



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.



DOMINICAN REPUBLIC: Global Health Initiative™

Provide medical, educational, and development support to rural Dominican communities – all crucial pieces of the public health puzzle.

OVERVIEW

On this program you will challenge your preconceptions of health by learning about the differences between public health and medicine, and receive guidance from local medical professionals. Learn about the seven critical elements of human security and how health care fits into the picture; gain field experience by doing physical work that is public health-focused and aims to improve the lives of hundreds of Dominicans living in poverty.

14-DAY PROGRAM

June 25 – July 8
July 11 – July 24
July 27 – August 9

Tuition: \$3,899
Service Hours: 40
Language Hours: 0
Max Group Size: 35
Age Range: 14-19
Student-to-Staff Ratio: 8-to-1
Airport: POP

HIGHLIGHTS

- ★ Gain fieldwork experience that will introduce you to public health and medicine
- ★ Talk with health and medical professionals about health access in rural communities
- ★ Discuss the intersection of global health with political, economic and environmental systems
- ★ Work on ongoing sanitation projects
- ★ Go for a boat ride and snorkel in crystal blue waters
- ★ Swim in the natural caves and cenotes of Dudu Lagoon

SPOTLIGHT ON COMMUNITY SERVICE

Health and poverty are strongly linked. Work on public health projects that prevent disease, and see how initiatives such as providing cement floors, clean water and bathrooms can contribute to locals' long-term health. Volunteer at health intervention programs, shadowing medical professionals as they provide pro-bono consultations to patients in at-risk communities. Spend time ensuring that pop-up medical clinics operate smoothly by working in various stations such as evaluations or pharmacy.

SAMPLE ITINERARY: 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.



DAY 1: WELCOME TO THE DOMINICAN REPUBLIC

Welcome to the DR! GLA staff will meet you at the airport (Puerto Plata - POP) and take our group to Home Base about an hour away. We'll get settled in, have our first Dominican meal together and begin orientation. Team building activities help us connect, and your staff will open up conversation about major public health topics we'll be learning about over the next two weeks.

DAYS 2 - 3: WATER & SANITATION PROJECT

One way to sustainably alleviate widespread health problems is by improving everyday living conditions. Universal, affordable and sustainable access to water and sanitation is a key public health concern within international development. Over the next few days you'll help build a brand new water tank for a family or community, which helps dramatically reduce risk of disease.



DAY 4: ADVENTURE! YASIKA RIVER

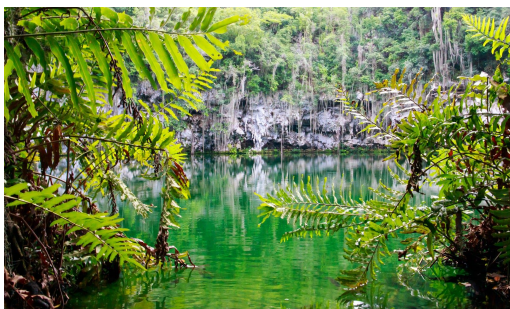
Today we'll visit the Yasika River, a non-tourist, local hangout that exhibits the Dominican Republic's natural beauty. The river pools into a blue lagoon, which is perfect for cooling off in the tropical heat.

Evening sessions will happen nightly and revolve around global health discussions and leadership development. Watch documentaries and listen to lectures on how poor socio-economic development directly affects people's health. Health problems result from not only poor implementation of healthcare policies and programs, but also from existing social, cultural, economic and political constructs.

DAY 5: CLINIC OBSERVATION & TRAINING DAY

Today we'll dive right into building the skills needed to support pop-up clinics. These clinics will serve Dominicans living in some of the most impoverished parts of the country. Meet with a local doctor and visit a local clinic to be briefed on health problems and objectives identified by the region's leaders. After taking time to discuss the health issues and their root causes, we'll train basic skills and visit the clinic in preparation for our first day on the job.

**Please note that the local clinic is only open twice a week, so the exact day of this*





activity is subject to change based on the clinic schedule.

DAY 6: CLINIC DAY 1 — POP-UP MEDICAL BRIGADE

Remember your vitals and brigade training from the local doctor? Today we'll put that knowledge into practice, shadowing the doctor and medical brigade team by working one of seven stations such as registration or pharmacy. See what it's like to provide services on the ground in a developing community with little infrastructure. Learn how crucial community engagement is to breaking the cycle of poverty and poor health for good, and ensure the clinic runs smoothly.

