



WASHINGTON, DC: HISTORY IN THE MAKING

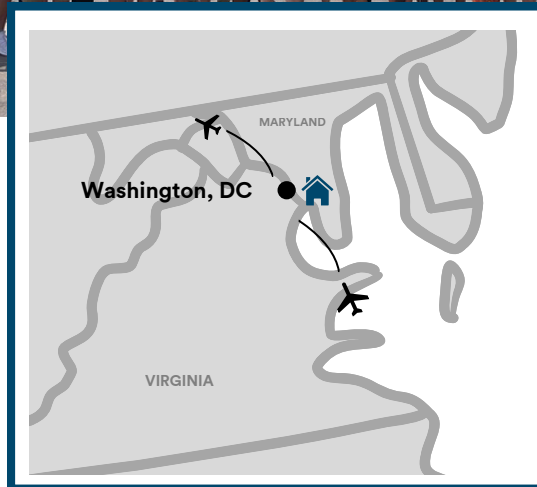
Washington, DC, USA

5-DAY PROGRAM



HIGHLIGHTS

- Stand where history was made, from the steps of the Lincoln Memorial to the floor of the U.S. Capitol.
- See the original founding documents of the United States in person at the National Archives.
- Spend a day in the neighborhoods that shaped the city's soul, from Howard University's historic campus to U Street's legendary Ben's Chili Bowl.



PROGRAM OVERVIEW

This isn't your standard DC field trip. Most student itineraries hit the same monuments, rush through the same museums, and leave students with a postcard version of American history. This trip goes deeper, into the neighborhoods, landmarks, and stories that make Washington one of the most layered and fascinating cities in the world.

You'll see the Capitol and the founding documents. But you'll also walk the streets where jazz legends performed, visit the home of one of America's greatest orators, and eat at a DC institution that has fed presidents, activists, and neighbors alike for over 60 years.





PROGRAM ITINERARY

Activities and the daily schedule may vary based on weather, local events, and group needs.

DAY 1: WELCOME TO WASHINGTON DC!

Arrive at DCA and meet your GLA Groups staff, who will be waiting to welcome you and get you settled at your home base. After dropping your bags and freshening up, dive into Program Orientation, where you'll review the itinerary and expectations for the trip ahead.

Your first stop is the National Mall, where you'll visit the Lincoln Memorial and the MLK Jr. Memorial, standing in the place where Dr. Martin Luther King Jr. delivered his historic "I Have a Dream" speech in 1963. Wind down the day with a group dinner and time for open reflection.

DAY 2: EXPLORING AMERICAN HISTORY & GOVERNMENT

Start your morning at the National Archives, where you'll stand face-to-face with the Declaration of Independence, the Constitution, and the Bill of Rights, foundational documents that helped shape the principles and institutions of American democracy. From there, cross the National Mall to the National Museum of American History, where you'll explore the many chapters of American life, from the founding era and immigration to the civil rights movement, innovation, and the culture that continues to shape the country today. Throughout the day, you'll have opportunities to connect what you're seeing with the people, ideas, and events that have influenced the nation's story. End the day at the U.S. Capitol with a guided tour of the building where members of Congress debate issues, shape legislation, and carry out the work of the federal government.

DAY 3: CIVIL RIGHTS HISTORIC LOCATIONS

Spend the morning at the National Museum of African American History and Culture, one of the most powerful museum experiences in the country. In the afternoon, walk the Howard University campus, where students pioneered sit-in protest techniques in 1942, years before the Civil Rights Movement went national. Howard has produced some of America's most influential leaders in law, medicine, politics, and the arts. Finish the day on U Street at Ben's Chili Bowl, a DC institution since 1958. Ben's stayed open during the 1968 riots following Dr. King's assassination, feeding community leaders and civil rights workers when much of the city was burning. Order the half-smoke chili dog and take some time to talk about what you saw and learned today.



DAY 5: MORE HISTORIC SPOTS & CELEBRATORY DINNER

Head to Cedar Hill in Anacostia to visit the Frederick Douglass National Historic Site, where you can learn about Douglass's remarkable life. Born enslaved, he secretly taught himself to read, escaped to freedom, became one of the most prominent abolitionists in America, advised Abraham Lincoln during the Civil War, and later served as U.S. Marshal for DC. Break for lunch in Adams Morgan, DC's most multicultural neighborhood, and enjoy a variety of Ethiopian, Salvadoran, and Caribbean cuisine. In the afternoon, take some time to explore Dupont Circle or Georgetown before coming together for a celebratory farewell dinner to commemorate the trip.



DAY 6: ARLINGTON NATIONAL CEMETERY & DEPARTURE

Close the trip with a morning visit to Arlington National Cemetery, where you will have the opportunity to watch the Changing of the Guard at the Tomb of the Unknowns, one of the most solemn and moving ceremonies in American public life. Afterward, visit the gravesites of prominent political leaders before making your way to the airport. GLA Groups staff will accompany you to the airport and support you through check-in and until you pass through security.





PROGRAM SAFETY



**SAFE
TRANSPORTATION**



**CARING SUPERVISION
& EXPERT LOCAL
KNOWLEDGE**



**24/7 SUPPORT &
EMERGENCY RESPONSE**



**GLA HOME BASE:
SAFE & SECURE
LODGING**



**HEALTHY MEALS &
PURE WATER**

**GLA'S
5 POINT
SAFETY
SYSTEM**



GLA HOME BASE

Your home base is a safe, centrally located accommodation in the heart of Washington, DC. Students will stay in comfortable shared rooms, gender-segregated with ensuite bathrooms and full heating and cooling. Shared common spaces will give your group room to come together for reflections, debrief sessions, and group activities at the end of each day.



CLIMATE

Washington, DC experiences four distinct seasons: warm, humid summers, mild springs and falls, and cold winters that occasionally bring snow. Pack layers and check the forecast before you go, as temperatures can vary significantly depending on the time of year.



FOOD

Enjoy three balanced meals daily, with water and snacks throughout. You'll have the chance to eat at local institutions and taste the diverse, multicultural flavors that make this city unique. Dietary preferences and restrictions can be accommodated with sufficient advance notice



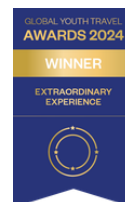
PROGRAM INCLUSIONS

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)



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