

## 8-DAY PROGRAM



# GLA GROUP TRAVEL SAMPLE ITINERARY

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



## UNITED KINGDOM: The Backstage Theatre Experience

Explore the City of London through the lens of a London native with a passion for theater. Peek behind the curtains of some of the most famous stages in the world!

### OVERVIEW

London and theater are a dynamic duo, like a perfect cup of tea and scones or Harry and Meghan. This program immerses you in the city's vibrant essence from multiple perspectives – Central, North, and South – to embrace its diverse culture. Music, people, food and sights unite in a symphony of unforgettable experiences. Visit amazing theater houses, like Shakespeare's Globe, the National and Brixton's House; and learn to navigate the city on our own. Let these experiences shape your future characters, scripts, and designs. The spotlight beckons as you witness a diverse array of shows, from hidden gems in small theaters to the grandeur of the West End.

### PROGRAM HIGHLIGHTS:

- ★ See drama come to life on three different stages: West End, National Theatre and Brixton House Theatre
- ★ Get a backstage tour at the famous National Theatre
- ★ Shadow actors who have made it to the spotlight and hear their stories
- ★ Visit the Tate Modern Museum and Shakespeare's Globe
- ★ Explore London's iconic sites: Tower of London and Westminster

### THIS ITINERARY INCLUDES

- **8 days / 7 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)

## SPOTLIGHT ON COMMUNITY SERVICE

On our programs throughout Europe, you have the option of incorporating service hours into the itinerary. Your group can choose from a variety of ongoing service projects designed by local leaders in partnership with Global Leadership Adventures. Projects could focus on community development, environmental initiatives, or social welfare projects; of course, the exact projects will vary based on the current needs of the community at the time of your visit.

GLA will provide more details about your projects closer to the date of travel; typically you will contribute to a few community-led projects over the course of a few days. This allows students to experience varied sides of community service. Your group will also participate in a post service reflection where students will discuss their participation in the project, what they learned through hands-on work in the community they are visiting, and how they can continue to foster their own leadership skills once they return home from the program.

## 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 ENGLAND!

Touch down in London, England where GLA staff will greet you upon arrival. We'll drive to our Home Base, located just outside the city of London. After settling in, we'll enjoy a welcome dinner together. Then, it's off to bed to get some rest before our first full day in England!

### DAY 2: EXPLORE THE CITY OF LONDON

We'll begin our London chapter with a feast of iconic wonders and centuries-old secrets. Our group will make our way to the neighborhood of Westminster, to gaze in awe at Westminster Abbey, where fans of *The Crown* and *Bridgerton* will see its allure come to life. Buckingham Palace's grandeur and the world famous crown jewels await our discovery. Our local guide will ensure we get to the Palace at just the right time to see the famous Changing of the Guard..

This first day is all about getting acquainted with the city that will be our home for the next 10 days. We'll meander amongst the locals and tourists alike, soaking in the new sights and smells that will inspire our journey of discovery during this trip.

The afternoon will bring us to the lovely Covent Garden, where we'll get to shop for souvenirs, taste delicious baked goods, and be entertained by the street artists. There is always someone performing a musical act, defying gravity as performance artists or impressing the crowds with magic!

As the first night comes to a close, we'll reflect on the new culture we are experiencing and discuss how we can take inspiration from the world around us and create our own kind of magic with it!

### DAY 3: FIRST TASTE OF FRINGE THEATER





This trip is all about experiencing London like a local, through the lens of all types of theater. Today, we'll jump into the enticing world of fringe theater. We'll kick off this morning with an acting workshop, where we'll begin to get our creative juices flowing and learn to work as a team.

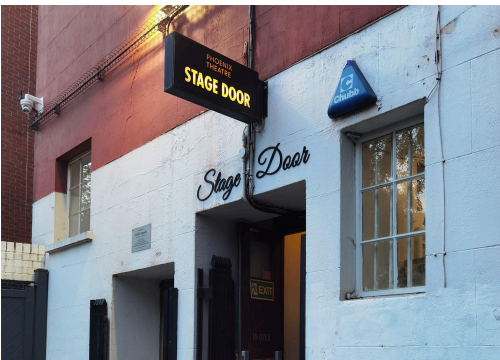
We'll then traverse over to the Brixton neighborhood, where our local partners at Brixton House Theatre will greet us with open arms. We'll receive an exclusive tour from a local actor, who will show us what it's like to be a star in productions on a local stage. We'll get to see backstage and meet actors and directors who are preparing for their next production.



This evening, we'll get to see the very actors and directors that we met today perform onstage! After learning about the behind-the-scenes at Brixton House, watch our actor friends make their characters come to life before your very eyes.

#### DAY 4: ROYAL ACADEMY OF DRAMATIC ARTS

One stop on our journey through London theater is the beginning of many famous actors careers, the Royal Academy of Dramatic Arts. This drama school was founded in 1906 and has produced many famous actors from Alan Rickman (Harry Potter) to Tom Hiddleston (Marvel). We'll get a tour of the school and its state-of-art rehearsal rooms and stages. Bend the ears of the professors and acting professionals who have coached some of the most famous actors in history!



