



**GLOBAL LEADERSHIP SUMMIT:
THE IMPACT OF SPORTS & WELLNESS**

Amsterdam, The Hague & Leadership Conference

See firsthand just how connected healthcare and wellness really are as you explore both topics from a local and global perspective. Your first stop is The Hague—known as “The International City of Peace and Justice.” Here, you’ll discover the importance of healthcare as a human right and discuss what it takes to protect it. Then, head to Amsterdam: home to winding canals and cycling citizens. Sit down with locals to learn why Dutch healthcare is among the best in the world (and be sure to share a stroopwafel, too). End your trip in Berlin, where you’ll come together with other students and teachers to focus on *The Impact of Sports & Wellness* around the world.

12 DAY TOUR: JUNE 30–JULY 11, 2022

The Impact of Sports & Wellness

For centuries, sports have helped people build resilience and the power to collaborate—but more than that, they've built bridges within communities and between cultures. It's just one way the world approaches wellness: a deeply personal, yet universal topic. Our upcoming Global Leadership Summit will explore *The Impact of Sports & Wellness*, from what people eat and think to how we care for ourselves and stay active. Let's come together to better understand the global focus on well-being and our evolving thoughts on how to achieve it.

WHAT TO EXPECT ON A SUMMIT

Immersive travel

Explore Europe on an immersive educational tour centered around *The Impact of Sports & Wellness* in eye-opening destinations.

Thought leaders among us

Learn from experts during engaging workshops and discussions. Past Summit speakers include Al Gore, Jane Goodall, Sir Ken Robinson, and Soledad O'Brien.

Project-based learning

Working on a small international team, you'll use the design-thinking process to create and present solutions to a global challenge.

Change you can feel

From innovative thinking to public speaking, every moment at an EF Summit is designed to inspire growth.

YOUR EXPERIENCE INCLUDES

Full-time Tour Director; 2 sightseeing tours led by expert, licensed local guides; 3 experiential activities; entrance fees for Humanity House, Peace Palace, Old and New Church, Rijksmuseum, bike tour, Body Worlds exhibit, canal cruise; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 10 & 11



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Innovate.
Collaborate.
Dance break.
Repeat.



Day 1: Fly overnight to the Netherlands

Day 2: Amsterdam | The Hague

- Meet your Tour Director at the airport in Amsterdam and travel to The Hague: a city known for protecting human rights like healthcare.
- Take a walking tour of The Hague, and learn why it's "The International City of Peace and Justice."

Day 3: The Hague

- Explore the Humanity House, a museum established by the Red Cross to increase awareness of humanitarian issues.
- Visit the 19th-century Peace Palace, a symbol of the global peace movement and home to the International Court of Justice.

Day 4: The Hague | Delft | Amsterdam

- Participate in a workshop centered around global healthcare.
- Travel to Amsterdam via Delft, where you'll visit the Old and New Church.
- Continue on to Amsterdam, a city where 1,200 bridges crisscross 160 canals. Here you'll discover why the Dutch healthcare system is considered one of the best in the world and learn more about how local health insurance providers operate.



Often referred to as "The International City of Peace and Justice," The Hague is known for protecting healthcare as a human right.



Discover how the Netherlands has improved access to primary care for all, and reflect on medical systems back home.

Day 5: Amsterdam

- Take a walking tour of Amsterdam.
- Visit the Rijksmuseum, a Dutch national museum dedicated to arts and history in Amsterdam.
- Get your mind and body moving on a bike tour of Amsterdam, where there are more bicycles than people. Pedal through the lush utopia of the Vondelpark, Amsterdam's most popular public urban park.

Day 6: Amsterdam

- Take an expertly guided tour of Amsterdam to see the Westerkerk, where Rembrandt is buried, and Dam Square, which is home to Koninklijk Paleis (the Royal Palace).
- Get a closer look at health at the Body Worlds exhibit, where you'll learn all about anatomy during a fascinating journey through the human body.

Day 7: Amsterdam

- Take part in an activity focused on Dutch healthcare to learn more about how the country's system works. Spend some time comparing it to healthcare back home before reflecting on the strengths and weaknesses of each system.
- Enjoy a cruise through the city's famous canals.

Day 8: Amsterdam | Berlin

- Board a train to Berlin, the vibrant capital of Germany that has been transformed since the Berlin Wall fell in 1989. As the birthplace of the world's oldest social health insurance system, Germany is committed to providing equitable medical care for all of its citizens, regardless of income.
- Stroll through the city on a walking tour to see the contrast of old and new—a mix of Baroque buildings, skyscrapers, and quaint cafes.

Day 9: Berlin | Leadership Conference

- Take an expert-led tour of Berlin to see the Brandenburg Gate, Kurfürstendamm, and remains of the Berlin Wall.
- Kick off your leadership conference experience.

Days 10–11: Leadership Conference in Berlin

The conference continues as you connect with other students and educators in this inspiring and innovative setting. Over the course of the conference, you'll hear from world-renowned speakers, work with local and global experts, and collaborate with peers in small international teams. Using the design-thinking process, students will develop solutions related to well-being.

Day 12: Depart for home

Head to the airport with more knowledge of what motivates you and what matters to others, along with the skills needed to make a difference back home.

JOIN A GLOBAL COMMUNITY. MAKE A LASTING IMPACT.

EF Global Leadership Summits help today’s students become tomorrow’s leaders. It’s immersive travel, meets three-day student leadership conference, meets change you can see and feel—and it doesn’t stop there.

Each Summit has a unique theme that challenges students to tackle a significant global issue. This programming goes hand-in-hand with specially designed educational tours, where students will experience eye-opening destinations from an entirely new perspective.

So, what does learning look like for students at an EF Summit?

- **Finding what motivates you.** Explore global topics alongside world-renowned speakers and while attending expert-led workshops.
- **Discovering what matters to others.** Collaborate in international teams to prototype innovative solutions to global challenges. The top teams will pitch their ideas on stage to earn a spot in the Nobel Prize Museum in Stockholm, Sweden.
- **Using it all to make a difference.** Bring these lessons home with you to create positive change in your own community. You can also further deepen your Summit experience by enrolling in an exclusive online course through Southern New Hampshire University that will earn you three transferable college credits.

When you join a Global Leadership Summit, you join an awesome and inclusive community of global citizens. Let’s come together to see what we’re capable of.

Visit eftours.com/summithighlights to see our past Summits in action.

SPACE IS LIMITED

Please ask your teacher for your tour number and visit eftours.com to get started or sign up.

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