

## **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
- Meet a Peruvian Shaman
- 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. Depending on the needs of the community at the time we arrive you could help build clean burning stoves to improve respiratory health of women and children. You will also build greenhouses to hold traditional medicinal plants so rural families can treat illness and vegetable gardens to combat malnutrition in children. We will also volunteer at a village school, helping to build and repaint 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 with a Shaman, 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. You will visit a local orphanage and have the opportunity to interact with the young children that reside there.

### **Adventure**

The Sacred Valley surrounding Cusco is full of archeological marvels built by the Inca. 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 biking down a majestic mountainside, camping in the hills and whitewater rafting down rivers winding through the Andes mountains. We'll shop in Pisac, one of Peru's largest artisan markets, and visit a community of expert weavers.

### **Lodging**

The GLA Home Base is located in the quaint mountain town of Cusco (elevation: 10,850 feet, 3300 meters) in a beautiful lodge equipped with a cafeteria and a dining area and meeting room. There are two students per room; with a private bathroom for each bedroom. 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, laundry, backup medical insurance, and experienced program leaders.

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

### **21-Day Flagship Program**

July 4 - July 24, 2012  
July 27 - August 16, 2012

**Duration:** 21 days

**Tuition:** \$4,399

**Max. group size:** 30 students

**Service hours:** 50

**Location:** Cusco, Peru

### **14-Day Program**

June 19 - July 2, 2012

**Duration:** 14 days

**Tuition:** \$3,199

**Max. group size:** 30

**Service hours:** 20

**Location:** Cusco, Peru



## Program Schedule

**Disclaimer: Actual order of activities will vary by program session.** *The day by day itinerary detailed below is typical for what you can expect to experience, but not set in stone as work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather. This itinerary is designed to give you an example of what a day to day schedule would look like and provides a clear idea of the program experience. It may be changed during the summer as staff see fit and on the ground circumstances and opportunities change our course. Peru will challenge you as students are expected to work hard and really be present for all that we do. You will be cold at times, possibly hot, dirty and get bug bitten along the way, but your contribution to the rural community and to each other will positively impact everyone involved.*

**Day 1:** Students arrive into the airport in Lima either late night or very early morning. In either case, they will be met by a GLA staff member who will help them check into their connecting flight to Cusco. Students who have more than a five 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 by 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:** 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:** 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 kitchen staff, we'll hear from a local leader about the issues surrounding public health in the Andes.

**Day 4:** We will work at the community service project from approximately 8am to 12pm. In the afternoon we will visit a dynamic non-profit organization that is working on public health issues in the region. After dinner at the GLA Home Base, we'll do a session on leadership.

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

**Day 6:** You'll start forming close relationships with the families at your community service site. In the afternoon we'll visit the town of San Jeronimo and learn more about how people make a living 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:** After a morning of community service and lunch, we'll take part in a hands-on workshop to learn Andean music from a family of professional musicians. 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 read an article and have a discussion to prepare us for this weekend's excursions.

**Day 8:** After a morning of volunteering, we return to the Home Base for lunch. In the afternoon we'll participate in cultural activities, visit an internet cafe, and have some free time to enjoy each others' company.

**Day 9:** 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 in the world, traveling through the Andes, visiting archeological sites and viewing the different crops locals grow. With jagged snow-capped mountains and clouds floating at your eye level, you will be stunned every step of the way. At mid-day we will encounter our picnic site, a glorious opening in our path surrounded by glaciers. We climb to a summit of 14,000 feet at the top of Salkantay mountain, where we will then descend to camp for the night under the incredible stars.

**Day 10:** After a tasty breakfast cooked by campfire we will continue our hike. As we descend in the beautiful valley we will begin to experience a more tropical forest where bananas grow and the temperature increases. We will see many local families living along the mountain tops where we will stop for snacks and say hello. We will continue and set up camp for a second night.

**Day 11:** After another breakfast served outdoors. We will finish up our hike at a local horse ranch where we will have a nice picnic before loading into vans and heading to a train station. You will arrive at Aguascalientes by train 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 12:** 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.

**Day 13:** 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 team-building activities and a quick Quechua language lesson.

**Day 14:** *(On the 14-day Program)* We'll get up early this morning, have breakfast and then 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, have a final group lunch, and then students will fly back to their home countries.

### **21-Day Flagship Program Continues**

**Day 14:** 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.

**Day 15:** 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:** In the morning, you will embark on a whitewater river rafting adventure down the Urubamba River. You will 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 and have time for some exploration.

**Day 17:** 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:** 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 discuss ways to incorporate leadership into your future, including college and career plans.

**Day 19:** After community service, we'll travel out to meet a Peruvian Shaman, known by the indigenous people as a "Paco". We will participate in an offering to Mother Earth, or *Pachamama*, and will have the option to have a one-on-one conversation with the Paco about our futures.

**Day 20:** 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 while we enjoy local entertainment.

**Day 21:** 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

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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**

*seventeen*

**BALTIMORE TIMES ONLINE**

**The Boston Globe**

