

Peru: Service in the Sacred Valley™

Volunteer to improve public health and education while exploring the ancient Inca Empire!



Highlights

- Volunteer to improve the health and education of children
- Bike tour through the sacred valley
- Visit key archaeological sites of the Inca Empire
- Hands-on workshops on Andean music and dance
- Whitewater rafting through the Andes mountains
- Hike to lost city of Machu Picchu!

Peru: Service in the Sacred Valley™

Discover Cusco, the cultural heart of the ancient Inca Empire, a 5,000 year old civilization shrouded in mystery and tradition. Volunteer with non-profit organizations that work to improve the health and well-being of indigenous children. On the weekends, explore the Sacred Valley by bike, raft and even hike to the lost city of Machu Picchu.

Community Service

Our community service projects focus on improving public health of women and children. You will have a choice of which service site you work at. At one site, we work with a project to build clean burning stoves to improve respiratory health of women and children. We also plant traditional medicinal plants so rural families can treat illness, and plant vegetable gardens to combat malnutrition in children. At the other site, we volunteer at a village school, helping to build and re-paint classrooms.



Learning

The Quechua people of the Peruvian Andes are the direct descendents of the Inca Empire. We will learn first hand about their unique and rich culture through Andean music and dance workshops, a Quechua language crash course, talks on Andean cosmology and meetings with traditional healers. Informally, you'll experience the local culture through soccer games with local youth, meetings with peasant communities and engaging discussions with non-profit organizations.

Excursions

The Sacred Valley surrounding Cusco is full of archeological marvels built by the Inca Empire. We'll visit many of these famous sites and even hike the Inca Trail to the lost city of Machu Picchu. On our 21-day flagship program, you'll also spend a weekend delving deep into the Sacred Valley by visiting ancient ruins on bicycles, camping in the hills and whitewater rafting down rivers winding through the Andes Mountains. We'll also visit Pisac, one of Peru's largest artisanal markets.

Lodging

The GLA Home Base is located high up in the quaint mountain town of Cusco (elevation: 10,850 feet, 3.3 KM) in a beautiful lodge equipped with a cafeteria and auditorium. One wing of the lodge is reserved exclusively for GLA staff and students. There are two students per room; with a private bathroom for each bedroom. There is wi-fi internet access in Home Base and students may purchase calling cards to call home. Our local cooks will prepare authentic Peruvian cuisine, which is among the most diverse and delicious in the world. On the 21-Day Flagship Program, we will camp in tents provided by GLA during one weekend; students should bring a sleeping bag.

Tuition

Tuition includes all in-country expenses including lodging at GLA Home Base, tents for camping, meals, transportation, all activities and entrance fees, community service materials, all excursions, Wi-Fi internet access, backup medical insurance, and experienced program leaders.

Tuition does not include the following: airfare to Cusco, sleeping bags (for 21-Day Program only), souvenirs, snacks, laundry, phone calls, medical expenses, or the \$37 airport departure taxes in Lima.

Quick Facts

21-Day Flagship Program

- Duration: 21 days
- Tuition: \$4,395
- Max. group size: 36 students
- Community service hours: 50
- Location: Cusco, Peru
- Airport: Cusco (CUZ)

2011 Dates

- July 15 to August 4
- *Friday to Thursday*

14-Day Program

- Duration: 14 days
- Tuition: \$3,195
- Max. group size: 36 students
- Community service hours: 30
- Location: Cusco, Peru
- Airport: Cusco (CUZ)

2011 Dates

- July 1 to July 14
- *Friday to Thursday*

Program Schedule

Disclaimer: Actual order of activities may vary from this schedule.

Day 1: Friday: Students arrive into the airport in Lima either late Thursday night or very early Friday morning. In either case, they will be met by a GLA staff member who will help them either check into their connecting flight to Cusco. Students who have more than a 4 hour layover in Lima will be taken to a nearby hotel for rest and transported back to the airport for their connecting flight. Upon arrival in Cusco, students will be greeted our GLA Program Director and taken to the GLA Home Base.



Due to the long journey and the high altitude in Cusco, students will be given time to rest and acclimatize their bodies before we start team-building activities.

Day 2: Saturday: We'll start the day with orientation and a review of our Code of Conduct. In order to get familiar with the local area, we'll do a scavenger hunt before lunch. In the afternoon, you will visit the most important sites in Cusco: the Cathedral, San Blas Church, and Koricancha, the Inca Temple of the Sun. These are some of the most amazing architectural structures in the country.

Day 3: Sunday: After breakfast, you will discover famous ancient ruins scattered in the hills outside of Cusco: *Sacsayhuaman, Pucapucara, Qenqo, and Tambomachay*. After a delicious dinner prepared by our local cook, we'll hear from a local leader about the issues surrounding public health in the Andes.

Day 4: Monday: We will work at the community service project from approximately 8am to 1pm. In the afternoon we will visit a dynamic non-profit organization that is working on public health issues in the region. After dinner at GLA Home Base, we'll do a session on leadership.

Day 5: Tuesday: After a morning of community service we'll do a hands-on workshop with a local medicine man to learn about traditional medicinal plants. After dinner, we'll do a basic crash course in Spanish so you can brush up on basic phrases that will help you in your volunteer project.

Day 6: Wednesday: You'll start forming close relationships with the kids at your community service site. In the afternoon we'll visit the town of San Jeronimo and learn more about how people make a livelihood here - we'll visit a guinea pig farm and also engage the local kids in a friendly soccer match. The evening will end in discussion and reflection on leadership.

Day 7: Thursday: After a morning of community service and lunch, we'll take part in a hands-on workshop to learn Andean music. Try your hand at playing the zampoña, quena and charango and learn more about the role these instruments play in the local culture. In the evening we'll watch a documentary on Andean archeology to prepare us for this weekend's excursions.

