



Education First

*Educational Tours*

# Global Leadership Summit



Amsterdam, The Netherlands

## The Impact of Sports & Wellness

AMSTERDAM, THE HAGUE & LEADERSHIP CONFERENCE | 2020



# Amsterdam, The Hague & Leadership Conference

## ***The Impact of Sports & Wellness***

For centuries, sports have helped people build resilience, confidence, 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 topic that's deeply personal, and at the same time, universal. Because without health and happiness, what do we have? Our 2020 Global Leadership Summit will explore *The Impact of Sports & Wellness* around the world, 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.

## **Where is the Leadership Conference?**

Davos, Switzerland is more than just an Alpine resort town known for its sky-high elevation and stunning views; it's also a hub for innovation. Home to our Global Leadership Summit and the World Economic Forum's annual meeting, it's where business, government, and civil society leaders from Bill Gates to Bono come together to discuss the world's most pressing issues.

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Your experience includes:

### **IMMERSIVE TRAVEL**

Touring Europe brings the *The Impact of Sports & Wellness* to life as you gain knowledge and hands-on experience through cultural activities.

### **THOUGHT LEADERSHIP**

Subject matter experts on the Summit theme will lead discussions and workshops to inspire and educate you. Past speakers and organizations include Al Gore, Jane Goodall, Sir Ken Robinson, TED-Ed, and UNICEF.

### **INNOVATIVE THINKING**

Working on a small international team, you'll develop skills like collaboration and creativity as you use the design-thinking process to propose solutions to a global challenge.

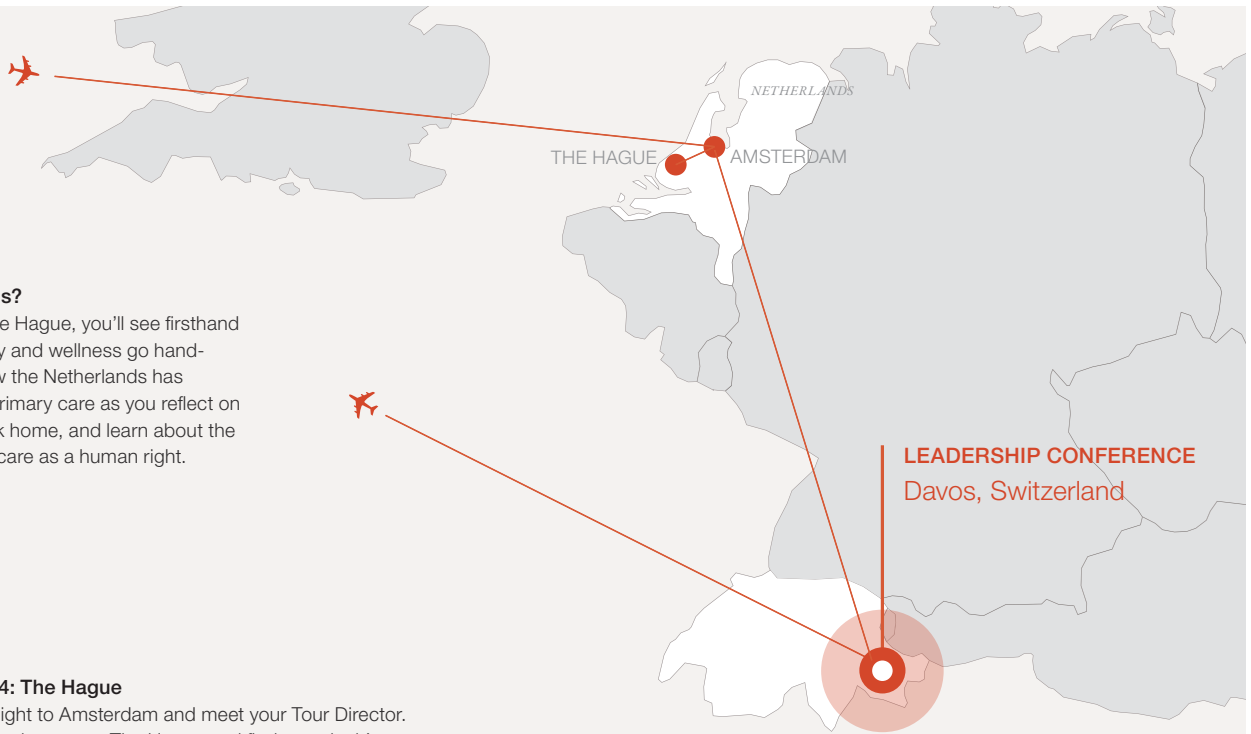
### **PERSONALIZED LEARNING**

weShare, our personalized learning experience, engages you before, during, and after tour, with the option to create a final, reflective project for academic credit.



