



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.



PERU: Service in the Sacred Valley™

The ancient Inca Empire is yours to discover while making a difference in the lives of rural youth.

OVERVIEW

On this program you will experience Peru's Andean highlands in the ancient Sacred Valley, the heart of the Inca Empire. Go on an epic train ride to Machu Picchu and experience this iconic wonder of the world. Look around more, and you'll learn Peru has areas of need - poverty and economic development issues are common in rural areas. As you work to combat these issues, you'll see that Peru is more than its wild landscapes and ancient arts: The generosity and lively culture of its people are what have truly endured the last several centuries.

14-DAY PROGRAM

June 15 – June 28, 2022

July 1 – July 14, 2022

July 16 – July 29, 2022

July 24 - August 6, 2022

21- DAY PROGRAM

July 1 - July 21, 2022

Tuition: \$3,699

Service Hours: 30

Language Hours: 0

Max Group Size: 24

Age Range: 14-18

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

Airport: CUZ

HIGHLIGHTS

- ★ Work on infrastructure projects that support rural girls' education
- ★ Visit key archaeological sites of the Inca Empire
- ★ Go whitewater rafting down rivers winding through the Andes
- ★ Meet friendly alpacas and experience Peru's colorful artisanal markets
- ★ Explore Machu Picchu and camp among snow-capped peaks

SPOTLIGHT ON COMMUNITY SERVICE

Poverty in Peru is deepest among its indigenous population living in remote, rural areas. You'll help Peruvian girls from rural communities gain access to quality education by building new infrastructure for school dormitories in the Sacred Valley. These dormitories serve as a home away from home for rural girls who are coming to the Sacred Valley to attend high school. Contribute to the well-being of rural communities as you see up-close how projects like these can deliver meaningful - and sustainable - change.

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 PERU!

Fly into Cuzco, the gateway to Machu Picchu and the mystical Andes. GLA staff will be at the airport waiting to greet you! We'll drive to Home Base in the Sacred Valley, where we'll meet our local staff and fellow GLA students. Get settled into our new home before orientation and your first Peruvian dinner.

DAY 2: COMMUNITY TOUR & SERVICE ORIENTATION

Today marks our first full day together in Peru as a group! We'll kick off with a walking tour of the historic Ollantaytambo where you will get acquainted with your new surroundings by exploring the local community and taking in all the Sacred Valley has to offer. In the afternoon, we will have a program orientation where we'll discuss the expectations our hosts have of us as visiting volunteers.



DAY 3: SERVICE AND ANDEAN CEREMONY

Service begins! We'll be working on infrastructural projects at a local female student dormitory that enables girls from highland communities to receive a quality education. After lunch, we will meet and learn from a local shaman about the ancestral traditions and worldview of the indigenous Quechua people. At night, students will complete a leadership activity to reflect on what they have learned thus far from their time in Peru.



DAY 4: INCA RUINS, FRIENDLY ALPACAS & PERUVIAN TEXTILES

Adventure! We'll start our day by visiting Maras and Moray. These historical sites offer an unusually unique glimpse into the ancient ways, as we see salt mines and circular terraces used for daily life by the Incan Empire. Afterwards, we will visit a local weaving center where we will have lunch, feed friendly alpacas, learn how handwoven textiles are made and have a chance to pick up souvenirs.

DAYS 5 - 6: SERVICE AND CHOCOLATE-MAKING

We'll continue working on our service projects, such as dormitory maintenance, creating adobe bricks for construction, or preparing a greenhouse for fresh vegetables. On one of the days, you will take a chocolate-making class where you will learn about the history of cacao in Peru and craft decadent treats!



DAYS 7-8: LARES TREK

¡Vamonos! For the first part of our journey to Machu Picchu, we will be transported to the starting point of our trek in the town of Lares. From there, we'll hike through traditional farming communities and alpine meadows to the first campsite, where we'll camp under the stars for the night. The next morning, we'll continue on the Lares Trek, and we will reach the highest point of the pass. We'll hike alongside local herds of alpacas before descending into the Sacred Valley. Upon arrival in the Sacred Valley, we will be transported to Ollantaytambo to enjoy dinner followed by an evening train ride to Aguas Calientes where we will stay overnight to rest before rising early to visit the Machu Picchu ruins the next day.



DAY 9: MACHU PICCHU

Today is the day! We'll start very early so we can experience Machu Picchu in the magical morning light. We will take a bus to the ruins so that we can spend more time exploring the Lost City of the Incas. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archaeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking a scenic train ride back to Ollantaytambo.

