

A group of people riding camels through a vast desert landscape under a cloudy sky. The camels are in a line, moving across the sand dunes. The sky is filled with soft, grey clouds, and the sand is a warm, golden-brown color. The overall mood is adventurous and scenic.

**Insight**

**2023/24**

**Student Travel**

Program Guide

# Program Locations



**Have another location in mind?**

Connect with us and we'll explore opportunities.

# Our Philosophy

At Insight, we challenge students to engage differently. Everything we do—whether during a travel program abroad or a workshop in the classroom—is based on experiential pedagogy designed to foster global citizens, empower critical thinkers, and encourage creative problem solvers.



While traveling, students engage with critical global issues, meeting change-makers and activists working to make our world a better place, all while visiting diverse communities rich in culture and history.



In the classroom, students engage in stimulating workshops and activities, encouraging them to think critically about their role in our global society.

# Building Global Citizens

Insight's educational travel programs are designed to empower global citizens by finding the balance between inspiring change and promoting critical inquiry.



## Engaging Workshops & Debriefs

As part of our educational travel programs, Insight offers in-school workshops and debriefs, both before and after the trip experience. Our travel programs incorporate daily thought-provoking discussions that draw connections to program themes and how they relate to life at home.



## Personal Development

Itineraries are filled with activities that help students build personal and cross-cultural skills, and are intended to serve as a stepping stone on the journey of personal growth. Trip activities include student-led inquiry that challenges them to think critically, become more open-minded, and develop essential teamwork and communication skills.



## Community-Focused & Action-Based Learning

Our team works closely with host communities to ensure that our programs offer authentic experiences with creative learning opportunities grounded in informed action. Students learn from inspiring change-makers, finding practical and impactful ways to support communities. We embrace a model of learning from our hosts rather than trying to solve problems for them.



Student travel  
reimagined

# The Insight Difference



Community-based  
experiential learning focus



24/7 facilitator support from  
local and global guides



Theme-based, customized  
educational itineraries



Pre-departure workshops  
and post-program debriefs



Social justice and global  
competencies integrated



Competitive pricing with  
a no-surprises approach


# Theme-Based Programming

Integrating global issues into all of our travel programs

At Insight, our travel programs are theme-based, allowing students to dive into rich content while exploring a unique part of our planet. We craft custom itineraries that integrate global themes with your desired learning outcomes. Programs typically blend two to three themes. Sample themes include the following:

- » Indigenous Cultures & Identities in the Yukon
- » Sustainability & Climate Change in Iceland
- » Biodiversity & Ecotourism in Ecuador
- » Food Security in Fiji
- » Conflict, Peace, & Reconciliation in Rwanda
- » Social Enterprise in Thailand
- » The Role of Gender in Morocco
- » Art, History, and Architecture in Croatia

From the early planning stages to the experience itself, focus on your students while we take care of the rest!



**“These programs have been meticulously planned by Insight Global Education including critical details on itineraries and clearly articulated medical access and emergency preparedness. This level of preparation is mandated by our district and is consistently achieved. When sending our students abroad, we are confident that Insight Global Education places the highest priority on student safety and security.”**

**👤 Dave Eberwein, Deputy Superintendent, Saanich School Board**  
British Columbia, Canada



# Program Safety

At Insight, our top priority is student health and safety. Whether a two-week expedition to East-Africa or a five-day experience in the Yukon, we apply the same rigorous safety standards to all of our programs. With extensive experience delivering educational programming around the world, we'll ensure the experience exceeds your safety expectations.

- » Trained and experienced team of guides and facilitators
- » Extensive parent and student pre-departure preparation
- » On-location orientation and daily debriefings
- » Detailed itineraries
- » Reputable hotels, bus operators, and vendor networks
- » Comprehensive travel insurance
- » Clear safety rules and policies

# Sample Costs

We make it simple: no hidden fees or exclusions.