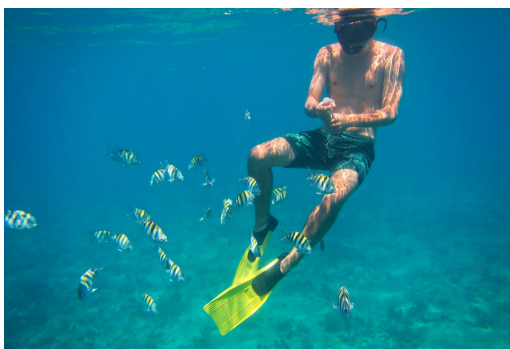
DAYS 7 - 8: CONTINUE WATER & SANITATION PROJECT

For the next two days, we'll continue with our sanitation project, picking up where we left off on day four. You'll notice that many families in the area live in cardboard and corrugated metal shacks with dirt floors. Sleeping directly on moist ground can lead to major health issues due to the spread of fungus and bacteria. By providing families concrete flooring we help give them safer living conditions. We begin to see how health doesn't fall solely under the responsibility of doctors and nurses, but government, housing and other sectors as well. We may also work on using bottle-building techniques to build a latrine for a family as part of our efforts, where we use repurposed plastic bottles, chicken wire and cement to strengthen the infrastructure so that it can withstand the elements and provide a more permanent latrine solution to members of the local community.



DAY 9: PUERTO PLATA CITY TOUR

We'll take a break from service to visit the city of Puerto Plata situated right on the ocean. As part of our tour we'll visit historic areas of the city and a museum of precious stones such as larimar, a rare blue mineral found only in the Dominican Republic.



DAY 10: CLINIC DAY 2 & HEALTHY CHILDREN PROGRAM

Today we'll set up another pop-up clinic, helping move the patients through the clinic, provide basic support, shadow the doctors and make sure everything runs efficiently so as many community members as possible can be seen. You'll also be responsible for working with local youth under the guide of a local doctor to distribute vitamins and educate the children on the benefits of healthy eating, physical activity and general self-care.

DAY 11: DUDU LAGOON

After several days of hard work and service, hang out at Dudu Lagoon, a beautiful natural feature. The lagoon is shaped like a crater and considered one of the most gorgeous *cenotes*, or sinkholes, in the world. There are blue freshwater pools and underwater caves you can swim in, volleyball sand pits and open space to hang out with your fellow students and locals.



DAY 12: CLINIC DAY 3

Today we'll visit a new community with limited access to medical facilities to set up a pop-up clinic for our final day of service. You'll help out at one of the many stations that keep these pop up clinics running smoothly.



DAY 13: SNORKEL & BOAT RIDE IN THE CARIBBEAN

Our last day in the DR has arrived! Relax today with a snorkeling adventure in the crystal-clear Caribbean. The boat will park in a spot that's ideal for jumping in and checking out the tons of fish and coral that inhabit the area. Spend the day swimming in warm, inviting water, and post up on the beach for a well-deserved nap. In the evening, enjoy a farewell dinner to celebrate all of your accomplishments and reflect on your experience in the DR.

DAY 14: DEPARTURE

Alas, our Dominican adventure must come to an end! After breakfast and final goodbyes, we'll travel to the airport together to board our flights home. At the airport, GLA staff will help you check in and see you off for your journey home.



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 2021, 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 global pandemic caused by COVID-19 outbreaks around the world, 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.

TRAVELING TO THE DOMINICAN REPUBLIC

GLA HOME BASE | Home Base is a rustic ecolodge built from local materials in the style of the Taíno people. The beach is just a short walk away, and students have access to a swimming pool onsite. Students will share rooms with roommates, and have Western-style bathrooms with cold-water showers. Food will be healthy and locally sourced, including meats, beans, rice, vegetables and fresh fruit.

FOOD | Dominican cuisine centers around staples of chicken, rice, beans, vegetables, plantains and fresh fruit. Home Base chefs will prepare a variety of local dishes for students to sample. Meals are generally hearty, healthy and source locally-grown ingredients.

CLIMATE | The Dominican Republic has a tropical climate, hot all year round, with a rainy season from April to October. As generally in the Caribbean, the rains occur mainly as brief showers and thunderstorms.

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 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.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY**

 **NBC NEWS**

The Boston Globe
seventeen

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 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.

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.