DAYS 10-11: COMMUNITY SERVICE AND PERUVIAN DANCE

Back from Machu Picchu, we return to our daily routine of community service. It's our final two days of service for the 14-day program, so put in your best effort! We hope to leave Peru with the accomplishment that we made an impact on the Peruvian girls' and their families' lives. One afternoon, we'll take a dance class where we'll learn the traditional rhythms and steps of dances from across Peru, such as Cumbia, Marinera and Huayno! Immerse yourself in the sounds of the Peruvian coast, mountains and jungle!



DAY 12: WHITEWATER RAFTING ADVENTURE

Our last adventure in this stunning country! We'll enjoy non-stop fun and excitement bouncing and splashing down Class II and III rapids on a whitewater rafting adventure. We'll pass ruins, beautiful snow-capped mountains and glaciers. The water is cold, but the sun on your back will keep you warm. Enjoy the epic views that are only found here in the Sacred Valley.

DAY 13: FINAL DAY AND FAREWELL DINNER

We will revel in our final day in Ollantaytambo with a few leadership and reflection activities. After lunch, we'll pack and prepare for our journey home. We'll enjoy a hearty farewell dinner and conclude with a final leadership workshop.





DAY 14: DEPARTURE (14-Day Students Only)

Before we know it, our two-week Peruvian adventure has come to an end. Head to the airport today with memories that will last a lifetime! Staff will assist students with checking in and accompany them until they have safely departed for their gates. *¡Buen viaje!*

Days 15-21 (21-Day Flagship Program Only)

DAY 15: EXPLORING CUZCO, THE IMPERIAL CITY

Explore the colossal ruins of Sacsayhuaman and the main plaza in Cuzco, led by a professional guide, to really take in the history of these monuments and the imperial city! After lunch we will visit the world-famous San Pedro Market where you will try some popular Peruvian fruits and snacks. Then we'll walk to the artisanal neighborhood of San Blas, which boasts small workshops with hand carved mirrors, woven alpaca garments and gold-plated religious paintings.



DAY 16: RAINBOW MOUNTAIN HIKE

Get ready for an epic trek that will take you to new heights to see the multi-colored, Rainbow Mountain, also known as Vinicunca! Pass through pristine land full of wild desert landscapes, snow capped glaciated peaks, herds of alpaca, and raw beauty. A two-hour hike will bring you to over 16,000 feet at the colorful peak, before descending 1.5 hours to the base. Eat a hearty lunch before heading back to the Home Base for some well-deserved R&R!



DAY 17: PISAC RUINS AND ARTISAN MARKET

Catch up on some shut-eye before a later departure to the nearby Pisac ruins, an Incan archaeological site that takes the form of the Andean Condor! Return to Pisac for a relaxed brunch at a local cafe and a visit to the renowned Pisac artisanal market. Today, we'll enjoy an immersive Spanish-learning experience as we walk through the cobblestone streets and speak with locals.



DAY 18-20 COMMUNITY SERVICE, ART CLASS, FAREWELL DINNER

We'll return to our service site for three final days of work with our local partners. On one of the afternoons, take an art class with a local master artist. Learn about different modalities such as painting, sculpture and stop-motion animation! Take home a special handmade art piece to remind you of your time in the Andes! On our last night we will enjoy a hearty farewell dinner and conclude with a final leadership workshop.

DAY 21: DEPARTURE

Sadly, today our Peru adventure must come to an end. After completing the program, it's time to exchange goodbyes and see-you-laters with peers and staff. We'll travel as a group back to the airport in Cuzco, where 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 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 PERU

GLA HOME BASE | Home Base is a locally-owned property in the Sacred Valley. Students stay in gender-segregated rooms and have access to shared bathrooms. During weekend hiking excursions, students camp in tents provided by GLA.

FOOD | Home Base staff will prepare authentic Peruvian cuisine for you to sample! In Peru, breakfast is simple and typically includes eggs, fresh rolls and jam. Lunch and dinner is based around rice, potatoes, fish and lots of locally-grown fruit, such as cherimoya, lucuma, citrus fruits and pineapple. *Pollo a la brasa*, also known as Peruvian chicken, is one of the most consumed dishes in the country. Salsas, sauces or dips are an essential part of Peruvian cuisine and a must on every table.

CLIMATE | The climate in the mountainous Cuzco region is dry and sunny in the summer months; however, mornings and nights can be cold. Expect to strip down to short sleeves during the day, but wear hats, sweaters, gloves and scarves at night! The GLA Coordination team will provide enrolled students with a list of clothing to pack specifically for the trekking portion of this program.

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.