

8-DAY PROGRAM



GLA GROUP TRAVEL SAMPLE ITINERARY

EXAMPLE ITINERARY ONLY: DURATION, DATES, COMMUNITY SERVICE HOURS AND LEARNING OBJECTIVES ARE CUSTOMIZABLE



DOMINICAN REPUBLIC: Medicine & Public Health

Travel to a Caribbean paradise and provide medical and public health support to rural Dominican communities.

OVERVIEW

Challenge your preconceptions of health and community care! Learn about the differences between public health and medicine, and the crucial role each plays. 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. Explore to your heart's content, as coastline, jungle, and Caribbean culture surround you at every turn.

THIS ITINERARY INCLUDES:

- **8 days / 7 nights of accommodation**
- 24 community service hours
- 1 free chaperone per 10 students
- 2 expert GLA staff members
- Medical & evacuation insurance
- 12-30 students (price is per student)

PROGRAM HIGHLIGHTS:

- ★ Learn about health access in rural island communities from medical professionals
- ★ Swim in the natural caves and majestic cenotes of Dudu Lagoon
- ★ Enjoy your island hideaway at Home Base, just a quick stroll away from a tropical beach

SPOTLIGHT ON COMMUNITY SERVICE

This program is your chance to uncover how public health and poverty are strongly linked, through physical service and shadow-learning. Work on public health projects that prevent disease, and see how initiatives such as providing cement floors, ventilated stoves, bathrooms, and greenhouses 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.

The service hours for this program consist of physical service and shadow learning, to create a well-rounded service experience. Students can expect to spend at least 1 day doing physical service on public-health-related infrastructure projects and 2 days shadow-learning, which will include detailed observations and learning from medical professionals during the medical brigade experience.

SAMPLE ITINERARY: DAILY BREAKDOWN



DAY 1: WELCOME TO THE DOMINICAN REPUBLIC

Welcome to the DR! GLA staff will meet you at the airport (in POP or STI) and take our group to the Home Base located about an hour away. We'll get settled in, have our first Dominican meal together and then launch into some team-building activities.

DAY 2: STUDENT ORIENTATION

Today marks our first full day together in the Dominican Republic as a group! We'll kick off with a walking tour of 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, we'll visit the community of Caño Dulce, where we'll be working in a few days, and receive an orientation to service. Once back at the Home Base, you'll meet the team of medical professionals that you will be shadowing over the next week! Take a swim test and then get ready for a hearty dinner. In the evening, your program directors will facilitate a conversation about a public health topic that will provide more context for the service work and shadowing we'll engage in together.



DAY 3: SERVICE IN LAS CANAS

One way to sustainably alleviate widespread health problems is by improving everyday living conditions. Universal, affordable, and sustainable access to water, sanitation, and safe living conditions are key public health concerns within international development. Today, we'll be connecting with our host community and assisting in sanitation-related projects that dramatically reduce the risk of 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: SHADOW LEARNING AT A LOCAL 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 is considered one of the most gorgeous cenotes, or sinkholes, in the world. There are blue freshwater pools and underwater caves where you can swim, or you can hang with your fellow students and locals at the nearby volleyball court. 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 Home Base, we'll eat dinner and then receive a lecture on a public health topic.



DAY 6: SHADOW LEARNING AT A LOCAL MEDICAL BRIGADE

Today we'll assist at another pop-up clinic, helping to guide patients through the stations, shadowing doctors and making sure everything runs efficiently so as many community members as possible can be seen. In the afternoon, we'll take shade under a tree to learn about the prevalence of water-borne diseases in the communities we're serving and the importance of sanitation projects.

DAY 7: PUERTO PLATA TRAM AND CITY TOUR

Travel to the nearby city of Puerto Plata, known for its charming historical center that was established in 1496! We'll explore the cobblestone streets of Puerto Plata's colonial zone and visit the Amber Museum, home to hundreds of Amber gems and artifacts! In the afternoon, we'll take a sky tram to receive a stunning view of the city and coastline before returning to Home Base.



DAY 8: HASTA LUEGO, DR!

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.

TRAVEL TO THE DOMINICAN REPUBLIC

GLA Home Base | Home Base is a locally-owned ecolodge property on the North Coast of the Dominican Republic. Students stay in gender-segregated rooms and have access to shared bathrooms. It is a rustic location with a swimming pool and lush areas for group activities.

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 and healthy and source locally-grown ingredients. This location is able to accommodate many food allergies & dietary restrictions.

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.

Flights | Most group travel clients opt to travel together on the same flight, whether that be a group booking or individually-purchased tickets. GLA's partner travel agency, StudentUniverse, can be a helpful resource in finding and booking flights that meet the groups' budget and logistical requirements.

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 group's daily experience to the desired degree. 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

GLA 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.

OUR EXPECTATIONS

Be present

Our mission at GLA is “to inspire the next generation to realize their potential to transform the world and their unique 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. Students may get hot, dirt, and bug-bitten along the way, but their contribution can be transformative to both the community and themselves. 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 staff.

Flexibility & Program Changes

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 or various cultural celebrations and holidays. We expect participants to be open-minded and flexible, and willing to embrace the experience when plans

change. GLA will communicate adjustments to group leaders with advance notice whenever possible and work together with custom group leaders to reschedule or replace activities if needed.

Mentorship & Health

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 all participants should be physically and mentally healthy. Each student and staff member will undergo a self-reported medical screening process that includes a physician sign-off to ensure that our program can safely accommodate everyone's physical and mental health needs.