



Please see the **NOTICE ON PROGRAM UPDATES** at the bottom of this sample itinerary for details on program changes.

Please note that program activities may change in order to adhere to COVID-19 regulations.



Bali: Island Health Excursion™

Explore the intersection of modern medicine and indigenous wisdom as you assist with community health projects.



COLLEGE PREPARATION WITH LEWIS & CLARK

Learn how international leadership and service experiences can prepare you for your college search process.

As part of your program experience, we will hold two information sessions to help prepare rising high school students for the college search and application process, as well as become more familiar with careers in public health.

First, we'll talk about making the most of your years before college, how to use these experiences abroad to demonstrate your values, and how to prepare for your college search process. We'll sit down and help you understand how to relay these experiences abroad in a meaningful way on a college application, admissions essay, or in-person interview.

Second, we'll explore pathways for careers in public health including discussing typical undergraduate majors and programs in global health. We'll discuss institutions that can provide similar experiential opportunities during your college years.

OVERVIEW

East meets West in this unique program that will allow you to study public health through two different perspectives: Western convention and the indigenous wisdom of the East. Explore the ways in which cultural competence is just as important for achieving wellness as medical resources and technology. Deepen your understanding of the global health puzzle while working in local villages and doing health related service projects to benefit the local community, enjoy Bali's uplifting culture through live music and dance performances, memorable meals and high adventure on the coast. *This program is in partnership with Lewis and Clark College, and staff will include mentors who are Lewis and Clark graduates and staff, and special college preparatory workshops will be incorporated by these staff into the experience.*

14-DAY PROGRAM

June 24 - July 7, 2023

Tuition: \$4,299

+application fee

Service Hours: 24

Max Group Size: 24

Age Range: 14-18

Student-to-Staff Ratio:

6-to-1

Airport: Denpasar (DPS)



HIGHLIGHTS

- ★ Observe how public health systems are implemented in developing communities
- ★ Visit a natural birth clinic aimed at reducing maternal and child mortality
- ★ Design and deliver health education workshops for local youth
- ★ Snorkel over coral reefs
- ★ Surf with locals on world-renowned waves in Southern Bali



SPOTLIGHT ON COMMUNITY SERVICE

Spend time assisting medical students, NGOs and community leaders in a local village. We'll assist a local medical university that provides free health services to Balinese people who cannot afford treatment or live in remote areas where healthcare is limited. You'll go into a rural village with local medical students, observe the team as they provide free health checks and basic treatments. Take your experience full circle as you help design and deliver a health education workshop for local youth in the second half of the program.

DAILY BREAKDOWN

Actual schedule of activities will vary by program session. 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 and specific needs of the student group.

14-DAY PROGRAM

DAY 1: WELCOME TO BALI!

Fly into Denpasar, the main gateway to Bali, where we will be entering Bali via the fully up to date vaccinated procedures to bypass extended quarantine. GLA staff will be there waiting to greet you. Once you have your bag, there will be an arrivals area where GLA staff will greet and accompany you to our homebase in Ubud,

We'll drive an hour to Home Base in Ubud, where we'll meet fellow GLA students and get settled into our new home. Once everyone has arrived, we'll continue with orientation and your first Balinese dinner.



DAY 2: ORIENTATION & SCAVENGER HUNT

Om Swastiastu! In Bali, they give this greeting, which actually means, "May you be in the best of health: spiritually, physically, mentally and emotionally." Over the next two weeks, you'll come to understand viewing health in this holistic way.

In the morning we'll have a program orientation followed by a scavenger hunt in Ubud. In the evening, we'll begin our public health discussions led by your Program Director and with a documentary or guest speaker.



DAY 3: HERBAL WALK, CULTURAL TOUR, DINNER WITH THE PRINCE, BALINESE DANCE PERFORMANCE

We'll assist a local medical university that provides free health services to Balinese people who cannot afford treatment or live in remote areas where healthcare is limited. You'll go into a rural village with local medical students, helping the team as they provide free health checks and basic treatments. Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.

We will have a meet and greet with University medical students who will be assisting us with some of our service throughout the program.



DAY 4: BANJAR WORKSHOP, MEET & GREET WITH MEDICAL STUDENTS + SERVICE PREP

Today we'll do a morning cultural tour of our surroundings in Ubud: a visit to the market & holy spring water temple and a walk through Bali's iconic rice paddies. In the evening, enjoy a once-in-a-lifetime opportunity: dinner with the Prince of Peliatan at the Royal Palace. This is a great opportunity to ask about the public health issues, perspectives and policies you've observed so far during your time in Bali.

DAY 5- 7: SERVICE , MATERNAL HEALTH, NATURAL BIRTHS,



DIFFERENT ABILITIES & TRADITIONAL MEDICINE

We'll visit a Bumi Sehat, a natural birth and midwifery clinic that aims to reduce maternal and child mortality, and support the healthy development of communities. The foundation provides health services and educational support to women, balancing both traditional and Western perspectives on treatment and care.

On Day 6, , we'll visit Senang Hati, a non-profit organization in Bali that creates programs to develop self-confidence, physical and economic independence, and increased awareness in the general community of the rights of people with disabilities.