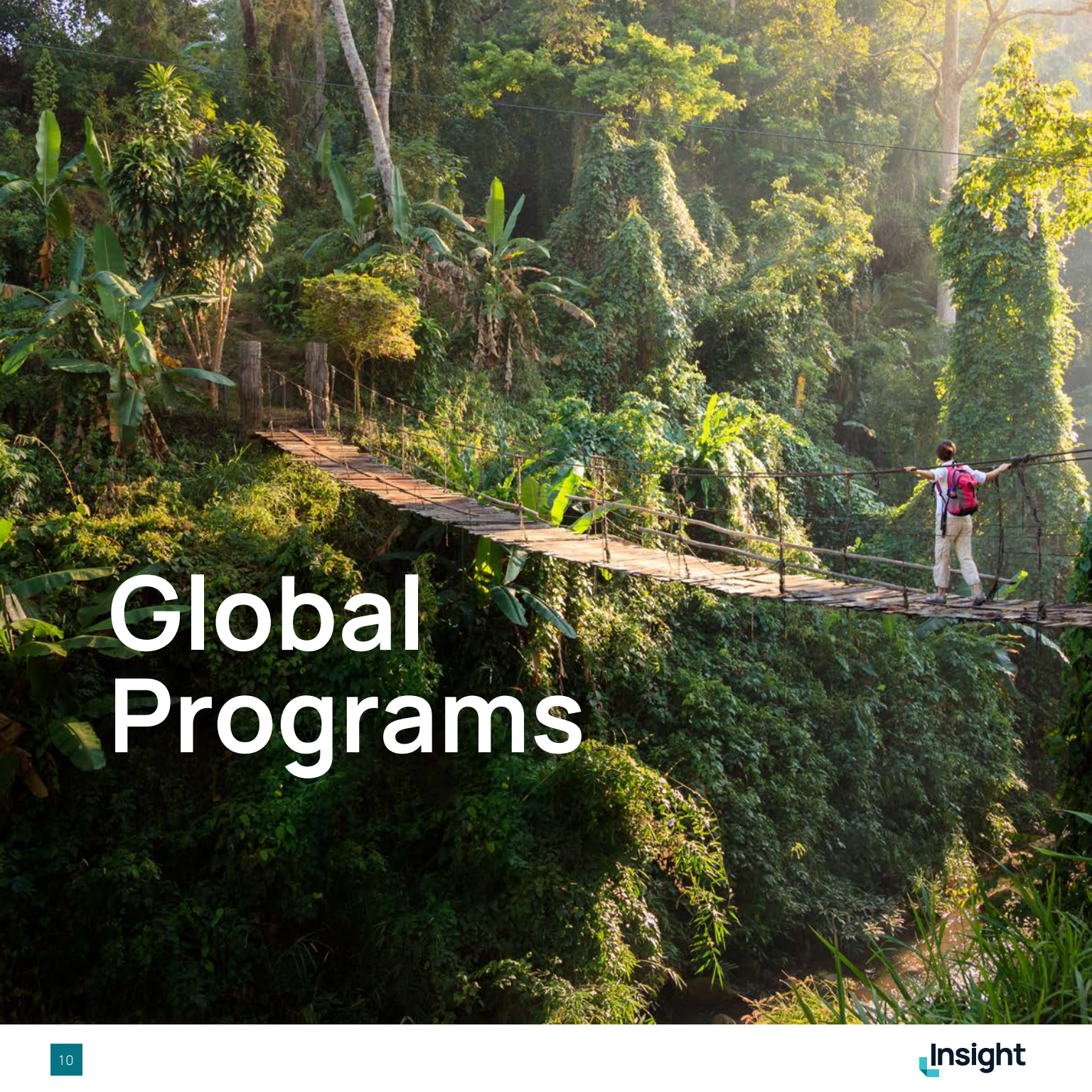
- » Round trip transportation (including flights)
- » All accommodations
- » All meals and water
- » All program activities
- » All teacher chaperone costs at an 8:1 ratio
- » Comprehensive travel insurance
- » Curriculum units to accompany program themes
- » Locally-based guides and globally-trained facilitators
- » Pre-program orientations and post-program debriefs

## Select Program Estimates

Costa Rica	\$4,500
Haida Gwaii	\$4,750
Ecuador	\$4,250
Fiji	\$5,250

Croatia	\$4,500
Morocco	\$4,900
Thailand	\$4,500
Yukon	\$4,500

\*Per person estimate based on 8- to 10-day itineraries with a minimum of 16 participants. Contact us to discuss prices for your ideal experience.



