

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



PERU: Foundations of Global Health

Work on public health campaigns for the residents of Peru's Cuzco region.

OVERVIEW

This program is a real opportunity to learn about public health as a basic human need while helping to carry out essential health campaigns in one of the most exciting and culturally rich landscapes in the world. Work alongside local medical professionals to provide care to remote highland communities through traveling clinics. When not gaining hands-on experience in the field, students will explore Cuzco, raft through the Andes mountains, and visit enchanted Incan ruins.

PROGRAM HIGHLIGHTS:

- ★ Gain hands-on healthcare experience in rural Quechua communities
- ★ Explore the cobblestone streets and bustling markets of Cuzco
- ★ Meet friendly alpacas and local artisans at a nearby textile cooperative
- ★ Take a train to visit the sacred citadel of Machu Picchu

THIS ITINERARY INCLUDES

- ★ **10 days / 9 nights of accommodation**
- ★ 20 community service hours
- ★ 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: Rainbow Mountain and Raqchi Community visit for \$500 additional

SPOTLIGHT ON COMMUNITY SERVICE

Learn about Peru's healthcare system and shadow medical professionals as they deliver campaigns on holistic health and medical awareness. The service hours for the 10-day program consist of **shadow learning**. Students can expect to spend 15 hours engaging in shadow learning, including detailed observations and learning from medical professionals during the medical brigade experience and a medical reality tour.

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 PERU!

Fly into Cuzco, the gateway to Machu Picchu and the mystical Andes. GLA staff will be at the airport waiting to greet you! We'll drive to the Home Base in our vans, where we'll settle into our new home for the coming week. Take a short walking tour through the surrounding historic neighborhood before your first Peruvian dinner!

DAY 2: ORIENTATION & REALITY TOUR

Today marks our first full day together in Peru! We'll kick off with a program orientation to cover our upcoming itinerary and our hosts' expectations of us. We'll also meet representatives from the organization we'll work with over the next few days—together, we'll depart on a Reality Tour, visiting several health and education sites across rural and urban areas of Cuzco. This tour will help us understand the disparities in access to health services between urban and rural communities.

Once back at the Home Base, we'll launch into a preparatory workshop in anticipation of our first community clinic. Learn some basic phrases in Spanish and the indigenous Quechua language. Take notes, as you'll soon be putting these concepts into practice!

DAY 3: COOKING CLASS & PISAC ARTISANAL MARKET

In the morning, we'll enjoy a Peruvian cooking class. Try your hand at making a local dish before heading to the town of Pisac, where you'll have the opportunity to explore the main square and artisanal market in smaller groups. Practice your Spanish with local vendors as you negotiate for artisanal souvenirs and Peruvian snacks! After a delicious dinner, we'll break into our Mentor Groups to reflect on our experience in Peru thus far.





DAY 4: SHADOWING POP-UP MEDICAL CLINICS & MUSIC WORKSHOP

Today, you'll shadow doctors as they offer pro-bono medical services to remote Andean communities with limited access to quality medical care. You'll rotate through various stations such as general medicine, triage, dental, pharmacy, education, and hygiene under the supervision of medical professionals. In the evening, you will engage in a Peruvian music workshop! Learn the rhythms and steps to traditional songs and dances from the Andes.

DAY 5: MARAS SALT MINES & PERUVIAN TEXTILES



Get ready for an epic adventure through archaeological sites and charming Andean villages as we make our way toward the sacred citadel of Machu Picchu. First, we'll visit the Maras Salt Mines, which have been active since Inca times. Admire the stunning white salt pools and try some salty treats as you learn about the history of this unique site. Afterward, we'll visit a local weaving center to have lunch, feed friendly alpacas, and learn how handwoven textiles are made. You'll have an opportunity to purchase unique souvenirs and make a positive impact on artisans and their families.

Afterward, we'll continue our journey to the charming town of Ollantaytambo, where we'll eat dinner before catching a 1.5-hour train to Aguas Calientes, the town below Machu Picchu. Upon arrival, we'll check into our hotel and go to bed early before we visit Machu Picchu the following day!

DAY 6: MACHU PICCHU



Today is the day! We will take a bus to the ruins to explore the Lost City of the Incas. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking a scenic train ride back to Ollantaytambo. We'll arrive at our Cuzco Home Base in the evening.

DAY 7: SHADOWING POP-UP MEDICAL CLINICS & ROUNDTABLE & PUBLIC HEALTH DEBATE



Today, you'll continue shadowing and assisting doctors as they provide free health checks, basic physical exams, and assessments. Put your new medical Spanish into practice as you accompany qualified professionals offering medical care! In the afternoon, we'll meet with several individuals whose lives have been greatly impacted by the work of our partner organization. Hear their stories and understand the importance of non-governmental initiatives in providing medical access to rural communities.

DAY 8: WHITE WATER RAFTING



It's time for some adventure! Whitewater raft through a stunning river valley as you navigate Class II and III rapids. The glacial water will be chilly, but a warm sauna and home cooked meal will await you back at the river lodge! In the afternoon, you'll have the opportunity to zipline across Sacred Valley's Vilcanota River!

DAY 9: ANDEAN CEREMONY, FINAL REFLECTION & CELEBRATION



Today, we'll meet a local healer who will share some ancestral traditions of the indigenous Quechua people and lead us through a ceremony to honor Mother Earth. As our program comes to an end, we'll engage in some final leadership activities to reflect on our experience in Peru. Pack your bags before a final farewell celebration hosted by our Home Base family!

DAY 10: DEPARTURES

Before we know it, our Peruvian adventure has come to an end! Head to the airport today with memories that will last a lifetime. Staff will assist students with checking in and accompany the group until they have safely departed for their gate. ¡Buen Viaje!

TRAVELING TO PERU

GLA HOME BASE | Students in this program will stay at a locally-owned bed and breakfast in the Sacred Valley, where students will live in gender-segregated rooms with roommates and have access to shared bathrooms.

FOOD | Home Base staff will prepare authentic Peruvian cuisine for you to sample! In Peru, breakfast is simple and typically includes eggs, fresh rolls, and jam. Lunch and dinner contain rice, potatoes, fish, and lots of locally-grown fruit, such as cherimoya, lucuma, citrus fruits, and pineapple. *Pollo a la Brasa*, also known as Peruvian chicken, is one of the most consumed dishes in the country. Salsas, sauces, or dips are essential to Peruvian cuisine and a must on every table.

CLIMATE | The climate in the mountainous Cuzco region is dry and sunny in the summer months; however, mornings and nights can be cold. Expect to strip down to short sleeves during the day, but wear hats, sweaters, gloves, and scarves at night! The GLA Coordination team will provide enrolled students with a list of clothing to pack specifically for this program.

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.