

Peru Internship:

Career Exploration in Sciences & STEM



Global
Leadership
Adventures

OVERVIEW

Dive into a hands-on STEM internship in Peru's majestic Sacred Valley, where you'll lead water conservation projects in rural communities affected by drought.

Learn from experts in the field to gain a deeper understanding of the challenges and triumphs of modern-day Quechua communities and explore innovative and traditional methods of creating sustainable water systems.

Engage with highland communities, learn about artisanal and agricultural practices and witness the ancient techniques that have sustained generations.

You'll also have the opportunity to explore one of the most beautiful places on earth: embark on a two-day hiking expedition through the Andes, raft along a scenic river valley and trek to the aptly named Rainbow Mountain.



INTERNSHIP HIGHLIGHTS

- Engage in hands-on water conservation projects in rural communities as you learn about current challenges and how science and technology hold the key to the solutions.
- Learn from experienced professionals about ancient Inca engineering and how it is still applied today.
- Spend a night in a traditional artisanal village with a Quechua host and learn about Andean traditions and culture.
- Get immersed in authentic Peruvian cultural activities in the highland communities nearby.
- Embark on a two-day expedition to Machu Picchu and camp among stunning mountains.
- Earn a total of 60 internship hours throughout the course of your time on-program.

INTERNSHIP SNAPSHOT

21-Day Program

June 30 - July 20, 2024

Tuition: \$6,999

PSU College Credit Add-on: \$750

Student/Staff Ratio: 6 to 1

Total Internship Hours: 60

- Contact Hours: 36
- Professional Development Hours: 12
- Self Study: 12

For Ages: 14-18

Language of Instruction: English

Lodging: Hotel Block

Airport: CUZ Arrival (anytime),
CUZ departure (anytime)

LEARNING OBJECTIVES

The outcomes of this internship are related to five main learning objectives:

- Gain a deeper insight on your goals and professional growth areas, as well as a stronger understanding of Peru and the STEM field.
- Attain knowledge and understanding of recent trends, terminology and case studies in the Sciences and STEM.
- Learn to recognize and articulate multiple perspectives within a larger social context.
- Learn to critically analyze quantitative and qualitative sources of information to make informed opinions.
- Learn to observe and analyze real places and situations, understanding how impacts and results can be interpreted and applied within specific contexts.

THE GLA DIFFERENCE



The GLA Internship is an experiential career development internship where interns gain experience working in person with a host organization from around the world. The 2030 United Nations Agenda for Sustainable Development (SDGs) serves as the framework for discussions and the self-study coursework for the interns.



SUSTAINABLE DEVELOPMENT GOALS

The 2030 United Nations Agenda for Sustainable Development outlines 17 Sustainable Development Goals addressing social, economic, and environmental challenges.

GLA interns will use this as a framework for their discussions and course studies, gaining an understanding of the interconnectedness of these issues and how to work towards a sustainable future.

Interns will explore topics related to building the case for clean water and sustainable innovation practices by exploring the following SDGs.

Internship Focus Area Theme: Sciences & STEM

6 CLEAN WATER AND SANITATION



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Global Leadership Adventures supports the Sustainable Development Goals

Internship Partner Snapshot

Our partner for this internship, MEDLIFE, began operations in Cuzco, Peru in 2005.

MEDLIFE is a 501(c)(3) non-profit organization that partners with low-income communities in Latin America and Africa to improve their access to medicine, education and community development projects.

Its mission is to build a worldwide movement empowering the poor in their fight for equal access to healthcare, education and a safe home.

MEDLIFE empowers students and volunteers to become advocates for change.



SAMPLE ITINERARY: DAILY BREAKDOWN

Actual schedule of activities will vary by internship 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.

DAY 1: WELCOME TO PERU!

Fly into Cuzco (CUZ), where staff will be waiting to greet you with open arms and then take you to the Sacred Valley, where our Home Base is located. Meet up with your fellow travelers and get acquainted with your new internship family. We will spend the evening getting to know each other and discussing an important safety orientation.

DAY 2: ORIENTATION & REALITY TOUR

Get ready for an extensive orientation to go over group objectives, learning and internship objectives, and helpful hints to help get accustomed to the culture. Break into Mentor groups and get to know each other better with icebreakers and group activities before heading out to our first day of exploration.

In the afternoon, we will meet the leaders of MEDLIFE, the non-profit organization we'll be working with over the next few weeks. Together, we'll depart on a Reality Tour, visiting rural highland communities that live in and around the Sacred Valley. This tour will help us understand the disparities in access to public services, such as water and sewage, between urban and rural communities.

