



Educational Tours

Global Leadership Summit



Helsinki, Finland

The Impact of Sports & Wellness

HELSINKI, STOCKHOLM, COPENHAGEN & LEADERSHIP CONFERENCE | 2020

Helsinki, Stockholm, Copenhagen & 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 Scandinavia?

Scandinavia is home to the happiest countries in the world, according to the UN's annual World Happiness Report. On this tour, you'll gain insight into how these Nordic countries rank so high on the happiness scale. (Hint: its wellness practices are a huge help.) Whether you're leaving your worries behind in a Finnish sauna or touring the eco-friendly Danish capital by bicycle, Scandinavia will make you smile.

Days 1–4: Helsinki | Night ferry

Meet your Tour Director in Helsinki, the capital of Finland. This Nordic country earned the title of World's Happiest Country in 2018, and as you explore Helsinki on foot, you'll see why. Meet the city's friendly locals and discover the area's most famous landmarks before visiting Temppeliaukio Church, an iconic building constructed directly out of rock. Take an excursion to Suomenlinna, an inhabited sea fortress and UNESCO World Heritage Site. You'll also participate in an activity centered around *The Impact of Sports & Wellness*. Cap off your stay by experiencing the art of sauna, a Finnish tradition that helps improve circulation and stress levels. Then board your overnight ferry to Stockholm.

Days 5–6: Stockholm

Arrive in Stockholm, Sweden's capital city. The secret to happiness here may be the social importance of *fika*—a coffee break that emphasizes quality time with friends and, just as importantly, sweets. Be sure to sample the cinnamon buns, a *fika* staple, during your visit. While exploring the city on foot, your local guide will introduce you to Stockholm's impressive architecture and rich history as you take in Old Town, the Royal Opera House, Parliament, the Royal Palace, and the oldest church in Stockholm—dating from 1306. Explore the Nobel Museum, where the winning prototypes from past EF Global Leadership Summits have been exhibited, and the open-air Skansen Museum, home to living displays of Swedish cultural traditions.

Days 7–9: 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. During your guided tour of Copenhagen, pass by Tivoli Gardens, the city's lively amusement park and inspiration behind Disney World, and continue your stroll to Christiansborg Palace, the seat of the Danish government. You'll also enjoy a Summit-themed workshop that focuses on health and happiness in Scandinavia. Tour Copenhagen by bicycle, the preferred method of transport in this eco-friendly city. Cap off your stay with an evening canal cruise before flying to Davos the following day.

LEADERSHIP CONFERENCE Davos, Switzerland

Days 10–13: Leadership Conference

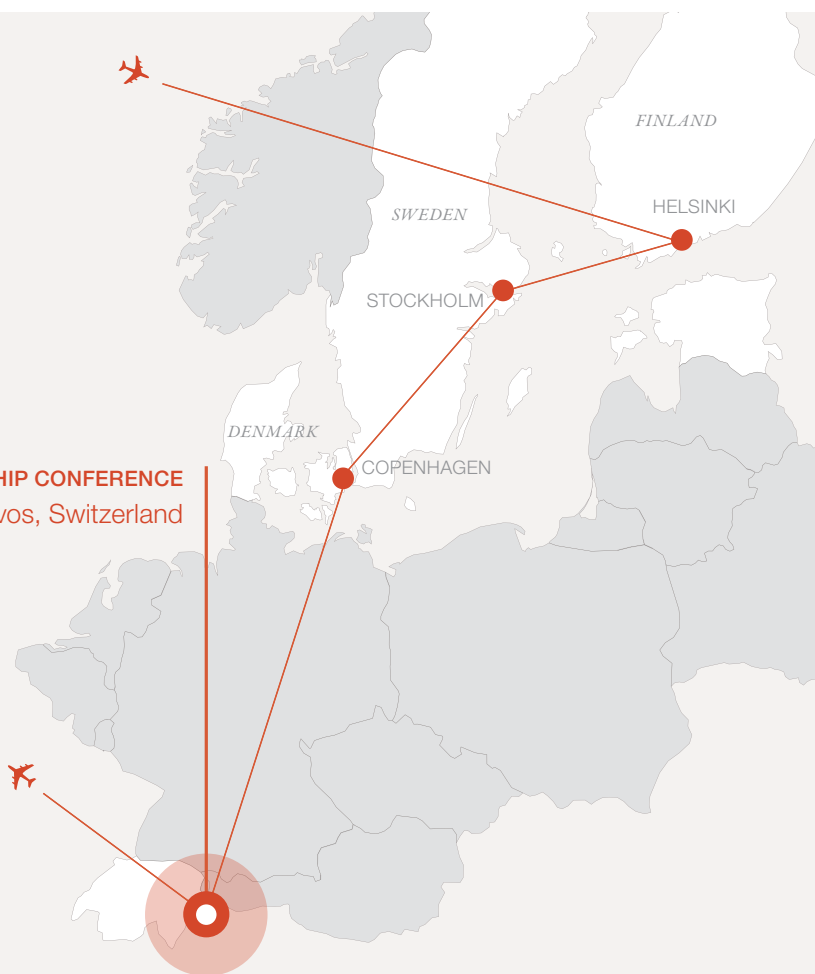
Enjoy a scenic cable car ride over Davos before the conference kicks off. You'll engage with other Summit attendees, and be encouraged to step outside your comfort zone as you get to know the team you will work with over the next few days. In this inspiring setting, you'll collaborate with students from 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 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; 3 sightseeing tours led by expert, licensed local guides; 3 experiential learning activities; entrance fees for Temppeliaukio Church, Suomenlinna, sauna, Vasa ship, Town Hall, Nobel Museum, Skansen Museum, bike riding, canal cruise, 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 11 & 12



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.