

Student Travel Guide

Spring Break 2024



Lake Forest Academy Stuart Center for Global Leadership Spring Break 2024 Travel

[Student Travel & Experiential Education - Guidelines](#)

[Trip Registration Process](#)

Travel Offerings:

- [Berlin, Prague, Munich \(Prussia, Bohemia, Bavaria\)](#)
- [Miami, The Keys, and Southeast Florida](#)
- [Spain and Morocco](#)
- [Tremendous Turkey](#)
- [United Kingdom \(England and Scotland\)](#)



Student Travel & Experiential Education - *Guidelines*

VISION

Lake Forest Academy strives to embody in its practices and to cultivate in its students' excellence of character, scholarship, citizenship, and responsibility. Through experiential education, students expand their classroom to local, regional, national, and international communities where they hone their global competence, or “the capacity and disposition to understand and act on issues of global significance”, as defined in *Educating for Global Competence* by Veronica Boix-Mansilla and Anthony Jackson.

LFA travel programs expose our globally minded students to people, cultures, ideas, problems, and opportunities that allow for investigation of the world and its many complexities. Students reflect on their experiences and the different perspectives they encountered and sought. This inquiry informs their understanding and allows them to respond compassionately and responsibly to local, regional, and global issues.

Our students continue their experiential journey beyond set travel dates. LFA students take scholarly action, leaning on their qualities of character to impact change for good. Our students have the courage to communicate through respectful dialogue and active listening, demonstrating their global leadership skills that enrich our LFA community.



GLOBAL LEADERSHIP COMPETENCIES

A Lake Forest Academy graduate shall embody the following competencies:

Investigate the World

Explain a local, regional, and/or global issue and its significance

Weigh reliable sources and relevant evidence to address a global question

State a clear position based on evidence that considers multiple perspectives to a global question

Communicate personal perspectives on situations, events, and issues and what informs that perspective

Explain perspectives of others and what distinguishes them from one's own

Understand how perspectives influence the interpretation of situations, events, or issues

Understand how contexts, such as access to knowledge, technology, resources, and opportunities impacts perspectives and interpretations of situations, events, or issues

Communicate Ideas

Effectively communicates information to diverse audiences

Uses technology and media to communicate and collaborate with diverse audiences

Observes audience engagement and modifies communication based on feedback

Takes initiative to collaborate and take action to improve conditions

Makes responsible decisions by assessing options and evaluating alternative plans

Take Action

Executes culturally responsive plans Reflects on effectiveness and cultural appropriateness of own actions

Advocates for improvement, explaining implications for future actions or lack thereof

CURRICULAR TRAVEL

The following classes will have a Curricular Trip over Spring Break:

- AP Environmental Science
- Global Capstone
- AP Chinese Language and Culture
- Chinese Cultural Studies

Curricular trips take priority and therefore, students enrolled in the above classes are not eligible to register for these featured co-curricular trips.



BELIEF IN STUDENT TRAVEL

Lake Forest Academy believes that experiential learning through local, national and international travel instills a curiosity in our students to explore and think critically. We believe it is the vehicle for personal growth to apply classroom concepts in the broader world, which enriches students' contextual understanding of Global Leadership Competencies.

We believe in providing opportunities for educational travel experiences, which foster empathy and compassion that deepen human connections. LFA students will be positioned as global leaders adept in 21st-century skills, ready to lead with a Midwestern Heart and Global Mind.

PROGRAM FEES

The cost of Spring Break Travel is dependent on enrollment. The price range is listed under each trip description. The fee does not include the cost of obtaining a passport, travel visa, vaccinations if needed, and an upgraded travel insurance protection plan. A basic travel insurance plan is included in the cost.

Once a minimum number of students register for a trip, the Stuart Center will send an email with further details and issue a travel waiver for a parent/guardian and student to sign electronically.

In addition to a signed waiver, to complete the trip registration, a check deposit of \$500 made out to Lake Forest Academy must be sent to Lake Forest Academy, % Erin English, 1500 W. Kennedy Rd, Lake Forest, IL 60045.

The remaining balance will be charged to the student account. If you need to make payment arrangements, contact [Erin English](#).