# Global Programs

# Locations

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# Costa Rica

**Costa Rica or 'Rich Coast' provides endless unforgettable experiences. Whether on a jungle walk in a protected reserve or through a meaningful dialogue with habitat conservationists, Costa Rica will inspire your students.**

Lush with extraordinary biodiversity, students joining us in Costa Rica will have the opportunity to explore the unique ecosystems found in Central America. Costa Rica's rainforests, beaches, volcanoes, and rivers offer nature and outdoor enthusiasts an unforgettable experience.

# Sample Itinerary

## DAY 1

Arrive in San Jose and enjoy a welcoming tour through the heart of this historic city. Explore some of the city's green spaces before an evening meal.

## DAY 2

Explore San Jose Central Market and admire handmade crafts made by local artisans. Visit the National Museum to learn more about the country's unique culture before and after colonization.

## DAY 3

Visit the community of Santa Maria and spend a full day volunteering with an animal rescue and rehabilitation center. Participate in an evening soccer match against the center's staff and community.

## DAY 4

Hike to the base of Arenal Volcano, one of the country's most important geographical features. Explore the vibrant community of La Fortuna before a soak in the local hot springs.

## DAY 5

Learn to make chocolate at the Bribri Indigenous community. Experience the hospitality of the Caribbean coastline, where Tico cultures mix with island neighbors.

## DAY 6

Continue your journey through Costa Rica in Manuel Antonio National Park. Participate in a tree walk or go on a guided hike through the protected reserve.

## DAY 7

Tour the "Mariposas del Pacuare" butterfly sanctuary and protected growth forests. Join a local school's restoration efforts at the tree nursery and learn about measuring your carbon footprint.

## DAY 8

Board a two-person kayak and navigate down a calm river while learning about eco-tourism initiatives launched by local entrepreneurs.

## DAY 9

Enjoy a final day celebration dinner at the hotel before beginning the journey home.

## Program Details

INTENDED GRADES

7-12

LENGTH

9-14 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Sustainability & Climate Change
- Indigenous Cultures & Communities
- Biodiversity & the Environment
- Outdoor Education & Leadership
- Ecotourism & Adventure





# Croatia

**From the Roman settlements of Split and Zadar, to the medieval walls of Dubrovnik and the stunning waterfalls of Plitvice, Croatia will captivate all who venture here.**

Sitting at the crossroads of central and southeastern Europe, Croatia's rich and diverse history is matched only by the warm hospitality afforded by its cities and towns. Part Roman, part Yugoslavian, and now part European Union, our adventures across Croatia will explore themes ranging from history and culture, to art and architecture, and peace and conflict.

# Sample Itinerary

## DAY 1

Travel to Croatia. Enjoy a group dinner on our first night in Zagreb.

## DAY 2

Welcome to the capital of Croatia. Stroll through the colorful streets of Zagreb and embrace the 17th century architecture. Visit Gradec and Kaptol, the medieval predecessors of Zagreb.

## DAY 3

Visit the Roman ruins of Pula and then head to the picturesque coastal town of Rovinj filled with cobbled narrow streets and surrounded by islets.

## DAY 4

Travel to Plitvice Lakes, a fairytale-like park and UNESCO World Heritage Site featuring hundreds of hues of greens and blues, over 16 waterfalls, and countless crystal clear lakes.

## DAY 5

Travel to the Adriatic Coast, stop in Sibenik and Trogir for guided tours of both towns with incredible art history and architecture before continuing to Split.

## DAY 6

Explore the Gothic structures and Roman palaces that have survived nearly two thousand years. The city's majestic Cathedral rises from within Diocletian's Palace, a UNESCO World Heritage site. See Peristyle in the center of the palace and the famous Golden Gate.

## DAY 7

Travel to Dubrovnik. Explore the walls surrounding the Old City, walk around the marble streets of Stradun and learn about this town's history and importance in Croatian heritage.

## DAY 8

Travel to the Republic of Montenegro and the beautiful Bay of Kotor, a fortified town and UNESCO World Heritage Site. Learn about the town's medieval history and take in its Romanesque architecture.

## DAY 9

After breakfast, head to the airport to begin your journey home.

