



EDUCATIONAL  
TOURS



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

## Dublin, London & Leadership Conference

World-class athletics, famous architecture, and plenty of iconic photo-ops await you on this journey through Dublin and London. From Temple Bar to Trinity College, your time in Ireland's capital will be spent exploring the city through the lens of local sports—including ancient Gaelic games. Continue on to London, an energetic city whose many sports clubs have helped rugby and soccer evolve into tenets of English culture. Wave goodbye to Big Ben before heading to 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; 5 sightseeing tours led by expert, licensed local guides; 3 experiential activities; entrance fees for St. Patrick's Cathedral, *Book of Kells*, Gaelic games, Gaelic Athletic Museum and stadium, Welsh castle, Chelsea Football Stadium, Twickenham Stadium and World Rugby Museum; 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 Ireland

#### Day 2: Dublin

- Meet your Tour Director at the airport in Dublin, Ireland’s capital city situated on the banks of the River Liffey. While here, you’ll discover the charm and camaraderie of Irish culture, and step back in history as you learn about traditional Gaelic sports.
- Join your Tour Director for a stroll through Dublin. Walk down the brick-lined Grafton Street, visit the striking greenery of St. Stephen’s Green, and make your way through Temple Bar, Dublin’s hippest neighborhood.

#### Day 3: Dublin

- Visit St. Patrick’s Cathedral and Trinity College on an expertly guided tour. View the famed *Book of Kells*, and learn why the Long Room looks so magically familiar. (Hint: It has to do with a certain wizarding world.)
- Immerse yourself in tradition as you participate in a classic Gaelic sport. With ancient roots linked to modern Irish culture, Gaelic sports are a massive source of historical pride throughout the country.

#### Day 4: Dublin

- Discover the legacy of Gaelic games at the Gaelic Athletic Museum and see where the pros play.
- Continue exploring Dublin during some free time.
- Cap off your stay by experiencing Ireland’s other point of pride—music—during dinner and a live performance.



Walk along the River Liffey in Dublin, taking in the energy of the city center as you’re introduced to its thriving sports culture.



Get your head in the game as you learn the basics of rugby, a longstanding athletic tradition in England.

### Day 5: Dublin | Holyhead | Coventry

- Cross the Irish Sea on a ferry from Dublin to Holyhead.
- Pass through the scenic mountains and valleys of Snowdonia National Park as you travel to Coventry, and stop at a Welsh castle along the way.

### Day 6: Coventry | Oxford | London

- Journey to London via Oxford, home to the oldest university in the English-speaking world.
- Explore Oxford’s historic campus with your Tour Director as you walk through peaceful quads and admire the spire-adorned architecture.
- Continue on to London, the bustling capital city of England that boasts world-class soccer and rugby clubs.

### Day 7: London

- Take an expertly guided tour of London. Admire the Baroque domes and spires of St. Paul’s Cathedral, check out the lively intersection of Piccadilly Circus, and snap a picture of Big Ben from the banks of the River Thames.
- Go behind the scenes in the home stadium of one of the world’s best soccer clubs, Chelsea FC, on a guided tour.

### Day 8: London

- Take a tour of Twickenham Stadium and the World Rugby Museum to see the very best of rugby memorabilia.
- Try your hand at this team sport, which originated in England, during a hands-on lesson.
- Enjoy some free time to continue exploring London.

### Day 9: London | Berlin

- Fly to Berlin. Known for vibrant art and sustainable living, this progressive city is also celebrated for its talented team sports, like gymnastics, and overall focus on 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 understand why sports are so important to the local communities.

### 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](https://eftours.com/summithighlights) to see our past Summits in action.

**SPACE IS LIMITED**

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