CANCELATION POLICY

The responsible party on the LFA student account (Releasor) is responsible for paying cancellation fees, even in cases of Force Majeure, and are as follows: 91 to 120+ days before departure the fee is \$500 plus the cost of the airline ticket; 46 to 90 days prior to departure the fee is 50% of the trip package; 45 days or fewer prior to departure the Releasor is responsible for 100% of the package. Therefore, in the event of a cancellation or withdrawal, for any reason, the Trip Payment according to the cancellation fees will be charged to the student account.

Should you need to cancel enrollment, the Releasor is responsible for LFA's cancellation fee. The Releasor may file an insurance claim through the travel insurance policy for reimbursement provided the cancellation was for covered reasons that are policy specific, which can include documented sickness, illness, injury, and unforeseeable calamities.



Trip Registration Process

The [Stuart Center for Global Leadership](#) oversees LFA Spring Break travel programs. Please direct questions to the contacts below.

Students who elect to participate in Lake Forest Academy Spring Break programs will be required to attend pre-trip meetings, complete required readings, be actively engaged in journal writing and discussions while on their program, and return to Lake Forest Academy eager to share what they have learned.

The Trip Fee for the Spring Break Travel is dependent on enrollment. The fee does not include the cost of obtaining a passport, travel visa, vaccinations if needed, and an upgraded travel insurance protection plan. A basic travel insurance plan is included in the cost.

STUART CENTER CONTACTS



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Register Here!

[Spring Break 2024 - Trip
Registration Form](#)



Berlin, Prague, Munich (*Prussia, Bohemia, Bavaria*)

Trip Dates: March 16-24, 2024

Trip Leader: Erin English

Cost: \$4,560 - \$5,460

Itinerary: **ACIS - Berlin, Munich, Prague Itinerary.pdf**

History unfolds from the significant landmarks we will visit of a country healing from a divided, dark past, reconciling from humanitarian atrocities. Speaking with local community representatives during the program, our students will hear multiple perspectives and make comparisons to current global trends where divisions are on the rise. Can we learn from our past, can we recognize injustice, and guard against history repeating itself? These questions are at the forefront of our minds throughout this travel experience as we aim to carry back to LFA the character and responsibility of taking an active role in the health of our community and the world.



After arriving in Germany's storied historical and dynamic capital, you will explore the Eastern and Western sections of Berlin, now known as a hub of European innovation. An expert local guide will show Berlin's most important historical touchstones, including The Berlin Wall Memorial, Brandenburger Gate, the Holocaust Memorial, Potsdamer Platz, and the infamous Checkpoint Charlie. Engage with

modern German culture with a street art workshop.



In Dresden, witness how the entirely reconstructed buildings rose from the ashes of WWII destruction during a guided sightseeing tour viewing the Frauenkirche (Church of our Lady), the beautiful Semperoper Opera House, and the massive Dresden Zwinger.



Left virtually untouched by World War II bombing, Prague is one of Europe's most beautiful cities as you'll see during your guided sightseeing tour. A local expert will show us the quaint Mala Strana (Czech for "Lesser Quarter," named for its location at the foot of Prague's ancient castle) and the graceful Charles Bridge, built during the 14th century. We'll also visit the fortress-like Hradčany Castle, perched high above the city.



We will visit Nuremberg (The Nazi Party Rally Grounds: Nuremberg History & Obligation to the Past), once considered the unofficial capital of the Holy Roman Empire and noted centuries ago for its contributions to early astronomy and printing. View the massive Zeppelintribüne at the Nazi Party Rally Grounds and visit the Nuremberg Documentation Center, a museum that provides socio-political context for the Nazi reign of terror.

In Munich, tour Marienplatz with its famed Glockenspiel, the Viktualienmarkt food and flower market, and the Surfers on the Eisbach river at the Englischer Garten. We will also visit The Dachau Concentration Camp Memorial Site, a somber but important reminder of Germany's Nazi past.



Visit King Ludwig's fairy tale Neuschwanstein Castle, with its many turrets and towers, which opened to the public in 1886 and clings to the top of the surrounding cliffs. Enjoy a traditional German dinner at the Ratskeller.