## Program Details

INTENDED GRADES

7-12

LENGTH

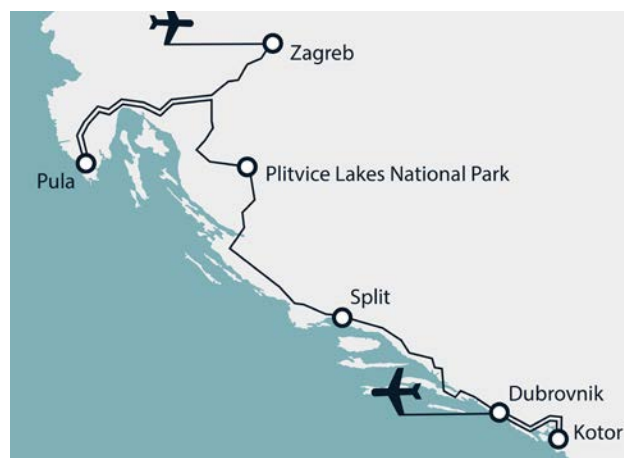
8-12 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Peace & Conflict
- Art & Architecture
- Roman History & Culture
- The European Union & Integration





# Ecuador

**From the Amazon Rainforest to the Galapagos Islands, Ecuador's expansive biodiversity offers students a remarkable combination of learning opportunities.**

Ecuador's diverse habitats and storied histories pre- and post-colonialism provide a wide range of authentic learning experiences for students. Whether learning about Indigenous initiatives to combat climate change or the importance of social enterprise and responsible business, the Andes Mountains, volcanoes, and dense jungles are unparalleled learning environments.

# Sample Itinerary

DAY 1

Arrive in Quito and explore this UNESCO World Heritage City on foot on a guided walking tour.

DAY 2

Visit Impaqto Quito, Ecuador's leading social enterprise incubator. Explore Mitad Del Mundo (Middle of the Earth) and learn about Indigenous customs and traditions related to the equator.

DAY 3

Arrive at Sinchi Warmi, a community lodge run by Indigenous women in the heart of the Amazon Rainforest. Explore the native flora and fauna with Indigenous guides and participate in weaving using local plants fibers.

DAY 4

Time for a hands-on cacao experience! Learn how to pick and produce ethically-sourced, fair-trade chocolate. Then tour an animal conservation center to learn about endangered species and efforts to restore habitats and rehabilitate animals to the wild.

DAY 5

Head for the Andes Mountains and explore the stunning community of Baños. Hike to the base of one of the country's most remarkable sights, the Pailón del Diablo waterfall.

DAY 6

Explore the Tungurahua Volcano, perched above the clouds and overlooking the town of Baños. Head for the Quilotoa Crater to learn about ecotourism and its role in community development.

DAY 7

Hop aboard the recently renovated train bound for the former slave trade community of Salinas. Explore Ecuador's history while developing a greater understanding of the trans-Atlantic slave trade.

DAY 8

Volunteer with an Indigenous-led community found in the Cloud Forest. Learn how to create local products that are empowering lives.

DAY 9

Back in Quito, explore the city from over 4000m above sea level at the Teleférico. Then head to Quito's airport and begin your journey home.

Program  
Details

INTENDED GRADES  
8-12

LENGTH

8-14 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Indigenous History & Culture
- Biodiversity, Geology, & Earth Sciences
- Economics & Resource Management
- Social Enterprise & Micro-Business
- Outdoor Education & Leadership





**Made famous by its tropical landscapes, stunning beaches and vibrant jungles, Fiji, threatened by rising sea levels and natural disasters, is stepping up to lead the fight against climate change.**

With over 330 islands and a population of just over 900,000, Fiji provides incredibly rich learning opportunities for students passionate about the outdoors, the environment, climate change, and so much more. Whether it's exploring Fiji's natural rainforests, learning about palm deforestation, partaking in mangrove and coral restoration, or removing invasive plants along the coasts, Fiji has a lot to offer students keen to explore the outdoors.

