

Asia - India & China: Giants of the 21st Century™

Contrast the two greatest emerging economies of the century.



Highlights

- Visit New Delhi and Beijing, the capitals of both countries
- Learn firsthand how both countries see their role in the world
- Compare and contrast notions of human rights, democracy, and development
- Discover architectural marvels such as the Great Wall and the Taj Mahal
- Enjoy a potpourri of cultural experiences such as food, music, and arts



India & China: Giants of the 21st Century™

China and India have quickly become two of the most important countries on the global stage. What happens in these countries affects people all over the world - from environmental issues to political relations and global commerce.

However, neither nation is well-understood by Westerners. Join us on an exploration of both countries in a quest to understand each society from the ground up. By volunteering and learning first-hand from grassroots leaders, you'll gain a deep understand of the complexity, dynamism and cultural richness of each country.

Community Service

In China, you will teach conversational English to students



two hours a day. This is a great way to provide a valuable service and to interact with regular Chinese people. You also will volunteer on local farms, working in the fields plowing and harvesting. Here you will learn how the rural population maintains their traditional way of life and how they are coping with the vast changes caused by modernization and industrialization. During your first week in India, you will

volunteer with farmers, working in the fields and experiencing life in the mountains. The second week in India, we will volunteer with an environmental non-profit organization in the Tibetan town of Dharamsala, raising awareness of environmental issues in the Himalayas. During the third week we will join innovative non-profits in New Delhi working with impoverished children; we will teach English, arts & crafts and share our culture with them.

Hands-On Learning

The program is an overview of contemporary China and India through a mix of sessions on politics, history, culture, economy, and traditional art. We'll go out everyday to visit temples, markets, pagodas and places of historical, cultural, and political significance. We'll compare and contrast the issues facing modern day China and India, their roles on the global stage, Indian and Chinese culture, and pressing social issues. You will have the opportunity to converse with grassroots leaders, environmental activists, and local political figures. In India, because we'll spend time in a Tibetan refugee town, we'll learn about the Tibetan government in exile and visit the Dalai Lama's temple. In China, you will have a Mandarin Chinese course based on your level (Basic, Intermediated, Advanced).

Adventure

This journey of a lifetime starts with a week in Beijing learning about Chinese culture and politics. We visit the Great Wall over the weekend and then move to a rural area outside of Beijing for a week. From China, you fly to New Delhi, India where you will travel up to the Himalayas for two weeks and then spend a week in Delhi and the area around the Taj Mahal.



Lodging

During the first week in Beijing, you will stay on the GLA Home Base located on the campus of a local university. You'll live in a dorm room with 2-3 other students and will have a private bathroom and shower. In the rural area, you'll stay at a local guest house and dorm with other students. In the Himalayas, we will camp for four nights as a group, along with our chef, medic, and guides. In Dharamsala, the GLA Home Base is a large house where our staff and students will live together in shared rooms and enjoy home-cooked meals made from local organic produce. The nights in Delhi and in Agra (where the Taj Mahal is located) will be spent in hotels.

Quick Facts

- Duration: 35 days
- Tuition: \$6,995
- Max. group size: 24 students
- Community service hours: 80
- Location: India, China
- Airports:
 - Delhi (DEL)
 - Beijing (PEK)

2011 Dates

- July 3 - August 6, 2011
- Sunday to Saturday

Tuition

Tuition includes all in-country expenses including lodging at GLA Home Base, camp tents, meals, transportation, all activities and entrance fees, tips, community service materials, all excursions, once a week laundry service, backup medical insurance, 24-hour on-call medic in Himalayas, and experienced program leaders.

Tuition does not include: international flights to China or India, Indian and Chinese Tourist Visas, souvenirs, snacks, laundry, sleeping bag, or internet access at internet cafés.



Program Schedule

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

July 3 - Day 1: Sunday – Upon arrival in the Beijing airport, you'll be met by our staff member holding a GLA sign and taken to our campus where you'll meet the other students on the GLA China program and receive a brief introduction to Beijing and GLA.