DAYS 3-5: SERVICE PROJECT & SKILLS DEVELOPMENT

Over the next three days, we'll work in an Andean community alongside local residents and an engineer to provide sustainable water access for the community's agricultural needs. You will learn essential engineering principles, from analyzing topography to intricate calculations, as you actively contribute to addressing critical water access challenges.

In the afternoons and evenings, we'll dive into the internship curriculum that will prepare you to engage in an individual or group project throughout your program. On one of the afternoons, we'll visit a nearby highland community, delving into the ancient traditions of ceramics and music. We'll also receive a captivating talk from a water conservation professional one evening.

DAYS 6-8: TIPÓN ARCHAEOLOGICAL SITE, QUECHUA HOMESTAY, RAINBOW MOUNTAIN HIKE, WHITEWATER RAFTING & ZIPLINE

Embark on an unforgettable journey to the Southern Valley of Cuzco! We'll begin with a visit to the Tipón archeological site, where we'll marvel at advanced canals, fountains, and stonework that demonstrate the Incas' hydraulic ingenuity and advanced water-related technology. In the afternoon, we'll visit a nearby Quechua community, where we'll cook and share stories with local families, experiencing an authentic Andean lifestyle while staying overnight in adobe homes.

The next day, we'll gear up for a breathtaking hike to Rainbow Mountain, boasting wild landscapes and panoramic views at over 16,000 feet. We'll spend a short time at the top and take some colorful photos before descending, where a warm meal and river lodge await us. We'll spend the afternoon and evening by the river, reflecting on our time in Peru thus far.

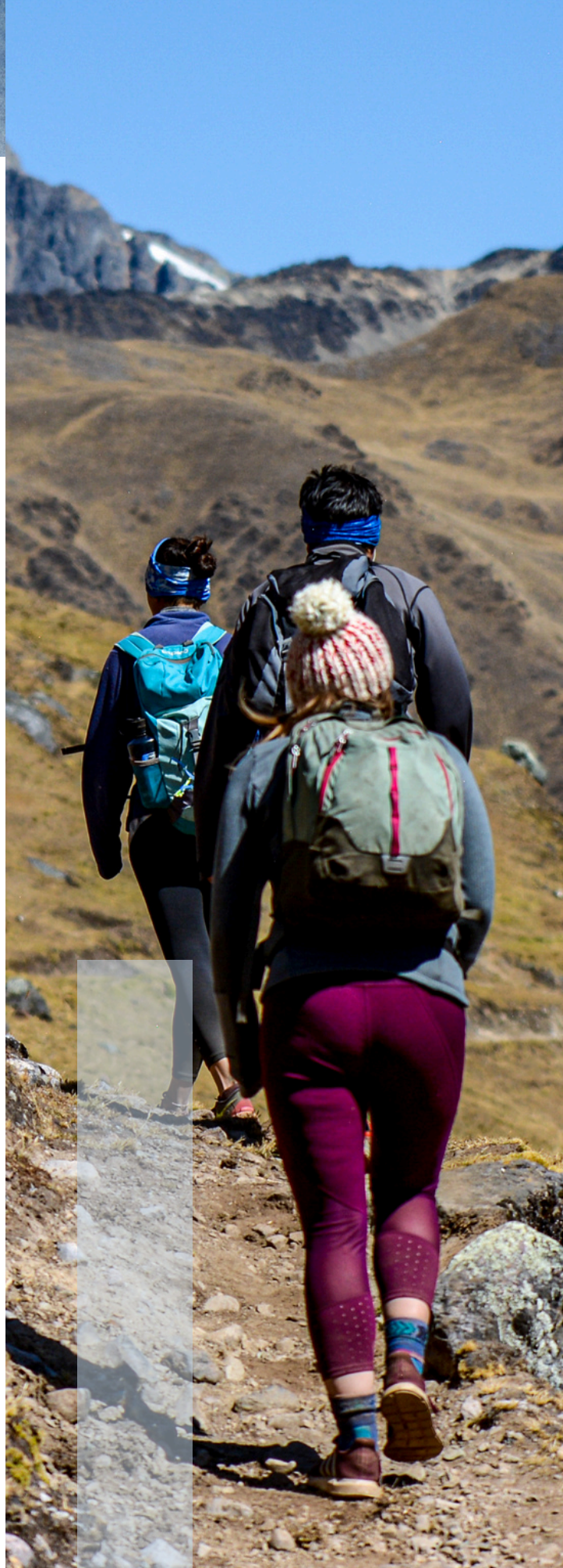
The following day, prepare for a thrilling whitewater rafting adventure, where we'll conquer Class II and III rapids, followed by a heart-pounding zipline experience. We'll return to our Home Base in the afternoon to relax and prepare for service the following day.

