



EDUCATIONAL
TOURS



GLOBAL LEADERSHIP SUMMIT:
THE IMPACT OF SPORTS & WELLNESS

Rome, Florence & Leadership Conference

Farm-to-table may be trending in the United States, but Italy has always been a leader in the art of fresh, regional cuisine. As you travel through this picturesque country, consider how sourcing and eating organic, local ingredients can make a big difference in our overall health and wellness. Visit historic sites, explore the importance of nutrition, and sample gelato along the way (because life is all about balance). End your trip in Berlin, where you'll come together with other students and teachers to explore *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

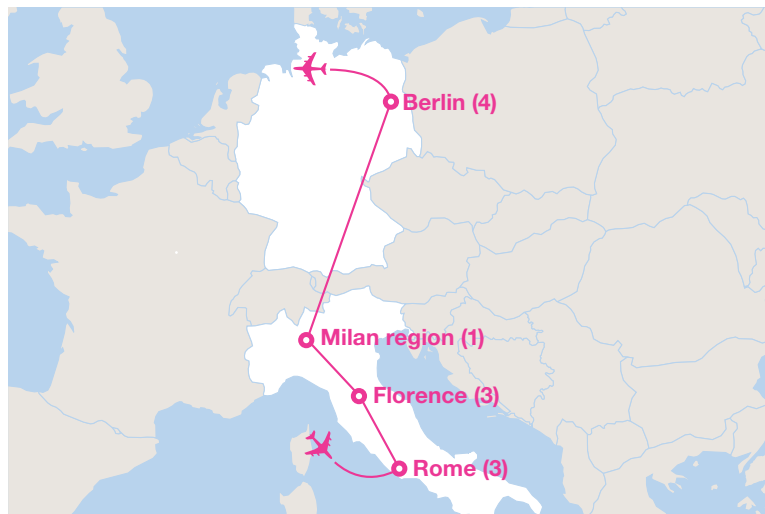
From innovative thinking to public speaking, every moment at an EF Summit is designed to inspire growth.

YOUR EXPERIENCE INCLUDES

Full-time Tour Director; 3 sightseeing tours led by expert, licensed local guides; 3 experiential activities; entrance fees for Colosseum, Roman Forum, Sistine Chapel, St. Peter's Basilica, Tuscan cooking class, organic farm visit, FICO Eataly World; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 7, 11 & 12



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Innovate.
Collaborate.
Dance break.
Repeat.



Day 1: Fly overnight to Italy

Day 2: Rome

- Meet your Tour Director at the airport in Rome, a city that joins the past and present of regional cuisine better than any other. As you explore ancient and incredible sites, discover how Rome's culinary traditions are tied to its history, culture, and identity.

Day 3: Rome

- Enjoy an expertly guided tour of Rome. Channel your inner-gladiator in the Colosseum, and explore the Roman Forum—once the center of political affairs and a bustling marketplace for fresh foods and spices.
- Learn more about the local food culture during an interactive market challenge.

Day 4: Rome

- Take an expertly guided tour of Vatican City, the world's smallest state.
- Marvel at the Sistine Chapel's breathtaking ceiling, and consider how Michelangelo's artistic view changed the way we look at the world.
- Visit St. Peter's Basilica. Inside, pass under gilded archways and see the burial site of St. Peter, who is traditionally considered the first pope of Rome.
- Explore the importance of healthy eating during a group activity, with a focus on locally sourced ingredients and the Slow Food movement.



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FICO Eataly World is a food wonderland, home to working fields, stables, and vendors serving up tasty Italian cuisine.



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Participate in an Italian cooking class as you consider where all of your ingredients came from.

Day 5: Rome | Florence

- Continue on to Florence—birthplace of the Renaissance and the Italian language. Here you'll discover how history and geography have influenced the region's cuisine.

Day 6: Florence

- Take an expertly guided tour of Florence to see the Ponte Vecchio, Piazza della Signoria, Chiesa di Santa Croce, Gates of Paradise, and the famous Duomo.
- Learn how to transform locally sourced ingredients into tasty Tuscan dishes during a cooking class. *Mangia!*

Day 7: Florence

- Visit a local farm to learn about the production practices and daily operations that bring fresh ingredients to Italian tables.

Day 8: Florence | Bologna | Milan region

- Travel to the Milan region via Bologna, the seventh largest city in Italy, and the largest of the Emilia-Romagna region. Often referred to as the capital of Italian gastronomy, Bologna is home to some of Italy's most famous culinary delights, including Bolognese sauce.
- Tour FICO Eataly World, the world's largest agri-food park, home to working farms and local vendors. While you're savoring fresh Italian flavors, think about the story behind each bite.
- Participate in a FICO Eataly World cooking workshop, and put your newly acquired knowledge to the test.

Day 9: Milan region | Berlin

- Fly to Berlin, the vibrant capital of Germany. The city has been transformed since the Berlin Wall fell in 1989 and is becoming one of the most exciting food destinations in Europe. Its culinary scene features a unique mix of international fare and classic German dishes with a focus on green eating.
- Keep any eye out for the city's farm-to-table spots as you stroll along Unter den Linden on your walking tour of the city.

Day 10: 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 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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