# Sample Itinerary

- DAY 1** Travel to Fiji!
- DAY 2** Participate in a guided walk through the tropical rainforest. Experience traditional cooking at Aviva Farms and learn about the art of Lovo.
- DAY 3** Explore remote Indigenous communities in the highlands of Rakiraki province. Participate in an overland trek with our partners at Talanoa Treks.
- DAY 4** Continue our overland trek with Talanoa, visiting Indigenous highland communities along the trek. Overnight in a traditional *bure*.
- DAY 5** Arrive in Natovi town. Learn about the damaging impacts of Tropical Cyclone Winston which hit the island in 2015. Overnight at Colo-I-Suva Eco Resort.
- DAY 6** Explore Fiji's historic capital, Suva city. Experience Thurston Gardens, participate in a scavenger hunt at the central market, and embrace Fijian cuisine in the heart of the city.
- DAY 7** Visit the Embassy of Tuvalu and learn about how rising sea levels are creating refugees. Take in a Rugby match at the national stadium. Head to the coral coast.
- DAY 8** Begin the day with a morning visit to Tsulu Arts, an interactive center dedicated to preserving Fiji's culture. In the afternoon, participate in a mangrove restoration project.
- DAY 9** End your trip with a visit to Kula Eco Park. Experience the conservation initiatives led by local activists. Then, stock on some souvenirs in Nadi before departing for home.

**Program  
Details**

**INTENDED GRADES**

**9-12**

**LENGTH**

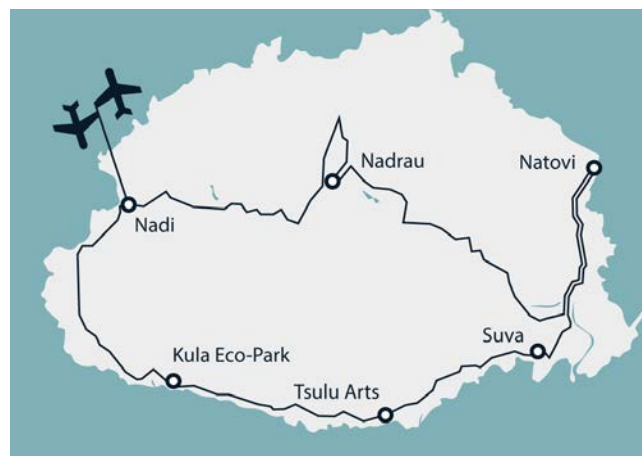
**9-14 days**

**PROGRAM SIZE**

**12-24 students**

## Sample Program Themes

- Outdoor Education & Leadership
- Climate Change & Rising Sea Levels
- Indigenous History & Culture
- Social Enterprise & Micro-business
- Biodiversity, Geology, & Earth Sciences





# Iceland

Often called the Land of Ice and Fire, this Nordic island boasts pristine natural beauty shaped over thousands of years by glaciers and volcanoes.

A keystone of Icelandic culture is environmental conservation. Throughout the country there are geothermal power plants producing energy in harmony with the environment around them. Even traditional breads are cooked beneath the soil using the heat in the ground. This makes Iceland one of the most wondrous places from which to explore energy studies, climate change, and sustainability.

# Sample Itinerary

## DAY 1

Travel to one of Europe's most sparsely populated countries, Iceland!

## DAY 2

Welcome to Reykjavik. Take a tour of Perlan, an iconic building composed of a huge glass dome that rests on top of six district heating tanks, each of which can hold about 4 million liters of geothermal water.

## DAY 3

Take a stroll through a lava tunnel created by a volcanic eruption 5,200 years ago. Visit a power plant to learn how green energy is produced at one of the largest single-site geothermal power plants on the planet.

## DAY 4

Tour the Golden Circle. Visit Þingvellir National Park, then head to Geysir Geothermal Area and Gullfoss. End the day at a greenhouse that uses geothermal-heat-based horticulture practices to produce tomatoes year-round.

## DAY 5

Explore Reynisfjara Beach where jagged rocks jut out of the sea surrounded by black sand and basalt formations. Then take a guided glacier hike and spend the night at a glacier lagoon.

## DAY 6

Visit Diamond Beach where pieces of glaciers wash up ashore in contact with the region's volcanic black sand. See Svartifoss, a 'black waterfall' in Vatnajökull National Park.

## DAY 7

Take a hike to the site of recent volcano eruptions to see how they transformed the landscape in the past 2 years.

## DAY 8

Stroll the colorful streets of downtown Reykjavik in search of souvenirs before gathering at the hot springs.

