



Itinerary (Subject to change)

Name of the trip	The Azores
Chaperones	Martina Plicka, Roberto Pacelli, Springs Pacelli
Chaperone's cell phone	Contact Phone: 420 720 825 885 Zsombi (guide): +351 910 875 091
Departure	September 17 (Sunday) – Meeting at the airport Terminal 2 at 17:30 PM - overnight at the hotel near Lisbon airport TP1243 17SEP PRGLIS 19:30 - 22:05 TP1869 18SEP LISPD L 08:30 - 09:55
Return	September 24 (Sunday) – Students should be picked up at the airport Terminal 2 at 18:40 PM TP1864 24SEP PDLLIS 06:30 - 09:45 TP1246 24SEP LISPRG 14:20 - 18:40
Accommodation	B&B HOTELS Lisboa Aeroporto (night of September 17th) City's Hostel PDL (nights of 18th-24th)
Transportation	By plane – medical and travel insurance is included in the trip's cost

Contact Numbers

24 hours

In an emergency, please contact Dr. Eric Sturm, Upper School Principal, first and he will organize contact with the group. Another point person is Ms. Malinova (WWW coordinator) who will be at ISP or Activities Director Mr. Hennelly.

Eric Sturm - Upper School Principal	+420 702 251 961
Sandra Malinova - WWW Coordinator	+420 607 076 259
Anthony Hennelly - Activities Director	+420 722 980 386

The students will be very busy and we ask that you **not call the hotel or the chaperons directly**. The chaperons will regularly be calling ISP to check in.

What to bring?



- We have a carry on luggage & a checked in luggage up to 20 kg included in the flight booking
- Passport and copy of the passport or ID digitally (in your phone or email)
- Camera (optional)
- Water bottle
- Small backpack to carry stuff around town
- Sunscreen, hat and sunglasses
- Swimsuit and 2 towels (1 should be beach towel)
- For the hotspring bring old bathing suits or ones you won't mind getting permanently dyed
- Required medication in a separate bag with instructions and dosages clearly marked
- Toiletries (toothbrush, toothpaste, deodorant, soap, and shampoo)
- For the whale watching bring seasickness medication if needed
- Clothes for 8 days - please plan for sun, rain and wind - weather in the Azores is changing a lot
- 2 pairs of shoes, suitable for walking tours / biking and one pair for the beach
- Umbrella and rain poncho
- Padlock for the lockers in your hotel room
- Light fleece or jacket
- Spending money for snacks and food (approximately 150 EUR)
- Packed dinner and breakfast or some snacks for an overnight in Lisbon
- **CAS Trips App:** The app can be downloaded through [Google Play](#) or [Apple Store](#) and students will find some interesting features there (IB materials, packing list and also the pre-trip Reflection task).
- Guide has First Aid Training from American Red Cross is knowledgeable about where all of the hospitals and pharmacies are located. Bring personalized medication for each student.
- Driving on the bus a lot, might want to bring pressure point bracelet for motion sickness or gravol
- Waterproof shoe like a Merrill sandal

Sunday (September 17)

17:30	Meeting at the Vaclav Havel airport Terminal 2
22:05	Arrival to Lisbon & transfer to the hotel B&B Aeropuerto Lisbon

Monday (September 18)

6:00	Transfer to the Lisbon airport
8:30	Departure to the Azores
9:55	Arrival and transfer to the hotel & Check in
	Lunch
Afternoon	Azorean Cooking Class - We meet up with local chef, Maria da Paz (who also creates our pic-nic baskets for the rest of our stay) and learn about the ins and outs of creating an Azorean delicacy: Cozido das Furnas , a stew literally cooked by volcanic heat and steam underground. We will be learning about the history of this unique dish, decide what goes in it, even prepare a dessert that will bake alongside the stew.



	Freetime?
	Dinner - eat locally

Tuesday (September 19) Old Swimsuit, old towel (these items will get stained)

	Breakfast - at the hotel
Morning - Hot Spring and Tea Tasting	<p>This morning we will stop off to visit the oldest and largest tea plantation in Europe where we will learn about the cultivation process and sample a good old cuppa en route to the volcanic town of Furnas.</p> <p>Once we arrive in Furnas, we will take a stroll around the stunning Terra Nostra Botanical Gardens before taking a long soak in the natural thermal springs (approx. 35°C) bottom is rock. Bring an old swimsuit, as it will be stained (something that could be thrown away)</p> <ul style="list-style-type: none"> • Water is safe, less likely to have any skin irritations for stomach issues (water is yellow and full of iron oxide and sulfur, it's not toxic and it has been tested) • Shallow
	Lunch: Picknick (we will raise our own lunch from the ground and it will include lunch and dessert)
Volcanic Research and Tree Planting	<p>Following lunch, discover the fascinating sights, fauna and flora at the dramatic, active Volcanic Crater in Furnas Valley.</p> <p>This afternoon, we will visit the Monitoring and Research Center of Furnas to understand the science behind Furnas' unique geothermic composition.</p> <p>Following this, we join forces with a local land regeneration project to plant endemic trees and combat the damage that decades of over-farming and cattle has been done to the area. *Expert in the field as a guide regarding soil degradation *Seed Collection *Experimental Agricultural center (Gardening Gloves, Hiking Shoes, Wear clothes to get dirty)</p>
	<p>A delicious pizza night at a local restaurant (City Center) Stores generally close around 8:00-9:00 Stores are closed from 12:30-approximate 2:00</p>

