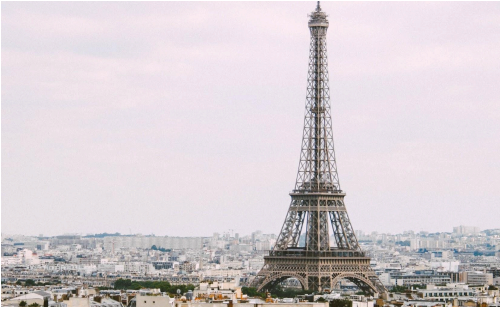
There's a reason why artists, poets and politicians from all over Europe (and the world) flooded Paris during the Age of Enlightenment in the 18th century.



Prepare to be captivated by the allure of Paris, where history, art and culture converge.

Step into the Louvre's hallowed halls, getting lost in one of the biggest art collections in the world! We'll seek out famous paintings like the *Mona Lisa* and *Liberty Leading the People*. Our exploration will continue as we stand in awe in front of the intricate statues such as *Venus de Milo* and *Winged Victory of Samothrace*. After enjoying lunch together, we'll stroll through the Tuileries Gardens folding ourselves into the local way of life.

DAY 7: EIFFEL TOWER & RIVER CRUISE



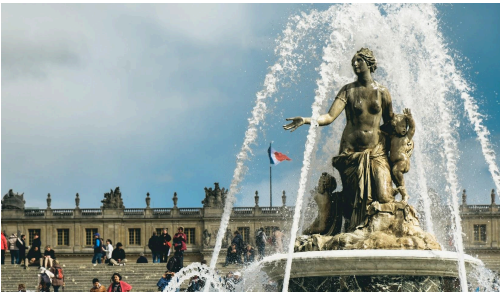
The morning brings us to a moment that we've been excitedly waiting for! Ascend the Eiffel Tower for a breathtaking 360 degree vista of the city. The Eiffel Tower is an incredible feat of engineering, even now, more than 130 years after its inauguration. Learn about the engineers who envisioned this iconic landmark and discover the secrets of how they brought it to life.

The streets of Paris are known for restaurant and cafe tables spilling onto the sidewalk at every turn. These iconic Brasseries are a staple of Paris cuisine. Our group will enjoy lunch at a local Brasserie and those adventurous eaters will get the chance to try the traditional French dish of *escargot* (if you dare!).



The afternoon brings us a whole new view of the city. Embark on a cruise down the River Seine and take in the Eiffel Tower from a different angle. We'll pass by the Notre Dame Cathedral and the Hôtel des Invalides.

DAY 8: PALACE OF VERSAILLES



Our odyssey through history and art continues as we take the train to one of the most famous sites in the world. Awaiting us at the end of our train ride is the opulent Royal Palace of Versailles, a testament to centuries of French monarchy.

We'll meander through the halls of this ornate Palace as we learn about the infamous rise and fall of the French monarchy. As we pass through the hallways once used by royalty, we'll come upon the enchanting Hall of Mirrors, the most distinguished room in the entire Palace. It was here where the Treaty of Versailles was signed at the end of World War I. In more recent years, singer and performer Lorde filmed a music video in this iconic room.

In the afternoon, we'll explore the enormous Gardens of Versailles. The gardens are a work of art in their own right, but royals over the years insisted on ornate statues and fountains to be brought in and built on the grounds with the sole purpose of impressing any visiting guests!

DAY 9: COMMUNITY SERVICE



On our final full day in Paris, we'll have the honor of meeting a few local Parisians who will guide us through a truly unique experience.

Our service partner, Serve the City Paris, has been serving the unhoused population of Paris for years. We'll hear from people willing to share their stories of seeking refuge in Paris and the sacrifices they made to get to the city. We'll offer support to our service partner based on what needs they have when we are present. In previous years, we have organized and distributed hygiene kits, bagged lunches, and warm food to displaced individuals across



the city.

After enjoying all that Paris has to offer, we'll get the opportunity to give back a bit to a small community in the city.

DAY 10: DEPARTURE DAY

And just like that, our group's adventure draws to a close. Staff will bring the group to the airport (CDG) and bid you all farewell as you ruminate on the memories that will last a lifetime. Safe Travels!

TRAVEL TO EUROPE

GLA Home Bases | Home Bases will change throughout the program. Each Home Base has been vetted by our staff to ensure their facilities and staff meet our safety standards. We typically stay outside of the city center, in quieter, more residential areas. This affords us the ability to experience different parts of the cities we visit and allows us a reprieve from the bustling city centers.

Food | Italian and French cuisine has traditional dishes from each region, but many students find the food to be very familiar. Italian staples include pasta, pizza, vegetables, meat, fish and pastries. French cuisine includes stews, pastas, meat and chicken, and sandwiches. Both locations can accommodate a wide variety of food allergies & dietary restrictions. Our meals will take place both at Home Base and at restaurants in the city.

Climate | The climate depends on what time of year you are visiting. Rome has a Mediterranean climate in which the winter season is quite cool and the summers are very hot. In Paris, the winters can be cold, but not typically freezing. It tends to be more rainy in the wintertime in Paris, while the summers bring very hot temperatures and little precipitation.

Flights | Most group travel clients opt to travel together on the same flight, whether that be a group booking or individually-purchased tickets. GLA's partner travel agency, StudentUniverse, can be a helpful resource in finding and booking flights that meet the groups' budget and logistical requirements.

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.

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.