



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

## **Berlin & Leadership Conference**

Filled with rolling greenery and urban parks, Germany is the perfect place to explore the importance of well-being and the restorative powers of nature. Say *guten tag* to Berlin, Germany's capital city known for its rich history, lively atmosphere, and really good currywurst. During your stay, you'll see how nature and city work together to create a balanced and vibrant culture. Reflect as you walk alongside the remains of the Berlin Wall, bike your way through inner-city parks, and enjoy the benefits of spending summer days outside. Then, come together with other students and teachers at a three-day leadership conference to focus on *The Impact of Sports & Wellness* around the world.

8 DAY TOUR: JULY 4–11, 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; 1 sightseeing tour led by an expert, licensed local guide; 2 experiential activities; entrance fees for Topography of Terror Museum, bike tour; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 6 & 7



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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, the vibrant capital of Germany and 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 winding canals, you'll begin to see why Berlin is recognized for artfully blending urban cityscapes and abundant green spaces.

#### Day 3: Berlin

- Take an expert-led tour of Berlin to see the Brandenburg Gate, Kurfürstendamm, and remains of the Berlin Wall.
- Stop at Checkpoint Charlie and visit the Topography of Terror Museum.
- 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 4: Berlin

- Head outside the city to explore, and discover how locals make the most of the nearby nature. Enjoy the fresh air as you consider the restorative wellness benefits of spending time in the great outdoors.

### Day 5: Berlin | Leadership Conference

- Visit one of the city's many urban parks to discover some ways you can get outside and get moving, even in a big city like Berlin.
- Kick off your leadership conference experience.

### Days 6–7: 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.

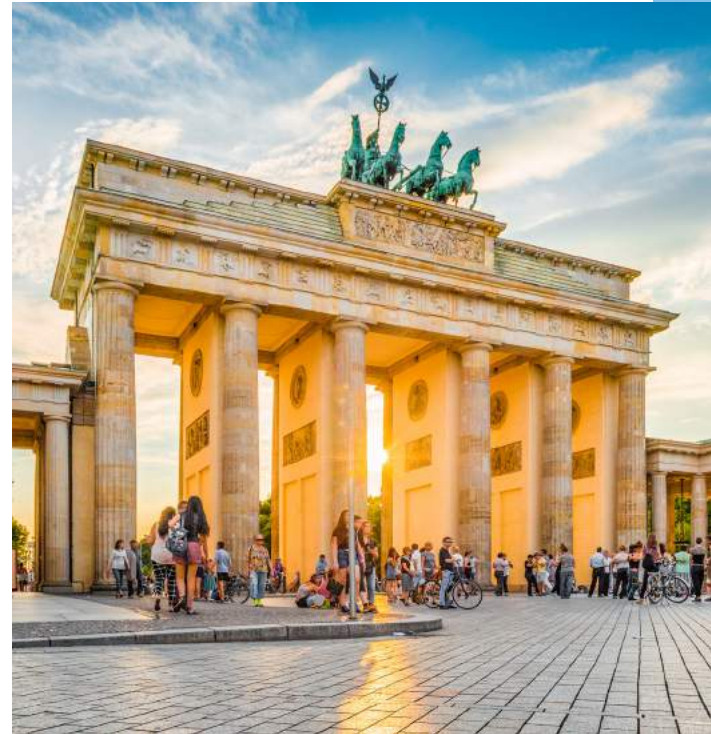
### Day 8: Depart for home

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.

One of the most iconic landmarks in Berlin, the Brandenburg Gate has become a national symbol of peace and unity.



Green spaces and parks are an integral part of culture in Berlin, providing picturesque spaces for citizens to exercise and relax.



Pedal through Tiergarten on a bike tour, and start to understand why this lush inner-city area means so much to locals.



**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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