



CASTrips

Edinburgh

www.CASTrips.org

*Creativity
Activity
Service*

Creativity, Activity & Service

5 Day Edinburgh Itinerary

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

Day 1 – Arrival in Edinburgh

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: Edinburgh's Old Town	<p>From its gothic architecture and trademark local wit to the poets, philosophers, kings, queens, battle and castles, Edinburgh is a city with a story to tell.</p> <p>After checking in, a CAS Trips Leader will lead the group through a fascinating introduction to the unique history and culture of Scotland in an interactive walk through Edinburgh's UNESCO-listed old town.</p>
Evening Meal	Enjoy a traditional Scottish meal in the heart of Edinburgh's old town.

Day 2 – Activity, Service

Activity	Description
Service Challenge: Green Team	Roll up your sleeves and prepare to do your bit to maintain Scotland's majestic natural environment as we join the Green Team to tackle areas in need of maintenance and clean ups.
Lunch	International cuisine at a restaurant that fights social exclusion

Urban Treasure Hunt

In small teams, students tackle the Harry Potter themed urban treasure hunt! Armed with a map full of cryptic clues, students must navigate Edinburgh's pedestrian Old Town area in search of clues and answers to the riddles. Prizes will be awarded to the winners.

Evening Meal

Traditional Italian food in the City Centre.

Day 3 – Creativity, Activity

Activity	Description
Highland Games	<p>With the backdrop of the inspirational Scottish countryside, students are divided up into smaller teams to compete in the CAS Trips Highland Games.</p> <p>Teams must select competitors best suited to each event, with everybody participating in at least one. Team collaboration and support will be key as the teams battle it out for the ultimate prize – the Haggis Trophy!</p>
Lunch	<p>A packed lunch to fuel your active day</p>
Slow Fashion Runway	<p>Edinburgh offers some great vintage and second-hand shopping. Groups will be challenged to shop within budget to put together an outfit while finding trends to bring back home. Learn about how methods of Reduce, Reuse, Recycle can look good and be affordable.</p>
Evening Meal	<p>Enjoy tasty burgers at a local restaurant.</p>
Reflection Workshop	<p>Under the guidance of our CAS Trips Leaders, students participate in an in-depth reflection session to review the experiences and challenges of the trip. Developed to inspire participants, the workshop builds upon students' reflection skills that will be beneficial for the rest of their studies.</p>

Day 4 – Creativity, Activity & Service

Activity	Description
Scottish Storytelling Workshop	<p>The ancient Scottish art of storytelling goes back centuries.</p> <p>As one of the last nations in Europe to use the written word, storytelling came to be an extremely valued and treasured aspect of Scottish community and students discover just how, as master storytellers recount enchanting tales both old and new, introducing a short history of the Gaelic language before being tasked with writing a story of their own, to be shared at the final day's Ceilidh.</p>
Lunch	Enjoy a tasty lunch.
Service Challenge: Grassmarket Community Project	<p>The GMP is the source of countless initiatives for regenerating and supporting the community. Students are led through a tour of the center to gain a first-hand insight into the work their members do before being tasked with making contributions to some of the many current projects of the center which may include; gardening, refurbishment, painting, and fundraising.</p>
Evening Meal and Ceilidh	<p>Rounding off the day at the Grassmarket centre, the group will enjoy a hearty Scottish buffet dinner in the company of the GMP members and prepare for the grand finale of the trip – a breath-taking night of Scottish dancing and celebration in the Ceilidh!</p>

Day 5 – Departure

Activity	Description
CAS Project Challenge	<p>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.</p> <p>For IB students, this can be used as the basis of a CAS Project</p>

and for non-IB students, this is the perfect opportunity to ensure your experiences have a long-term positive effect back home.

Souvenir Shopping

Students will have some time to engage in supervised shopping for souvenirs and gifts.

Check-Out & Departure

Departing from the accommodation, the group will board the transportation in time for departure.





CASTrips

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?

Get in touch: info@castrips.org or +420 255 71 26 52

