



DOMINICAN **REPUBLIC:** **GLOBAL HEALTH** **INITIATIVE**

14-DAY PROGRAM

HIGHLIGHTS

- Learn about global health challenges and your role as a future health worker
- Work alongside local medical professionals to provide critical medical care in rural communities
- Swim in majestic cenotes and zipline in lush tropical forests
- Go for a spectacular boat ride and snorkel in the crystal blue seas
- Explore the vibrant mountain town of San Francisco De Macoris and tour a local medical university

ACTIVITY LEVEL

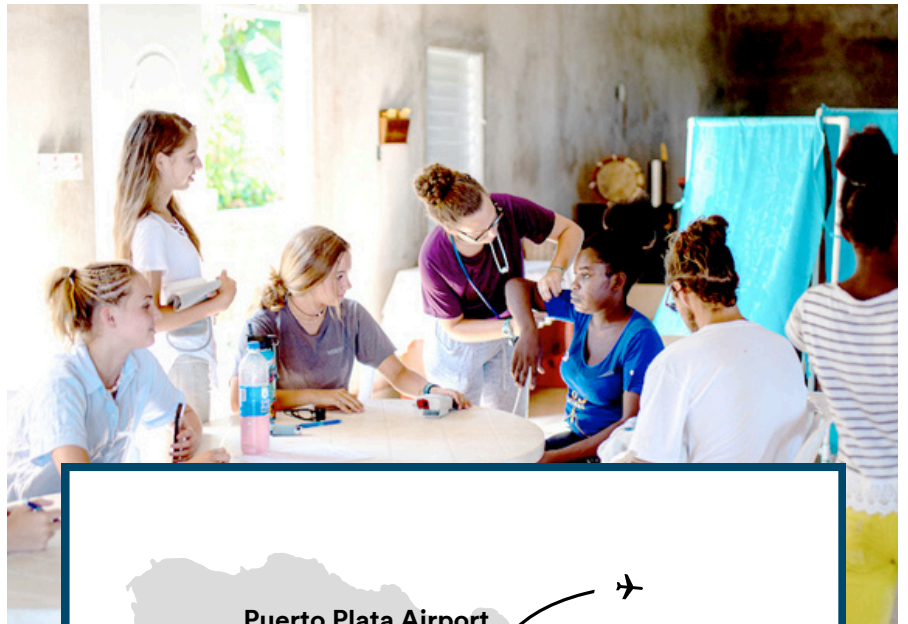
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2026 PROGRAM DATES

- June 20 - July 3
- July 7 - July 20

GET IN TOUCH!

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Travel to a Caribbean paradise where global health challenges are prevalent and partner with rural Dominican communities to support medical, educational and developmental needs.

OVERVIEW

On this program, you'll challenge your preconceptions of health and community care. Explore the differences between global health and medicine, learn the seven key elements of human security and understand how access to healthcare connects with poverty, development and community well-being. Gain hands-on experience alongside medical professionals as you shadow doctors in rural mobile clinics. While diving into meaningful projects, you'll also have plenty of time for adventure as you explore coastlines, jungles and the vibrant Caribbean culture all around you.





ITINERARY

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 DR!

Welcome to the DR! GLA staff will meet you at the airport (Puerto Plata - POP or Santiago de los Caballeros - STI) and take you 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! We'll begin with a walking tour of the village of Las Canas to explore the community and all that our surrounding area has to offer! Afterward, we will have a program orientation to discuss our hosts' expectations of us as visiting volunteers. As the day continues, we will have an introduction to the service work and have a short workshop to learn the basics of medical Spanish. Then, we will take a swim test and get ready for a hearty dinner. In the evening, your program directors will facilitate a conversation about a global health topic, providing more context for the service work and shadowing we'll engage in together.

DAYS 3-5: MEDICAL BRIGADES

Use your new medical Spanish skills while assisting doctors with running the clinic, which includes helping patients register and then guiding them through various medical stations, such as taking vitals, completing a clinical history, meeting with the doctor and visiting the pharmacy. This shadow-learning engagement will allow you to observe the direct impact of healthcare services on local communities. In the afternoon, enjoy a pickup soccer game with local youth near the beach. Through meaningful interactions, you'll see how vital community engagement is to public health. In the evening, we will break into our Mentor groups with staff facilitating discussions about the learnings of the day, and we will participate in our first leadership activity.