## DAY 9

After breakfast, head to the airport and begin your journey home.

## Program Details

INTENDED GRADES

8-12

LENGTH

6-12 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Climate Adaptations
- Sustainable Development
- Geothermal Energy
- Geology & Outdoor Skills





# London

**From its founding as a Roman outpost to becoming one of the first global metropolises, London offers incomparable glimpses into our shared history.**

Students exploring this iconic city will step between past and present, unpacking complex global issues as we explore London's role in shaping our future. While we weave in some of the city's traditional landmarks from Big Ben to Tower Bridge, our programs in London will dive into themes of public transportation, sustainable cities, and social justice.

# Sample Itinerary

## DAY 1

Travel across the Atlantic Ocean to the United Kingdom!

## DAY 2

Visit the British Transport Museum to explore ‘forgotten parts’ and go behind the scenes at some of the busiest stations. Learn about the significance of the transportation system and how it has developed over time.

## DAY 3

Travel to Windsor Castle, the oldest and largest occupied castle in the world. Founded by William the Conqueror in the 11th century, it has since been the home of 39 monarchs. Watch the guards march through Windsor for the Changing of the Guard ceremony and take a tour of its interior.

## DAY 4

Walk the top-secret corridors of Churchill War Rooms and glimpse what life would have been like during the tense days and nights of World War II.

## DAY 5

Venture to Westminster Abbey, an architectural masterpiece of the 13th to 16th centuries. Later, visit the Palace of Westminster for a tour of the heart of UK’s democracy.

## DAY 6

Visit the Tower of London, a historic castle on the River Thames. Discover its secrets and stories before crossing the Tower Bridge (aka. London Bridge). Board a river cruise and end the day with a drama workshop at Shakespeare’s Globe.

## DAY 7

See the treasures of the royal collection at Buckingham Palace. Explore Hyde Park and the Kensington Gardens before a Sherlock Holmes tour.

## DAY 8

Travel north to the historic city of Cambridge, home to one of the world’s oldest and most prestigious universities. Take a tour of the campus.

## DAY 9

Wind down your adventure by exploring the colorful shops and buildings of Notting Hill before heading to the airport to begin the journey home.

## Program Details

INTENDED GRADES

8-12

LENGTH

PROGRAM SIZE

8-14 days

12-24 students

## Sample Program Themes

- London: Past & Present
- Public Transport as a Public Good
- Human Rights
- Government & Global Economies





# Morocco

**The Kingdom of Morocco inspires travelers with its diverse landscapes. From the snow-capped peaks of the Atlas Mountains to the towering sand dunes of the Sahara Desert, Morocco is influenced by its geography and positioning as a trading nation.**

Morocco's cultural tapestry has evolved from Berber, Arab, and European roots. Students joining us will explore the country's diverse regions while unpacking how cultures have both clashed and cooperated over the centuries to form Morocco's identity. Although the country is rapidly modernizing, students will discover what it means for Morocco to retain much of its history, admiring uniquely colorful architecture, participating in camel treks, joining locals for afternoon tea, and strolling the winding, captivating paths of its medinas.

# Sample Itinerary

## DAY 1

Travel to Casablanca, dubbed the White City of Morocco for the white-washed walls of its medina.

## DAY 2

Take a guided city tour. Visit the Hassan II Mosque, the largest functioning mosque in Africa. Later, drive to Marrakech and end the day visiting Jemaa el-Fna, a large square in the medina.

## DAY 3

Visit the Jardin Majorelle botanical garden, Koutoubia Mosque, and Arab bazaars known as souks. Get your hands dirty with local artisans at a pottery workshop and take a cooking class to learn about local cuisine.

## DAY 4

Our travels take us across the Atlas Mountains. Visit Ait Benhaddou. Take a guided tour of this UNESCO World Heritage Site filled with earthen clay architecture. Then continue onto Ouarzazate.

## DAY 5

Continue toward the desert. Along the way, visit the Valley of the Roses and Dades Gorge. Arrive at Todra Valley and explore the Tinghir Oasis.

## DAY 6

Travel to Merzouga and the Sahara Desert! The large sea of giant, wind-blown sand dunes can be explored on a walk, a camel, or a sandboard. The lack of light pollution also makes it a spectacular spot for stargazing at our desert camp.