July 4 - Day 2: Monday – Students who would like to learn Tai Chi can attend a class before breakfast. Every morning those students can join the local people doing tai chi in a nearby park.

After breakfast, we head out into Beijing to discover the Temple of Heaven, the historic Taoist temple where prayers and offerings were given to ensure a good harvest. In the afternoon we'll take a Mandarin placement exam to divide students into classes based on language ability (or lack thereof). We also meet the students with whom we'll practice conversational English with. After dinner, a speaker will address your questions about China and discuss Western perceptions of China.

July 5 - Day 3: Tuesday – If you get into tai chi, you can join the people at the local park before breakfast. Today we explore the Forbidden City and the Imperial Palace of ancient and recent history. From here we stop at the historic Tiananmen Square where we will reflect on the Chinese concept of democracy and the reform movement. In the afternoon, we'll have our Mandarin classes and then volunteer teaching English before dinner. In the evening, we'll have a speaker talk to us about recent Chinese history. Then, we'll learn to play *mah jong*, or Chinese chess.



July 6 - Day 4: Wednesday – Today we will head to the Summer Palace; this palace built by the empress is incredibly beautiful. We will take a dragon boat across the lake. After lunch, we continue with Mandarin classes and then English tutoring. After dining at a local restaurant, we will spend the evening shopping at the well known Pearl Market. Here students can pick up souvenirs and “knock off” designer goods.

July 7 - Day 5: Thursday – Today is a cultural bonanza! This morning we'll take part in two hands-on workshops: Chinese cooking and Chinese calligraphy. In the afternoon, we'll have our Mandarin classes and then volunteer teaching English before dinner. After dinner we will attend an Acrobat Show, to see how this type of performance art is influenced by Chinese culture.

July 8 - Day 6: Friday – After a class on Chinese culture and economy, we will have lunch locally and then depart for the Hutongs and Hou Hai area. This rich historic area is best known for its Chinese lanterns and is one of the only historic sites still standing after the Cultural

Revolution. In the afternoon, we'll have a short class on Chinese martial arts before we do our volunteer work. In the evening, we'll have a speaker on Chinese international relations.

July 9 - Day 7: Saturday - Today students will have the opportunity to spend the entire day exploring the Great Wall. One of the Seven Wonders of the World, the Great Wall was built between the 5th and 16th centuries with the purpose of securing China's northern border from invading barbarians. At nearly 40 ft high and over 5,000 miles long the Great Wall is the only man-made structure visible from space. Once returning to the city we will have dinner and then engage in leadership and team building activities.

July 10 - Day 8: Sunday - Today we make the transition from urban living to rural living. Upon arrival to our Home Base in the Mentougou Region we'll explore the new surroundings before jumping into service work the following day.

July 11 - Day 9: Monday - Students will begin their community service, teaching English to Chinese students and working at a local peasant farm. Students will plow fields and harvest crops all in an effort to better understand the daily lives of local people.

July 12 - Day 10: Tuesday - Service work will resume in the morning with farming and English teaching. Before dinner we will go on a hike to view the rural mountainous region. In the evening, we will have a guest speaker from the local village come to discuss the challenges of rural life.

July 13 - Day 11: Wednesday - We will continue our service work farming and teaching. That afternoon, we'll split up into smaller groups to go visit local families. We will be welcomed into people's homes so that we can see how people live in the countryside. Many students will have the opportunity to speak with Chinese and hear stories of the past under Chairman Mao, as well as understand how Chinese youth are growing up in modern China. Back at the GLA Home Base, we will share our family experiences with each other and journal about the differences between our lives and local life in China.

July 14 - Day 12: Thursday - After community service we will return to our Home Base for lunch and then participate in a dumpling cooking class. After dinner, we will meet with our group to read an article on globalization in China and then discuss it in relation to our experiences.

July 15 - Day 13: Friday - We will have our last full day of community service today and bid farewell to our local students and farmers. We will pack our belongings and make our trek back to urban life. We will resettle into our Home Base in Beijing and then head to the Silk Market for another shopping spree. Afterward, we will get ready for our final banquet and farewell dinner.