While in Ubud, we will also meet a local balian, or traditional Balinese healer. Local people will visit healers for a wide range of care, including herbal treatments and massage as well as energy work and even life and family advice. Observe a balian at work and ask questions about his/her upbringing and journey to becoming a healer. After dinner, enjoy a traditional Balinese Legong dance performance.

DAYS 8-10: EXCURSION TO AMED, SNORKELING & ENVIRONMENTAL HEALTH



Today we'll head to Amed, a sleepy fishing village off the beaten path. Along the way, we'll stop at Tirta Gannga (a former royal palace) as well as the Bali Sehat before enjoying some more free time in Amed to explore the small Balinese village.

On Day 9, We'll go on a sunrise boat ride alongside local fishermen in their traditional spider boats and snorkel over coral reefs, marine wildlife and even the remnants of a Japanese shipwreck from World War II. In the afternoon we will assist the Bali Sehat with some service work before heading back to our Homebase for a nice group meal.

We'll also pay a visit to Peduli Alam (protect nature's) Amed is a foundation that encourages recycling and eco-consciousness in Amed, Bali. Their truck collects 60+ tons of non-organic household garbage in the area. They also buy plastic wrappers and other plastics, upcycle them and sell them in their little shop. All profits go straight back into the foundation.

On Day 10, Students will learn some basic dive theory before going to Tulamben or Blue Lagoon where you'll learn some vital dive skills in the shallows before going on your guided underwater tour. This will be an amazing opportunity to explore Bali's stunning coral reefs for the full day!

DAY 11: HEAD BACK TO UBUD, RICE-PADDY TREKKING

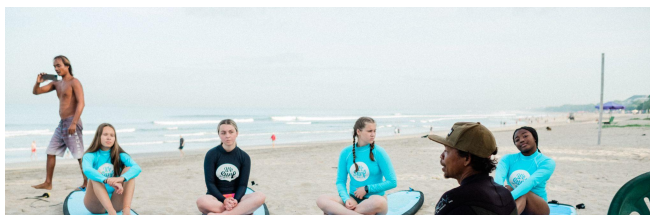
The Rice-Paddy Trek will allow you to experience the simple lifestyle and meet the characters of the Balinese countryside. Trek through lush jungle & rice fields. Have a break and taste organic, locally-made raw honey. Finish at one of the oldest villages in Bali: Desa Tenganan, the land of the ancient Bali Aga people. It is the perfect opportunity for breath-taking photos and stunning views.

DAY 12: CHILDREN'S HEALTH EDUCATION WORKSHOPS

Today we'll begin our Children's Health Education workshops. We will design and deliver workshops to local school children (4th - 6th graders) on a public health issue such as healthy eating, hygiene, exercise, and more. This part of our service will have a lasting positive impact as health awareness and education with youth is a key factor in making change in these rural communities. In the evening, we'll have a Futsal competition.

DAY 13 - SURFING

Today its time to head back to the beach! We'll drive south to spend the day surfing in some of the most beautiful waters in Bali. Lessons will be taught by world-class instructors in an area that is well suited for beginners. South Bali is well known for being one of the top surfing destinations in the world, so this will



definitely be an adventure to remember. This is the last night our “full” group is together - we will have a special farewell dinner to celebrate the journey thus far!

DAY 14 (14 day only) : TERIMA KASIH, BALI!

Remember, there is no “goodbye” in Bali—only “see you later!” We’ll travel back to the airport in Denpasar, where the GLA team will help you check in for your flight and see you off on your return flight home.

TRAVELING TO BALI

GLA HOME BASE | Home Base will be in Ubud, Bali’s cultural hub, which has all the comforts of home but bears the artful and serene essence that draws people from all over the world to the island. Your housing will be diverse, from an authentic family home to a beach bungalow. Students share comfortable, gender-segregated rooms with roommates, and have access to bathrooms with Western-style toilets and showers.

FOOD | Balinese staples include rice, rice-based noodles, chicken, fish, tofu, veggies and tropical fruits. Cooks at Home Base will provide many Balinese options for you to sample, and are equipped to accommodate vegetarian, vegan and gluten-free diets.

CLIMATE | Bali is just 8 degrees south of the equator, so expect a tropical and humid climate all year. Bali’s central mountain area, including Ubud, is typically cooler and expects more rain than the southern coastal areas, making it quite pleasant.

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 and Latin America. Through life-changing adventures, we strive to inspire the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY™**

 **NBC NEWS**

The Boston Globe

seventeen

NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for this season, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.

POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the COVID-19 pandemic, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

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 will 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 will get hot, dirty and bug-bitten along the way, but their contribution will transform the community. The goal is for each student to return home with 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 well-thought-out programs crafted for high school students. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. Occasionally, however, service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and 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 team of Enrollment Specialists are experts on our programs and happy to answer your questions. They have collectively visited, staffed, or sent their own teen to every one of our programs abroad, and have unique insights 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.

Enroll Now

Now is the best time to enroll! In fact, our most popular programs fill early every year, and many students end up on the waiting list for their 1st choice program. The best way to ensure you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.