## DAY 7

Wake up early to watch the orange sand come to life as the sun rises over the dunes. Settle in for a long drive to Fes with views of the Ziz Valley along the way.

## DAY 8

Welcome to Morocco's cultural capital, Fes! Take a city tour. Visit Fes El Bali, its walled medina with medieval Marinid architecture, vibrant bazaars, and old-world atmosphere. See the grand mosque Fes el-Jdid and the dazzling exterior of the royal palace.

## DAY 9

Head to the airport to begin the journey home.

## Program Details

INTENDED GRADES

9-12

LENGTH

9-14 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Art, History, & Architecture
- Culture, Heritage, & Identity
- European Colonization in the Arab World
- Gender & Identity in North Africa





# Thailand

Surrounded by several mountain ranges in northern Thailand, Chiang Mai is known for its picturesque views, waterfalls, ancient temples, and cool weather.

Along with governmental initiatives for economic reform, Chiang Mai has seen a massive upswing in locally-led, socially-innovative projects in pursuit of equitable and sustainable development. This program explores sustainable development in the heart of Northern Thailand while strolling around temples, elephant sanctuaries, and waterfalls.

# Sample Itinerary

## DAY 1

Travel across the Pacific Ocean to Thailand.

## DAY 2

Welcome to Chiang Mai! Begin with a tour of Old Town and the city's famous temples. Learn about the "Chiang Mai on Three Wheels" project, preserving the *samlor* (bicycle taxi) as a means of transportation.

## DAY 3

Travel to Ban Mae Sa Mai, the largest Hmong community in Northern Thailand, home to an Agricultural Royal Development Project. Learn about a collaborative forest restoration project.

## DAY 4

Travel to Chiang Rai. Visit a honey producer who creates jobs for people in the community and works to preserve local wisdom. Participate in a skills-sharing workshop with local hill tribe women.

## DAY 5

Head to Doi Chang, Northern Thailand's coffee village where Doi Chang Coffee Original Co was established to assist coffee growers in getting fair prices, developing their own brand, and promoting collaboration for improved quality.

## DAY 6

Visit social enterprises in Chiang Mai. Learn how they're contributing to the city's sustainable development. Then take a cooking class and prepare dinner!

## DAY 7

Learn about the Asian elephant and the issues surrounding its preservation. Meet elderly elephants. Learn to make herb balls used to feed them medicine before heading to the river to bathe with them.

## DAY 8

Visit Doi Suthep and its mountain-top temples. Partake in an almsgiving ceremony. Then head to Chiang Mai's famed night market for souvenirs.

## DAY 9

After breakfast, head to the airport to begin your journey home.

## Program Details

INTENDED GRADES

9-12

LENGTH

9-14 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Sustainable Development
- Social Enterprise
- Culture, Heritage, & Identity
- Art, Architecture, & Cuisine





# Uganda & Rwanda

From the savannas of Uganda to the hilltops of Rwanda, our East Africa program provides a unique and impactful learning experience. Students curious about global social justice will embrace the authenticity of this experience as we explore two distinct nations.

Students participating in our East Africa program will meet and engage with local change-makers to explore how issues like gender equality, education, poverty reduction, climate change, and so many more, are all interconnected.

# Sample Itinerary

DAY 1

Arrive in Uganda's capital, Kampala.

DAY 2

Experience Kampala's vibrant cultures on a walking tour through the old city and Owino Market. Connect with Youth Sports Uganda and participate in sports for development initiative with community partners.

DAY 3

Learn how to start a social enterprise with the Social Innovation Academy and Sawa World, two grassroots organizations based in Kampala who offer immersive experiences.

DAY 4

Learn about the importance of gender equality and education while working hands-on with our rural community partner in Tekera Village.

DAYS 5  
& 6

Experience a 2-day safari and get up close and personal with some of Africa's Big Five. See elephants, lions and more. The safari experience is unforgettable.

DAY 7

Explore unique geological formations, including volcanic crater lakes, while hiking. Enjoy an afternoon off on the shores of Lake Bunyonyi, Uganda.

