



EUROPE FOR OLDER TEENS: MEDITERRANEAN WANDERLUST

Barcelona, Paris & Rome

12-DAY PROGRAM

HIGHLIGHTS

- Explore Park Güell and Sagrada Familia, Barcelona's architectural masterpieces
- Take a cooking class and prepare your own signature Spanish dishes with a local chef
- Climb the Eiffel Tower and delight yourself with the colorful sunset
- Take a selfie with the Mona Lisa at the Louvre Museum
- Create your own French perfume at a private atelier du parfum
- Visit Vatican City and discover the history of this magnificent site
- Wander the awe-inspiring Colosseum and toss a coin into the iconic Trevi Fountain

ACTIVITY LEVEL

- Light

2025 PROGRAM DATES

- July 9 - July 20

GET IN TOUCH!

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Three countries, three cultures, one unforgettable adventure. Designed for older teens ages 16–19, this epic summer journey takes you through the best of Barcelona, Paris and Rome on one incredible adventure abroad.

Make the most of your summer by visiting three exciting countries marked by Mediterranean influence: Italy, France and Spain. Begin in Barcelona, the vibrant capital of Catalonia, where Gaudí's masterpieces like Park Güell and the Sagrada Familia inspire awe, and where you'll dive into Spanish culture by cooking signature dishes with a local chef. Continue to Paris to experience iconic sites such as the Eiffel Tower and the Louvre, then step off the beaten path on a graffiti tour through hidden neighborhoods and indulge in the city's world-famous culinary delights, from croissants to chocolate. Conclude your adventure in Italy, where timeless beauty and history await in every city, culminating in Rome, where ancient wonders like the Colosseum, Roman Forum and Vatican City blend seamlessly with the modern energy of Italy's heart and soul.





ITINERARY

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, site visits, activities and service work vary depending upon a number of factors, such as the weather, scheduling and constraints of the location.

DAY 1: ARRIVAL DAY

Welcome to Barcelona! Our GLA staff will meet you in the Barcelona airport arrivals terminal wearing their GLA t-shirts. We will spend this first day settling into our first Home Base and building connections with fellow travelers. Before we sleep off our jetlag, we will enjoy a local welcome dinner.

DAYS 2-4: EXPLORING BARCELONA

We will kickstart our Mediterranean adventure with our first European breakfast. We'll start getting to know our fellow travelers, GLA staff, and what to expect during your program at orientation. We will then immerse ourselves in the hip, bohemian city of Barcelona with a walking tour of the Gothic Neighborhood of Barcelona, weaving through its bustling streets and historic landmarks.

Visit the iconic architectural gems that have put Barcelona on the map. Explore Park Güell, a whimsical wonderland adorned with vibrant mosaics. Then, stand before the awe-inspiring Sagrada Família, Gaudi's most famous act of art, that transcends time and imagination.

Join a private cooking class led by a local chef. You will learn about all the unique spices and flavor combinations that make the food in Barcelona like no place else.

DAY 5: JOURNEY FROM BARCELONA TO PARIS

Hop aboard a high-speed train as we say "adiós" to Barcelona and head north to the City of Light! Today's all about travel we'll put our global skills into action as we navigate major train stations and cross from Spain into France. Once on board, grab a window seat, sit back, and watch the scenery change from the sunny Mediterranean coast to the rolling hills and villages of southern France. Before you know it, we'll be pulling into one of the most iconic cities in the world: Paris, France.

DAYS 6-8: PARIS, FRANCE THE CITY OF LIGHT

The city of lights and lovers, museums and macaroons - Paris is always a good idea. Our first stop will be to get a good look at the Eiffel tower from the Trocadéro steps, an often overlooked viewpoint that we take full advantage of. We'll climb the tower to the second level for the most magnificent views!