Wednesday (September 20) Site City Day Inside the City (Comfortable Shoes Required, cap, rain jacket,



sunscreen)

	Breakfast - at the hotel
Morning	<p>Historical City Walking Tour: Discover Ponta Delgada</p> <p>The Azorean capital is surrounded by either luscious green mountains or the clear blue ocean. Discover its narrow streets and unique gothic architecture in an enjoyable walking tour led by your CAS Trips Leader.</p>
	<p>Thought Exercise/Sustainable Design Challenge: Ponta Delgada - Around the port area of the city, you will investigate and plan a Sustainable Design project that would help to contribute to the sustainable development of Ponta Delgada. In this 3-part collaborative challenge, students must interview members of the community to help determine their needs, analyze and design a public space that would help alleviate that need and then present their project to the group.</p> <ul style="list-style-type: none"> • Groups divided into groups of 4, each group will have notebooks and pencils (5 groups) • Interviews: <i>What is the environmental issue, what is the impact of that environmental issue.</i> Each group will have a specific area where they will interview the locals. • Presentation: <i>3 min presentation to the group Evaluate the mitigation strategies to solve this environmental issues</i>
	Packed Lunch
Afternoon	<p>Understanding the Azorean Pineapple: Do Pineapples grow in Europe? Only in the Azores! 100 years have shaped the fruit in unique ways - understand the history, culture and culinary tradition of the Azorean Pineapple as you visit the biggest and only plantation on the island. If you are lucky, you may get the chance to taste this freshly picked staple of Azorean cuisine. Walk back to the city center.</p>
	Dinner - eat locally (Local Hamburgers!)

Thursday (September 21) Swimsuits, Hiking Shoes, Light backpack

	Breakfast - at the hotel
Morning	<p>Service Challenge: Removing Invasive Species (South African Coastal Crawling Plant-taking over endemic grasses) from the Coast of Mosteiros - The island is famous for its exotic botanical gardens planted in the 19th century, but they came with an unfortunate surprise: the island quickly became overrun with invasive plants.</p>



	<p>Currently there is a battle going on to preserve and reinvigorate the endemic flora of the island. We will do our part by joining forces with the local Environmental Centre and the civil parish of</p> <p>Mosteiros in removing invasive plants from a scenic beach on the west coast of the island.</p>
Afternoon	<p>We have a picnic with a spectacular view</p> <p>Sete Cidades Trek and Sketching Workshop - The island is famously known for its beauty and offers many stunning viewpoints. None are more famous than A vista do Rei, high above the twin craters of Sete Cidades. On this 1.5- hour trek to the viewpoint, you will be given the challenge to reflect creatively through a series of short sketching challenges.</p> <p>Dinner - eat locally (Beef Based Oven Cooked Stew)</p>

Friday (September 22) **Sea Sickness Bracelets or Medication (MUST EAT), bring snacks that day in Backpack (rain jackets, water proof shoes, sunscreen, hats, swimming goggles)**

	Breakfast - at the hotel
Morning	<p>Whale Watching: Embark on an incredible journey into the Atlantic to see the largest mammal on the planet up close and personal! Students will experience a breathtaking 2-hour boat trip to observe & investigate the Giants of the Sea and learn important traditional techniques used to spot both whales and dolphins alike.</p>
	PACKED LUNCH on the boat
Afternoon	<p>Service Challenge: Coastal Clean-Up - While Sao Miguel rightly earns its reputation as one of the most pristine and green destinations in Europe, there are stretches of the coastline that harbor ocean drift waste and waste created as a result of the fishing industry. We roll up our sleeves and do our bit to protect the oceans with a group coastal clean-up. (MAYBE WE CAN DO AN IA HERE)</p> <p>Maybe swimming</p>
	Dinner - eat locally

Saturday (September 23) **clothes for the beach chi kung, sunscreen, rain jacket, hiking shoes**

	Breakfast - at the hotel
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Morning	Beach Chi Kung - This morning we will rise with the sun and set ourselves up for a day of service with a session of chi kung on the beach.
Morning	Priolo Conservation center - Way up in the hills and forests above the town of Nordeste sits an EU and government-funded conservation center dedicated to the preservation and regeneration of the native Priolo species of bird. We will learn how the bird almost became extinct as a result of the island's agricultural past and find out how the center is helping to revive this precious species.
	Lunch
Afternoon	Service Challenge: Priolo Regeneration -In collaboration with the conservation center workers, we will volunteer to help with the habitat restoration and/or plant production work that is vital to encouraging the Priolo bird to regenerate in the area. Tasks are seasonal but can include <i>peat bog restoration, seed collection, seed treatment, sowing, growing or planting</i> . Hiking shoes, jackets (chilly)
	Dinner - eat locally

Sunday (September 24)

Early morning	Transfer to the airport
06:30	Departure from Ponta Delgada
14:20	Departure from Lisbon - lunch at the airport
18:40	Arrival to Vaclav Havel Airport in Prague