

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



Italy: The Culinary Experience

Taste your way through the country that brought us pizza, gelato and uncountable regional delicacies!

OVERVIEW

On this program, you will explore Italy with your tastebuds! Visit the country that boasts the largest variety of grains and has actively made Mozzarella, Parmigiana, and Parma Ham part of its national patrimony. Breeze through the cities of Rome, Florence, and Venice, each with their own unique signature dishes and styles of cuisine styles, stopping along the way to learn from chefs, restaurant owners and culinary teachers.

HIGHLIGHTS:

- ★ Rome City food tour and old city tour
- ★ Visit the Colosseum and Roman Forum
- ★ See the Duomo and Accademia Museum in the city of Florence
- ★ Learn from professional chefs to make a full high culinary meal at the Medici Cucina Institute
- ★ Explore the Islands of Murano & Burano
- ★ Immerse yourself in the beauty of the San Marco Piazza & the wonderful canals of Venice

THIS ITINERARY INCLUDES:

- **10 days/ 9 nights of accommodation**
- 0 community service hours (can be adjusted up to 15)
- 1 free chaperone per 10 students
- 2 expert GLA staff
- Medical & evacuation insurance

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!

Arrive into Rome's Leonardo da Vinci-Fiumicino Airport (FCO), where our GLA staff will be eagerly awaiting your arrival. We'll head to our first Home Base hotel just outside of the city. Once you've gotten settled in, we'll head to the hotel's restaurant for our first legit Italian meal!

Next, we'll have a brief orientation to get some tips on cultural acclimation, group expectations and our itinerary for the coming days. Then off to bed early, as we have a long day ahead of us.



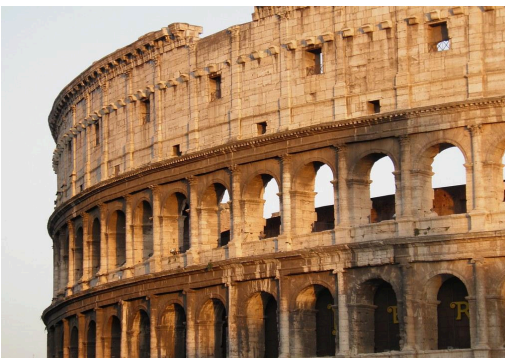
DAY 2: OLD CITY ROME & FOOD TOUR

As this incredible journey is aimed at creating as many palliative explosions as possible, we begin our first real day with a food tour in the Baroque section of Rome, known as the Old City. Taste some of the foods that this region is famous for! We'll continue to learn about Italy's capital through a beautiful tour of some of its main landmarks, such as the Trevi Fountain, Piazza Navona and Spanish steps.

DAY 3: COLOSSEUM / ROMAN FORUM & PIZZA MAKING

We'll dedicate today to learning about the famous Roman gladiators with a visit to the Roman Forum, where we'll hear some incredible stories in the place where Julius Cesar met his end. Marvel at the Colosseum, which is still the largest amphitheater ever constructed, regardless of its age. We'll try to wrap our heads around the eons of time that have passed since these structures were built, and discuss how they were preserved and treasured over the years in between.

Now that our appetites are sufficiently whetted, visit a local pizza shop, where we'll learn how to make (and eat!) pizza the Roman way.



DAYS 4-5: FLORENCE

Rise early to travel to the city of Florence! We'll fill the next couple of days with the best she has to offer, including the Duomo of Florence, the city's symbol and a great vantage point from which to snap some great pics; the Academia Museum, home to Michaelangelo's infamous David statue; and the world-renowned arched bridge of Ponte Vecchio.

DAY 6: FLORENTINE FOOD TOUR & COOKING CLASS



Today we're all about the food! You will have the chance to fully immerse in some of the greatest culinary treats the city of Florence has to offer. Start the day with a food tour along the old city, followed by instruction at one of the best cooking schools in all of Italy: make a three-course meal that may challenge your knowledge and skills!

DAY 7-8: VENICE

Ciao, Tuscan region! We're on to Venice. Known as "The Floating City," Venice is built around a series of canals, and traditional gondolas and more modern boats remain the main modes of transportation. After a long day of travel, we'll check into our new Home Base, relax, and wrap the day with some fun group activities.

Tour the city and learn about the incredible piazza of San Marco and the famous palace of the Doge; On our final day in Italy, we'll learn more about Venice through a personalized city tour. Explore the Piazza of San Marco and the famous palace of the Doge.

DAY 9: ISLANDS OF MURANO & BURANO

We'll take a short boat ride to explore the adjacent islands of Murano and Burano, each known for its unique cultural and artistic contributions. These bridge-linked islands are about 45 minutes from the main city. On Murano, marvel at the delicate blown glass that is manufactured here; on Burano, you'll feel as though you're in another world as you float among the brightly painted houses and artist cooperatives.

Tonight, we'll share a memorable farewell meal to celebrate our time in Italy together.

DAY 10: DEPARTURE DAY

And just like that, our Italian adventure has come to an end! Head to the Venice Marco Polo airport (VCE), where GLA staff will help the group check in for flights. See you next time!



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 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. Our 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.

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 group's daily experience to the desired degree. 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

GLA 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 unique 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. Students may get hot, dirt, and bug-bitten along the way, but their contribution can be transformative to both the community and themselves. 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 staff.

Flexibility & Program Changes

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 or various cultural celebrations and holidays. We expect participants to be open-minded and flexible, and willing to embrace the experience when plans

change. GLA will communicate adjustments to group leaders with advance notice whenever possible and work together with custom group leaders to reschedule or replace activities if needed.

Mentorship & Health

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 all participants should be physically and mentally healthy. Each student and staff member will undergo a self-reported medical screening process that includes a physician sign-off to ensure that our program can safely accommodate everyone's physical and mental health needs.