



10-DAY PROGRAM

GLA GROUP TRAVEL SAMPLE ITINERARY

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

JAPAN: The Signature Experience

OSAKA - HIROSHIMA - KYOTO - NARA - TOKYO

OVERVIEW

Journey to Japan, the Land of The Rising Sun. Japan is a country full of ancient cultures, strong traditions, and the technology of the future. From the flashy cityscape of Tokyo to the peaceful temples of Kyoto and the majesty of Mt. Fuji, Japan has something for everyone!

This itinerary gives students the ability to see the most iconic sites throughout this island nation and lose themselves in hands-on learning experiences to truly engage with Japanese culture.

THIS ITINERARY INCLUDES:

- **10 days / 9 nights of accommodation**
- All entry fees / in-country transportation, meals, activities
- 0 community service hours
- 1 free chaperone per 10 students
- 2 expert GLA staff members
- Medical & evacuation insurance
- 12-35 students (price is per student)

HIGHLIGHTS:

- ★ Okonomiyaki cooking class
- ★ Hiroshima Peace Memorial Park and Museum
- ★ Manga Museum
- ★ Sushi-making experience
- ★ Day trip to Nara National Park
- ★ Calligraphy class
- ★ Ride the Bullet Train
- ★ Local school exchange

SAMPLE ITINERARY: DAILY BREAKDOWN



DAY 1: BEGIN YOUR JOURNEY FROM NYC TO OSAKA

The journey begins! Your group will board a flight together at JFK. Don't forget that you'll be jumping the international date line, so you will arrive in Japan on the following day.

DAY 2: ARRIVE IN OSAKA

Touch down into Osaka, where our team will be waiting to greet you with open arms. Once aboard the private coach, we'll do a program briefing to go over our travel plans, give some important tips for adapting to the local culture and outline how to stay safe during our travels. We will check into our first hotel and have a welcome dinner before some much needed rest!

DAY 3: OSAKA & HIROSHIMA

Today we will jump on the bullet train to travel between Osaka and Hiroshima. You will learn about Hiroshima's tragic past connected with the atomic bomb - and its subsequent recovery and pacifist mission - at the Hiroshima Peace Memorial Park and Museum.

In the afternoon you will learn to cook like a local in Hiroshima at an Okonomiyaki (savory Japanese pancake) cooking class! A teacher will help you prepare the meal and you will be able to enjoy the delicious umami flavor of Japanese cuisine.

DAY 4: OSAKA & NARA DAY TRIP

Enjoy sweeping views of Osaka's skyline from the observation deck of the Umeda Sky Building, one of the city's most famous landmarks. Next, discover the beauty of Osaka Castle, Osaka's most prominent landmark. Visible from most panoramic viewpoints in the city, it is a stunning sight from afar, standing out in the skyline of east Osaka. Take a stroll around the peaceful gardens and learn about the history of this fascinating site.

In the afternoon you will visit Nara, a quaint city known for the domesticated deer that roam freely and abundantly throughout the city. See the Todaiji Temple, the world's largest Buddha statue and encounter deer as you explore the temples and halls (including Kasuga Taisha Shrine) in the surrounding grounds of Nara Park. You might even feed the deer with their favorite snacks - Japanese Senbei (rice





crackers)!

DAY 5: KYOTO DAY 1

Visit the district of Arashiyama, on the Western outskirts of Kyoto. Navigate through Arashiyama's lush bamboo forests before starting the 30-minute climb up to Arashiyama Monkey Park. At the top, spot mischievous monkeys and enjoy the panoramic views of Kyoto below. Move on to the Tenryu-ji Temple. It's the most important of Kyoto's five great Zen temples, but the temple's gardens are the real show-stopper. Designed in the 14th century, they have survived the fires and wars that damaged the buildings, and have remained in pristine condition for centuries. While there, make sure to look into the Dharma Hall to see the dragon's eyes on the mural – they'll follow you as you walk past.