We've broken the ice and are on our way to becoming true actors, stagehands and art connoisseurs. We'll spend the afternoon exploring the twists and turns of TheatreLand, strolling down an alley of mirrors and ending up at the set of Mary Poppins or Harry Potter's Diagon Alley.

After a full day of discovering how one can make it on the big screen, we'll head over to a local food market where we'll eat dinner at one of the delectable food stalls of our choosing. The possibilities of delicious eats are endless.



#### DAY 5: SOUTHBANK & THE WEST END

It may seem like we're taking a break from performances and artistry to learn about the history of London when we arrive at the Tower of London, but you'll quickly see that the magic of theater is sewn into the very fabric of the city. We'll embark on a journey through time when we join a famous Beefeater tour through the Tower. The Beefeaters make you feel as though you've taken a step back into history to when royals and exotic animals called the Tower of London home. Take note of the humor and art of storytelling that these famous guides have perfected!

Our next stop will be Shakespear's Globe Theatre. We'll take a short boat ride across the river to the Southbank. The view of Shakespear's Globe looms over the River Thames After taking a tour to learn about technical theater production, we'll attend a workshop where we get to create our own characters and let our creativity fly!

This evening will be one for remembering! We'll venture out to the famous West End of London. Actors and performers dream of performing in West End productions. We'll take in a show at a theater here and become





entranced by the professionalism and art that comes alive onstage.

## DAY 6: CREATIVE WORKSHOP & AFTERNOON TEA

London Our group has immersed ourselves in performing arts, directing and acting, so it's time to really put our creative skills to the test. Our local creative workshop is a fan favorite! Test your skills at costume-design, theater makeup, or set design. Depending on the skills and preference of our group, we'll get to decide which skills we want to hone in and practice.

Back in the olden days (how dramatic, right?!) afternoon tea was a time for enjoying company and being entertained. Performers would sing and dance for up to 6 or 7 hours! In an ornate tea room, we'll be treated with delectable finger sandwiches and traditional pastries. While we won't be entertained for hours on end, we will be delighted to hear a myriad of musical talents.

## DAY 7: ROYAL OPERA HOUSE AND THE NATIONAL THEATER

The Southbank of London is famous for theater houses, art galleries, and performing art centers around every corner. We'll get to use our last full morning in London popping in and out of art galleries and performing art centers on the Southbank. There is always an exhibit or show going on at the Royal Festival Hall and Hayward Gallery.

We've saved our favorite activity for the final day! The biggest stage we'll visit will be the National Theatre. Located on the banks of the River Thames, these iconic theaters are a sight to behold.

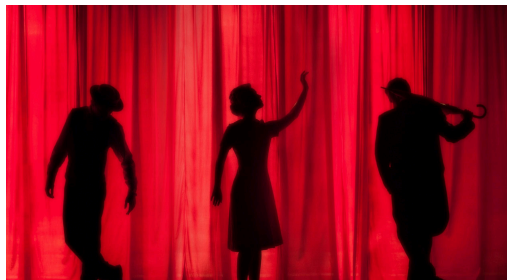
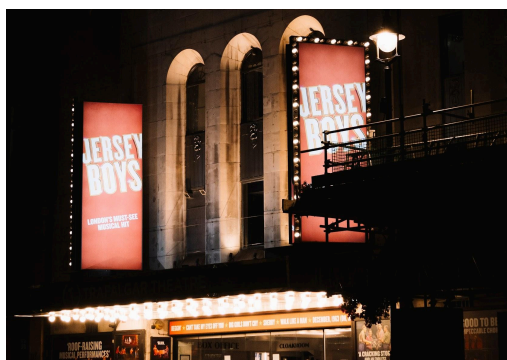
Our group gets backstage passes to see the enormous set productions and rehearsal studios! We'll have to be mindful of the actors and directors running around preparing for the show as we meander through the various stages. We'll get to see rehearsals and last minute set adjustments. We'll enjoy a delicious dinner at the theater before settling into our seats to watch a production. It never gets old seeing performers bring heart and passion to the shows they perform.

When we arrive back at Home Base tonight, we'll take time to reflect on our experiences and all of the knowledge that we have soaked up.

## DAY 8: DEPARTURE DAY

And just like that, our group's adventure draws to a close. We've truly delved deep into the fabrics of London theater. Our journey from fringe theater to the main stages will remain forever in our hearts as we venture off into the world with an ignited passion for the performing arts! Take a bow, performers!

Staff will bring the group to the airport (LHR) and bid you all farewell as you ruminate on the memories that will last a lifetime. Safe Travels!



## TRAVEL TO ENGLAND

**GLA Home Bases** | The Home Bases are locally-run hotels located outside the city center. Students will dorm with one or more other roommates in comfortable, gender-segregated rooms equipped with AC and en-suite bathrooms.

**Food** | English cuisine is typically very familiar to most groups. Some staples we will come across include pasta, potatoes, stews and soups, meats, fish, vegetables and pastries. All 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. We will eat across many different ethnic cuisines to reflect the diverse populations that make up London!

**Climate** | London has a relatively mild climate. It is quite warm during the day in the summertime and evenings can be relatively cool and pleasant. In the fall and winter, temperatures drop quite a bit. Precipitation is common throughout the year.

**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.

## **WE'RE HERE TO HELP**

### **Contact Us**

Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.