



**CASTrips**

*Creativity,  
Activity  
Service*

Zurich Sample Itinerary





# CAS Trips

## Creativity, Activity & Service

### Zurich 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:





# CASTrips

## Day 1 – Arrival & Creativity

Activity	Description
<b>Check-in, Rest &amp; Relax</b>	Your dedicated CAS Trips tour guides will welcome you as you arrive. Check in to your accommodation and relax following the long day traveling.
<b>Orientation Activities</b>	Once you arrive in Zurich, it is time to take in your new surroundings. The CAS Trips team will eagerly show you your home for the week, before spending some time getting to know each other through a few welcome games.
<b>Evening Meal</b>	Enjoy international cuisine in the hostel.
<b>Evening Walking Tour</b>	Learn how a Roman toll point became the city with the highest quality of life and one of the most expensive cities in the world. See the influence of Charles the Great, Vladimir Lenin, Albert Einstein and Marc Chagall on the economic and scientific center of Switzerland. You will discover the power struggles, ruses, money and art that shaped the city. Visit the hidden gems and hear about the legends and life of Zurich.



## Day 2 – Service, Activity & Creativity

Activity	Description
<b>Service Challenge: Community Garden</b>	Get your hands dirty and discover your green thumb by helping the community garden and discover the benefits of gardening with traditional tools without the need of any chemicals or pesticides!
<b>Lunch</b>	Packed lunch to be eaten outdoors
<b>Swiss German Language Immersion Challenge</b>	Take a fun challenge in Swiss German, learning the fundamentals of pronunciation, as well as some slang, funny words and idioms. The will conclude with a game of 3-minute fairy tales, where you can put your German to the test!
<b>Mud Run</b>	The mud run is an obstacle run, no matter how fit you are – fun is guaranteed! You can expect lots of mud and together you will overcome a number of muddy and fun obstacles! Taking risks and collaboration are the key to success!
<b>Evening Meal</b>	A hearty meal after a long day of activities.



## Day 3 – Service

Activity	Description
<b>Zero Waste Shopping Tour</b>	<p>We take a walk to a zero-waste store and we will learn a little bit about the mission behind one of the many such stores in Switzerland and what small steps we can take to reduce waste in our own households.</p> <p>After the introduction, there will be time for some shopping and then for those interested we will continue the discussion over coffee.</p>
<b>Lunch</b>	<p>We enjoy a picnic in a park outside of Zurich</p>
<b>Refugee Cook-along Workshop</b>	<p>When people are forced to flee their homes and arrive in a different country with unusual customs, languages and traditions, food can often be a great source of community bonding and emancipation.</p> <p>The locals are committed to creating community and integration for refugees in Zurich. Today we will enjoy a cooking class lead by one of the refugees.</p>
<b>Reflections Workshop</b>	<p>Under the guidance of our CAS Trip Leaders and with lady liberty in the background, we participate in an in-depth Reflection session that will review the experiences and challenges of the trip and inspire students to develop their reflection-building skills that will be beneficial for the rest of their studies.</p>
<b>Evening Meal</b>	<p>International cuisine at the hostel</p>



## Day 4 – Creativity

Activity	Description
<b>Kunsthaus Zürich exhibition and workshop</b>	The Kunsthaus is a world-renowned art museum offering attractive exhibitions and one of the largest art collections in Switzerland, from the 13th century to the present day. The visit will be followed by a short, curated workshop connected to the exhibition
<b>Lunch</b>	We enjoy a packed lunch in the grounds of the gallery
<b>Adliswil-Felsenegg Cable Car &amp; Hike</b>	As you ascend up in the cable car, you have a fabulous panoramic view over Zurich and Lake Zurich, all the way to the mountains of Central Switzerland. The summit also serves as the trailhead for the Panorama Trail, which extends about 5.7km, with a manageable 90m rise in elevation.
<b>Yodeling Workshop</b>	Get your yodeling on with a bit of "yodl-ahi" on a mountain top. A fun workshop that really immerses you in the best of Swiss culture! We will return to the city by cable car.
<b>Evening Meal</b>	International cuisine at the hostel



# CASTrips

## Day 5 – Activity and Creativity

Activity	Description
<b>Service Challenge: CAS Project Challenge</b>	Get ahead with your CAS Project! After an introduction to the UN's Sustainable Development Goals and their future targets, you will receive the tools and framework to plan, organize and engage in a long-term collaborative team CAS Project that will have a positive impact on your own community back home.
<b>Lunch</b>	We enjoy a packed lunch together before departure
<b>Departure</b>	We take a private transfer to the airport before our guides wave goodbye at the departure gate.