Miami, The Keys, and Southeast Florida

Culture, Conservation, and Cuisine

Trip Dates: March 23-30, 2024
Trip Leader: Kerry Cedergren and Mike Reidy
Cost: \$2,500

Culture



Southeast Florida is a melting pot of different cultures. Students will explore street art created by artists from dozens of different countries at the [Wynwood Walls](#), dine and watch [Flamenco](#) dancing in Little Havana, and maybe even have a lesson ourselves!

We will also visit Miami's historic [Calle Ocho](#), which is the center of Cuban life and culture in Miami's [Little Havana](#) neighborhood. Declared a "national treasure" by the National Trust for Historic Preservation, this vibrant and iconic enclave is known for its authentic Cuban restaurants, popular ventanitas, warm and toasty Cuban bakeries, and street festivals that are too colorful for words. A walking tour to observe all that Calle Ocho has to offer, including a trip to Domino Park to watch locals playing dominoes is also on the itinerary. At the [Pérez Art Museum of Miami](#), docents will guide us on a themed tour of the permanent



collection as well as special exhibitions, outdoor spaces, and sculptures. Students will also encounter native Floridians in Miami and the [Keys](#).

Conservation

[Everglades National Park](#) is a 1.5 million-acre tropical wilderness, one of the

largest wetlands in the world. Students will get up close and personal with nature as we tour the park via bicycle and airboat and learn about the



impacts man has had on this natural marvel. Across Florida Bay from where this “river of grass”



ends, students will kayak through mangroves and learn how these salt-loving trees protect the Florida Keys from hurricanes and witness the impact climate change is having on this low-lying coastal area. The peace and serenity of casually kayaking through the turquoise waters will be awe-inspiring, traveling through isolated lagoons and passageways that are only accessible to paddlers. The mangroves grow where land and water meet and have survived

many ocean storms and hurricanes, thus they are critical to the coastal areas. In addition, students will visit the [Deering Estate](#) which is an environmental, historical, and archaeological preserve, and the [Pelican Harbor Seabird Station](#), which was founded for the purpose of caring for injured brown pelicans and has grown into an internationally recognized center for seabird rehabilitation. Both places offer students a chance to see ongoing and ever-changing conservation efforts.



Cuisine - A product of the cultural melting pot that is Southeast Florida is the wide variety of

cuisine options. Students will get a lesson on how to make [Cuban food](#), using its simple but savory ingredients which are influenced by the Spaniards, the Africans, and the French as well as native people. There is no doubt you have heard of dishes like key lime pie, conch fritters, mango salsa, various types of rice and bean dishes, arroz con pollo (chicken with rice), jerk chicken, and certain seafood gumbos and salads. These are all part of



[Floribbean](#) cuisine. Students will

take a historical culinary tour of this cuisine. In addition, dishes and seafood from the Keys will surely be on the menu at some point during the trip.



Spain and Morocco

Trip Dates: March 16-24, 2024
Trip Leader: Isaías Cairampoma and Dieter Villegas
Cost: \$5,100 - \$5,300

“A Senegalese poet said ‘In the end we will conserve only what we love. We love only what we understand, and we will understand only what we are taught.’ We must learn about other cultures in order to understand, in order to love, and in order to preserve our common world heritage.” –Yo Yo Ma, White House Conference on Culture and Diplomacy

On this trip, we will visit and learn about two countries (Morocco and Spain), their cultures, food, and continents.

Starting our journey in Morocco, we'll be exploring the country's fascinating cities and breathtaking landscapes. After meeting our tour director and checking into our hotel in [Casablanca](#), we'll embark on a city walk to take in the vibrant sights and sounds of this bustling city.

We'll travel to Fez via [Rabat](#), where we'll enjoy a guided sightseeing tour that includes the [Mohamed V Mausoleum](#), [Hassan Tower](#), and [Royal Palace](#). We'll also visit the [Merenid Tombs](#) at sunset, offering a beautiful view of the city.

In Fez, we'll have a full day of guided sightseeing, taking in [Fes-Jdid Mellah](#), the Royal Palace, [Fes el Bali Medina](#), [Karaouine Mosque](#), the [Medersa Bou Inania](#), and visit the older university in the world: the [University of Al-Karaouine](#). We'll also visit the impressive [Volubilis Roman Ruins](#) and take part in a leather workshop, before indulging in a Moroccan cooking class with dinner.

