



10-DAY PROGRAM

## GLA GROUP TRAVEL SAMPLE ITINERARY

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



### GREECE: Turtles & Conservation Adventure

Explore Greece, from the ancient wonders of the world's most influential civilization, to the complexities of modern life and the impressive coastline of Crete and Santorini.

#### OVERVIEW

Set sail for Greece, where we will explore one of the world's oldest cultures and learn about important marine conservation work. Due to climate change and human impact on this ancient land, loggerhead turtles are at risk of extinction. Get to know Athens and discover its ancient sites, such as the Acropolis and the Ancient Agora. Immerse yourself in the coastal region of Messenia and learn all about loggerhead turtles. Wrap up your adventure with a visit to Delphi to explore the temple of Apollo. Meet with warm locals, taste incredible Mediterranean cuisine and immerse yourself in this vibrant culture!

#### PROGRAM HIGHLIGHTS:

- ★ Visit the Acropolis and embark on a bike tour around Athens
- ★ Visit the Messenia region and learn all about loggerhead turtles
- ★ Assist on snorkeling mapping efforts for the conservation of the Posidonia seagrass
- ★ Explore Delphi and the Temple of Apollo

#### THIS ITINERARY INCLUDES

- **10 days / 9 nights of accommodation**
- 1 free chaperone per 10 students
- 2 expert GLA staff members
- Medical & evacuation insurance
- 12-24 students (price is per student)
- Optional 2-night Extension: Extra day visiting a bee farm near Delphi and extra day in Athens for an additional price
- **SEASONAL NOTE:** Due to the turtle nesting seasons, this program should ideally take place in May, August or September.

## SPOTLIGHT ON SEA TURTLES AND SERVICE

Each year, Loggerhead Turtles come to the Messenia region in Greece to lay their eggs. You'll learn from local experts about the right techniques to safely rescue and transport an injured sea turtle. You'll also have the opportunity to snorkel in the area where turtles are seen most often - and while there's no guarantee that you'll see one, your chances are pretty high! For service, participate in beach cleanups in the area in order to keep nesting sites as healthy as possible. You'll also learn about the Posidonia seagrass and support a local organization that conducts snorkeling mapping to further promote the conservation of this species.

## 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 GREECE!



Welcome to Greece! GLA staff will meet you when you land in the Athens airport and we'll travel together to our Home Base. After settling in, we'll enjoy our first Greek meal before launching into a brief orientation, complete with tips for acclimating to the culture, group expectations and our program itinerary. Head to bed early, as we have an exciting full day of activities tomorrow!

### DAY 2: ATHENS: ACROPOLIS & BIKE TOUR

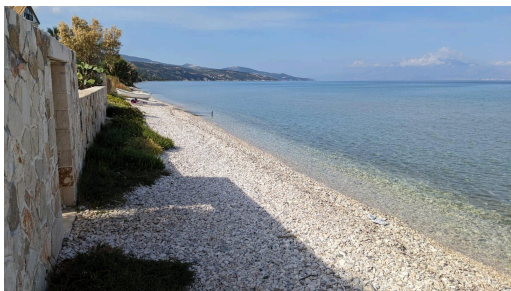
After breakfast at the hotel, step outside into Athens proper to meet our guide. We'll spend the day visiting the modern city and exploring the ancient architecture that Athens has to offer, including the Acropolis, Panathinaiko Stadium, and the Temple of Olympian Zeus. To close our day, we'll embark on a bicycle tour around central Athens - the perfect speed at which to view the city; fast enough to get to new places, but slow enough to enjoy what you're seeing.

### DAY 3: TURTLE VISITOR CENTER & TRAVEL TO MESSENIA

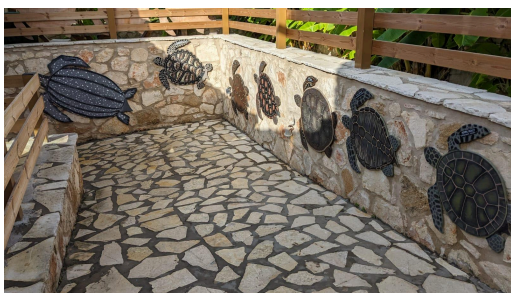
We'll start the day by visiting a turtle visitor center in Athens. Learn about the conservation needs and challenges that organizations face around the country when trying to preserve these magnificent creatures. Next, embark upon a beautiful drive through the Peloponnese peninsula towards the Messenia region, our home for the next few days.

### DAYS 4-7: TURTLES AND SERVICE

For the next four days we'll immerse ourselves in the work of turtle







conservation and get well acquainted with day-to-day life in the beautiful Messenia coastal region. You'll learn from local rescue experts on how to assist an injured sea turtle: this includes learning a series of knots as well as how to carry a turtle safely (using a dummy!). You'll practice these skills both on land and in the sea. You'll also have a few opportunities to snorkel in the area where turtles are seen most often - and while there's no guarantee that you'll see one, your chances are pretty high!

For service, you'll participate in beach cleanups in the area in order to keep nesting sites as healthy as possible. You'll also learn about the Posidonia seagrass and support a local organization that conducts snorkeling mapping to further promote the conservation of this species.

## DAY 8: ANCIENT OLYMPIA

It's time to say goodbye to the Messenia region. Today we'll travel north towards Olympia - the most important religious and athletic center in ancient Greece. We'll then continue our drive north and will be spending the night in Delphi.

## DAY 9: DELPHI AND FAREWELL DINNER IN ATHENS

Next day we'll visit the world-renowned archaeological site of Delphi: a magnificent set of ruins built on a steep hill that include, among other sites, the Temple of Apollo. After lunch we'll be driving back to Athens. GLA staff will lead a closing activity to wrap up the program. At night we'll dress up and go out for a farewell dinner at a special location.

## DAY 10: DEPARTURE

Too soon, our trip to Greece has come to an end. We'll head to the airport after breakfast, GLA staff will help the group get checked in and see you off on your journey home.

## TRAVELING TO GREECE

**CLIMATE** | Greece has a temperate climate, but there is some fluctuation in temperature and weather throughout the islands. For the most part, the temperature will be quite warm so make sure to pack plenty of light clothes. In the evenings it can cool down, so make sure to bring a layer or two!! Days will usually be in the mid 80's and sometimes up into the 90's. You'll receive a full packing list closer to your program start date.

**FOOD** | Greece is known for its amazing cuisine around the world. Expect lots of vegetables, olive oil, Greek yogurt, salads, feta cheese, and various types of meats. Greek dishes are delicious and packed with a variety of fresh and dried herbs.

**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.