Student Travel Guide

Spring Break 2024
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)
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.

CANCELLATION 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

Erin English
Director of Experiential Learning
Health, Wellness, and Community Department Chair
eenglish@lfanet.org

Roxanne Kruger
Director of Service Learning
Health, Wellness, and Community Faculty; Global Department Faculty
rkruger@lfanet.org

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 dominos 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 causally 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 (Morroco 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.
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 Promotour - 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 Princess 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.