



CASTrips

# Amsterdam

[www.CASTrips.org](http://www.CASTrips.org)

*Creativity  
Activity  
Service*

# Creativity, Activity & Service

## 5 Day Amsterdam Itinerary

*Please note this is a provisional program and all activities are subject to change*

### Day 1 – Arrival in Amsterdam

Activity	Description
<b>Arrival and Transport to Accommodation</b>	A dedicated local CAS Trips leader will greet the group at the airport before traveling to the accommodation.
<b>Check-in and relax</b>	Check-in, relax, and freshen up following the long journey
<b>Walking Tour: Amsterdam's History and Culture</b>	On this journey the group gets a chance to explore the network of streets, canals, and architecture through Amsterdam's world-famous city center. The local guide will share unique aspects of Amsterdam's history and lifestyle while visiting a few of the city's most famous sights.
<b>Evening Meal</b>	Enjoy international cuisine at the accommodation.

### Day 2 – Creativity, Service

Activity	Description
<b>Sustainable Design Challenge</b>	This exciting hands-on challenge is where students' teamwork skills and creativity are put to the test. In small groups, participants look at local issues facing people they interview before working as a team to develop and present creative solutions.
<b>Lunch</b>	Organic meal at a quirky restaurant.
<b>Service Challenge: Taste Before You Waste</b>	In collaboration with a pioneering local NGO, students will hear about the impact of an organization combatting food waste in the city. In groups, the students will then team up to

collect, prep, and cook salvaged ingredients before serving the finished meals to members of the city's underprivileged communities.

**Evening Meal** International cuisine at a local restaurant.

## Day 3 – Activity, Creativity

Activity	Description
<b>Windmills Bike Tour</b>	<p>There is nothing quite as Dutch as hopping on a bicycle and navigating the hundreds of kilometers of cycle paths to the charming villages around Amsterdam.</p> <p>On this stunning 3-hour bike ride for all abilities, the participants can take in the best of traditional Dutch culture through visiting windmills, canals, beautiful fields and picturesque villages.</p>

**Lunch** A packed lunch

<b>Slow Fashion Runway</b>	<p>Fast fashion is one of the biggest contributors to carbon emissions and global warming. In this sustainable fashion experience, groups will be challenged to shop within budget to put together an outfit while finding items to bring back home while learning how the methods of Reduce, Reuse, Recycle can look good and be affordable.</p>
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**Evening Meal** Dine on Indonesian cuisine – an Amsterdam specialty.

## Day 4 – Service, Creativity

Activity	Description
<b>Service Challenge: Plastic Fishing</b>	<p>Departing on small electric boats with fishing nets in hand, students will not be catching fish, but will be collecting any plastic they see in the many canals of Amsterdam.</p>

The plastic 'caught' will be donated to a local organization who recycle it and build electric boats from the waste.

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**Lunch**

Traditional Dutch market lunch.

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**Famous Art Museum**

Amsterdam celebrates its long and decorated fine art history with some of the best art museums in the world, including the Rijksmuseum, the Van Gogh Museum and Rembrandt Huis.

The school will pay a visit to a museum of their choice and experience world class art.

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**Evening Meal**

Enjoy international cuisine at a local restaurant.

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**Reflection Workshop**

Under the guidance of our CAS Trips Leaders, students participate in an in-depth reflection session to review the experiences and challenges of the trip. Developed to inspire participants, the workshop builds upon students' reflection skills that will be beneficial for the rest of their studies.

**Day 5 – Departure**

Activity	Description
<b>CAS Project Challenge</b>	<p>After an introduction to the UN’s Sustainable Development Goals, students will receive the tools and framework to plan, organize, and engage in a long-term collaborative CAS Project that will have a positive impact on their own community.</p> <p>For IB students, this can be used as the basis of a CAS Project and for non-IB students, this is the perfect opportunity to ensure your experiences have a long-term positive effect back home.</p>
<b>Souvenir Shopping</b>	<p>Free time before departure will be offered to explore Amsterdam’s world class shopping district in search of souvenirs and gifts to take home.</p>
<b>Check-Out &amp; Departure</b>	<p>After picking up our luggage from the hotel, we will board the transportation back to the airport in time for your departure.</p>



CAS Trips

## Sustainable, Responsible Travel

From striving to become carbon neutral, to preserving local cultures and supporting local economies, we take sustainability seriously. You can read how we challenge ourselves to take responsibility [HERE](#)

In 2021, CAS Trips declared a climate emergency and became a signatory of the [Glasgow Declaration for Climate Action](#).

## Carbon Removal through every CAS Trip

CAS Trips calculates each destination's average carbon footprint using the CARMACAL emissions calculator. As a member of Tomorrow's Air, CAS Trips contributes \$20 for each participant towards the removal and permanent storage of 14kg of carbon. Tomorrow's Air is uniting travelers to support pioneering companies whose nature-tech solutions will help permanently reverse warming [through carbon removal](#).

Read more about the incredible work you will be supporting [HERE](#)

## Safety & well-being

- ✓ Conducting and providing detailed risk assessments
- ✓ Overseeing all tours by our trained, professional trip leaders at all times
- ✓ Ensuring a minimum of 1:20 CAS staff-student ratio
- ✓ Offering 24/7 online support via email ahead of a trip
- ✓ Recording the highest safety and security standards for all third-party bus and rail companies
- ✓ Supplying parents with a full day-by-day trip itinerary including all transport details and 24-hour contact numbers
- ✓ Expecting all participants to maintain adequate travel insurance
- ✓ Complying with all local government requirements in regards to COVID-19
- ✓ All CAS Trips staff are trained in First-Aid and COVID-19 awareness and management



Glasgow Declaration  
Climate Action in Tourism



Have questions or need further information?

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