



# Prague

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

*Creativity  
Activity  
Service*

# Creativity, Activity & Service

## 5 Day Prague Itinerary

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

### Day 1 – Arrival in Prague

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>Historical Walking Tour</b>	A fascinating introduction to the incredibly diverse history and culture of Czech Republic in this interactive walking tour around Prague's ancient streets.
<b>Evening Meal</b>	A selection of traditional cuisine in a local tavern.

### Day 2 – Creativity, Activity & Service

Activity	Description
<b>Homeless Walking Tour</b>	Participants see Prague from a completely different perspective with one of Prague's homeless guides. The group discovers the hard truths behind life on the streets through the personal story of the guide and learn insights into the causes of homelessness as well as learning about the homeless lifestyle and street survival tips.
<b>Lunch</b>	Enjoy a packed lunch as a group.
<b>Service Challenge: Homeless cooking</b>	In co-operation with a local homeless charity, students must work as a team to plan, prepare, cook, and distribute a meal for 50+ homeless at a homeless shelter.

There is a 2-hour time limit budget so communication, efficiency and collaboration will be essential!

### Evening Meal

As well as serving the homeless in the shelter, the group will also eat the meal they've cooked!

## Day 3 – Creativity, Activity

Activity	Description
<b>Street Art Tour &amp; Workshop</b>	Since the fall of Communism in 1989, Prague has blossomed into a major center of contemporary and street art. This alternative tour explores graffiti hotspots and urban design before the group participates a workshop to experience street art techniques and styles while making their own canvas.
<b>Lunch</b>	Enjoy packed lunch in a park.
<b>Prague Castle Walking Tour</b>	The groups Trip Leader leads the students through the 1,000-year architecture of Prague Castle. The visit includes the stunning castel gardens gardens, St. Vitus Cathedral, and experiencing the historical significance of this beautiful landmark.
<b>Evening Meal</b>	Enjoy international cuisine close to the hostel.

## Day 4 – Creativity, Service

Activity	Description
<b>Service Challenge: Homeless Magazine Sales</b>	In co-operation with Prague's flagship street magazine, students will be introduced to the concept and functions of a street magazine and how they can support the cause. In small teams, students will be given seller badges and a stack of magazines and tasked with the challenge of selling as many magazines as possible in 60 minutes. All proceeds will



be donated to support the organization, with prizes awarded for teams with the highest sales.

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**Reflection Workshop**

In groups, and under the careful guidance of our CAS Trips Leaders, students participate in an in-depth reflections session, that reviews the experiences and challenges of the trip to inspire students to develop their reflection-building skills.

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**Lunch**

Enjoy a packed lunch together.

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**Glass Blowing Workshop**

The Czech lands have a long history of creating beautiful glass and their fame in this field is unquestionable.

To appreciate this art, students walk through an exhibit of the world's finest glass artists, then under the guide of a professional glass blower, work with melted glass to create a small glass creation of their own, such as a paper weight or candle holder to take home!

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**Evening Meal**

Dine on a Chinese buffet dinner.

## Day 5 – Departure

Activity	Description
<b>CAS Project Challenge</b>	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.
<b>Urban Treasure Hunt</b>	Students use their instinct, navigational skills, and newly acquired historical knowledge of Bohemia to roam Prague's Old Town district in search of monuments, clues and hints which will unravel and solve the riddles of the Ancient Bohemian Treasure Hunt.
<b>Check-Out &amp; Departure</b>	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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