



CASTrips

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CASTrips

*Creativity,
Activity,
Service*

Colombia Sample Itinerary



CAS Trips

Creativity, Activity & Service

Colombia Sample Itinerary

Please note, this is a sample itinerary - all destinations, activities and timeframes can be adapted. CAS Trips are 100% customizable to your needs. Contact us to find out more.

Carbon Neutral CAS Trips



Carbon Offsetting

The process of compensating for carbon dioxide emissions arising as a result of travel, by participating in schemes designed to make equivalent reductions of carbon dioxide in the atmosphere.

carbon neutral

Being Carbon Neutral

Means you do things, such as carbon offsetting, to reduce carbon dioxide by the same amount as you produce while traveling.

CAS Trips calculate each participant's carbon footprint using the  south pole emissions calculator and offset your trip's carbon output by protecting rainforests around the world in partnership with **STAND FOR TREES**

Click to find out more about the incredible projects you will be supporting:





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Day 1 – Arrival

Activity	Description
Airport pick-up	Your dedicated CAS Trips tour guide will meet you at Medellin's international airport and take you directly to your accommodation for check-in via private transfer.
Check-in	Check-in to your hotel - a beautiful country lodge.
Walking tour: Colombia & Medellin	In this introductory historical walking tour, you will learn all about the turbulent ancient and modern history of this wonderful city and how it has reinvented itself from the clutches of terrorism to the pioneering forefront of global innovation and sustainability.
Evening Meal & Trivia Quiz	We enjoy our first meal at the stunning hotel restaurant followed by an introduction to the activities you will enjoy on the trip and a team-based trivia quiz about the magnificence of Colombia. Prizes on offer!



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Day 2 – Creativity & Activity & Service

Activity	Description
Service Challenge: Organic Farming	We begin our journey into Colombian sustainability with the visit to an inspiring Eco farm in the town of El Carmen. Prepare to roll up your sleeves and get your hands dirty as you volunteer on the farm.
Lunch	We enjoy lunch at the farm's family-run vegetarian restaurant after which we pick up the produce you have pre-ordered for the Sustainable Cooking Challenge.
Introduction to Yoga	After arriving back to the hotel, we receive an introductory class to yoga.
Sustainable Cooking Challenge	As part of the day trip, you will be challenged in advance to choose ingredients and a cooking method to later prepare and cook a meal for your team.



Day 3 – Creativity & Activity

Activity	Description
Witnessing street art that signifies eternal hope	We'll meet local guides, community leaders, teachers and graffiti artists who've helped make the area a must-visit attraction in Medellin.
Lunch	We enjoy a traditional Colombian lunch while enjoying the views of one of the city's most colorful neighborhoods.
Graffiti Workshop and salsa class	In this this memorable tour and workshop, students will learn about the techniques and styles of street art and graffiti before making their own creation to take home. Following this, it's time to hit the dance floor in a salsa class with expert instructors.
Via Primavera	On our way back, we stop off at the city's most renowned avenues for locally-made handicrafts and clothes.
Evening Meal	After an eventful day in the city, we venture back to Santa Elena and enjoy a fine evening meal.
Evening cultural game	To prepare for tomorrow's trip into the city we have prepared a team game with a rather unusual twist!



Day 4 – Service

Activity	Description
Tour around the plant nursery	We delve into conservation of nature by visiting Colombia's second largest plant nursery.
Eco walk	After picking out the trees we will use to reforest, students head into the verdant woods on an eco-walk which will test all the senses.
Lunch	Walking back to the hotel, we will visit a micro-business where jewelry is made out of flowers followed by a traditional lunch at the hotel.
Service Challenge: Reforesting the land	Using the trees we picked up from the nursery, we replenish the land close to the hotel, learning along the huge effect deforestation has on our health and the future of the earth.
Dinner & Bonfire	After dinner in the hotel, we make our own bonfire and enjoy the crisp Santa Elena night huddled round blazing flames.



Day 5 – Activity

Activity	Description
Travel to Rio Claro	Discover how this stunning natural reserve shrouded in jungle and teeming with wildlife, was discovered by a local man while he followed a jaguar!
Lunch	We enjoy our first meal in our new jungle surroundings.
Intro talk & eco walk	<p>After an introduction to this magnificent reserve, we strap on our walking boots and head off into the jungle.</p> <p>Students will be challenged to find stunning flora and fauna before we end with a chance to bathe in the crystal-clear river.</p>
Evening meal & bonfire	Following a delicious dinner in the eco lodge we gather around a bonfire, enjoying tales of the land and eating marshmallows.
Service Challenge: UN Changemakers Challenge	<p>In this unique CAS Trips workshop, students will learn about the UN Sustainable Development Goals, investigate how they could impact their own communities and receive the tools and frameworks to plan, organize and implement a long-term collaborative CAS Project that will have a positive impact back home.</p> <p>Teams can submit their projects for a chance to win an all-expenses paid CAS Trip to Prague, Medellin or New York!</p>



Day 6 – Activity

Activity	Description
Chosen Adventure activity	<p>After breakfast, students enjoy their chosen activity.</p> <p>Choices include:</p> <ul style="list-style-type: none">- High-altitude forest zip-lining and canyoning.- Rafting down a beautiful 8 km stretch of crystal-clear river, passing under barely-believable marble caves.
Lunch	<p>We lunch at Rio Claro before a relaxing ride back to Medellin.</p>
Evening Meal	<p>We take a quick walk to Santa Elena’s finest pizza restaurant where the students will enjoy their final evening meal.</p>
Reflection Workshop	<p>Reflection is a key core feature of IB pedagogy and in this innovative workshop, students will be tasked with analyzing their own CAS Trips experiences – individually and in a group symposium - in relation to the 7 Learning Outcomes and creating their own personal reflections using innovative and creative mediums.</p>



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Day 7 – Departure

Activity	Description
Departure	We offer the students a take away breakfast to eat on the bus, directly to the airport.

Have questions or need further information?

Get in touch



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