DAYS 9-11: SERVICE PROJECT, NATIVE POTATOES & TEXTILES

We'll return to our project – working alongside community members and engineers to support local agriculture and water access.

Exploring beyond, we'll venture into neighboring communities to discover the diverse array of potatoes native to the region and learn about the backstrap weaving traditions passed down from Inca times.

In the evenings, we'll launch into an internship project, designing a proposal for equitable water access. A thought-provoking guest speaker will add depth to our experience, offering unique insights into the intersection of community, conservation and sustainable development.





DAYS 12-13: MARAS SALT MINES, KAYAKING & CUZCO CITY EXPLORATION

Today, we'll visit the pre-hispanic Maras Salt Mines to marvel at the Incan engineering that has stood the test of time. Following this, we'll venture to Piuray Lagoon for a kayaking adventure, exploring the source of Cuzco's water. In the afternoon, we'll reach Cuzco, dine in the historical center and stroll through the illuminated *Plaza de Armas*. The next morning, we'll tour the historical center before meeting with a guest speaker in the afternoon. Concluding our day, we'll return to our Home Base in the Sacred Valley for deserved rest.

DAYS 14-16: SERVICE PROJECT & THREE LAGOONS DAY HIKE

Returning to our project, we'll focus on the farmers in the surrounding area to explore the viability of distributing water to various households. In the afternoons, we'll continue to work on our internship projects and explore three pristine lagoons situated in the highland communities above the Sacred Valley. Prepare to see hundreds of alpacas and llamas grazing on the mountainsides as we hike through rugged terrain.

DAYS 17-18: 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 board a train to Aguas Calientes, the town below Machu Picchu, and settle in for the evening before an early start the following day.

DAY 19: MACHU PICCHU

Today is the day! We'll take a bus to the ruins to explore the Lost City of the Incas. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archaeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking the train back to Ollantaytambo and returning to our Home Base.

DAY 20: PROJECT PRESENTATIONS & FAREWELL DINNER

Today, we'll present our final projects to our nonprofit partner, MEDLIFE, combining everything we've observed and learned in the field over the past three weeks. The best proposals will be shared with the community for consideration on how to distribute water in a structurally sound and equitable way. In the afternoon, we'll engage in a final leadership activity before our farewell dinner with local partners and hosts.

DAY 21: DEPARTURE DAY

Before we know it, our Peruvian adventure has come to an end. Head to the airport today with memories that will last a lifetime! Staff will assist students with their check-in and accompany them until they have safely departed for their gates. ¡Buen Viaje!





NOTICE ON INTERNSHIP UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for 2024, 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.

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 ensuite bathrooms. During excursions, students will stay in local homestays, lodges, hotels and tents provided by GLA.

FOOD | Home Base staff will prepare authentic Peruvian cuisine for you to try! 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 dry and sunny in the summer months; however, mornings and nights are cold. Expect to strip down to short sleeves during the day, but wear hats, sweaters, gloves and scarves at night! The GLA Coordination team will provide enrolled students with a packing list specifically for the trekking portion of this program.

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.

Enroll Now

We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.



CURRICULUM & MERITS

Complete a core curriculum with your peers and through the guidance of your internship supervisor. Build your personal competitive edge as part of a cohort of student interns working in partnership with our non-profit partner in Peru. Create a portfolio from completed project work to enhance your college application or future career resume.

By completing this travel internship, you will earn:

- A professional letter of recommendation
- A certificate of completion (60 Hours)
- Community service hours
- Relevant experience for college applications and essays

Global Leadership Adventures can also provide any supporting documentation and serve as an organization of record, should you want to earn college credits for your internship.

OPTIONAL COLLEGE CREDIT

Global Leadership Adventures is extremely proud to partner with Portland State University, based in Portland, Oregon, to offer college credit for our student interns who successfully complete all requirements for the internship.

Student interns are welcome to enroll in the internship for Portland State University credit. This internship course curriculum is fully accredited for U.S. undergraduate credit through PSU. Credits are transferable to other colleges and universities, though please note that it is the responsibility of each intern to confirm with their university of intent that these quarter credits will be accepted at the institution.

Getting college credit during high school has so many benefits. It can help with earning scholarships for college and even improve your chance of admission into your university of choice.

The additional fee to earn four quarter credits from Portland State University is \$750.00. Though recommended, you are not required to purchase the college credit add-on as it is 100% optional!

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

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.

GLA HAS BEEN FEATURED IN:



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. 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.

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