JAPAN: SPRING BREAK TOKYO ADVENTURE

8-DAY PROGRAM

HIGHLIGHTS

- Experience Japan's magical cherry blossom season
- Dive into Tokyo's anime, manga and pop culture scene with a hands-on manga workshop and visits to Harajuku and Shibuya
- Step into the world of sumo wrestling through a fun, interactive experience
- Discover Japan's culture through making your own sushi to exploring historic temples
- Embark on a Hakone adventure, cruising aboard a pirate ship and catch glimpses of Mount Fuji on clear days
- Explore the Cup Noodles Museum and create your own noodle cup

ACTIVITY LEVEL

- Light

2027 PROGRAM DATES

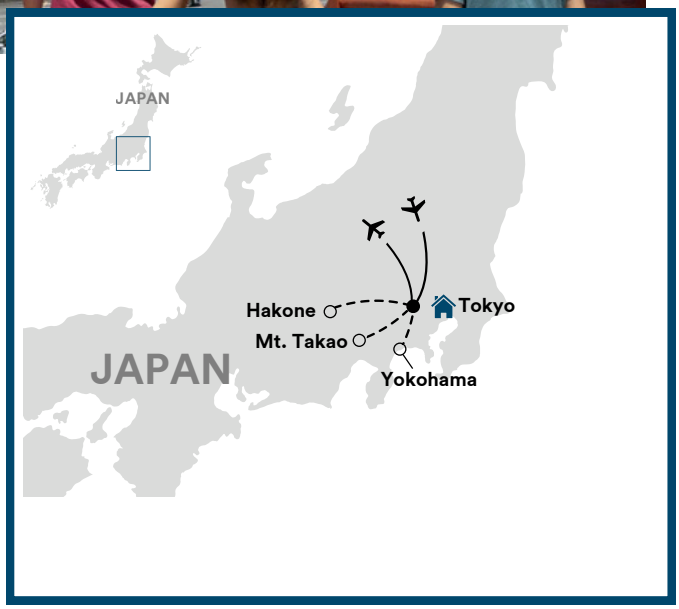
- March 13 – March 20
- March 21 – March 28

GET IN TOUCH!

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Spend Spring Break in Tokyo discovering vibrant pop culture, futuristic cityscapes, delicious Japanese cuisine & centuries-old traditions, all during Japan's magical cherry blossom season!



OVERVIEW

Discover the magic of Japan in spring on an unforgettable adventure through Tokyo and beyond! From ancient temples and colorful anime culture to breathtaking mountain landscapes and beautiful spring blossoms, this journey offers the perfect blend of tradition, creativity and adventure.

Explore Tokyo's vibrant neighborhoods, step into the ring at an exciting sumo experience and unleash your creativity through hands-on Japanese art and cultural workshops. Venture beyond the city to discover Yokohama's historic gardens, cruise across Lake Ashi beneath the mountains of Hakone and hike through the scenic forests of Mount Takao.

Along the way, experience Japan's fascinating history, world-famous pop culture and stunning natural beauty while building new friendships and discovering a culture where ancient traditions and modern innovation exist side by side.

Certified B Corporation









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 JAPAN

Touch down in Tokyo, Japan's exciting capital, where ancient traditions meet futuristic innovation! Meet your GLA team and fellow travelers at Haneda Airport before transferring to your Home Base. Settle into your accommodations and get to know your new friends during a welcome orientation and dinner. Get ready for an unforgettable spring break filled with cultural discoveries, exciting adventures and new experiences in one of the world's most fascinating countries!

DAY 2: SUMO SHOWDOWN & HISTORIC TOKYO!

Step back in time as you explore Senso-ji, one of Tokyo's oldest and most famous Buddhist temples. Wander through Nakamise-dori, a bustling shopping street filled with traditional crafts, colorful souvenirs and local treasures. Then, get ready for an unforgettable experience at SUMOLAND! Discover the fascinating world of Japan's legendary wrestlers, watch powerful sumo demonstrations and potentially even step into the ring to test your skills against a sumo wrestler! Continue your journey through Japanese history at the Edo-Tokyo Museum, discovering how the city transformed from historic Edo into the vibrant metropolis it is today.

DAY 3: HARAJUKU & HANDS-ON CULTURE

Begin your day at Meiji Jingu, a peaceful Shinto shrine surrounded by lush forest in the heart of Tokyo. Then, step into the colorful world of Harajuku, where quirky fashion, creative shops and youth culture come alive along the famous Takeshita Street. Roll up your sleeves for a hands-on Japanese cultural experience, potentially learning to make delicious sushi or exploring traditional crafts and martial arts. End your day with spectacular panoramic views of Tokyo from an iconic observation deck, taking in the incredible skyline of this bustling city.

