



GLOBAL LEADERSHIP SUMMIT:
THE IMPACT OF SPORTS & WELLNESS

Helsinki, Stockholm, Copenhagen & Leadership Conference

Do a happy dance—you're about to discover the joys of Scandinavian life. As you unwind in a Finnish sauna and pedal through the colorful capital of Denmark, you'll see firsthand why these Nordic countries have consistently topped the UN's World Happiness Report. Your journey starts in Helsinki: home to steamy saunas, the Suomenlinna sea fortress, and seriously happy citizens. Then, head to Stockholm to experience *fika*—the tasty tradition of sharing coffee with friends—and channel your inner-Nobel Laureate while there. Your last Scandinavian stop is Copenhagen, an eco-friendly city that inspires fairytales and understands the importance of embracing life's little pleasures. 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.

14 DAY TOUR: JUNE 28–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; 3 experiential activities; entrance fees for Tempeliahaukio Church, Suomenlinna, Finnish sauna, Town Hall, Vasa Ship, Nobel Prize Museum, Skansen Museum, bike riding, canal cruise; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 12 & 13



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Innovate.
Collaborate.
Dance break.
Repeat.



Day 1: Fly overnight to Finland

Day 2: Helsinki

- Meet your Tour Director in Helsinki, the capital of Finland. This Nordic country earned the title of World's Happiest Country three years in a row.
- Explore the seaside city on foot and start to understand why its citizens are in such good spirits.

Day 3: Helsinki

- Discover the city's famous landmarks and wellness practices with an expert local guide.
- Visit Tempeliaukio Church.
- Take a ferry to Suomenlinna, an inhabited sea fortress and UNESCO World Heritage Site.

Day 4: Helsinki | Night ferry

- Meet with a local expert to learn about saunas and the importance of positive well-being in Finnish culture.
- Experience the art of sauna for yourself. This Finnish tradition helps improve circulation and stress levels.
- Board your overnight ferry to Stockholm.

Day 5: Stockholm

- Arrive in Stockholm, Sweden's capital city where personal and environmental well-being take priority.
- Explore Stockholm with an expert local guide and experience the charm of Swedish culture firsthand.
- Visit Stockholm City Hall where the annual Nobel Prize banquet is held.



See why Finland was named World's Happiest Country as you explore its capital city.



Fika is a social snack break that plays an important (and delicious) role in Swedish culture.

- View the remains of a sunken 17th-century ship at the Vasa Museum.
- Visit the Nobel Prize Museum, where the winning prototypes from past EF Global Leadership Summits have been exhibited.

Day 6: Stockholm

- Explore the open-air Skansen Museum, home to living displays of Swedish cultural traditions.
- Discover the joys of *fika* during a guided activity. This traditional coffee break emphasizes quality time with friends and, just as importantly, sweets.

Day 7: Stockholm | Copenhagen

- Travel from Stockholm to Copenhagen, Hans Christian Andersen's fairy-tale city and the birthplace of *hygge*—the Danish idea of embracing life's simple pleasures.

Day 8: Copenhagen

- Explore the city with an expert local guide. Pass by Tivoli Gardens, the city's lively amusement park and inspiration behind Disney World, and continue to Christiansborg Palace, the seat of the Danish government.
- Learn how the city of Copenhagen supports a healthy lifestyle during an interactive workshop.

Day 9: Copenhagen

- Get your mind and body moving as you explore Copenhagen by bike, the preferred method of transport in this eco-friendly city.
- Enjoy some free time to continue exploring Copenhagen.
- Spend the evening on a relaxing canal cruise.

Day 10: Copenhagen | Berlin

- Fly to Berlin, the vibrant capital of Germany. The city has been transformed since the Berlin Wall fell in 1989 and is a trailblazer in adopting sustainable practices that promote a happier and healthier quality of life.
- 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 11: 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 12–13: 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 14: 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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