

Leader Corps: Dominican Republic

Itinerary | June 3 - 10, 2018



Leader Corps Phase I: Assessment Coaching

45 Days Out—Virtual Meet the Team

45 days prior to departures, we'll hold a group call to introduce everyone and get started on the personality assessments. The assessments are fun and easy! On this call we'll communicate all necessary Rustic Pathways logistics requirements. We will discuss local culture, history, and customs in order to understand the physical context of your trip. We will go over travel logistics including potential visa needs and packing lists, so come ready with questions. You'll also connect with your fellow Leader Corps participants in a private Facebook group to begin networking with each other, sharing early learnings, and offering your own packing strategies!

2 Weeks Out—Final Prep Call

2 weeks prior to your flight departure, we'll connect once more to finalize logistics and necessary pre-program prep. Excitement will be high as you prepare to meet the friends you've already started connecting with over the past month!

Leader Corps Phase II: In-Country Immersion

Sunday, June 3—Welcome to the Dominican Republic

Arrive at El Cibao International Airport (STI) in Santiago where your Rustic Pathways staff will be waiting for you outside the arrivals hall after customs. Start the one-hour journey to Jarabacoa, a mountain town nestled in the Cordillera Central and known as the “land of eternal spring.” Your home will be our base house at Rancho Baiguata, an eco-lodge that has developed its tourism operation to live with nature, rather than against it. After settling into your bunks, enjoy your first Dominican dinner, including greens from the onsite garden.

After dinner, get to know your fellow travelers and new friends for the coming week. Learn about the exciting activities you'll experience over the next five days to blueprint your brand and prepare for your next phase of life, your career. Form, Storm, Norm, and Perform are the cool stages of development you and your teammates will engage in during your immersive transformation.

Daily Schedule:

- Airport arrivals all day
- 6:30pm - 7:30pm: Dinner
- 7:30pm - 9:30pm: Campfire stories and getting to know each other

Monday, June 4—Forming Part 1

Enjoy your first morning at the eco-ranch in Jarabacoa exploring your surroundings. Get a feel for the mountain culture, and get to know your new home as you learn about the environmental initiatives they've put in place and the harmonious relationship they've pursued with the economic and ecological communities around them. Work as a team to complete a low ropes course, challenging yourself physically and mentally before continuing your leadership training.

Today is all about forming relationships, your brand, and individual stories through fun activities that connect your personality, strengths, interests, and experiences to your desired path. You'll already be versed on your own personality characteristics from your pre-program activities, now use your data to unlock your passions. After lunch, head up the mountain for your service initiatives—building aqueducts for communities without running water. Rustic Pathways has built more than nine aqueducts in these villages over the past five years, bringing one of the most basic needs—running water—to these communities. These aqueducts serve over 1,400 people and this number will continue to grow with your group's contribution.

End the day with group reflection time and more storytelling to perfect your personal brand.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 10:00am: Ranch tour and low ropes course
- 10:30am - 12:30pm: Personal brand work and S.O.A.R. stories
- 12:30pm - 1:30pm: Lunch
- 2:00pm - 5:00pm: Give back to the community
- 6:00pm - 7:00pm: Dinner
- 7:00pm - 9:30pm: Group reflection time and brand/story sharing



Tuesday, June 5—Forming Part 2

Today you'll have the chance to further connect with your group and the community you are serving. Deepen your understanding of how to interact with different personality types, both with your peers and in real life setting in the community. After working with our local partners to make progress on your aqueduct project, relax in the community a bit and sit down with a family for a coffee break. *Un cafecito* is a great way to bond and learn more about mountain culture in the DR. Then you'll head back to the ranch to get cleaned up and have dinner before continue working on your communication and engagement skills.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 12:30pm: Intent vs. Impact: Understanding Personalities, Styles, and Empathy in a diverse world
- 12:30pm - 1:30pm: Lunch
- 2:00pm - 5:00pm: Engaging Diversity with Empathy: Community service + Coffee with local families
- 4:00pm - 6:00pm: Small group feedback, coaching, and personal learning time
- 6:00pm - 7:00pm: Dinner
- 7:00pm - 9:30pm: Group reflection

Wednesday, June 6—Storming

Spend this laser-focus day on skill building, breaking into small groups, and supporting your teammates in scenario-based exercises. Build effective communication strategies and skills fit for today's working and business environments. Influencing skills are the center of getting your ideas and message off the ground, both personally and professionally. Learn specific processes and techniques that will help turn your ideas into movements. Spend the morning at the eco-ranch utilizing our natural surroundings for interactive skill-building activities tied to the leadership learnings.