Tour the International Manga Museum, an amazing building which holds permanent and special exhibitions, as well as housing over 300,000 publications. You'll learn about the history of manga, and can watch as in-house manga artists put pen to paper.

Walk down the bustling Hanamikoji Dori, a street that runs from Sanjo Dori in the north to Kenninji Temple in the south. On both sides of the street are shrines and temples such as Kenninji Temple and Toto Temple, facilities for enjoying traditional performing arts such as the Gion Koubu Utamai Neriwa.

DAY 6: KYOTO DAY 2

Kyoto continues! You'll experience Japanese culture as you board the bus with our local guide and be part of your own private tour.

Get a lesson in an enduring aspect of Japanese culture - calligraphy. This masterclass is delivered by an expert in the art. Calligraphy is related to the Zen philosophy, so when you practice it, enjoy a moment of quiet to reflect and relax.

Explore the Gion District to learn more about geishas, and step into the theater at Gion Corner where you'll see a traditional Japanese show. The program includes real geisha performing their traditional arts, as well as other Japanese performances of comedy, spoken word and dance.

DAY 7: TRAVEL TO TOKYO!

Hop a *shinkansen*, or bullet train, and head northeast to Tokyo. Discover the charming streets lined with traditional craft shops and street-food stalls and visit Sensoji Temple, one of Tokyo's most colorful and popular Buddhist temples. While in Asakusa, head for a fun sushi-making experience! Create a signature dish with a nationally-accredited instructor. Experience hands-on training and learn how to create beautifully shaped sushi using simple utensils.



Take a trip to Akihabara, nicknamed Japan's 'Electric Town' thanks to its postwar industry. Today, it's a cultural center for anime and manga lovers, and is also home to Japan's most famous J-pop group, AKB48.

DAY 8: TOKYO CULTURAL EXCHANGE

Enjoy a half-day sightseeing tour of Tokyo: You'll experience Japanese culture as you board the bus with our local guide and be part of your own private tour! Itineraries may vary according to the tour and the best route to take on the day.

Pay a visit to a local school for a one-of-a-kind cultural exchange! We'll take a tour and join lessons with local students, providing an opportunity to learn about the differences between American and Japanese schooling, find commonalities in teen life and make lifelong connections.

Finally, we'll hop aboard the Sumida River Cruise for a breathtaking view of the Tokyo Skyline.

DAY 9: TOKYO

Get a view of Tokyo like no other with a trip to the top of the Tokyo Metropolitan Government Building. Visit Tokyo Character Street in Tokyo Station, where you can find all kinds of famous character-themed shops like Hello Kitty and Crayon Shin-chan. Students can take home a souvenir from one of the over 100 vending machines (one Gashapon toy is included).

DAY 10: DEPARTURE DAY

Today, it's time to head back to the airport for your flight home. We hope that as you settle into your seat for the journey home, that all you have experienced during your trip will leave you with a feeling of increased confidence, knowledge, and understanding!

BELIZE: Manatee and Marine Conservation

Engage in conservation and community development work to protect the manatees and sea life that make Belize unique.

OVERVIEW

On this program, you will take in the wonders of Corozal Bay, home to Belize's largest population of Antillean manatees! You will work alongside rangers, scientists, and fishermen to protect this natural habitat and its surroundings through species monitoring, mangrove restoration, beach clean-ups, and conservation initiatives with local children. Learn how waterways can be protected and conserved through governmental, organizational, and community action. Revel in the natural beauty of Belize as you explore a pristine island and snorkel in turquoise waters. Get your adrenaline pumping with high-adventure activities like ziplining and cave tubing. Belize will feel like a home away from home in a short time!