DAY 6: LAGUNA DUDU & PLAYA PRECIOSA

After several days of intense service, you'll have the chance to relax and recharge at Dudu Lagoon, a breathtaking cenote known for its crystal-clear blue waters and stunning underwater caves. Spend time swimming, lounging by the lagoon, or playing volleyball with fellow students and locals. Later, you'll visit Playa Preciosa, a secluded beach with pristine white sands and turquoise waters, perfect for soaking in the sun and enjoying the beautiful surroundings.

DAY 7: EXPLORING SAN FRANCISCO DE MACORIS - MEDICAL UNIVERSITY

Today, we'll journey to the vibrant mountain city of San Francisco De Macoris. Our first stop is a renowned medical university, where you'll receive an exclusive tour of the campus and facilities, offering a deeper insight into the education and training of healthcare professionals in the Dominican Republic. You will get a chance for a question and answer session with these professionals who have dedicated their lives to bettering the health of their community.



DAY 7: EXPLORING SAN FRANCISCO DE MACORIS - MEDICAL UNIVERSITY - CONTINUED

After the university visit, we will head into the city center to explore the colonial architecture and do some light sopping before heading back to our beachside home. In the evening, you'll have the opportunity to hang with your new friends and reflect on your first week in the DR.

DAYS 8: SHADOW-LEARNING ON A MEDICAL BRIGADE

Today we will assist at our final 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. 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.

DAYS 9-10: PRIVATE VS PUBLIC HEALTHCARE & SERVICE

Start each day by touring a different medical facility - the first day will be a public health hospital and next day will be a private hospital, both located in the rural communities surrounding our Home Base. After both tours we will have some time to talk directly with the doctors who serve these small local communities to hear directly about their experiences and perspectives. After our tours, we will roll up our sleeves and work towards part of a long-term project to construct a rural healthcare clinic. Work alongside professionals as you contribute to the construction of this large-scale and significant project. You'll participate in physical-related activities, such as mixing and pouring cement, building and placing walls, painting or any other task that may be required at the time of your arrival to help complete this project. This hands-on experience highlights the importance of sustainable building practices while making a tangible impact in the community.

In the evening, we will discuss the differences we are observing between the private and public medical facilities, and we'll come together for a leadership activity to reflect on our learnings from the DR and set meaningful goals for the future.

DAY 11: ZIPLINING & DOMINICAN DANCE

Today, we'll embark on an exhilarating zipline adventure, soaring through the treetops and enjoying breathtaking views of the tropical landscape. After ziplining, we'll relax by the pool before returning to the Home Base for a cultural night where we'll learn the rhythms and beats of the DR and learn the steps of typical dances, such as bachata and merengue.

DAY 12: INFRASTRUCTURE PROJECT

We'll continue where we left off in the construction of a rural healthcare clinic as we learn sustainable building techniques from local professionals. In the evening, we will engage with our peers as we reflect on our accomplishments and discuss how our actions address a larger global health issue.

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: ¡BUEN VIAJE!

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

While this program is being planned for this season, 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.

PROGRAM SPECIFICS

- **Tuition:** \$4,999
- **Service Hours:** 42
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Enclosed Compound
- **Arrival and Departure Airport**
 - Puerto Plata (POP) or Santiago de los Caballeros (STI)



GLA HOME BASE

Home Base is a beachside locally-owned property on the North Coast of the Dominican Republic. Students stay in gender-segregated rooms and have access to shared bathrooms.

GLA HOME BASE OVERVIEW

- Pool
 - GLA Homebase 1: Las Canas - Yes
- Air conditioning
 - GLA Homebase 1: Las Canas - No
- Remote
 - GLA Homebase 1: Las Canas - Yes



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.



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 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.



ESSENTIAL ELIGIBILITY CRITERIA

At Global Leadership Adventures, we welcome age-eligible teens who are excited about the opportunity to travel to apply for our programs. To ensure a safe and meaningful experience for everyone in the group, we follow essential eligibility criteria. While our intent is not to be exclusionary, it's important to note that GLA programs are not therapeutic programs and are not able to support struggling teens seeking behavior or mental health outcomes.

Applications are carefully considered and screened to align with these criteria. It is not uncommon for GLA to require supporting documentation or information in the application screening process to confirm eligibility or suitability for program participation. Failure to disclose full medical history may also result in the application not being accepted, additional fees, and/or removal from the program. Please discuss with our team for any further clarification or concerns and visit <https://www.experiencegla.com/policies/essential-eligibility-criteria/> to view the full essential eligibility criteria list.



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 up 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.