DAY 4: MANGA, ANIME & JAPAN'S POP CULTURE

Unleash your creativity during a hands-on manga-making workshop! Learn about Japan's iconic illustration style, discover the techniques behind your favorite anime and manga characters and try creating your own original artwork. Then, dive into Tokyo's colorful world of pop culture with a visit to Pokémon-themed shops or the famous Tokyo Character Street, where beloved Japanese characters come to life through exciting stores and collectibles. Discover how Japan's imaginative storytelling has inspired fans around the world!

DAY 5: MOUNTAINS, VOLCANOES & SCENIC ADVENTURES

Escape the bustling streets of Tokyo for an unforgettable adventure in Hakone, a beautiful mountain region known for its volcanic landscapes and views of Mount Fuji on clear days. Set sail across Lake Ashi aboard a pirate-themed sightseeing ship, surrounded by stunning mountain scenery. Then, soar high above the landscape on the Hakone Ropeway, taking in spectacular views before arriving at Owakudani, an active volcanic valley where steaming vents reveal the powerful geological forces beneath Japan's surface. Discover a completely different side of Japan as you explore its breathtaking natural wonders!









DAY 6: YOKOHAMA'S SPRINGTIME BEAUTY

Travel to the vibrant waterfront city of Yokohama for a day filled with creativity and cultural discovery! Visit the famous Cup Noodles Museum, where you'll explore the story behind one of Japan's most recognizable food inventions and discover how a simple idea became a worldwide phenomenon. Continue to Yokohama's bustling Chinatown, filled with colorful streets and delicious food, before exploring the beautiful Sankeien Garden. Wander among traditional Japanese buildings and peaceful landscapes, with the possibility of seeing seasonal plum or early cherry blossoms adding a splash of springtime color.

DAY 7: HIKING AT MOUNT TAKAO

Trade Tokyo's skyscrapers for forested mountain trails as you venture to Mount Takao, one of the region's most beloved outdoor destinations! Lace up your hiking shoes and explore scenic pathways surrounded by beautiful natural landscapes. Along the way, discover the peaceful atmosphere of Japan's mountains and enjoy opportunities for incredible views, including glimpses of Mount Fuji on clear days. Celebrate the friendships and memories you've made throughout your adventure with a special farewell dinner back in Tokyo.

DAY 8: DEPARTURES

Enjoy your final moments in Tokyo, with a possible visit to the famous Shibuya district, home to one of the world's busiest pedestrian crossings. Take in the sights and sounds of this incredible city one last time before transferring to the airport for your journey home. Reflect on the cultural discoveries, exciting adventures and new friendships you've made during your spring break in Japan. Say goodbye to your GLA family and return home with unforgettable memories and a new appreciation for Japan's traditions, creativity and natural beauty.

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:** $3,999
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Hotel Blocks
- **Arrival and Departure Airport**
  - Haneda Airport (HND)

**__Note on Medication:__ Most common prescription and over-the-counter medications are allowed in Japan if brought in a one-month supply or less, in original packaging and with a prescription or doctor's note. Some substances are restricted, so families should obtain a permit for entry and consult with their Doctor before travel. If your student is currently taking any medications, please let us know in the application, and our team will work with your family. __Important:__ Adderall is illegal in Japan and therefore is not allowed to be brought into the country by law.*

GLA HOME BASE

Students will typically share rooms with other GLA participants (2-3 per room), with access to essential amenities and spaces to unwind. Located in Tokyo, the hotel provides a convenient starting point for exploring the city's vibrant neighborhoods, historic landmarks and cultural attractions, as well as day trips to Yokohama, Hakone and Mount Takao. Your GLA staff will be with you throughout the program, helping make your Home Base feel like a home away from home.

GLA HOME BASE OVERVIEW

- Pool
  - GLA Home Base 1: Tokyo - No
- Air conditioning
  - GLA Home Base 1: Tokyo - Yes
- Remote
  - GLA Home Base 1: Tokyo - No

FOOD

Discover the incredible flavors of Japanese cuisine. From steaming bowls of ramen and crispy tempura to sushi, rice dishes and regional specialties, every meal offers an opportunity to experience Japan's rich food culture. Students will enjoy a variety of traditional Japanese dishes and familiar options throughout the program. Students with food allergies or specific dietary requirements should contact GLA in advance to discuss their needs and determine whether appropriate accommodations can be made.

CLIMATE

Spring in Japan brings a mix of cool mornings, mild afternoons and the first signs of the country's famous cherry blossom season. In Tokyo and Yokohama, daytime temperatures in March typically range from approximately 10°C to 17°C (50°F to 63°F) in the daytime. Hakone and Mount Takao may experience cooler temperatures with occasional rain or windy conditions are possible.

March also marks the beginning of Japan's spring blossom season, with beautiful plum blossoms and the possibility of early cherry blossoms. However, peak cherry blossom timing varies from year to year and cannot be guaranteed during the program dates.

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 environment 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 experience can transform their perspective. 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 out 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.**