THIS ITINERARY INCLUDES:

- **10 days / 9 nights of accommodation**
- 12 community service hours
- 1 free chaperone per 10 students
- 2 expert GLA staff members
- Medical & evacuation insurance
- 12-24 students (price is per student)

PROGRAM HIGHLIGHTS:

- ★ Restore mangroves, track native species, and educate local students as part of your conservation-focused service work.
- ★ Snorkel in turquoise Caribbean waters.
- ★ Get your hands dirty as you shadow local fishermen to harvest from traditional fishing traps and filet your own fish
- ★ River tube and zipline through Belize's lush rainforest
- ★ Get up close interactions with rescued manatees

SPOTLIGHT ON COMMUNITY SERVICE

Work alongside the **Sarteneja Alliance for Conservation and Development** (SACD), an organization committed to protecting the Corozal Bay Wildlife Sanctuary through marine research, surveillance, conservation education and community development initiatives. Accompany rangers as they monitor the 178 thousand-acre Corozal Bay by boat and track marine life in the wild. Learn how to identify migratory and native species and contribute to long-term conservation research. Get your hands dirty as you transplant mangrove seeds and restore forests essential to the coast's protection and biodiversity. Connect with locals through beach and trail clean-ups and facilitate conservation-based activities for primary school students.

SAMPLE ITINERARY: DAILY BREAKDOWN



DAY 1: WELCOME TO BELIZE!

Touch down near Belize City, where GLA staff will greet you upon arrival. We'll drive in vans roughly three hours north to our Home Base, located in the fishing village of Sarteneja. Our Home Base is at the Sarteneja Inn, a family-run hotel close to the ocean. After settling in, tour our host community and pay a special visit to the local businesses and art galleries that line Sarteneja's main street. We'll eat a hearty meal tonight and rest early after a long day of travel.

DAY 2: ORIENTATION, MAYAN TEMPLE & RIVER TOUR

To kick off our first full day together in Belize, our group will board boats to



visit a nearby coastal SACD campsite called Warrie Bight, known for its white sand and clear waters. There, staff will lead a program orientation where we'll cover the expectations of GLA and our hosts, go over ground rules, and have a cultural crash course. Cool off in the ocean while conducting a swim test to understand each student's comfort and experience in the water.

After, we'll head to the coastal Cerros archaeological site, once home to Mayan farmers, fishermen and traders. Explore the complex and learn about the Mayan civilization that previously occupied parts of present-day Central America.



From Cerros, we'll go to the heart of Corozal Bay where the river meets the ocean. If conditions are right, we'll make our way up the New River through brackish water and mangrove forests to spot migratory birds and crocodiles! Here, we'll learn about the identification and counting methods rangers use to track local and migratory species.

We'll return to Sarteneja before nightfall, and after dinner we'll break out into smaller Mentor groups to reflect on the day and the program ahead.

DAY 3: MANGROVE SEED PREPARATION & PLANTING

Mangroves play a major role in the coastal ecosystem: they prevent coastline erosion, provide storm surge protection, contribute to water quality, and serve as a shallow breeding ground for sea life. Today, we'll be working to restore a mangrove forest near Sarteneja village.

In the morning, we'll receive a presentation from an SACD leader and mangrove enthusiast about the importance of these trees and get a hands-on tutorial on how to prepare seedlings.

After lunch, prepare to get your hands dirty as you ready the mangrove seedlings and later transport them to a nearby coastal area – back again to Warrie Bight – for planting alongside trained professionals. Once done, we'll play a game of volleyball before returning to Home Base for a leadership activity.



DAY 4: FISHERMEN TOUR & COMMUNITY CLEAN-UP

Today, we'll receive an insider's view of Sarteneja's fishing industry. Wake up early and head to the main pier to meet several local fishermen. Together, we'll load onto private boats and jet down the coastline to visit several heart-shaped fishing traps used for generations. Listen to the fishermen's stories and try to harvest a fishing trap before heading back to land. (8:00am-9:30 am)

With fresh fish in hand, we'll visit the fishermen's homes to prepare and share a seafood lunch. You'll learn how to filet your own fish as you work alongside the fisherman's family to prepare a delicious meal. This is an excellent opportunity to learn more about daily life in Belize, so come with questions!

