



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™

Travel to a Caribbean paradise where medical and public health challenges are prevalent and provide medical, educational, and development support to rural Dominican communities.

OVERVIEW

On this program you will challenge your preconceptions of health and community care. Learn about the differences between public health and medicine, and how community wellbeing depends on both. Shadow local medical professionals and begin to understand what being an island healthcare worker is all about. Discover the seven critical elements of human security and determine how health care fits into the picture. Gain field experience by doing physical work and sanitation projects that are public health-focused and aim to improve the lives of hundreds of Dominicans living in poverty. And while you're diving into deep, meaningful projects, you will also have time for adventure while you're here. Explore to your heart's content, as coastline, jungle and Caribbean culture surround you at every turn.

14-DAY PROGRAM

June 13 – June 26, 2022

June 29 – July 12, 2022

July 15 – July 28, 2022

Airport: POP or STI

Tuition: \$3,899

Service Hours: 20

Shadowing Hours: 18

Language Hours: 0

Max Group Size: 35

Age Range: 14-18

HIGHLIGHTS

- ★ Gain fieldwork experience that will introduce you to public health and medicine
- ★ Talk with health and medical professionals about health access in rural island communities
- ★ Swim in the natural caves and majestic cenotes of Dudu Lagoon
- ★ Go for a spectacular boat ride and snorkel in the crystal blue seas
- ★ Enjoy your island hideaway at Home Base, just a quick stroll away from a white sand beach

SPOTLIGHT ON COMMUNITY SERVICE

Health and poverty are strongly linked. Work on public health projects that prevent disease, and see how initiatives such as creating cement floored homes can contribute to locals' long-term health. Shadow medical professionals as they provide pro-bono consultations to patients in at-risk communities. Put your new medical Spanish vocabulary to use as you accompany doctors through various stations such as patient triage, evaluations and 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 or Santiago de los Caballeros - STI) and take our group to Home Base about an hour away. We'll get settled in, have our first Dominican meal together and then launch into some team building activities to help us connect!

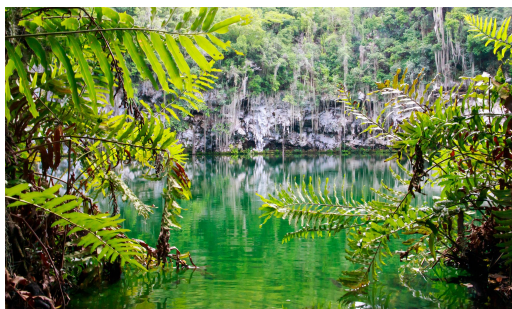
DAY 2: PROGRAM ORIENTATION

Today marks our first full day together in the Dominican Republic as a group! We'll kick off with a walking tour of our lodge and the village of Las Canas to explore the community and all that our surrounding area has to offer! After, we will have a program orientation where we'll discuss the expectations our hosts have of us as visiting volunteers. In the afternoon, your program directors will open up conversation about a major public health topic that will provide more context for the service work and shadowing we'll engage in together. You'll also get to meet the team of medical professionals that you will be shadowing over the next two weeks! Take a swim test and then get ready for a hearty dinner.



DAY 3: COVID TEST AND SERVICE IN LA COLONIA

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. Today, you'll take a routine COVID-19 antigen test before visiting the community of La Colonia where you may lay cement floors, work on the construction of houses or assist in other sanitation-related projects that dramatically reduce the risk for disease. In the afternoon, receive a full clinical briefing for your upcoming shadowing experience. At night, learn the basics of medical Spanish and practice with your peers to prepare for the following day!



DAY 4: SHADOWING— 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 at one of seven stations such as registration or pharmacy. Learn how crucial community engagement is to breaking the cycle of poverty and poor health for good, and ensure that the clinic runs smoothly.

DAY 5: DUDU LAGOON AND PLAYA PRECIOSA

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. In the afternoon, you'll visit Playa Preciosa, a pristine hidden beach just up the road! Swim in the turquoise waters or soak in the sun on the white sand beach, surrounded by lush palms. Upon returning to homebase, we'll eat dinner and then receive a lecture on a public health topic from our Local Director.

DAY 6: SERVICE IN LA COLONIA

We'll return to La Colonia to continue with our sanitation project, picking up where we left off on day three. 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. At night, you'll break out into Mentor groups for a reflection activity.

DAY 7: SHADOWING— POP-UP MEDICAL BRIGADE

Today we'll assist at another pop-up clinic, helping guide patients through the stations, shadowing the doctors and making sure everything runs efficiently so as many community members as possible can be seen. After a full day and a hearty dinner, we'll take time to reflect on our time in the Dominican Republic through a leadership activity.

DAY 8: HIKE MT. BRISÓN

Hike to the summit of Mt. Brisón, a scenic high point that some Dominican rural families call home. As you hike, you'll meet locals who have to climb this mountain every day to access basic needs and you'll learn about the impacts of deforestation on many rural communities in the country. Enjoy the peaceful, panoramic vista at the top with lunch, and on the way back down, you'll have a chance to purchase locally-made handicrafts and souvenirs from mountain residents.

DAY 9: SERVICE IN LA COLONIA

We return to La Colonia to continue work on our sanitation project. Begin to see how health doesn't fall squarely 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. In the afternoon, enjoy some free time to swim in the pool or visit the nearby beach. At night,





you'll join your peers for a leadership activity at the Home Base.

DAY 10: SHADOWING – MEDICAL BRIGADE AND CULTURAL NIGHT

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. At night, we'll learn the traditional rhythms and steps of Dominican dances, such as *merengue*, *bachata* and *salsa*! Immerse yourself in some of the sounds of the Caribbean!

DAY 11: DAMAJAGUA WATERFALLS AND EXCURSION

Get ready for an adventure! Today we'll visit the famous Damajagua waterfalls where we will hike through thick forest before reaching a rocky hilltop where we'll jump or slide down a series of waterfalls into deep turquoise pools. You'll wear a helmet and life vest as you swim past rock formations and grottos, jump from low hanging waterfalls, and slide down smooth natural rock slides to reach the end of the circuit! Upon return to the homebase, you'll have some free time before dinner and a public health lecture.



DAY 12: SERVICE IN LA COLONIA

Today is our final service day in La Colonia. Spend time with locals and reflect on the impact you've made over the past two weeks as you work to complete the sanitation project with your peers. In the evening, you'll receive your final public health lecture from the Local Director.



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 stop in a spot that's ideal for jumping in and checking out the tropical 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.

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 2022, 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 COVID-19 pandemic, 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 of 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:



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.