



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.



Fiji: Marine Conservation Expedition™

Voyage to beautiful Fiji, where you'll learn to protect its abundant ocean life and discover an ancient island culture.

OVERVIEW

On this program you will dive into crystal blue water and discover the rich biodiversity of the South Pacific! Assist with marine ecology research and restoration projects while based on Nacula, a hilly volcanic island of Fiji. You'll have the opportunity to live and breathe traditional Fijian culture and participate in marine-based service projects. Work actively to support marine conservation while learning more about the effects of climate change on this unique and delicate environment.

14-DAY PROGRAM

June 13 – June 26

June 29 – July 12

July 15 – July 28

July 31 – August 13

Tuition: \$3,999

Service Hours: 30

Language Hours: 0

Max Group Size: 27

Age Range: 14-19

Student-to-Staff Ratio: 8-to-1

Airport: NAN

HIGHLIGHTS

- ★ Learn to collect data on marine biodiversity
- ★ Contribute to a critical coral restoration project
- ★ Help with ongoing research that will be used to establish new marine protected areas
- ★ Snorkel in a sacred hidden sea cave
- ★ Hike to a panoramic viewpoint of Fiji's beautiful island chain

SPOTLIGHT ON COMMUNITY SERVICE

Fiji's coastal ecology is threatened by external forces like climate change and overfishing. Learn about marine sustainability by working on an undersea data collection project. Plant mangroves to mitigate heavy coastal erosion, participate in coral restoration projects and promote sustainable use of sensitive ecological resources. Finally, spend time in the local villages presenting your findings to schoolchildren, elders and community leaders.

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.



ORIENTATION IN NADI

DAYS 1 - 2: WELCOME TO FIJI!

GLA staff will meet you at the airport in Nadi and start a brief orientation and exploration of the city. We'll stay at a hotel in Nadi for our first night, getting settled into life on "island time" before we head to the much more remote *Nacula*, our main Home Base. Nadi is a bustling multicultural town offering great places to get introduced to Fijian cuisine and culture, and to shop for souvenirs.

YASAWA ISLANDS

DAY 3: JOURNEY TO THE YASAWAS

We'll depart Nadi for the port and begin our travels to the outer Yasawa Islands, which will be our home for the remainder of the program. Marvel at the vastness of the Pacific Ocean during the ferry ride to Home Base, as we pass coral reefs, islands and wildlife. Upon arrival, we'll be greeted with Fijian music and a delicious lunch! Spend the day getting to know your new home.

DAYS 4 - 5: MARINE ECOLOGY & RESTORATION BEGINS!

Time to get started on our environmental stewardship projects! We'll have discussions with community leaders on a wide variety of issues, from marine biodiversity to climate change, and sustainable fishing to marine education. Do hands-on work in the water collecting data: You might identify different types of coral, and assist with coral reef "nurseries." Help harvest small cuttings of live coral and place them in new locations to replenish low areas. After service, relax at Home Base, or take a sea kayak out and explore the nearby cove.

DAY 6: MITIGATING COASTAL EROSION

Continuing our work in marine stewardship, we'll learn how to plant mangroves to mitigate heavy coastal erosion in some areas. Learn about the effect of climate change on Fiji's land features and its island society. In the past, GLA students have been able to plant over 200 mangroves in one day. Can you beat the record? In the afternoons, learn traditional Fijian dance and music from the locals, make your own jewelry from coconut husk and get a crash course in the local language. Try



exchanging a few phrases with the local children and families!

DAY 7: ISLAND TOP ADVENTURE HIKE

An easygoing island hike is the perfect way to decompress after a few long days of service. Hike to the island's highest point, where you'll take in the breathtaking 360-degree view of the neighboring islands below. After the hike, we'll have snacks, and relax on the beach.

DAY 8: FIJIAN CULTURE & LOVO

Fijian culture is made up of a great variety of traditional language, art, music, food, clothing and folklore. It also centers around family and community gatherings, like a *lovo*. Lovo is a traditional feast cooked in the earth. We'll dig a pit to cook the meal underground with hot coals, using locally-sourced ingredients. Enjoy the food with the community you've become close with!

DAYS 9 - 10: MARINE ECOLOGY & RESTORATION

We'll continue our work in marine environments, collaborating with organizations on efforts that will establish new marine protected areas. Long-term, these will help replenish sensitive resources and promote their sustainable use.

DAY 11: SNORKEL IN SAWA-I-LAU CAVES

Sawa-i-Lau is a sea cave sacred to locals and regarded as the resting place of *Ulutini*, an ancient Fijian god. We'll take a 35-minute boat ride to the cave entrance. After a safety briefing, step into the crystal blue water within, where light filters in and illuminates this breathtaking, secretive cavern. We'll get to snorkel here and listen to our guides tell the ancient stories of *Sawa-i-Lau*.

DAY 12: COMMUNITY INVOLVEMENT

Getting to know the Fijian people on an individual level will be an eye-opening and heartwarming experience. We'll take a boat to a nearby village and spend the day learning how families here cook, relax, live and enjoy life.

Additionally, the work you've done and lessons you've learned about Fiji's natural marine environment are worthy of being presented! Depending on when you travel, your audience may be a local school, university students, or local leaders and fishermen adopting sustainable practices.



DAY 13: SNORKEL IN BLUE LAGOON

We'll take a short boat ride south to the famed location where "Blue Lagoon" was filmed. This spot contains some of the finest soft-coral snorkeling in the world! Afterwards, we'll head back to the main island for a final night before departure.

BACK TO NADI

DAY 14: DEPARTURE

Enjoy your last Fijian breakfast and visit the village market, where you can gather handmade souvenirs and support the artisan community. After final farewells, we'll depart for the airport. There, GLA staff will help you check in for your flight 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 FIJI

GLA HOME BASE | Home Base in Fiji is a locally-owned lodge made up of renovated bungalows on the beach. Gather at an open-air common area for meals and evening sessions and enjoy living steps from the water. Students will share bungalows with three to four roommates and have access to ensuite bathrooms with Western style toilets and cold-water showers. Kayaks are also available at Home Base for students to use during downtime under staff supervision.

FOOD | We encourage all students to try local cuisine, both as part of the adventure and as a way to further connect with the community. The Fijian diet includes rice, cassava, plantains, fish, chicken and vegetables.

CLIMATE | Fiji is a volcanic island with geographical features such as sandy ground, dense tropical and dry forests and an abundance of mangrove trees. The islands experience a warm and tropical climate year-round.

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.