



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

Geneva, Interlaken, Lucerne & Leadership Conference

Whether it's decreasing stress levels or regulating heart rates, spending time in the great outdoors can have a positive impact on our overall well-being—which makes this tour just what the doctor ordered. From bustling Geneva to storybook Lucerne, your journey through Switzerland includes exciting outdoor sports and soothing wellness activities against backdrops of spectacular Alpine scenery. Soar over Interlaken valleys by zipline, stroll the banks of Lake Geneva, and relax in mineral baths on Mount Rigi. Then, 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

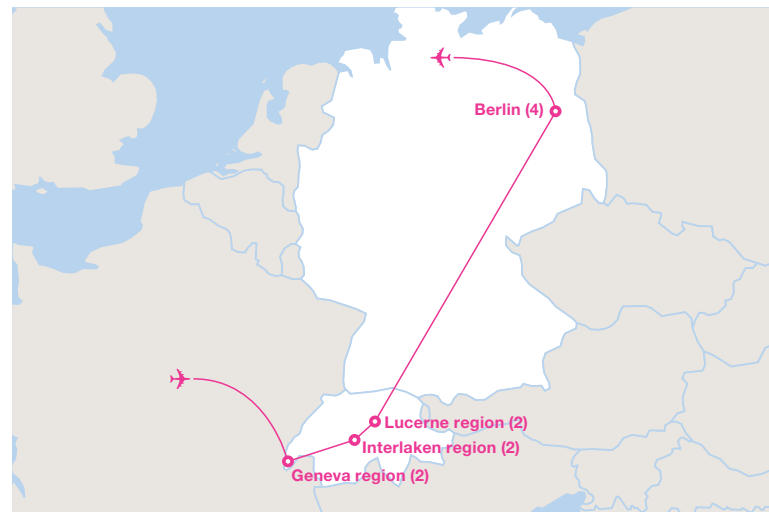
From innovative thinking to public speaking, every moment at an EF Summit is designed to inspire growth.

YOUR EXPERIENCE INCLUDES

Full-time Tour Director; 2 sightseeing tours led by expert, licensed local guides; 1 experiential activity; entrance fees for International Red Cross Museum, Gruyères Castle, cheese factory, ziplining, ropes course, kayaking, Mount Rigi, Swiss folklore activity; 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 Switzerland

Day 2: Geneva region

- Meet your Tour Director at the airport in Geneva, the center of international diplomacy. Set on the banks of Lake Geneva (also known as Lac Léman) between the Alps and the Jura mountains, Geneva is where both the League of Nations and the Red Cross were founded.

Day 3: Geneva region

- Follow your local guide past the Palais des Nations and the European headquarters of the United Nations, interestingly located considering Switzerland is not a member of the UN. Later, stroll along the lakefront and behold the Jet d'Eau, the world's tallest fountain.
- Visit the International Red Cross Museum to learn more about the organization's global health initiatives.
- Enjoy some free time to continue exploring Geneva.

Day 4: Geneva region | Interlaken region

- Explore nearby Gruyères and visit the medieval town's namesake castle: a 13th-century fortress in the foothills of the Alps. Then, see the process behind the cheese this area is famous for.
- Journey to Switzerland's Interlaken region. Framed by lakes and mountains, this postcard-worthy area is celebrated for its natural beauty and the endless athletic adventures its setting provides.

Day 5: Interlaken region

- Spend some time outside during a team-building ropes course activity.
- Zipline over mountain valleys at Grindelwald-First.

Day 6: Interlaken region | Lucerne region

- Travel to Lucerne. This picturesque Swiss city offers the perfect combination of outdoor sports and wellness-focused activities.
- Explore Lucerne's winding cobbled streets with your Tour Director. See the Kapellbrücke (Europe's oldest covered wooden bridge) and the poignant Lion Monument.
- View the city from a new perspective as you kayak on Lake Lucerne.

Day 7: Lucerne region

- Travel to Mount Rigi where you can take a dip in outdoor mineral baths that are known to decrease stress and improve circulation.
- Embrace the local culture during a Swiss folklore activity, and try your hand at yodeling, cheese-making, and horn blowing.

Day 8: Lucerne region | Berlin

- Travel to Zurich where you'll catch your flight to Berlin, a trailblazer for sustainable living practices that promote the well-being of its citizens.
- Stretch your legs on a walking tour of the city. While catching glimpses of Baroque buildings, green spaces, and skyscrapers, you'll see how nature and city work together to create a balanced and vibrant culture.

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.



Explore Lake Lucerne by kayak and enjoy scenic Alpine views.



Get some fresh air in Interlaken, a Swiss city known for its serene atmosphere and plentiful outdoor activities.

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.

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