In the afternoon, take some time to enjoy the surrounding natural beauty. Hike to one of the most beautiful waterfalls in the region, Salto Baigüate or Salto Jimenoa, depending on the current water conditions. Both are hidden in the heart of Jarabacoa, where you can take a swim in their pristine waters and enjoy the mountain landscape.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 12:00pm: Effective communication and influencing strategies
- 12:00am - 1:00pm: Lunch
- 1:00pm - 3:30pm: Waterfall hike
- 4:00pm - 6:00pm: Small group feedback, coaching, and personal learning time
- 6:00pm - 7:00pm: Dinner
- 7:30pm - 9:00pm: Evening reflection time and storytelling





Thursday, June 7—Norming

Travel to the north coast of the Dominican Republic and have a taste of Caribbean paradise. Take a catamaran tour off the coast, stopping along the way to check out different snorkeling spots, have lunch on the boat, stop at natural pools for some easy swimming, and relax on the beach nearby tall coconut trees. Enjoy the view of the untouched coastline on your way back to the small fishing town, where you'll be staying for dinner, and time with your executive leaders.

In the evening, we'll help you tie up any loose ends to support your norming process. The Norm stage is centered around getting comfortable with your new skills, as well as owning your brand and personal story. Your executive leaders will spend time with the group and one-on-one with you to overcome any obstacles you might still have as you finalize this step of the process.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 10:30am: Drive to Sousa
- 11:00am - 3:30pm: Catamaran (lunch on boat)
- 4:00pm - 5:30pm: Check into hotel, shower, relax
- 5:30pm - 7:30pm: Dinner at hotel
- 7:30pm - 9:30pm: Small group team competitions using influencing skills

Friday, June 8—Performing Part 1

Back to the eco-ranch to continue practicing new skills. Today is about instilling confidence in your delivery, even when you don't feel it. Simply the thought of "performing" sends chills up many people's spine, but don't fret. Watch Amy Cuddy's Ted Talk on presence, as it gets to the heart of what you'll be learning today. Learn to project your message with a confident presence, whether in an interview or a conference presentation—it will make you stand out from the crowd. This is the sweaty palm moment of mock interviews, but you'll be performing in the safe environment of your coaches so you can practice and learn from the best.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 10:30am: Drive to eco-ranch
- 10:30am - 12:00pm: Review learnings in small groups and prep for the afternoon
- 12:00pm - 1:00pm: Lunch
- 1:00pm - 6:00pm: Projecting with presence
- 6:00pm - 7:00pm: Dinner
- 7:30pm - 11:00pm: Reflection and sharing

Saturday, June 9—Performing Part 2

Spend the last full day together honing skills, bonding with your teammates, and preparing for Phase II. Tonight, finish out our performing activities and learn about what's to come after you're back home, such as coaching, getting a mentor, networking with a roadmap, and using your tools to map ideal careers and companies. Your fellow Leader Corps mates are now part of your network and you'll support each other as you all journey into the Phase III together.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 10:30am: Networking for Success
- 11:00am - 12:00pm: Bonding fun with friends on the ranch
- 12:00pm - 1:00pm: Lunch
- 1:00pm - 6:00pm: Practice, Practice, Practice—mock interviews
- 6:00pm - 7:00pm: Dinner
- 7:30pm - 11:00pm: Bringing it all together

Sunday, June 10—Phase II Completion and Flights Home

As you wake up in your island bliss, you won't believe it's already time to pack and head home. Say your goodbyes, but not for the last time. Phase III starts next week and we'll reflect on what we learned and our next steps to implementation.

Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 9:00am: Pack and load up
- 9:00am - 10:00pm: Head to Santiago airport (STI)

Leader Corps Phase III: Coaching and Mentoring

Post Immersion Activities:

Once you arrive home, you'll begin Phase III of Leader Corps. You and your executive coach will determine next steps based on your timeline to graduation and when you want to begin the 12-month phase of job search and mentor assignment. You will also start working on your Network Roadmap, a critical step as you prepare for internships, graduation, and interviews. Regardless of graduation date, whether imminent or years away, you now join the ranks of Leader Corps Alumni and will benefit not only from your own group's post program progress and stories, but other Leader Corps alumni as well. Cheering fellow alumni milestones and successes will also help you understand and positively engage the roller coaster ride of entering the next stage of your life, career and #adulting. Your Leader Corps friends will be there to support you every step of the way!



FAQ:

What About Safety?

As a leader in our industry, Rustic Pathways takes the health and wellbeing of our students extremely seriously. We have comprehensive risk management and crisis response systems and go to great lengths to educate and train our leaders in first aid. In fact, nearly all of our full-time operations staff, including Program Leaders are certified as Wilderness First Responders. To complement these efforts, we are partnered with HX Global, one of the world's leading providers of global medical and emergency services. All participants traveling with Rustic Pathways have access to HX Global's benefits through the Rustic Pathways membership. Click [here](#) for more information on the services provided by HX Global and [here](#) to learn more about our Safety and Risk Management policies.

What if I Cancel Before My Program Starts, or Leave My Program Early?

By planning ahead, reading all material, and following the rules, the vast majority of our students are able to complete their chosen programs. In cases where students cancel their program or leave early, any refund will be given according to our [cancellation policy](#).

How Do I Apply for Visas?

Visa requirements depend on your nationality, the country you are traveling to, and the length of time you will be there. Students with United States passports are able to use our partner, G3 Visas and Passports, streamline this process. Students traveling on passports from other countries will be able to apply for visas independently or by using local visa expeditors. We are happy to answer any questions and provide guidance, but it is each student's responsibility to ensure that they have the necessary visas.

Do I Need Insurance While I'm Traveling?

Rustic Pathways requires that all travelers have active international medical insurance coverage during the duration of their programs. In the event of injury or illness, we will help you seek proper medical attention; however, you are ultimately responsible for all expenses incurred for medical treatment and services received. Allianz Travel Insurance or AIG Travel Guard are two reputable insurance providers that our travelers have used in the past.

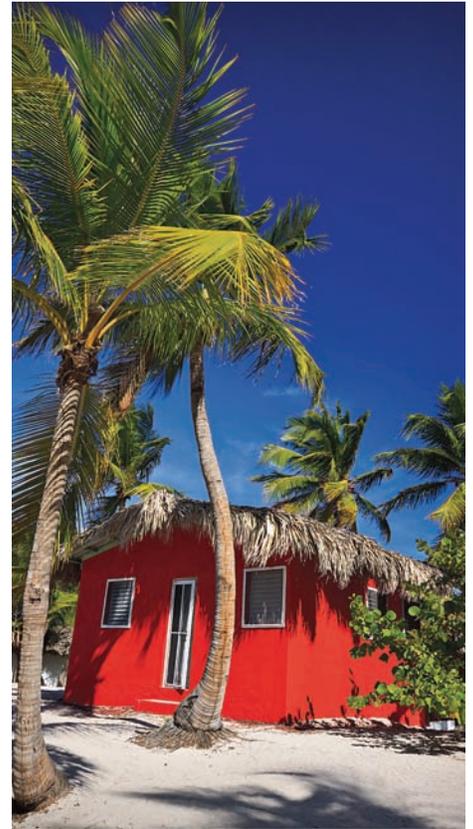
Will I Need Vaccines?

Discuss your travel plans with your physician prior to travel and consider visiting your local travel clinic well in advance of your program. Print the itinerary and show it to a travel doctor or clinic, so they can suggest vaccines and preventative medications for the regions where you'll be traveling. Be aware that some immunizations require multiple injections spread out over several weeks and plan accordingly. The following websites provide useful information for travelers: mdtravelhealth.com and cdc.gov.

What if I Have Food Allergies or Dietary Requirements?

We can cater to most dietary requirements, including vegetarian. It is very important that you advise us of any allergies or dietary needs at the time of your application as well as on your medical forms. Please know that we may not be able to accommodate all restrictions.