July 16 - Day 14: Saturday - Students will eat breakfast and have a chance to do some last minute shopping in Beijing before heading to the airport to continue their journey to India.

July 17 - Day 15: Sunday - Students typically arrive at the Delhi airport late Saturday night (July 16th) or very early Sunday morning (between 9pm Saturday and 6am Sunday). You'll be met at the airport by our staff holding a GLA sign. They'll take you to our hotel to rest, freshen up and eat. We will have a brief welcome, and then students will have free time to get to know each other and settle in before catching the sleeper bus for our overnight ride to the Himalayas.

July 18 - Day 16: Monday - We arrive in Dharamsala around 7:30am and head directly to our GLA Home Base. We will have breakfast and time to rest. In the early afternoon we will convene for orientation to the program and for the following day's hike to our camp area. We will also have the opportunity to use the internet and buy snacks at a convenience store. You'll be able to leave the bulk of your things in the GLA Home Base as we venture out to the rural area to camp for a few days.



July 19 - Day 17: Tuesday - After breakfast we will begin our 8km (approx. 5 mile) hike to the GLA Base Camp at Kareri village which will be our temporary home for the next four nights. After about four hours we will reach our destination and set up camp after a tasty lunch.

Around 5pm we will break for further orientation to our temporary home, play ice-breakers and have our first session on leadership.

July 20 - Day 18: Wednesday - After an early breakfast we will tour the nearby village. In the afternoon we will begin our service project with local families in Kareri village. Service work will involve helping families with daily life: farming, planting, cooking and other tasks. After lunch we will participate in a lecture on the basics of trekking and camping and learn how locals live in this terrain. After dinner we will have free time to further get to know each other and do some stargazing.

July 21 - Day 19: Thursday - This morning we will go on a nature walk to explore the local flora and fauna with an expert. Afterward, we will resume our community service work in the village. After lunch we will engage in a local soccer match with village youth. After dinner we will discuss our first few days in the village, journal and have some thought provoking discussions about what we're experiencing.

July 22 - Day 20: Friday - After breakfast we will prep for our 9km (approx. 5.5 mile) trek to Lake Kareri. This is a high altitude lake which is fed by a glacier on the western side of the pristine Dhauladhar Mountains. Since the source is fresh melting snow and the lake is shallow, visibility is very high; the lake bed can be seen. Upon arrival we will have lunch and then our guides will show us around the lake, and see how local shepherds live in these rough living conditions. We will then head back to the GLA Base Camp where we will have dinner.

July 23 - Day 21: Saturday - After breakfast and packing up our gear we will prepare to leave the camp. It is a 6km (approx. 3.5 mile) hike downhill to Dharamsala, where we will spend the next week. This mountain town is the center of the Tibetan exile community in India. Following the 1959 Tibetan uprising against China, there was an influx of Tibetan refugees who followed the Dalai Lama here. Dharamsala literally means, "Pilgrims rest house" or "Spiritual dwelling."

July 24 - Day 22: Sunday - Today we begin volunteering with an innovative non-profit organization called The Mountain Cleaners. It was started by a British woman who moved to Dharamsala, and it was founded on the premise that environmental pollution in the Himalayas is closely related social issues affecting people.

We may have the opportunity to host a summer camp for local village children and teach them about the environment and sustainable living, as well as accompany outreach workers educating villagers about pollution control. After an inspiring talk from the founder, we will break for lunch on a beautiful meadow. We'll spend the afternoon discussing leadership.

July 25 - Day 23: Monday - Today, we will begin work with the outreach workers and scout the area and learn about the group's sustainable development work in the area. After dinner we will participate in leadership workshop and discuss and reflect on the day's work.

July 26 - Day 24: Tuesday - We'll spend another morning volunteering with the Mountain Cleaners. After lunch we will tour the base of the Tibetan government in Dharamsala and meet with a local leader. We will then participate in a Tibetan art and cooking class. Afterward we will have dinner and free time.