Immerse yourself in the beauty of Paris as we explore the contrast between the high art of the Louvre and the artistic charm of Montmartre. Start by snapping a photo with the iconic Louvre Pyramid before heading inside to get an up-close view of Leonardo da Vinci's world-famous Mona Lisa. Visit Versailles as a day trip and enjoy a pleasant bike tour through the palace's gardens.



DAYS 6-8: PARIS, FRANCE THE CITY OF LIGHT - CONTINUED

Our first service activity awaits in the heart of Paris. Here we'll connect with a local organization that supports the migrant and vulnerable population of the city.

We'll conclude our Parisian adventure with a visit to an authentic French atelier, where you'll create your own personalized fragrance with the guidance of a professional perfume maker. Your custom scent will be registered, allowing you to revisit this memory for years to come.

DAYS 9-11: WHEN IN ROME...

Ciao Paris, it's time to move on from the romantic streets of Paris to the timeless city of Rome.

We'll kick things off with a walking food tour, tasting our way through Rome's famous neighborhoods while learning about Italy's legendary culinary traditions, one bite (and gelato stop) at a time. Then, step into history as we explore Vatican City, home to breathtaking art and architecture, followed by visits to the iconic Colosseum and Roman Forum. You'll also get hands-on in a pizza-making class, crafting your own Italian masterpiece before checking off iconic sights like the Trevi Fountain and Spanish Steps, perfect for photos and bucket-list moments.

In between adventures, we'll slow things down and enjoy some well-deserved downtime. Each night, we'll dine like locals at cozy Italian restaurants, savoring every plate of pasta and moment together in Rome.

DAY 12: DEPARTURE DAY

Before we know it, our Mediterranean adventure has come to an end. Head to the airport with incredible memories, new friends and confidence that will benefit you for life!

GLA staff will accompany travelers to the airport and check them in for their flights home. As you settle into your seat for the journey home, reflect on the things you saw, the people you met and places you went.

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:** \$6,599
- **Service Hours:** 10
- **Ages:** 16 - 19
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Youth hostels/Hotel Blocks
- **Arrival and Departure Airport**
 - Barcelona (BCN) Arrival
 - Rome (FCN) Departure



GLA HOME BASE

Students will have various Home Bases throughout the program due to its travel-focused nature, including youth hostels or hotel blocks.

Youth hostels offer dorm-style accommodations with AC, en-suite bathrooms and common areas. All hotels are 3-star, featuring en-suite bathrooms, AC and rooms with 2-6 beds.

GLA HOME BASE OVERVIEW

- Pool
 - GLA Home Base 1: Barcelona - No
 - GLA Home Base 2: Paris - No
 - GLA Home Base 3: Rome - No
- Air conditioning
 - GLA Home Base 1: Barcelona - Yes
 - GLA Home Base 2: Paris - Yes
 - GLA Home Base 3: Rome - Yes
- Remote
 - GLA Home Base 1: Barcelona - No
 - GLA Home Base 2: Paris - No
 - GLA Home Base 3: Rome - No



FOOD

The Mediterranean region is home to some of the most delicious and diverse cuisine in the world, with each city offering its own unique flavors. In Paris, indulge in freshly baked croissants and delicate pastries, while savoring the elegance of French dining. Barcelona brings vibrant tapas, fresh seafood and bold flavors, with dishes like paella and jamón ibérico that capture the essence of Spanish culinary traditions. In Rome, the flavors are as enchanting as the city itself, with creamy risottos, handmade pastas and fresh seafood caught from the surrounding lagoons.

Together, these cities offer a true taste of the Mediterranean, blending rich traditions with fresh, local ingredients.



CLIMATE

The Mediterranean climate during this time is warm and inviting, perfect for exploring these vibrant cities. Paris would typically see the highest temperatures between 68°F and 85°F (20°C to 30°C), with long daylight hours ideal for leisurely walks along the Seine. Barcelona is similar but its coastal breeze offers relief, making it perfect for beach visits and outdoor dining. Rome enjoys similar warmth, though can feel humid during the day, while cooler evening breezes make for magical nights in the city.



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.