Leaving Fez, we'll travel to Tangiers via [Chefchaouen](#), where we'll enjoy a guided sightseeing tour and even go on a camel ride. From there, we'll take a ferry to the sunny Costa del Sol.


We'll take a day trip to [Seville](#), where we'll enjoy a LEAP Spanish Civil War experience and participate in a cooking class. The next day, we'll have a guided sightseeing tour of Seville, visiting the [Plaza de España](#), the [Old Jewish Quarter](#), [Casa de Pilatos](#), the [Seville Cathedral](#), and the [Giralda Tower](#), before enjoying a LEAP ¡Ay Flamenco! experience, including a [flamenco](#) class and an evening performance.

Our journey will take us to [Granada](#), where we'll tour the [Alhambra Palace](#) and Generalife Gardens. We'll also have the chance to visit the charming [El Albaicin](#) neighborhood.

Finally, we'll travel to Malaga to end our tour, after experiencing the beauty and diversity of Morocco and southern Spain.



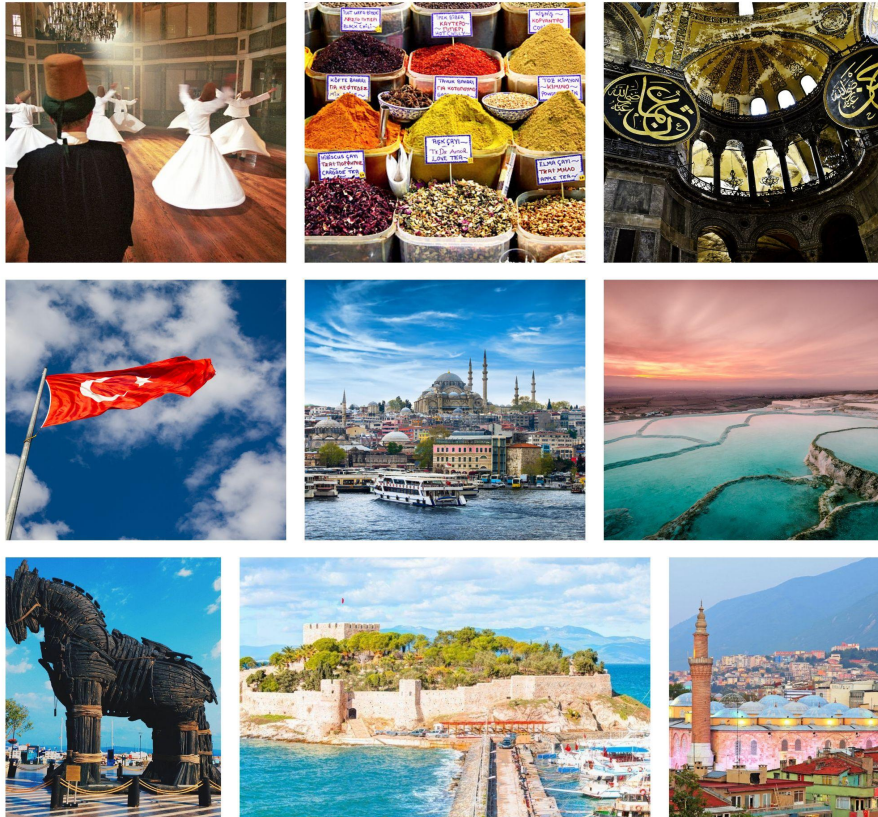
Tremendous Turkey

Trip Dates: March 16-24, 2024
Trip Leader: Sam Wold
Cost: \$3,800 - \$4,100
Itinerary:  Explorica - Turkey Itinerary.pdf


Students will explore the capital of two empires (the Byzantine Empire and the Ottoman Empire) and enjoy the culinary delights of Turkey. Istanbul is the dynamic gateway between Europe and Asia. It straddles the two continents. Open-air markets, little changed since the Ottoman Empire, offer silks, carpets, and spices, while cars speed past the modern hotels, cafés, and skyscrapers catering to the city's newfound popularity as a tourist destination. Beautiful Islamic architecture including arches, domes, and minarets still dot the skyline. From the immense church of [Hagia Sophia](#) -- the absolute masterpiece of Byzantine architecture and the fourth-largest church in the world, with a dome 180 feet high -- to the beautiful [Blue Mosque](#), designed for the 19-year-old Sultan Ahmet in 1609, we will get to see some of the most breathtaking and iconic architecture in the world.

