



CASTrips

Bucharest

www.CASTrips.org

*Creativity
Activity
Service*

Creativity, Activity & Service

5 Day Bucharest Itinerary

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

Day 1 – Arrival in Bucharest

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: Historical Bucharest	During this tour, the group discovers famous historical landmarks, such as the second largest governmental building in the world following the Pentagon! Participants come across the captivating mix of communist and modern architecture, and will understand why this elegant city, also known as “Little Paris”, was once considered the most beautiful in Europe.
Evening Meal	Enjoy a traditional meal as a group.

Day 2 – Activity, Service

Activity	Description
Service Challenge: Tree Planting	Students take a short bus journey to the forest-covered outskirts of Bucharest. As in many countries, deforestation is a huge problem in Romania. Today students partner with an impactful environmental conservation charity to learn about the risks posed to nature and climate change before planting trees themselves.
Lunch	Enjoy lunch as a group.

Afternoon Hike

Romania boasts some of the most picturesque and diverse forestry landscapes in Europe. On this afternoon forest trek, students explore the epic fauna, flora, sights and sound of nature.

Evening Meal

Dinner will be held at one of our favorite restaurants in the neighborhood.

Day 3 – Creativity, Activity

Activity	Description
Roma Heritage Tour	Roma culture is rooted in travel and migration. As a matter of survival, the Roma were continuously on the move. Their culture values family ties and is not shy to display opulence. Embrace the pride in the Roma community through this eye-opening heritage tour.
Lunch	Enjoy lunch as a group.
Traditional Romanian Folk Dancing	Culture can mean so many things but rarely is it performed with such passion and drama as through traditional dance. In this fun and energetic workshop, participants learn a traditional Romanian folkdance and the importance it holds today.
Evening Meal	Enjoy a traditional meal as a group.

Day 4 – Creativity, Activity

Activity	Description
Art Activism Tour	Artistic mediums have always provided a powerful voice to bring about change and this has been no different in Bucharest. On this very different kind of tour, students learn about the history of the city's street art scene and the impact it has on society today.

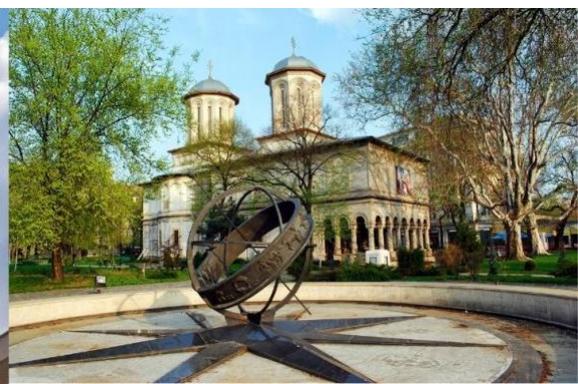
Lunch The group will enjoy lunch in one of Bucharest's upcoming art districts.

Upcycling Workshop In this workshop, students learn about new ways to contribute to circular solutions to sustainability and create their own stencil piece of street art from upcycled material.

Evening Meal Enjoy some delicious Italian food for dinner.

Day 5 - Departure

Activity	Description
CAS Project Challenge	<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>
Souvenir Shopping	Students will have some time to engage in supervised shopping for souvenirs and gifts.
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](#)

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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