



CASTrips

Creativity Activity Service

Lisbon

www.CASTrips.org

Creativity, Activity & Service

5 Day Lisbon Itinerary

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

Day 1 – Arrival in Lisbon

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: History, Architecture & Change	<p>The beautiful city of Lisbon has survived earthquakes, tsunamis and wars but today faces a different challenge: the struggle to maintain community and identity in the face of gentrification and a tourist focused city center.</p> <p>This orientation tour through the city center explores everything old and new about Portugal's fascinating culture.</p>
Evening Meal	A taste of traditional Portuguese cuisine.

Day 2 – Creativity, Activity

Activity	Description
Migrant Tour	In association with a local charity partner, students take this special tour under the shadows of Lisbon's castle and through the colorful streets of Mouraria. The group is guided by a local immigrant who reveals the streets through their eyes, alongside the personal challenges and difficulties they face.

Creative Writing & Reflection Workshop

Led by the experienced NGO leaders who organize the morning's Migrant Tour, this insightful workshop leads students on a journey through immigration to explore empathy, human emotion, and to build on their reflection skills.

Lunch

Enjoy a packed lunch in the city center.

Pastel de Nata Cooking Class

Students join a local pastry chef in a 2-hour cooking class to learn how to make the most delicious Pastéis de Nata! The local chef lets participants in on all the secrets of the history behind this special recipe - Lisbon's favorited sweet treat.

Evening Meal

Lebanese and middle-Eastern cuisine to celebrate a day of multi-cultural diversity in Lisbon.

Day 3 – Activity, Service

Activity	Description
Day Trip: Surf Camp	Just a short bus drive from Lisbon lies Costa Caiparica, a stunning coastal bay known for its long beach and perfect beginner surf conditions. Students rise early and board the surf bus before taking a 2-hour surf class led by a team of surf pro's.
Lunch	Enjoy a packed lunch on the beach.
Service Challenge: Local Beach Cleanup	Students assist a local NGO organization in their efforts to preserve the coastal environment by participating in a beach clean up after learning how essential ocean preservation is for our planet.
Evening Meal	It's pizza night! Get ready to hang out with friends and enjoy some delicious pizza.

Day 4 – Activity, Creativity & Service

Activity	Description
Service Challenge: Grannies of Lisbon Tour	<p>Like so many tourist destinations, Lisbon is struggling to balance the economical benefits of tourism with the needs and values of its local population and cultural heritage. The aging population are one of the most at risk from gentrification.</p> <p>In the morning small groups ‘shadow a granny’ as she takes them on a morning tour through the markets, coffee shops and community hubs of her local neighborhood.</p>
Lunch	Groups will reconvene to share lunch and stories at a local community center.
Service Challenge: Active Aging	Together with the grannies and volunteers at the local community center, students learn about the art of tapestry and/or silk screen printing to create a collaborative piece of their making to take home.
Evening Meal	Visit one of the centrally located restaurants to enjoy a burger night.

Day 5 – Departure

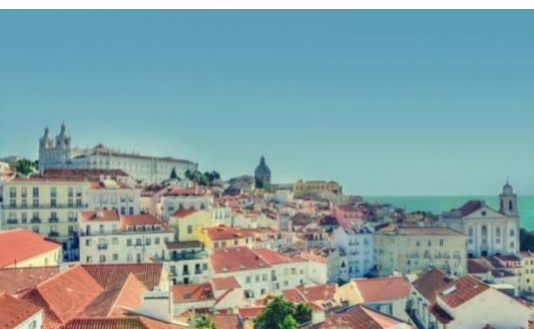
Activity	Description
CAS Project Challenge	After an introduction to the UN’s Sustainable Development Goals, students will receive the tools and framework to plan, organize, and engage in a long-term collaborative CAS Project that will have a positive impact on their own community.

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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