



CASTrips

*Creativity
Activity
Service*

Azores Islands

www.CASTrips.org

Creativity, Activity & Service

6 Day Azores Islands Itinerary

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

Day 1 – Arrival in Azores

Activity	Description
Arrival and Transport to Accommodation	A dedicated local CAS Trips leader will greet the group at the airport before traveling to the accommodation.
Check-in and relax	Check-in, relax, and freshen up following the long journey.
Walking Tour: Discover Ponta Delgada	Take a walk around the Azorean capital surrounded by luscious green mountains and the clear blue ocean. The students have the chance to discover its narrow streets and unique gothic architecture in an enjoyable walking tour lead by a CAS Trips Leader.
CAS Trips Orientation	Partake in an orientation session informing the group about the overarching themes and activities of the week ahead.
Evening Meal	International cuisine close to the accommodation

Day 2 – Activity, Service

Activity	Description
Day Trip: The Volcanic Furnas Valley and the Hot Springs	<p>The group stops off to visit the oldest and largest tea plantation in Europe where students learn about the cultivation process and sample a good old cuppa en route to the volcanic town of Furnas.</p> <p>Once the group arrives in Furnas, they will walk around the stunning Terra Nostra Botanical Gardens before soaking in the natural thermal springs.</p>

Lunch

The group tastes the famous Cozido das Furnas – a stew cooked in ceramic pots in the bubbling volcanic waters of the town.

Volcanic Research and Endemic Tree Planting

Following lunch, students discover the fascinating fauna and flora at the dramatic Volcanic Crater in Furnas Valley. There they'll also visit the Monitoring and Research Center of Furnas to understand the science behind Furnas' geothermic composition.

After this, the group joins with a local land regeneration project to plant endemic trees and combat the damage that decades of over-farming and cattle has done to the area.

Evening Meal

A delicious pizza night at a local restaurant

** Guests must bring swim suit, towel and flip-flops if they wish to bathe at Terra Nostra swimming pool. The water of the pool fades bright colors, therefore the use of swim suits and towels with dark colors is recommended. The changing facilities are basic, there are no lockers and the shower is with cold water. We strongly advise guests to bring their swim suit under their clothes and shower when they are back to the hotel.*

Day 3 – Creativity, Activity

Activity	Description
Sustainable Design Challenge: Ponta Delgada	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.

Lunch

Enjoy a packed lunch by the port

Sete Cidades Trek and Sketching Workshop

The island is famous for its natural beauty and offers many stunning viewpoints. On this 1.5-hour trek to the viewpoint, participants are given the opportunity to reflect creatively through a series of short sketching challenges.

On the way home, students have the chance to visit one of the famous Azorean Pineapple plantations.

Evening Meal After a long enjoy a dinner close to the hostel

Day 4 – Creativity, Activity

Activity	Description
Community Cultural Exchange: Rabo do Peixe	<p>The town of Rabo do Peixe is one of the poorest urban settlements in the EU and suffers from poverty, unemployment, over-population and a declining fishing industry.</p> <p>For this activity, the group collaborates with students from a local technical college as you get to know each other ahead of a cross-cultural day of collaborative service.</p>
Whale Watching*	<p>Supported by local government subsidies, half the students will experience a 1-hour boat trip in search of the Giants of the Sea and learn important traditional techniques used to spot both whales and dolphins alike.</p>
Lunch	<p>Students will eat a traditional lunch together</p>
Service Challenge: Coastal Clean-Up	<p>The other half of the group will comb the coastline collecting litter and fishing industry waste. This is one of the most polluted areas of Sao Miguel and whilst collecting rubbish, the group will also visit a traditional wooden shipyard and take a tour around the local tuna factory – two essential elements in the livelihood of many Rabo do Peixe families</p>
Evening Meal	<p>Dine in Ponta Delgada tonight</p>

**This activity depends 100% on conditions. It can be cancelled or postponed in case weather is not favorable; The sighting of animals in their natural habitat can also not be guaranteed.*

Day 5 – Creativity, Activity & Service

Activity	Description
Beach Chi-Kung	In this early morning activity, students rise with the sun preparing for a day of service with a 1-hour session of the ancient Chinese spiritual exercise of Chi-Kung at Milicias beach.
Priolo Conservation Center	In the hills above the town of Nordeste sits a conservation center dedicated to the preservation and regeneration of the native Priolo species of bird. During this visit, participants learn how the bird almost became extinct as a result of the island's agricultural past and find out how the center is helping to revive this precious species.
Lunch	Enjoy a packed lunch in the natural park
Service Challenge: Priolo Regeneration	<p>In collaboration with the conservation center workers, the group assists with the habitat restoration and/or plant production work that is vital to encouraging the Priolo bird to regenerate in the area.</p> <p>Tasks are seasonal but can include beat bog restoration, seed collection, seed treatment, sowing, growing or planting.</p>
Reflection Workshop	Under the guidance of our CAS Trips Leaders, students participate in an in-depth reflection session that reviews 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.
Evening Meal	Return to Ponta Delgada for one last evening meal together.

Day 6 – Departure

Activity	Description
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CAS Project Challenge

After an introduction to the UN's Sustainable Development Goals and their future targets, participants 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.

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.

Check-Out & Departure

Departing from the accommodation, the group will board the transportation in time for departure.





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](#)



Glasgow Declaration
Climate Action in Tourism



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

Have questions or need further information?

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