



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.



UNDERSTANDING THE EU: Brussels, Berlin & Beyond™

Explore the culture, history and politics of four major cities that helped to shape the European Union as we know it today.

OVERVIEW

On this program you will travel to the Netherlands, Belgium, Luxembourg, France and Germany. Explore each of these five core countries that founded and shaped the European Union. Arrive in Amsterdam, one of the world's leaders in environmental conservation, and then spend a day in Volendam for the true "Holland" experience. From there head to Belgium, where you will stop in Brussels and Bruges. Then, enjoy bustling Paris, as well as small yet influential Luxembourg. Finally, explore Germany from ancient Cologne to Berlin, where you'll dive into the history of the city from World War II to the modern day.

14-DAY PROGRAM

July 21 – August 3, 2022

Tuition: \$5,999
Service Hours: 10
Language Hours: 0
Max Group Size: 30
Age Range: 14-18
Student-to-Staff Ratio: 8-to-1
Airport: Arr: AMS / Dep: TXL

HIGHLIGHTS

- ★ Enter into the political center of the European Union and visit the EU Parliament
- ★ Mark the Louvre, Eiffel Tower and other iconic Parisian monuments off your bucket list
- ★ Learn about Berlin through its famous street art and an interactive art workshop
- ★ Meet with local politicians, EU representatives, and local leaders to discuss key issues and policies
- ★ Contribute to a meaningful service project and lend a hand to a local community

DAILY BREAKDOWN

Actual schedule and order 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 AMSTERDAM!

Welcome to Amsterdam! GLA staff will meet you when you land at Schiphol Airport. Together we'll travel to your GLA Home Base for you to unpack and relax. Get settled into your room to start getting to know your fellow roommates. We'll have our first welcome dinner together and then gather for a GLA orientation on safety, program itinerary and country briefing.

DAY 2: CANAL CRUISE, MARKETS, AND CITY SIGHTS

After enjoying your first European breakfast, you're off to visit the iconic Bloemenmarkt, the world's only floating flower market. You'll stroll by the canals, walk through the Jewish Quarter, and pass Anne Frank's house while hearing more about the tragic reality that took place here and the history of WWII. They say all roads lead to Dam Square, the real heart of Amsterdam. You'll have time to explore and spot the National Monument, Royal Palace and New Church.

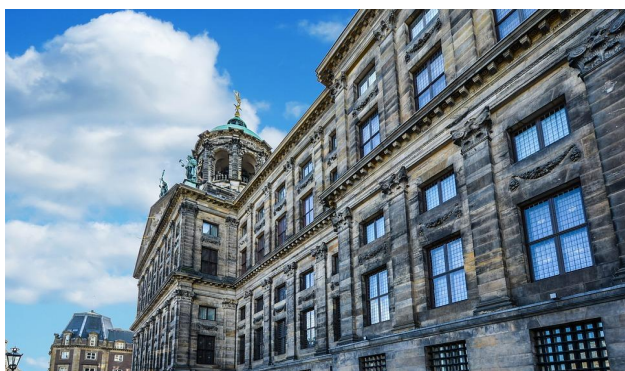
Spend the afternoon stepping into Van Gogh's world - and see the world's largest collection of his works at the Vincent Van Gogh Museum. Next, enjoy a canal cruise and take in Amsterdam's picturesque canal system by boating through the scenic waters. After dinner in a local restaurant, we'll head back to our GLA Home Base for the night.

DAYS 3: FIGHT CLIMATE CHANGE

Are you ready to meet with climate change activists? Today is dedicated to exploring how Dutch companies are developing concepts to reduce climate change and how they tackle its consequences. You'll meet with leaders in the field and hear first hand about their passion for these inventions. Then - it's your turn! Take part in a local service opportunity to lend a hand in giving back and making an impact. We'll discuss today's key takeaways and conclude the day at a local restaurant to savor a Dutch dinner.

DAY 4: THE HOLLAND EXPERIENCE

Embark on a journey through the Netherlands' 2,000-year old history and discover how pioneers saw an opportunity that changed everything! At the "This is Holland" Experience, you'll see how pioneers created a country out of the water, using mounds, dikes, windmills and polders to make the Netherlands the beautiful country it is today.





After lunch at a local restaurant we'll travel to Volendam to experience the most quintessential Dutch views of bicycles in a picturesque town with wide open pastures. Meet a local farmer and share farm fresh cheese together while you walk to see the Dutch clog farm visit. After spending your day learning about rural farm life, you'll engage in a leadership debate about EU agricultural policies. Conclude your day with dinner at a Dutch restaurant and return back to the Home Base for the night where we will settle in for some reflections and leadership activities before saying goodnight.

DAY 5: THE CITY OF BRUSSELS



It's time to continue the journey, next stop, Brussels! Upon arrival your Local Director will guide a Brussels orientation and show you all the city has to offer. You'll see the Grand Place, which has been registered on the World Heritage List of UNESCO since 1198, as well as the cultural statue Manneken Pis, which remains the emblem of the rebellious spirit of the City of Brussels, and of course the silver Atomium, which was constructed for the 1958 World Expo.