In the afternoon, we'll give back to the Sarteneja village through a community-wide clean-up (1-2 hours). Break into smaller groups and head to the main public areas to pick up trash and debris.

In the evening, we'll begin planning for the kid's conservation camp the following day.





DAY 5: CONSERVATION CAMP

Embark on an adventure as we transform a regular day at a primary school into a captivating Conservation Day Camp for grade school children! Our highlight is a vibrant reforestation project, where we bring native different trees and share intriguing insights about various species with the students. The magic unfolds as students actively participate in planting these trees on and around the school grounds.

Returning to the Home Base, prepare for a conservation-focused debate with your program mates.

DAY 6: COMMUNITY CLEAN-UP & MANATEE RESCUE CENTER



Today, we'll start our day with a community clean-up, removing debris from common spaces and beautifying meeting spots near the town center of Sarteneja.

In the afternoon, we'll visit the Wildtracks manatee rescue center, where you'll see manatees up close and learn about the many stages of their rehabilitation. Meet scientists and volunteers working around the clock to prepare the manatees to return to the wild.

In the evening, meet a group of inspiring women entrepreneurs using invasive lionfish fins to make beautiful jewelry and souvenirs. Learn about the collective efforts to rid the Caribbean Sea of invasive Lionfish and craft a unique souvenir to take home.



DAY 7: BARRIER ISLAND EXPEDITION, SNORKELING, & ARTISAN COOPERATIVE

It's time for an adventure! Head to the Sarteneja pier, where our boats await us. Buckle up because it will be a bumpy ride, but we promise it'll be worth it! Today, we're going to the Bacalar Chico Marine Reserve, a UNESCO World Heritage site and barrier island known for its unusually high biodiversity.



Upon arriving, we'll meet friendly park rangers who will give us a tour of the small on-site museum. Climb the nearby observation tower to get a birds-eye view of the beautiful island. After, we'll boat through a man-made Mayan canal to reach the Bacalar Chico reef. Snorkel over beautiful coral and admire the variety of colorful fish and sealife that call this reef home.

Once done, we'll jump back on our boats and return to our Home Base to celebrate our time in Sarteneja and pack up our bags.

DAY 8: MAYAN RUINS



We'll depart early from Sarteneja Village, heading south towards Central Belize. We'll stop at one of Belize's most famous ruins, Altun Ha, a key Mayan city in the Belize District region. Walk through the archeological complex and visit Altun Ha's impressive temples. Admire the treasured artifacts that have been recovered, including a giant carved jade head of the Mayan sun god! After our tour, we'll continue on our journey to the small town of La Democracia, where we'll stay for the next two nights. We'll settle into our cabins at the Tropical Education Center, located on a lush wildlife reserve and then have dinner. Cool off in the pool and enjoy the new scenery!



DAY 9: CANOPY ZIPLINING & CAVE TUBING

Get your adrenaline pumping on a high-adventure zipline tour through the canopy of the Belizean rainforest! Learn about the local flora and fauna as you zip from one tree to the next. After, cool down on a tubing trip that will take you through impressive caves. Chill out and float with friends while learning about the cave formations that make Central Belize (Cave Branch) unique! In the afternoon, we'll gather for a final leadership activity to reflect on our time in Belize and the lessons we're bringing home. Take some time to pack your bags before our final dinner, where we'll celebrate the memories and friendships we've made in Belize!

DAY 10: DEPARTURE DAY

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

TRAVEL TO JAPAN

GLA Home Bases | We'll use a number of hotels and hostels as we make our way across Japan. There will typically be 2 - 4 students per gender-segregated room, with en suite bathrooms and AC.

Food | We'll take full advantage of the wide variety of Japanese cuisine. Staples include rice, dumplings, fish, meats, sandwiches, fruits and veggies. This location can accommodate a wide variety of food allergies & dietary restrictions.

Climate | In the fall months, weather is typically pleasant but humid. Temperatures can sometimes climb to the 80s in Tokyo in October, so layers are recommended.

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.