July 27 - Day 25: Wednesday - We will resume service work in the morning. After lunch we will venture to *Men Tse Khang*, a large hospital specializing and exclusively practicing ancient Tibetan medicine. This institution is well known for its respected doctors and handmade medicines made out of the ancient formulae of herbs and medicinal plants grown locally on site.

July 28 - Day 26: Thursday - The morning will consist of volunteer work with the Mountain Cleaners. After lunch, we'll visit *Norbulingka*, an amazing UNESCO World Heritage Site dedicated to reviving and preserving traditional Tibetan arts. It is a beautiful building where the artists are constantly at work. You will even have a chance to practice making some art.

July 29 - Day 27: Friday - After a morning of volunteering we will dine at a Japanese restaurant which is ran by the founders of a non-profit organization



called *Gu Chu Sum*. They employ former Tibetan political prisoners and all proceeds from the restaurant go towards funding the Free Tibet movement. Afterward we will have free time to explore McLeod Ganj, also known as "Little Lhasa" due to its large population of Tibetan refugees. That night we'll pack our things and take the overnight sleeper bus back to Delhi.

July 30 - Day 28: Saturday - We will arrive from our overnight journey around 7:00am. We will take our bus to the GLA Home Base in Delhi and have breakfast and free time to rest. In the early afternoon, we will visit our three NGO service placements where we will be volunteering during our third week:

Vidya: works with women and children living in the slums of Delhi and Mumbai, and helps individuals break away from the cycle of poverty and get a chance at a better life.

Amarjyoti: provides rehabilitative services to persons with disabilities through inclusive and integrated education, medical care, and job training.

Mobile Creches: delivers Early Childhood Development services to 6,000 children at 21 day care centers based at construction sites and slums across Delhi.

July 31 - Day 29: Sunday - After breakfast we will spend the morning volunteering at one of these inspirational non-profit organizations. In the late afternoon we will visit a *Gurudwara*, a Sikh Temple, and learn more about this fascinating religious tradition.

August 1 - Day 30: Monday - After a full morning of volunteering, we will attend a lecture on urban sustainability and learn about the complex issues people face in their urban lives. We will then have lunch at *Hauz Khas* village, a small commercial area set up for the artists and designers. There are many well-known specialty restaurants here which we will sample. In the late afternoon we will attend a lecture on the role of non-profits (NGOs) in India.



August 2 - Day 31: Tuesday - After breakfast we will visit *Jama Masjid*, the largest mosque in India which was completed in 1656 A.D. We will dine at *Kareems*, a Mogul restaurant, famed for still using recipes handed down over the generations. We will then tour the famed area *Nizamuddin*, and learn about the many famous Sufi masters that lived in this area. After dinner we will see a Bollywood film.

August 3 - Day 32: Wednesday - Today we will complete our last day of community service and then return to our GLA Home Base for lunch. The afternoon is intentionally left open to allow the group to focus on topics of interest to the students.

August 4 - Day 33: Thursday - We will get an early start today as we will have a jam packed day of exploration. We will first head to *Fatehpur Sikri*. This historical city was constructed by the Mogul emperor Akbar in 1570 and served as the empire's capital from 1571 until 1585. Though the court took 15 years to build, it was abandoned after only 14 years because the water supply was unable to sustain the growing population. The surviving palace and mosque are a UNESCO World Heritage Site. The site itself is now a ghost town with ample history. Afterward we will depart for Agra, and finally stand amidst the great *Taj Mahal*, another UNESCO World Heritage Site is considered to be the finest example of Mogul architecture, which combines Persian, Islamic and Indian styles.

August 5 - Day 34: Friday - In the morning, we will visit the Bharatpur Bird Sanctuary, a famous avifauna sanctuary that sees thousands of rare and highly endangered birds. It was created 250 years ago and is named after a Keoladeo (Shiva) temple within its boundaries. Next we will begin our trek back to Delhi and then check into our hotel for the last night banquet and ceremony.

August 6 - Day 35: Saturday - Students whose flights leave in the evening will be taken to Dilli Hut - an open air bazaar of Indian handicrafts and clothes. Our staff will accompany departing students to the airport and assist them in checking in.

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