Then you'll visit an exhibition to explore the future of sustainable cities and discuss the challenges they face today. You'll visit one of Brussel's innovative start-ups which uses waste to create sustainable products and organic food. Lastly, you'll meet an EU delegate to discuss the importance of welfare in European laws. Finish your jam-packed day with a delicious dinner and settle into your new room in Brussels.



DAY 6: BRUSSELS INSTITUTIONS

Imagine traveling through 60+ years of European history before lunch! That is what we'll undertake this morning with a visit to "Station Europe!" This small, interactive exhibition provides great insight into European Institutions and will help to paint the bigger picture. Afterwards, you'll enter into the political center of the European Union and visit the EU Parliament in Brussels in its iconic Hemicycle.

The Hemicycle can seat all 751 members of the European Parliament and is used for the largest debates. You'll proceed to visit the House of European History and learn about Europe's history since 1789 and recent international integration. After dinner, meet a leading politician or Commissioner's representative and engage in a dialogue about the EU institutions and their role in the 21st century. After you have asked all your questions, the group will return to Home Base for dinner.

DAY 7: BELGIUM CHOCOLATE IN BRUGES



Waking up and traveling through to Bruges, you'll see why this city is nicknamed "Venice of the North." Engage in your Bruges orientation before breaking for lunch at a local restaurant. Share your thoughts in the GLA recap workshop to reminisce on how much you have learned from these past four cities.

Create your own homemade Belgian treat at a tasty chocolate-making workshop. You will have free time to sample various Belgian chocolates and the opportunity to bring some home and purchase



some sugary souvenirs. Conclude your day with dinner in a local restaurant and return back to Home Base.

DAY 8: SIGHTSEEING IN PARIS

A busy day awaits, as we pack up and travel to Paris, France. Enjoy a packed lunch en route and then it's time to explore the city! You'll visit the Louvre, the world's largest art museum and spend your day sightseeing the iconic landmarks in Paris.

You'll see the famous Notre Dame as well as one of the most famous monuments, the Arc de Triomphe, followed by Champ-Elysées, which is described as "the world's most beautiful avenue." Enjoy your first dinner in Paris at a local restaurant and then return to Home Base for the night where we will meet in small groups to reflect on our experience so far and how we have grown over the last eight days.



DAY 9: THE PALACE OF VERSAILLES

Today you'll climb to the top of the Eiffel Tower and take in the views from what was once the highest building in the world! After lunch at a local restaurant, you'll visit the Palace of Versailles. After entering through the Palace's extraordinary garden you'll see firsthand what it was really like to live life as a French King.

Admire the crystal chandeliers that hang in the Hall of Mirrors and the gold rimmed walls as you pass from one room to another. After dinner, join in another GLA recap workshop back at the Home Base to reflect on your time in Paris thus far, France's role in the EU and the history and culture which continues to impress those of today and yesterday.



DAY 10: FROM PARIS TO LUXEMBOURG

Your day begins with a visit to the Immigration Museum for you to take part in a Q & A session about the immigration challenges the world faces today. Meet a local politics student who will be able to provide valuable insights on France's current political climate. Afterwards, board a TGV high-speed train and travel to Luxembourg.

Upon your arrival, you'll have an orientation and visit Luxembourg's old quarters and fortifications to explore the city's highlights. After dinner in the city, you'll meet a city official and discuss the Grand-Duchy's role in shaping the development of the European Union. Return to rest in your new accommodation in Luxembourg for the night.



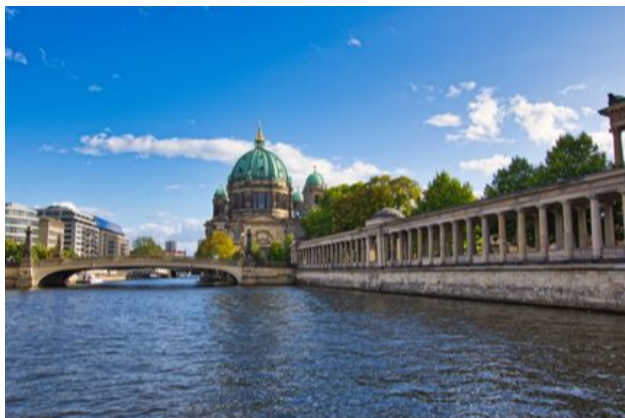
DAY 11: LUXEMBURG & COLOGNE

Pack your bags, you're off to Germany! Stop mid way in Cologne where you'll enjoy lunch in a local restaurant. Pass the Hohenzollern Bridge to visit the Cologne Cathedral, a renowned monument of German Catholicism and Gothic architecture that was declared a World Heritage Site in 1996. Take an ICE (InterCity Express) high-speed train from Cologne to Berlin where you will arrive at dinner and an evening of rest in your German Home Base.