From Istanbul, we will travel outside of the capital to Turkey's ancient cities of [Canakkale](#), [Kusadasi](#), [Pamukkale](#), and [Bursa](#). The group will visit ancient thermal baths (for a swim), they will experience several more UNESCO World Heritage Sites including [Ephesus](#) and the archaeological site of [ancient Troy](#), will experience a Whirling Dervish ceremony, and we will take a short cruise on the Bosphorus River.

Note: Only a small portion of the planned activities are listed in the description.



United Kingdom (England and Scotland)

Trip Dates: March 15-23, 2024
Trip Leader: Rita MacAyeal and Lydia Wells
Cost: \$4,270 - \$5,390
Itinerary:  Forum by Prometour - United Kingdom Itinerary.pdf

“Not all Those Who Wander are Lost”: A Literary and Historical Tour of the U.K.

We will start off with two exciting days in London touring a number of famous locations and cultural sites. On our first day, we will visit the [Charles Dickens Museum](#) and [Buckingham Palace](#), and we will walk past the [Houses of Parliament](#), [Big Ben](#), and [Westminster Bridge](#). On the second day, we will visit the [Sherlock Holmes Museum](#) which recreates the Victorian world of London's iconic detective, and then we will view amazing cultural treasures at the world-famous [British Library](#). We will enjoy eating and shopping in the vibrant West End [Covent Garden](#) area and take a boat cruise down the River Thames to view iconic sites such as the [Tower Bridge](#), [Shakespeare's Globe Theater](#), and [St. Paul's Cathedral](#). We will learn more about British history at the [Tower of London](#) (home to the Crown Jewels) and then wrap up our London visit by attending an open-air Shakespeare performance at the Globe Theater.

The next day, we will leave London and make a stop at the world-famous prehistoric monument [Stonehenge](#). From there we'll head to Bath, a beautiful city known for its classical Georgian architecture and Roman remains. We will make a stop at the home where author [Jane Austen](#) lived and wrote her beloved six novels in the early 19th century. Then we will take a walking tour of the city to see the [Pulteney Bridge](#), [Sydney Place](#), the [Roman Baths](#) (one of the best preserved Roman remains in the world), [the Royal Crescent](#), and [the Circus](#).

Next, we will visit the medieval market town Stratford-upon-Avon to explore the world of William Shakespeare, including [Shakespeare's birthplace](#), [Mary Arden's Farm](#), [Holy Trinity Church](#), and the [Royal Shakespeare Company](#). Then it's off to Manchester to tour the stunning [Chetham Library](#) (the oldest public library in the English-speaking world) and see the city's highlights including the [Bridgewater Canal](#), an engineering marvel of the 1700s. The next day we will visit the [Brontë Parsonage Museum](#) which preserves the legacy of the sibling poets and novelists (Charlotte, Emily, and Anne Brontë). Next, we will move on to the Lake District to see the ancient remains of [Hadrian's Wall](#), built to guard the northwest frontier of the Roman Empire. Finally, we will explore the charming village of [Grasmere](#), home of English Romantic poet William Wordsworth, which he called “the loveliest spot that man hath ever found.”

Having finished our time in England, we will continue to Scotland for our final two days in the U.K. In the city of Edinburgh, we will tour the fortress stronghold [Edinburgh Castle](#) (built in the 11th century), stroll through the beautiful 37-acre [Princes Street Garden](#) designed in the 1770s, and enjoy the bustling [Royal Mile](#), the busiest tourist street in Old Town. Our last day of the trip will begin with a visit to the 900-year-old [St. Giles Cathedral](#) and a tour of the spectacular [Palace of Holyroodhouse](#), which is the British monarchy's official residence in Scotland. Later we will hike up [Arthur's Seat](#), an ancient volcano that offers breathtaking views of the city.

Legend has it that this may have been the location of King Arthur's castle, "Camelot!" Finally, our last day in the U.K. will end with a sunset walk around the famous landmark monuments at [Calton Hill](#).

