



Education First

Educational Tours

Global Leadership Summit



Florence, Italy

The Impact of Sports & Wellness

LEADERSHIP CONFERENCE, FLORENCE & ROME | 2020

Leadership Conference, Florence & Rome

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.

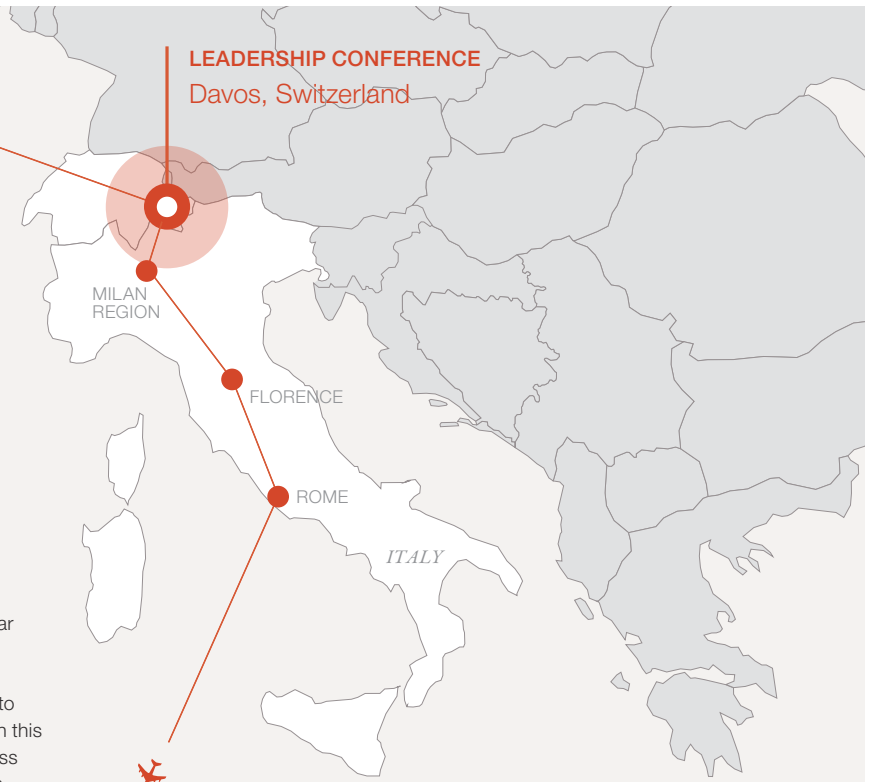
PERSONALIZED LEARNING

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 Italy?

Farm-to-table may be buzzworthy in the United States, but Italy's always been a leader in the art of fresh, regional cuisine. As you travel through this Mediterranean country, consider how sourcing and eating local ingredients can make a big difference in our overall health and wellness.

Days 1–5: Leadership Conference

Arrive in Zurich and head to Davos. Enjoy a scenic cable car ride over this mountain 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.

Days 6–7: Milan region | Florence region

Journey to Milan via Lugano, where you'll enjoy a boat ride and a walk along an olive tree trail that overlooks the water. Continue on to Bologna, the seventh largest city in Italy and the largest of the Emilia-Romagna Region. Bologna is also home to some of Italy's most famous culinary delights, including Bolognese sauce. Explore Bologna's FICO World Eataly during a guided tour. This massive food wonderland is home to working fields, stables, and vendors serving up tasty Italian cuisine such as mortadella, homemade pasta, and panettone.

Days 8–9: Florence region

Continue on to Florence—birthplace of the Italian language, opera, and the Renaissance, and where works of art like Michelangelo's *David* and Botticelli's *The Birth of Venus* still reside today. During an expert-led tour of this Tuscan city, see Giotto's Bell Tower and the imposing marble cathedral in the Piazza del Duomo, stand before Ghiberti's legendary *Gates of Paradise*, and pass the classical statues of the Piazza della Signoria. Then try your hand at making Tuscan cuisine during a cooking class.

Days 10–12: Rome

Continue on to Rome, a city that joins the past and present of regional food identity better than any other. Explore the Colosseum, where you can almost hear the stamping feet of the crowds gathered for gladiatorial combat. On your visit to Vatican City, marvel at Michelangelo's breathtaking ceiling in the Sistine Chapel and St. Peter's Basilica ornately engraved façade. Consider Michelangelo's dramatic impact on the concept of space and form, and how his artistic view changed the way we look at the world. Gain perspective of the local food culture during an interactive market challenge, and sample some of the tasty treats that Rome has to offer on a food tour. Cap off your stay by enjoying dinner with locals, and discover how Rome's culinary traditions tie deeply into its history and culture.

Day 13: Depart for home

Head to the Rome 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; 5 experiential learning activities; entrance fees for cable car ride, boat tour, olive trail trail, FICO World Eataly, Duomo, cooking class, farm visit, Sistine Chapel, St. Peter's Basilica, and Colosseum and Roman Forum; 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.

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.