DAY 12: BERLIN

Discover Berlin from a bird's eye view when you climb to the top of the iconic Berlin Television Tower. Today you will explore the German capital of Berlin on a self-led trail, which combines scavenger hunts, sightseeing, and an escape game! You will see Brandenburg Gate, Alexander Platz, Potsdamer Platz and so much more along the way. Pause to enjoy your packed lunch along the way, and then get back to exploring by visiting the Europa Experience in the European House Berlin.



This experience is an EU Parliament Plenary session in its 360° cinema. Continue on to learn about the terrible history that occurred in Berlin, and pay tribute to the fallen Jews in Europe while visiting the Memorial to the Murdered Jews in Europe Monument. After processing a difficult, but crucial, part of our world history, meet a local politician and discuss the role of Germany in the EU, focusing on the east extension and role of NATO. Overnight in Berlin, and prepare for your last full day in Europe tomorrow.

DAY 13: BERLIN

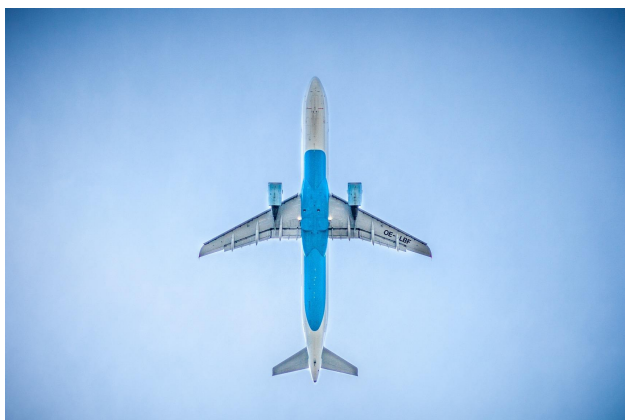
Discover the 17th and 18th Century Charlottenburg Palace and its spectacular baroque and rococo decor and wind your way through the beautiful gardens. Visit CheckPoint Charlie Museum and discuss the old East Germany and Germany's relations to Russia. Uncover Berlin's history and current challenges through the means of looking at street art. This street art tour takes you through Berlin's outdoor cultural scene - with opportunities to paint your own art too to leave your mark on the city.



Afterwards, you'll meet with a local youth association that works to enhance social cohesion and immigration in Berlin neighborhoods. By journey's wrap up, you will have a sense of the formation and structure of the European Union, the major players, successes and challenges of today, and what we might learn for our future in this living case study. Spend the evening together as we wrap up and reflect on our shared experiences over our time together.

DAY 14: DEPARTURE

Before you even know it, the 14-day journey must come to an end. Head to the airport today with memories and knowledge that will last a lifetime! GLA Staff will assist students with checking in and continue to accompany them until all students have safely departed for their gates at Berlin Airport.



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 EUROPE

GLA CELL PHONE POLICY | We want to make sure parents, students, and staff are on the same page regarding cell phone usage during GLA programs. Cell phones may be used *only during designated times* on the program as we are striving to create an environment to allow students to unplug and immerse themselves in the experience. Use of phones and electronic devices will never be allowed during meals, Mentor groups, leadership workshops or group excursions and may be collected by staff during these times. While we encourage students to challenge themselves to disconnect and leave their cell phones at home, we understand that many families feel more comfortable with that connection. That said, some locations may have unreliable cell phone service. Please know, Wifi will not regularly be available for student use. Once you are enrolled in your GLA Program, please take a moment to review GLA's policy on phones and internet on the Travel Portal and be sure to review this with your student.

GLA HOME BASE | The Home Base for this program is a series of hotels along the way in each of the countries we visit. Students will be placed in hotel rooms 2-4 at a time, pending the size of the room and amenities. Student rooms will be in clusters near each other with staff nearby, there will also be a main meeting space for each group. All hotels will meet GLA Home Base model standards.

FOOD | Explore the culinary blend of European culture from the Netherlands to Belgium to Germany. Dutch cuisine consists of hearty stews, vegetables, croquettes, seafood, cheeses and their famous stroopwafel. Belgium has distinct national dishes such as hamburgers and spaghetti bolognese and enjoy their healthy meats and vegetables, and of course, their world-famous chocolate for dessert. German cuisine is most known for its various grains and proteins, sauerkraut and bratwurst, roast beef stew and Kartoffelpuffer (Potato Pancake). GLA students will have the opportunity to taste the culinary differences as they travel from city to city dining in various European restaurants.

CLIMATE | Europe has a temperate climate, but there is some fluctuation in temperature and weather throughout its various countries. Summers in the Netherlands typically bring a temperate maritime climate influence from the North Sea and the Atlantic Ocean. This makes for a cool summer with daytime temperatures usually in the 60's. Belgium has warm, dry summers with light breezes and some rainfall, and the daytime temperatures are usually in the 60's as well. On the other hand, Germany brings high temperatures in the 70's and typically has a warm summer season.

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.