



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

Budapest, Vienna, Prague & Leadership Conference

While mindfulness isn't a new concept in Eastern Europe, the region's health and wellness culture is experiencing a renaissance. Begin your tour by relaxing in one of Budapest's thermal spas, whose warm mineral water baths are celebrated for their healing properties. Then travel to Vienna, a bustling city known for *wiener schnitzel* and world-famous composers, to discover the mood-boosting power of music. During your time in the storybook city of Prague, practice mindfulness through a workshop focused on meditation. 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.

13 DAY TOUR: JUNE 29–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; 4 sightseeing tours led by expert, licensed local guides; 4 experiential activities; entrance fees for Matthias Church, Budapest baths, Danube Evening Cruise, Schönbrunn Palace, local concert, St. Vitus Cathedral, Golden Lane, bike riding; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 11 & 12



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Innovate.
Collaborate.
Dance break.
Repeat.



Day 1: Fly overnight to Hungary

Day 2: Budapest

- Meet your Tour Director at the airport in Budapest, the capital city of Hungary that's filled with beautiful architecture and breathtaking views. The city is known for its many thermal spas and their associated health benefits, which have been an important part of the Hungarian lifestyle for hundreds of years.
- Stretch your legs on a walking tour of Budapest with your Tour Director to see sites like the Hungarian Parliament building.

Day 3: Budapest

- See Castle Hill, Gellért Hill, and Heroes' Square on an expertly guided tour.
- Visit Matthias Church, a fully restored 14th-century gothic church.
- Soak in one of Budapest's famous thermal baths, a relaxation method practiced by locals to decrease stress and improve circulation.
- Enjoy a cruise on the Danube River.

Day 4: Budapest | Vienna

- Take part in an activity focused on the physical and emotional benefits of Budapest's spa culture.
- Travel to Vienna, the music capital of the world, whose artistic legacy was shaped by famed residents like Beethoven.



Budapest's Széchenyi Thermal Bath is the largest of its kind in Europe. With romantic Neo-baroque architecture and a variety of thermal baths and pools, this sprawling spa is the perfect place to unwind.



See Berlin from a new perspective as you pedal through the lush greenery of Tiergarten.

Day 5: Vienna

- Visit the Ringstrasse, Parliament, and City Hall during your expertly guided tour of Vienna.
- Tour the 1,441-room Schönbrunn Palace where Marie Antoinette spent her childhood, and learn about the importance of music in the lives of Habsburg royalty.
- Explore the impact of music on memory, mood, and intellectual well-being during a group activity.
- Experience the therapeutic powers of music firsthand at a local concert.

Day 6: Vienna | Český Krumlov | Prague

- Travel to Prague via Český Krumlov.
- Take a tour of Prague, being mindful of the historic city's gothic beauty. Walk the cobbled streets of the Malá Strana and visit the 13th-century Staré Město (Old Town) and Old Town Square.

Day 7: Prague

- Explore the former capital of the Holy Roman Empire on an expert-led tour. Prague balances the classical features of old Europe with a Bohemian spirit. Visit St. Vitus Cathedral and Prague Castle's Golden Lane.
- Take part in a group meditation, reflecting on the sights, sounds, and energy of the city.

Day 8: Prague | Dresden | Berlin

- En route to Berlin, stop for a walking tour of Dresden: a city known for art museums and classic architecture.
- Continue on to Berlin, a trailblazer for sustainable living practices that promote the well-being of its citizens.
- Stroll through the city on a walking tour. While catching glimpses of Baroque buildings and skyscrapers, you'll see why this city is recognized for its green spaces and environmentally friendly transportation.

Day 9: Berlin

- Take an expert-led tour of Berlin to see the Brandenburg Gate, Kurfürstendamm, and remains of the Berlin Wall.
- Get your mind and body moving on a bike tour through Tiergarten. Popular for jogging and relaxing, this park is one of the largest urban gardens in Germany.

Day 10: Berlin | Leadership Conference

- Head outside of the city to explore some green spaces and enjoy time in the great outdoors.
- Kick off your leadership conference experience.

Days 11–12: 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 13: 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.

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