



Education First

Educational Tours

Global Leadership Summit



Lucerne, Switzerland

The Impact of Sports & Wellness

LUCERNE & LEADERSHIP CONFERENCE | 2020

Lucerne & 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 Switzerland?

Against the backdrop of Alpine scenery, Lucerne offers the perfect combination of outdoor sports and wellness-focused activities. Unplug while kayaking on picturesque Lake Lucerne, and relax in mineral baths—known to decrease stress and improve circulation—on Mount Rigi.

Days 1–4: Lucerne region

Arrive in the picturesque Swiss city of Lucerne. Start your stay by making a Switzerland specialty during a chocolate workshop (and yes, you'll get to sample your cocoa creations). Take a boat or gondola to Mount Rigi, where you can take a dip in mineral baths at a health spa. 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. During your stay in Lucerne, you'll also participate in a team-building ropes course and kayak on crystalline Lake Lucerne.

Day 5: Davos

As you journey to Davos, you'll pass rolling hills and quaint Swiss villages. Make a pit stop to try your hand at yodeling, cheese-making, and horn-blowing during a Swiss folklore activity.



Days 6–8: Leadership Conference

In Davos, enjoy a scenic cable car ride and an alpine hike 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 9: 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 experiential learning activity; entrance fees for chocolate workshop, health spa, ropes course, kayaking, folklore activity, 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 7 & 8

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.