



Education First

*Educational Tours*

# Global Leadership Summit



Interlaken, Switzerland

## The Impact of Sports & Wellness

LEADERSHIP CONFERENCE, LUCERNE, INTERLAKEN & GENEVA | 2020

# Leadership Conference, Lucerne, Interlaken & Geneva

## ***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 Switzerland?

From decreasing stress to regulating heart rates, spending time outdoors has a big impact on our overall wellness. Switzerland is just what the doctor ordered—this Alpine country offers plenty of outdoor sports and wellness activities to keep travelers' engaged in nature. Explore the countryside during a hike on Mount Pilatus, soar over Interlaken valleys on a zip line, and stroll the banks of Lake Geneva.

## Days 1–5: Leadership Conference

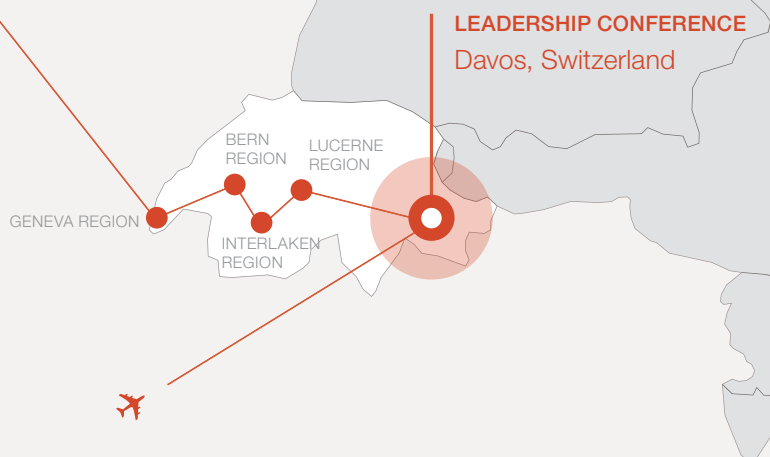
Arrive in Zurich and head to Davos, where you'll enjoy some free time to explore the Alpine town before the conference kicks off. You'll engage with other Summit attendees, and be encouraged to step outside your comfort zone as you get to know the team you will work with over the next few days. In this 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 6: Lucerne region

Cap your stay off in Davos with a cable car ride, featuring prime panoramas of the surrounding mountains. Continue on to the picturesque Swiss city of Lucerne. On a tour of Lucerne's winding cobbled streets, you'll see the Kapellbrücke, Europe's oldest wooden covered bridge, and the poignant Lion Monument, which commemorates the Swiss Guards slain in the 1792 Paris storming of the Tuileries. Try your hand at yodeling, cheese-making, and horn-blowing during a Swiss folklore activity.

## Days 7–9: Interlaken region | Bern region

Before you depart Lucerne, see local flora and fauna during a hike up to the first level of Mount Pilatus (perfect for hikers at any level). Journey to Switzerland's Interlaken region, where you'll soar over mountain valleys via zip line at Grindelwald-First. During your time in Interlaken, enjoy the outdoors during a team-building ropes course and a fast-paced boat ride on a crystalline lake. Travel to Bern, where during your free time you'll have the opportunity to see the city's mechanical clock tower, medieval prison tower, and Rose Garden. You'll also visit BearPark, a landscaped oasis home to a family of brown bears.



## Days 10–11: Geneva region

Head to Lausanne and visit the Olympic Museum, which houses more than 1,500 objects related to the global games. In Gruyères, visit the medieval town's namesake castle—a 13th-century fortress in the foothills of the Alps—and try your hand at making the cheese the area is famous for. Finish that savory experience off with something sweet during a tour of chocolate factory Maison Cailler (and yes, you'll get to sample cocoa creations along the way). Continue on to Geneva, the center of international diplomacy. Set on the banks of Lake Geneva (also known as Lac Léman) between the Alps and the Jura mountains in the Southwest corner of Switzerland, Geneva was the site of the founding of both the League of Nations and the Red Cross. You'll have the opportunity to visit the International Red Cross Museum to learn more about the organization's global health initiatives. Follow your local guide past the Palais des Nations and the European headquarters of the United Nations (Switzerland is not a member of the U.N. itself, nor does it belong to NATO). Later, stroll along the beautiful lakefront and behold the Jet d'Eau, the world's tallest fountain.

## Day 12: Depart for home

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

## EVERYTHING YOU GET

Full-time Tour Director; 2 sightseeing tours led by an expert, licensed local guide; 1 experiential learning activity; entrance fees for cable car ride, Grindelwald-First, ropes course, boat ride, BearPark, Olympic Museum, Gruyères Castle, cheese factory tour, chocolate factory tour, and International Red Cross Museum; conference registration; weShare; round-trip flights on major carriers; comfortable motorcoach; hotels with private bathrooms; breakfast and dinner daily; lunch on days 4 & 5

## 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

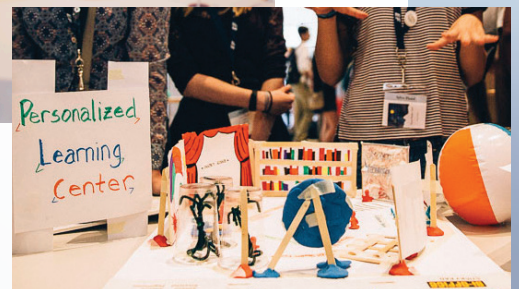
### **THE FUTURE OF FOOD**

Italy | 2017

### **THE INFLUENCE OF TECHNOLOGY ON SOCIETY**

Germany & New York | 2018

Visit [eftours.com/summithighlights](https://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.