Flights

- You will have the option to have Rustic Pathways make all arrangements for your international air travel from locations within the United States to your program, and back. We want to make this easy for you!
- Approximately two months before your program begins, you will receive details on our recommended flights for your trip. These recommended flights will be for travel from airports within the U.S. where we will have an airport coordinator available to assist with connections from domestic to international flights.
- If you opt to have Rustic Pathways buy your international flights, the cost of the flights will be added to your invoice and payment will be due upon receipt.
- If you live outside North America, or don't want to use our preferred flights, you may book your own tickets, provided you arrive and depart within the time frames we provide. If you apply very late in the season, you may be required to make your own airfare arrangements if our recommended flights are no longer available. If you book flights that arrive or depart outside of recommended time windows, you will need to pay a fee for Rustic Pathways to manage your transfer.
- Rustic Pathways is not responsible for the cost to change, replace, or refund your flights under any circumstances. We recommend insuring your flights. For more information, visit allianztravelinsurance.com.

An Important Note About Schedule Changes:

Rustic Pathways reserves the right to change, alter, or amend the daily itinerary for this trip at any time. Changes can be made for various reasons including changes in flight or program schedules, changes in the schedules of various external operators or partner organizations, changes due to weather or safety concerns, the addition of new activities into a trip, or the substitution of a new activity for an old activity. The itinerary shown here provides our best projection of the daily schedule for this program. As with any travel program, some changes may occur.



Packing List

Carry-On:

A small backpack is the best carry-on bag.

- Passport and wallet
- Photo Copy of passport (2 additional photocopies should be carried in checked luggage)
- Make sure that your passport is valid for at least six months from your date of departure!
- Sunglasses
- Journal and Pens
- One change of clothes
- Good book (trade with buddies)
- Water bottle (Nalgene or similar)
- Medications (must alert staff)
- Immunization records (if you have had immunizations)
- Emergency Contact numbers for Rustic Pathways
- Laptop and charger (with converter)

Make sure everything you pack in your carry-on complies with the new carry on regulations of the [TSA](#).

Checked Luggage:

A medium sized duffel bag or large backpack work best. Wheeled bags are OK as long as they are medium sized and can easily be carried like a duffel over rough terrain.

Clothing Items:

Please bring at least a few outfits that can get dirty or destroyed for service work or adventure activities.

- Underwear (10)
- 4 long pants (1-2 pair of lightweight pants, 1 pair of jeans, 1 pair old jeans for service)
- Socks (10)—Lightweight quick dry athletic socks like Smartwool are the best.
- T-Shirts, tank tops and sports shirts (7-9 cotton t-shirts + 1-2 quick dry shirts like Capilene or polypropylene. 10 t-shirts total)
- 1-2 light sweater/sweatshirt
- Rainproof Jacket (1)
- Shorts (3-5 pairs of shorts)
- Swim Suit (1)
- Athletic Shoes—shoes that dry quickly, you can hike short distances in and protect your feet are best. Shoes will get muddy and dirty so don't get too attached to your footwear.
- Sandals and/or Flip-Flops—a pair of strap on sandals that will not fall off in water like Texas or Chaco brand work great.
- Hat for Sun
- 1 towel (NOT white) – Large travel towels are great!
- One nice casual outfit for Final Dinner (not too fancy or bulky)
- 1 pair of pajamas

Toiletries:

Please pack all items that could leak in a PLASTIC or ZIPLOCK bag

- Shampoo and Soap (preferably with little or no fragrance because of bugs) *you can find non-fragrance and biodegradable soap at natural food stores and outdoor adventure stores. Dr. Bronner's and Mountain Suds soaps are both good.
- Deodorant
- Toothpaste and Toothbrush
- Sunscreen (2 bottles of strong sunscreen)
- Insect Repellant (1-2 bottles 35% DEET)
- Anti-itch Cream (1 Benadryl anti-itch gel works great)
- Hand Sanitizer (1 or 2 small bottles per week)
- Contact lenses and accompanying paraphernalia

Personal First Aid Kit (Suggested):

- Band Aids
- Triple Antibiotic Ointment
- Medical Tape
- Moleskin or preferred blister care
- Preferred Mild Pain Reliever
- Antihistamine (Benadryl or preferred type)
- Lip balm

