



CASTrips

Creativity Activity Service



New York

www.CASTrips.org

Creativity, Activity & Service

5 Day New York City Itinerary

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

Day 1 – Arrival in New York City

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: Manhattan Midtown	This introductory tour of Manhattan Midtown focuses on the essence of New York – be wowed by the iconic NYC landmarks of Central Park, Times Square, Grand Central Station and much more!
Evening Meal	Enjoy a selection of international cuisine.

Day 2 – Activity, Service

Activity	Description
Service Challenge: Community Gardens	New York's Community Gardens rely on volunteers for their upkeep and maintenance. After an introduction to the people and projects, it is time to give back and for the students roll up their sleeves and help out.
Lunch	After some hard work, the group will enjoy a lunch in the gardens.
Kayak on the Bronx River	Want to see New York from a different perspective? Hop into a canoe and paddle down the Bronx River testing cooperation and teamwork alongside classmates.

Evening Meal

Enjoy Italian cuisine for dinner.

Day 3 – Creativity, Activity & Service

Activity	Description
Service Challenge: Gowanus Canal Clean Up	The team of volunteers at this collaborative local NGO project are passionate about keeping their waterways clean. Students participate in a cleanup to benefit all members of the community - a fantastic way to serve, no matter where you live.
Lunch	Enjoy a healthy lunch at a local spot.
Slow Fashion Runway	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.
Reflection Workshop	In groups, and under the careful guidance of our CAS Trips Leaders, students participate in an in-depth reflections session, that will review the experiences and challenges of the trip and inspire students to develop their reflection-building skills.
Evening Meal	Enjoy some traditional American cuisine.

Day 4 – Creativity, Activity

Activity	Description
Museum Visit	New York's world-famous museums are a must-visit when in NYC. Groups can select between museums like the Museum of New York or The Met, and the school will pay a visit to a museum of their choice.
Lunch	Enjoy lunch in Central Park.

Hip-Hop Dance Workshop

Feel the groove of New York in this 2-hour workshop led by professional dancers. Learn how NYC locals have creatively expressed themselves and the unique moves it has developed into.

Evening Meal

Enjoy a selection of global cuisine.

Day 5 – Departure

Activity	Description
CAS Project Challenge	After an introduction to the 17 UN Sustainable Development Goals and their tangible targets for the future, 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.
Souvenir Shopping	Students will have time for souvenir shopping in New York’s iconic department store, Macy’s.
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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