

10-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

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



PERU: Service Expedition in the Sacred Valley

The ancient Inca empire is yours to discover while making a difference in the lives of community members.

OVERVIEW

Experience Peru's Andean highlands in the ancient Sacred Valley, the heart of the Inca Empire. Go on an epic train ride to Machu Picchu and experience this iconic wonder of the world. Look around more, and you'll learn that Peru has areas of need – poverty and economic development issues are common in rural areas. You'll come to see that Peru is more than its wild landscapes and ancient arts: The generosity and lively culture of its people have truly endured the last several centuries.

PROGRAM HIGHLIGHTS:

- ★ Embark on a two-day expedition to Machu Picchu and camp among snow-capped peaks
- ★ Explore Cuzco's cobblestone streets and bustling artisan markets
- ★ Learn about Peru's traditional agricultural, artisanal and spiritual practices from friendly locals

THIS ITINERARY INCLUDES

- **10 days / 9 nights of accommodation**
- 15 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: Rafting and Rainbow Mountain Excursion for \$500 additional

SPOTLIGHT ON COMMUNITY SERVICE

Despite Cuzco City's success in tourism, many of its rural areas remain impoverished and cut off from governmental resources and assistance. Alongside your fellow volunteers, learn how a local school builds and maintains traditional agricultural projects to honor, revitalize and reclaim Andean culture. Work on agricultural projects that improve the surrounding environment and nutrition for the region's youth. Interact with the school families you're serving and experience locals' generosity as they help you improve your Spanish and Quechua speaking skills. Depending on the school's needs during your program, you may also lend a hand on other projects.

10-DAY 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 meet our local staff at Home Base in the Sacred Valley. Get settled in and then take a walking tour around our hometown of Pisac. Participate in a traditional Andean ceremony to pay tribute to Mother Earth and create intentions for your trip before your first Peruvian dinner at Home Base!

DAY 2: ORIENTATION, INCAN CERAMIC & MUSIC WORKSHOP

Today marks our first full day together as a group in Peru! We'll kick off with a student orientation to cover the expectations of GLA and of our host community. In the afternoon, visit a nearby highland village where you will participate in an art class with a master ceramist and his family. Mold clay into a unique art piece to remind you of your time in the Andes! In the afternoon, visit a museum that houses a variety of wind instruments that have been used since Inca times. Receive a demonstration and try to sound the *Pututu* conch shell.



DAY 3: SERVICE & DANCE WORKSHOP

This morning, we'll visit the school where we'll be working over the next few days. Learn about the significance of the Andean agricultural calendar as you nurture seedlings in the school's greenhouse, prepare planting beds in their organic gardens, or separate seeds in the seed bank. Together we'll till and prepare the school's organic farm to be ready for when students return to their studies in March. In the afternoon, learn the traditional rhythms and steps of dances across Peru, such as Cumbia, Marinera, and Huayno! Immerse yourself in the Peruvian coast, mountains and jungle sounds!



DAY 4: CUZCO ADVENTURE



We'll journey to the imperial city of Cuzco, where we'll receive a guided tour of the historical center. Take in the splendor of the main plaza, walk along ancient Incan corridors and cobblestone streets, and then explore the famous San Pedro market, where you'll have the opportunity to try local fruits and snacks. Eat a traditional Peruvian lunch in a restaurant while overlooking colonial cathedrals built upon ancient Incan temples. Later, return to Pisac for an evening leadership activity.

DAY 5: SERVICE, LLAMAS & TEXTILES

We'll return to our service site to learn the importance of Seeds in the Andean agriculture process! We'll work on the school's Seed Qolqa (Seed Bank) and other projects at the school. In the afternoon, we'll visit a nearby textile center, known for its friendly llamas, alpacas, and vicuñas, and its bright handwoven textiles. Learn how yarn is spun from alpaca fiber and later woven into traditional designs. You'll have the opportunity to purchase a textile souvenir or two before returning to Home Base for a briefing on our upcoming adventure, the Lares Trek! After dinner, we'll pack and go to bed early in anticipation of our big hike the following day.



DAYS 6-7: LARES TREK

¡Vamonos! For the first part of our journey to Machu Picchu, we will be transported to the starting point of our trek in the town of Lares. From there, we'll hike through traditional farming communities and alpine meadows to the first campsite, where we'll camp under the stars for the night. The next morning, we'll continue on the Lares Trek and reach the highest point of the pass. We'll hike alongside local herds of alpacas before descending into the Sacred Valley. We'll spend the night in the Incan town of Ollantaytambo before heading to Machu Picchu the following day.



DAY 8: MACHU PICCHU

Today is the day! We'll board an early train to Aguas Calientes, the town below Machu Picchu. Take in the majestic scenery and notice how the foliage changes to more deep greens as we descend into the Amazon cloud forest corridor! Once in Aguas Calientes, We'll take a bus to the ruins to explore the Lost City of the Incas more. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archaeological site. We'll eat lunch in the afternoon and visit the local artisanal market before taking the train back to Ollantaytambo. We'll arrive at our Home Base in the evening.



DAY 9: SERVICE, ARTISANAL MARKETS & FAREWELL DINNER

We'll revel in our final day in the Sacred Valley with service, a bit of adventure, and a few leadership activities. After service, we'll explore Pisac's artisanal market and visit its colonial communal oven for a special snack. After, we'll pack and prepare for our journey home before partaking in a festive farewell celebration!



DAY 10: DEPARTURE

Before we know it, our ten-day 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 it has safely passed through security. *¡Buen Viaje!*



TRAVELING TO PERU

GLA HOME BASE | Home Base is a locally-owned property in the Sacred Valley. Students stay in gender-segregated rooms and have access to shared bathrooms. During weekend hiking excursions, students camp in tents provided by GLA.

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 many locally-grown fruits, 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 temperate and rainy in February. Days will be warm and cloudy, however, nights will be colder. Expect to strip down to short sleeves during the day, but wear hats and sweaters at night! The GLA Coordination team will provide enrolled students with a packing list specifically for the trekking portion of 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.