



CASTrips

www.castrips.org

Creativity, Activity, Service

Multi-City Trip Proposal



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CAS Trips

Creativity, Activity & Service

Multi-City Sample Itinerary - Berlin & Prague

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.

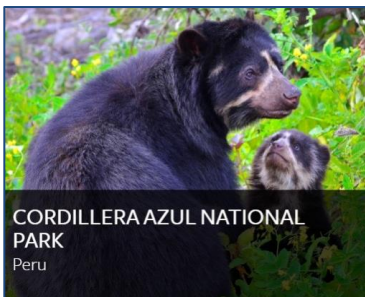
carbon neutral

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:





Day 1 – Arrival

Activity	Description
Airport pick-up	Your dedicated CAS Trips tour guides will meet you at the transport terminal and take you to your accommodation for check-in via private airport transfer.
Walking tour: Historical Prague	A fascinating introduction to the incredibly diverse history and culture of Czech Republic in this interactive walking tour around Prague's ancient streets.
Evening Meal	A selection of traditional cuisine in an authentic medieval tavern
Student Challenges Introduction	Students will be introduced to the CAS Trips UN Changemakers Challenge and our Reflection Workshops. Both will be integrated throughout the trip and will offer students the tools and frameworks for successful ongoing implementation back home.



Day 2 – Creativity & Activity

Activity	Description
Urban Treasure Hunt	Students will use their instinct, navigational skills and newly acquired historical knowledge of Bohemia to roam Prague's Old Town district in search of monuments, clues and hints which will unravel and solve the riddles of the Ancient Bohemian Treasure Hunt.
Lunch	International cuisine
Urban Treasure Hunt	Students will use their instinct, navigational skills and newly acquired historical knowledge of Bohemia to roam Prague's Old Town district in search of monuments, clues and hints which will unravel and solve the riddles of the Ancient Bohemian Urban Treasure Hunt.
Evening Meal	Traditional Czech Cuisine



Day 3 – Service

Activity	Description
Homeless Walking Tour	See Prague from a completely different perspective with one of Pragulic homeless guides. Visit a homeless colony and discover the hard truths behind life on the streets, including the tragic personal story of the guide, insights into the causes of homelessness as well as what constitutes a homeless diet and street survival tips.
Lunch	Packed Lunch
Service Challenge: Homeless Cooking	<p>In co-operation with Prague’s most out-reaching homeless charity Nadeje, you must work as a team to plan, prepare, cook and distribute a meal for 50+ homeless in Nadeje’s homeless shelter.</p> <p>There is a 2-hour time limit and a €200 budget so communication, efficiency and collaboration will essential to a successful operation.</p>
Evening Meal	As well as serving the homeless in the shelter, you too will also eat the meal you cook!
Reflections Workshop	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.



Day 4 – Creativity, Activity & Service

Activity	Description
Service Challenge: Sustainable Design Workshop	Hosted by a professional team of architecture and design experts, students are introduced to the concept of sustainable design and challenged with the task of creating functional furniture and products, using only sustainable materials which will be donated to a community project.
Lunch	Organic Lunch
Service Challenge: Organic Urban Farming	Following a tour of an urban Organic Farm and explanation of the organic processes, students will be tasked with working on current farm projects such as caring for livestock, planting and maintaining plants, harvesting and farm maintenance.
Evening Meal	Eat authentic Italian cuisine in our favorite local restaurant.



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Day 5 – Activity

Activity	Description
Walking Tour: Prague Castle	We explore the world’s largest castle, a wonderful way to say goodbye to Prague
Departure to Berlin	We will take a private coach to Berlin
Lunch	Packed Lunch
Arrival and Check in	Your CAS Trips guide will greet you as you get off the bus and assist with check in
Evening Meal	We eat international cuisine at our accommodation



Day 6 – Activity

Activity	Description
Walking tour: Historical Berlin	This introductory tour of Berlin focuses on the city's explosive history as we embark on a journey through the centuries, with particular focus on 20-21 st century history.
Lunch	Traditional German lunch
Service Challenge: Volunteer forum & Refugee Aid Project	Meet volunteers and refugee subjects from one of Berlin's pioneering NGOs who focus on assimilation and integration. Hear about their experiences, engage in Q&A and discover the day-to-day realities of voluntary work. Following this, small teams of students are tasked with creating and planning a long-term refugee aid project on a 'Think Global, Act Local' basis.
Evening Meal	We eat international cuisine at our accommodation



Day 7 – Creativity & Service

Activity	Description
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>
Lunch	Taste wonderful Asian flavours in Kreuzberg.
Street Art tour and workshop	Students will receive expert tuition from professional street art and graffiti artists and create their own design canvases.
Evening Meal	Visit a central restaurant and indulge in some delicious foods.



Day 8 – Activity & Service

Activity	Description
The Refugee Tour	On this compelling tour, one brave newcomer to the city of Berlin opens up their heart and world to discuss their journey to Berlin and their experiences in the city through their own eyes.
Lunch	We finish the tour at the guide's family-run Syrian restaurant.
Urban Kayaking	In this dynamic tour we work together in small teams as we explore Berlin by its beautiful canal system. Passing from East to West we gain an insight into the unique and strained history of the city.
Evening Meal	Choose from a range of international cuisine.



Day 9 – Service

Activity	Description
Sustainable Design Tempelhof Challenge	<p>Hosted by our professional design team partners, students are introduced to the history and incredible community function of the famous Tempelhof Fields and how it was saved from ruin and industrial development to be turned into a public park.</p> <p>In small teams, students must then interview locals and design a community project plan based on their findings.</p>
Lunch	<p>Enjoy a packed lunch.</p>
Service Challenge: Urban Organic Gardening	<p>Students will come to understand the benefits of community collaboration and environmental issues as they roll up their sleeves and volunteer at a community garden.</p>
Evening Meal	<p>Enjoy wholesome organic food from one of Berlin's leading eco restaurants.</p>



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Day 10 – Departure

Activity	Description
Souvenir Shopping	Students will have an opportunity to purchase souvenirs as a reminder of their stay.
Return to Prague for Departure	We will arrange a bus that will take you back to Prague for your departure

Have questions or need further information?

Get in touch



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