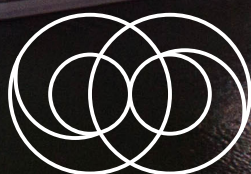




Educational Tours

Global Leadership Summit



Budapest, Hungary

The Impact of Sports & Wellness

EASTERN EUROPE & LEADERSHIP CONFERENCE | 2020

Eastern Europe & 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.

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

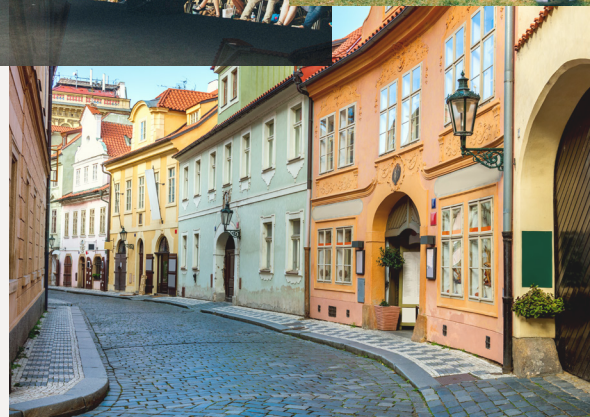
Subject matter experts on the Summit theme will lead discussions and workshops to inspire and educate you. Past speakers and organizations include Al Gore, Jane Goodall, Sir Ken Robinson, TED-Ed, and UNICEF.

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.

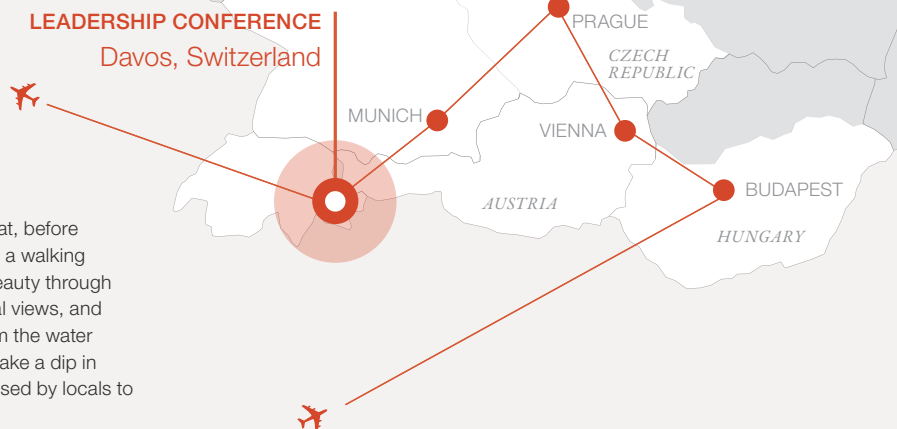


SPACE IS LIMITED

Please ask your teacher for your tour number and visit eftours.com or call 800-665-5364 to get started or sign up.

Why Eastern Europe?

While mindfulness isn't a new concept in Eastern Europe, the region's health and wellness culture is experiencing a renaissance. Begin the tour by relaxing in one of Budapest's thermal baths, known for their healing properties. In Vienna, discover how music can boost your mood and help maintain memory. During your time in Prague and Munich, practice mindfulness through workshops focused on holistic health and meditation.



Days 1–3: Budapest

Arrive in Budapest, the capital city of Hungary that, before 1873, was actually two cities: Buda and Pest. On a walking tour, explore Budapest's wealth of culture and beauty through its Art Nouveau-style architecture, romantic canal views, and bustling city streets. See the lights of the city from the water on an evening river cruise on the Danube. You'll take a dip in Budapest's thermal baths, a relaxation method used by locals to decrease stress and improve circulation.

Days 4–5: Vienna

Journey to Vienna, a city whose artistic legacy was shaped by famed residents like Beethoven. During a guided tour, you'll visit places like the Ringstrasse, the flower-adorned City Hall, and the Hofburg, where the Habsburg dynasty once ruled. See where Marie Antoinette spent her childhood when you tour the 1,441-room Schönbrunn Palace. Fittingly, you'll round out your time in the music capital of the world at a local concert, where you can see firsthand the therapeutic powers of music.

Days 6–7: Prague

In Prague, encounter the legendary beauty of the former capital of the Holy Roman Empire. The Czech Republic capital gracefully balances the classical features of old Europe with a lively, Bohemian spirit, from the 13th-century Old Town Square to St. Vitus Cathedral and the Baroque statues of the Charles Bridge. Explore the celebrated art and architecture of the City of One Hundred Spires during a guided tour. You'll also enjoy free time in Prague before you head to Munich.

Days 8–10: Munich | Davos

Famous for its impressive buildings and annual Oktoberfest celebration, Munich is the perfect place to unwind before the Global Leadership Summit begins. Your days in this German city will include a bike ride, a guided tour, and a workshop centered around the Summit theme. Then travel to Neuschwanstein Castle, the model for Disneyland's Sleeping Beauty Castle. Perched in the Bavarian Alps, this fairy-tale fortress was the brainchild of "Mad" King Ludwig. Afterwards, make your way to Davos. Located in Graubünden, the innovative mountainside town is where your three-day leadership conference will take place.

Days 11–13: 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 14: 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; 4 sightseeing tours led by expert, licensed local guides; 3 experiential activities; entrance fees for thermal baths, Matthias Church, Danube cruise, Schönbrunn Palace, St. Vitus Cathedral, Golden Lane, bike riding, Neuschwanstein Castle, 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 12 & 13

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.

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
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.