



CASTrips

Rome

www.CASTrips.org

*Creativity
Activity
Service*

Creativity, Activity & Service

5 Day Rome Itinerary

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

Day 1 – Arrival in Rome

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	Explore the fascinating history and archaeological treasures of Rome's mind-blowing 3000-year history on this interactive walking tour. From the Colosseum, Roman Forum and Pantheon to St Peter's Basilica, the Trevi Fountain and Spanish steps, the group takes it all in on this immersive history tour.
Evening Meal	Enjoy a traditional meal as a group.

Day 2 – Creativity

Activity	Description
Italian Cooking Workshop	Italian cuisine is the most eaten cuisine in the world and for good reason – it is delicious! Students try their hand at creating famous Italian dishes in this wonderful cooking class lead by an expert local chef in the heart of Rome.
Lunch	Enjoy lunch as a group.
Cultural Immersion Experience	The best way to understand a culture is to interact with it! In this 2-hour challenge, teams of 3-5 students will be tasked with capturing photos, recording interviews, tasting

delicacies, and delving into the art and history of the local culture.

Evening Meal

Enjoy a traditional meal as a group.

Day 3 – Activity

Activity	Description
Gladiator Training Camp	Participants transform themselves into real life Roman Gladiators in this epic workshop with the historical society of Rome, students don replica Roman armour and be introduced to weaponry and techniques used by the Roman Legions who conquered much of the planet thousands of years ago.
Lunch	Enjoy lunch as a group.
The Colosseum Tour	The group's dedicated guide leads the students through the 2,000-year architecture of the Colosseum. The visit includes the stunning view of the interior of the structure including touring multiple floors while exploring the turbulent history of this beautiful landmark.
Evening Meal	Visit a central restaurant and indulge in delicious foods.

Day 4 – Service

Activity	Description
Rome Clean-up Challenge	The team of volunteers at this collaborative local NGO project are passionate about keeping their city clean. Organizing and participating in cleanups benefits all members of the community and are a fantastic way to serve, no matter where you live.
Lunch	Enjoy lunch as a group.

**Service Challenge:
Refugee Cookalong**

In this dynamic activity, students cook along to the recipes of refugee chef who works with an innovative local refugee kitchen and catering company. As part of this challenge, the group cooks a surplus amount of food in order to donate to a partner refugee shelter organization.

**Humanitarian
Project Donation**

After a fantastic collaborative afternoon of volunteering, creating and learning with the chef team, the participants gather together the food they have made and transport it to a suburban refugee community where it is distributed as a donation.

Evening Meal

Dine on a final delicious evening meal together as a group.

Day 5 – Departure

Activity	Description
CAS Project Challenge	<p>After an introduction to the UN's Sustainable Development Goals, students 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 their experiences have a long-term positive effect back home.</p>
Souvenir Shopping	<p>Students will have some time to engage in supervised shopping for souvenirs and gifts.</p>
Check-Out & Departure	<p>Departing from the accommodation, the group will board the transportation in time for departure.</p>



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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