



Prague Spring 2020-Sample Itinerary.

The order of activities will be dependent on the individual's activity group. Please check the notice boards every evening.

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
Prague Spring Orientation & 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 & Service

Activity	Description
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Service Challenge: Sustainable Design Workshop	Hosted by professional design team Design Disco, students are challenged with the task of creating functional furniture and products, using only sustainable materials which will be donated to a community project.
Lunch	Packed Lunch
UN Changemakers Challenge	In this unique CAS Trips workshop, you will learn about the UN Sustainable Development Goals and receive the tools and frameworks to plan, organize and engage in a long-term collaborative team CAS Project that will have a positive impact on your community back home.
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
Terezin Day Trip	Just one hour outside of Prague lies the town of Terezin, originally built as an 18 th century Austrian military fortress, it is a place haunted by its horrific past. When Czechoslovakia fell into Nazi hands in 1938 the fortress was converted into a Gestapo prison, a Jewish ghetto and eventually a deportation camp, sending trains from



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	Bohemia directly to Auschwitz. During this full day visit we explore the history and tragedy of one of Europe's darkest chapters.
Lunch	Packed Lunch
Evening Meal	A large Chinese banquet

Day 4 – Creativity & Activity

Activity	Description
Prague Castle Walking Tour	<p>Currently the seat of Czech President Milos Zeman, Prague's iconic Castle has been the scene of countless battles and occupations including The Habsburgs, Nazis and Soviets!</p> <p>We explore the 1,000-year architecture including the stunning Gardens Gothic St.Vitus Cathedral, as well as the incredible historical significance of this beautiful landmark – all beautifully lit at night by floodlights donated by The Rolling Stones!</p>
Lunch	Hot delivered lunch



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	Thai cuisine
Disco Night	All the students get together for this one night of dancing and celebration. A memorable highlight of the trip

Day 5 – Activity & Service

Activity	Description
Yoga Workshop	Through this beginners workshop, you will be introduced to the physical and mental exercises of yoga and learn how it can positively enhance your day-to-day lifestyle.
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!



Run with a super-athlete and charity activist

Philanthropist, ultra-marathon runner and local man David Christof uses his incredible athletic feats to raise awareness for Safe Drinking Water around the world.

After his wonderfully dynamic presentation One Man Really CAN make a Difference, David will invite all students and teachers to join him the following morning on a spectacular run along the Vltava river.

Day 6 – Service

Activity	Description
Novy Prostor Challenge	<p>In co-operation with Prague's flagship street magazine, Novy Prostor, students will be introduced to the concept and functions of a street magazine, meet a seller and hear their story.</p> <p>Then, in small teams, students will be given seller badges, a stack of magazines, an official location and tasked with the challenge of selling as many magazines as possible in 60 minutes.</p> <p>All proceeds will be returned to the magazine and seller, with prizes awarded for teams with the highest sales and most originality.</p> <p>Students will also have the chance to submit an article to the magazine with the chance to be printed.</p>
Lunch	Hot delivered 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.



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Evening Meal	Delicious Czech cuisine
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Day 7 – Activity

Activity	Description
Riverside Plogging	Plogging is the Scandinavian environmental Service sensation that has gone viral. It's easy and can be replicated in any city or town; simply jog along and pick up any litter or trash when you see it!
Lunch	International cuisine for lunch
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.
Evening Meal	Dinner by the Charles Bridge in a picturesque location



Day 8 – Creativity & Activity

Activity	Description
Street Art Walking Tour	Since the fall of Communism in 1989, Prague has blossomed into a major centre for contemporary and street art. This alternative tour explores graffiti hotspots, urban design and how modern art has been used as an expression of this relatively new nation's identity
Lunch	Hot delivered lunch
Street Art Workshop	At the heart of Prague's urban art district Holesovice, you will learn about the techniques and styles of street art and graffiti before creating your own canvas to take home, in partnership with our professional street artist team at Alternative Tours.
Evening Meal	Pizza for dinner

Day 9 – Activity

Activity	Description
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Kutna Hora Day Trip	We take a train ride through Bohemia to one of the most curious and unusual towns in the world – Kutna Hora. A beautifully picturesque village 45 minutes outside of Prague, Kutna Hora is home to the infamous Bone Chapel, Sedlec Ossuary. Decorated with the bones of over 70,000 victims of plague and war, the city holds some dark secrets and we discover them all on this fascinating one-day adventure.
Lunch	We eat a wonderful Czech meal at Dacicky.
Evening Meal	Middle Eastern Cuisine.
Bowling Night	Time to slip on your bowling skills and smash down some strikes as we hit the bowling alley.

Day 10 – Departure

Activity

Description

Souvenir Shopping

Students will have time for some souvenir shopping



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Airport Drop-off

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