Day 8: Friday: After a morning of volunteering, we return to the Home Base for lunch. In the afternoon we'll do a reforestation project in a local community and discuss how environmental well-being is also essential to human well-being.

Day 9: Saturday: In the morning you will rise early in the morning and head to kilometer 104 of the Inca Trail. You will begin one of the most spectacular hikes through the Andes, visiting archeological sites and viewing the different crops locals grow. With jagged mountains and clouds floating at your eye level, you will be stunned every step of the way. After a picnic lunch, you will arrive at Aguascalientes and check into a local hotel. We'll have time to enjoy a dip in the hot springs and a dinner at a local restaurant. We'll learn about the meaning of Machu Picchu as well as some of the unresolved mysteries behind this ancient city.

Day 10: Sunday: After an early rise, you will spend the morning inside the walls of Machu Picchu, a city that was discovered in 1911 after four hundred years in hiding because it was so remote and difficult to reach. You will roam the city alongside alpacas and llamas, and encounter ancient guard towers, palaces, and places of worship like the Temple of Moon. Lunch will be served back in Aguascalientes before taking the afternoon train back to Cusco.

This week you will begin community service working at an early childhood center with children between ages 3 and 6. You will help with youth development activities. In the afternoon you will stroll through the Inca Museum in Cusco to uncover the advanced intelligence of the Inca people. After dinner, you will further your Quechua language skills in another crash course.

Day 11: Monday: In the morning you will continue your community service. In the afternoon you will attend a fun and dynamic workshop on Andean dance. You'll learn some of the unique traditional dances of the region and their role in the culture. The evening will conclude with some teambuilding activities.

Day 12: Tuesday: Meaningful community service with the children continues in the morning. Later you will visit a ceramics workshop and then we'll meet with an expert on Quechua cosmology to better understand the spiritual worldview of the Quechua people.

Day 13: Wednesday: After a morning of community service, we'll head back to the village of San Jeronimo where we'll do cultural exchange activities with the local youth and also have a chance to try out some of our Quechua language skills.

14-day Program: Students on the 14 day program will wrap up their community service project. In the afternoon they'll engage in a final discussion and evaluation session before their farewell banquet.

Day 14: Thursday: After community service, we'll visit one of the most recognized think-tanks on Andean culture: Centro Bartolome de Las Casas. We'll meet with their representatives to learn more about some of the unique work they are doing to empower peasant communities in the Andes.

14-day Program: We'll get up early this morning and fly back to Lima. Our staff in Cusco and Lima will be there to assist students with their return flights. All flights back to Lima depart Cusco by 1pm. Our staff in Lima will meet students at the airport, take them on a quick tour of the colonial part of Lima for an early dinner and then return to the airport in time for students to fly back to their home countries.

21-Day Flagship Program Continues

Day 15: Friday: We'll spend the entire day with staff from Centro Bartolome de las Casas visiting some of the villages where they work and deeply immersing ourselves in rural Andean culture. We'll meet with dynamic women's groups and learn about traditional weaving and the meaning behind the colorful designs found on their cloths.

Day 16: Saturday: In the morning, you will embark on a whitewater river rafting adventure down the Urubamba River. Cruise between the towering peaks of the Andes navigating river rapids until you reach the village of Pisac. There, you will visit one of best known open air markets of Peru and have the chance to buy handmade gifts. After a traditional lunch, we'll set up camp out and have time for some exploration.

Day 17: Sunday: In the morning you will take a bike tour of the Sacred Valley for a fascinating downhill cruise through the Andes. Along the way you will visit the Inca ruins of Calca, a small town which offers breathtaking views of snow-capped mountains. You will stop for a picnic lunch and then visit Awana Cancha, which means "the Palace of the Weaver" in Quechua. Afterward you will return to Cusco and enjoy a traditional dinner.

Day 18: Monday: Community service will continue in the morning. In the afternoon you will visit an orphanage in one of Cusco's poorest neighborhoods to share your love, passion, and skills with orphaned children. In a home where there are so many children and not enough staff, your time with them is highly valued.

In the evening we will have a final leadership workshop and delve into a more profound analysis of leadership. After dinner we will we will discuss ways to incorporate leadership into your future, including college and career plans.



Day 19: Tuesday: After community service, we'll travel out to meet a group of musicians to partake in a unique Andean musical event called a *Sikureada*, this is an ancient technique described by ethnomusicologists as a way to express unity and togetherness. We'll practice in the afternoon and spend the evening under the stars playing music around a bonfire.

Day 20: Wednesday: We will wrap up our community service work and bid the local people farewell. After three fulfilling weeks, you will have developed a strong connection between the local Peruvians and the students in your group. We will spend the afternoon doing some last minute shopping, and in the evening we will have a farewell banquet.

Day 21: Thursday: We'll get up early this morning and fly back to Lima. Our staff in Cusco and Lima will be there to assist students with their return flights. All flights back to Lima depart Cusco by 1pm. Our staff in Lima will meet students at the airport, take them on a quick tour of the colonial part of Lima for an early dinner and then return to the airport in time for students to fly back to their home countries.

About Global Leadership Adventures

Global Leadership Adventures, established in 2004, is the premier international community service-learning program for high school students. Students come back transformed.

GLA is unique because of its focus on leadership development and first-hand learning about global issues. Students learn first hand from social pioneers around the world who are creating positive social change in their communities.

Students are taught to use their heart, as well as their head, to become agents of positive change across borders.

GLA has been featured in:

The New York Times

The Boston Globe

seventeen



BALTIMORE TIMES ONLINE