



EDUCATIONAL
TOURS



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

Leadership Conference & Greece

Welcome to Greece—a country of historical figures, iconic landscapes, and athletic legends. (Not to mention feta cheese.) Greece gave the world the Olympics back in 776 B.C., and its legacy has endured to this day. Before exploring these historic games, kick off your journey in Berlin. Here, you'll come together with other students and teachers to discover *The Impact of Sports & Wellness* around the world. Then, your Grecian adventure begins! From Athens to Olympia, walk through history as you explore the ruins where these global games first took place. Consider how the Olympics have evolved over time into more than just feats of strength—they give nations a common goal and sports a greater purpose.

13 DAY TOUR: JULY 6–18, 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; 5 sightseeing tours led by expert, licensed local guides; 2 experiential activities; entrance fees for Acropolis, Acropolis Museum, Greek dance lesson, Temple of Olympian Zeus, Panathenaic Stadium, Epidaurus site, Mycenae site, Palamidi Fortress, Olympia site, Olympia Museum, Museum of Archimedes, Greek evening; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 4 & 5



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Innovate.
Collaborate.
Dance break.
Repeat.



Day 1: Fly overnight to Germany

Day 2: Berlin

- Meet your Tour Director at the airport in Berlin. Known for vibrant art and sustainable living, this progressive city also has strong ties to sports and wellness. In addition to the 1936 Olympics, Berlin hosted the 2006 FIFA World Cup Final and is home to the annual Berlin Marathon.
- Stroll through the city on a walking tour. Discover the prevalence of active lifestyles in Berlin, and start to learn why sports are so important to the local communities.

Day 3: 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 4–5: 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 6: Berlin | Athens

- Fly to Athens, a city as beautiful as it is ancient and home to the first modern Olympic games. From long jump to tennis, many of the athletic activities we enjoy today were influenced by Greece's rich sports history.

- Start your stay off with a walking tour of the Plaka district, the oldest neighborhood in Athens, and Syntagma Square.

Day 7: Athens

- See the city's Olympic Stadium, its central square, and the Acropolis with an expert local guide.
- Visit the Acropolis Museum, home to ancient ruins and prehistoric artifacts.
- Show off your moves during a traditional Greek dancing lesson. Though it's not one of the original ancient sports, dance plays a huge role in Greek culture.

Day 8: Athens

- Learn about the history of ancient sports—many of which are still popular today—during a group activity.
- Visit the Temple of Olympian Zeus, head of the 12 Olympian gods that resided atop Mount Olympus.
- See where the first modern Olympics were hosted at the Panathenaic Stadium (it's also famous for being the only stadium in the world made entirely of marble).

Day 9: Athens | Corinth | Mycenae | Epidaurus | Argolida

- Travel to the Peloponnese region of Greece via the Corinth Canal, which separates the Peloponnese from the Greek mainland (and makes for a great photo stop).
- Visit the Ancient Theatre at Epidaurus and the Acropolis of Mycenae with expert local guides.

Day 10: Argolida | Nafplio | Olympia

- Travel to Olympia via Nafplio and Kyparissia.
- Explore the seaside town of Nafplio, the first capital of the modern state of Greece, and visit the Palamidi Fortress, which offers views of the crystalline Argolic Gulf.
- Arrive in Olympia, home of the original Olympic games.

Day 11: Olympia

- Take an expertly guided tour of Olympia, channeling the energy, excitement, and comradery of the Olympic games.
- Visit the Olympia site, an archaeological area where the games were first held that contains the ruins of training areas, temples, and a stadium.
- Explore the Olympia Museum, dedicated to ancient and modern games, to learn more about the findings and significance of the site.
- Visit the Museum of Archimedes to learn about early Greek technology.
- Channel your inner-Olympian during a mini-Olympic games on the ancient site.

Day 12: Olympia | Athens

- Travel back to Athens and greet the ancient city like a (really) old friend.
- Enjoy some free time exploring Greece's capital city.
- Savor the flavors of Greece during a traditional dinner. Then, link arms for a night of music, dancing, and smashing plates. This time-honored tradition brings Greece's theatrical culture to life in all the best ways.

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.



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Olympia is a small town where the ancient Olympic Games took place. Despite its name, the town is nowhere near Mount Olympus.



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From 566 B.C. to the 3rd century A.D., the Panathenaic Games were held in the now historic Panathenaic Stadium.

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

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