



CASTrips

*Creativity,
Activity,
Service*

Prague Sample Itinerary





CAS Trips

Creativity, Activity & Service

Prague 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 staff will meet you at Prague airport and take you directly to your accommodation for check-in via private coach transport.
Rest and Relaxation	A chance to relax and unwind in the comfort of your accommodation.
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	Enjoy traditional Czech cuisine in a medieval tavern.



Day 2 – Creativity & Service

Activity	Description
Service Challenge: Sustainable Design Disco	Hosted by Prague's only Architecture and Design school, ARCHIP and professional design team Design Disco, students are challenged with the task of creating functional furniture and products, using only sustainable materials, to be donated to a local charity or community project.
Lunch	Enjoy an organic lunch.
Service Challenge: Organic Urban Farming	Following a tour of Kuchynka 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.
Classical Music Concert	Prague is world famous for its influence on the history of classical music and also its stunning classical music halls. We visit one of the finest, the spectacular 16th century Klementinum, for a one-hour orchestra performance of Vivaldi, Mozart, Dvorak and more.



Day 3 – Activity

Activity	Description
White water rafting	We take a trip out of Prague to the wild Bohemian countryside to participate in some adrenaline sports.
Archery Competition	In addition to white water rafting, students assemble into small teams to compete in an archery competition.
Lunch	A BBQ alongside by the river.
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	A glorious Chinese banquet buffet.
Service Challenge: UN Changers 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 4 – Service

Activity	Description
Homeless Walking tour	See Prague from a completely different perspective with a recovering homeless guides. Open your eyes to the realities of homelessness and prepare to have your prejudices deconstructed. Visit a homeless colony and discover the hard truths behind life on the streets.
Lunch	Enjoy Asian and international cuisine for lunch.
Service Challenge: The Homeless cooking challenge	In cooperation with Prague's most out-reaching homeless charity Nadeje, you will work as a team to plan, prepare, cook and distribute a meal for 50+ homeless in Nadeje's homeless shelter. Communication and teamwork will be key as students work with a tight budget and 2-hour time limit.
Evening Meal	As well as serving the homeless in the shelter, you too will also eat the meal you cook tonight!
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.



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Day 5 – Departure

Activity

Description

Souvenir Shopping

Your guide will lead you to one of Prague's finest shopping districts where you can enjoy the city's many fantastic retail experiences!

Airport Drop-off

Your dedicated CAS Trips tour guides will accompany you to your transport terminal and wave you off at the departure gate.

Have questions or need further information?

Get in touch



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