### **SPACE IS LIMITED**

Please ask your teacher for your tour number and visit [eftours.com](http://eftours.com) or call 800-665-5364 to get started or sign up.



### Why the Netherlands?

In Amsterdam and The Hague, you'll see firsthand how health care policy and wellness go hand-in-hand. Discover how the Netherlands has improved access to primary care as you reflect on medical systems back home, and learn about the importance of health care as a human right.

### Days 1–4: The Hague

Fly overnight to Amsterdam and meet your Tour Director. Begin your journey to The Hague and find out why it's the "City of International Peace and Justice." Explore the city on a walking tour and discover the Humanity House, a museum established by the Red Cross to increase awareness of humanitarian issues. There you'll learn about the consequences of conflict, while reflecting on your own personal freedoms. Visit the 19th-century Peace Palace, a symbol of the global peace movement and home to the International Court of Justice. Participate in a workshop centered around health and well-being and then take a day trip to Delft—famous for its pottery and the home of Golden Age painter Johannes Vermeer—before arriving in Amsterdam.

### Days 5–7: The Hague | Amsterdam

Get acquainted with Amsterdam, where 1,200 bridges crisscross 160 canals and where Anne Frank penned her poignant diary. You'll visit the Rijksmuseum, which is dedicated to Dutch art and history, and take a bike ride through nearby Vondelpark. Stroll down city streets on a walking tour that highlights the Westerkerk (West Church), where Rembrandt is buried, and Dam Square, which is home to Koninklijk Paleis (the Royal Palace). Then get a closer look at health and anatomy at the Body Worlds exhibit, participate in a health care workshop, and finally, see Amsterdam from a whole new perspective on a canal cruise.

### Day 8: Zurich | Davos

Fly from Amsterdam to Zurich, and continue to Davos. Located in Graubünden, the innovative mountainside town is where your three-day leadership conference will take place.

### Days 9–11: Leadership Conference

Enjoy a scenic cable car ride over Davos before the conference kicks off. You'll engage with other Summit attendees, and be encouraged to step outside your comfort zone as you get to know the team you will work with over the next few days. In this inspiring setting, you'll collaborate with students from across North America and the world. Over the course of the entire Summit, you'll hear from world-renowned speakers, converse with local and global experts, and work in small international teams to explore *The Impact of Sports & Wellness*. The event will strengthen your creativity and critical thinking skills as you use design thinking to develop solutions related to well-being.

### Day 12: Depart for home

Head to the Zurich airport ready to address local challenges and initiate meaningful conversations back home.

### EVERYTHING YOU GET

Full-time Tour Director; 1 sightseeing tour led by an expert, licensed local guide; 3 experiential learning activities; entrance fees for bike riding, canal cruise, Humanity House, Peace Palace, Delft porcelain factory, Old and New Church, Rijksmuseum, Body Worlds exhibit, and cable car ride; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 10 & 11

## Join a global community. Make a lasting impact.

When you join a Global Leadership Summit, you also join an innovative community of global citizens. These extraordinary events combine immersive travel with a weekend-long leadership conference—empowering students today to start becoming the leaders of tomorrow as they tackle significant global issues in eye-opening places.

Each Summit has a unique theme and itineraries that allow students to experience iconic destinations from a new perspective. They'll learn, grow, and compete to have their ideas featured in the Nobel Museum in Stockholm, Sweden. And when they return home, they're prepared to use their new skills to solve local challenges. Because if everyone who attends a Summit inspires change locally, together we can make a global impact.

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Here are a few of the global issues students have tackled at past Summits:

**ADDRESSING ENVIRONMENTAL SUSTAINABILITY**  
Costa Rica | 2015

**EXPLORING HUMAN RIGHTS**  
The Netherlands | 2016

**THE FUTURE OF FOOD**  
Italy | 2017

**THE INFLUENCE OF TECHNOLOGY ON SOCIETY**  
Germany & New York | 2018

Visit [eftours.com/summithighlights](https://www.ef-tours.com/summithighlights)  
to see our past Summits in action.



Students develop leadership skills and gain new perspectives on global issues in workshops led by world-renowned thought leaders. In small international teams, they use design thinking to apply their learnings and propose new solutions.