DAY 8

After crossing into Rwanda, our first stop is at the Rwandan National Genocide Memorial and Museum, located in the heart of Kigali. Afterwards, meet with genocide survivors to learn about their experiences and the complex journey of reconciliation.

DAY 9

Spend a full day with the Akilah Institute, an organization empowering young women and girls through education. Participate in a community-led walking tour of one of Kigali's suburbs.

DAY 10

Our final day in Kigali begins with a visit to the craft market, followed by lunch at the Hotel Des Mille Collines (otherwise known as Hotel Rwanda). Then head for the airport to begin the journey home.

Program  
Details

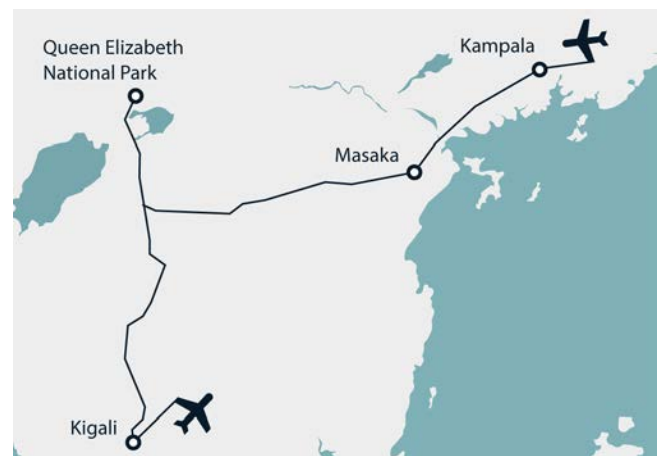
INTENDED GRADES  
9-12

LENGTH  
10-18 days

PROGRAM SIZE  
12-24 students

## Sample Program Themes

- Social Entrepreneurship & Micro-Business
- Food Security & Resource Management
- Inclusivity & Gender Equality
- Conflict, Peace, & Reconciliation
- Humanitarian Intervention & Foreign Aid





# North America Programs



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Thoughts of Chicago conjure up pictures of skyscrapers, bright lights, bustling streets, and the 'windy' city, but in between its world-renowned architecture and its complex political past, this metropolis has become home to thriving urban farms and food justice initiatives.

Our newest program in the United States will explore how Chicago is transforming vacant lots to vegetable gardens, giving rise to neighborhood compost clubs and honey co-ops, beckoning farm-to-table chefs from across the USA, all while providing a glimpse into how cities can tackle social issues.

# Sample Itinerary

**DAY 1** Travel to the Windy City! Head straight to Lou Malnati's for a slice of deep dish pizza pie. Then set out for a city tour along Chicago's River Walk.

**DAY 2** Tour 3 urban farms with an organization who co-facilitate, advocate, and implement policies that advance food justice & sovereignty in Chicago.

**DAY 3** Spend the day at the Chicago Botanic Gardens and learn about Windy City Harvest's urban farming initiatives.

**DAY 4** Visit the Baha'i House of Worship. Then tour Northwestern University's Institute for Sustainability and Energy to learn about sustainability initiatives.

**DAY 5** Take a workshop on the role of fungi in a garden before heading to a honey co-op for a beginner's beekeeping class.

**DAY 6** Take stab at foraging at Lincoln Park! Visit Fulton Market and then tour downtown farms learning about their contributions to building equitable communities.

**DAY 7** Explore the Pilsen neighborhood on a food and murals tour. End the day at Wrigley Field for a Chicago Cubs game!

**DAY 8** Head to the airport to begin your journey home.

## Program Details

INTENDED GRADES

6-12

LENGTH

5-8 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Food Security
- Urban Farming
- Equitable Communities
- Sustainable Development





# Haida Gwaii

**With an archipelago of over 150 islands and over 14,000 years of history, Haida Gwaii, found off Canada's west coast, offers a distinct blend of ecologically and culturally rich learning experiences.**

While in Haida Gwaii, students will have numerous opportunities to get outdoors and experience Haida culture and history, all while learning from local Indigenous leaders and change-makers. Haida Gwaii is one of Canada's most distinct geographic regions, making it an excellent venue for your next group adventure.

# Sample Itinerary

## DAY 1

Fly into Sandspit and take the ferry to Queen Charlotte on Graham Island before visiting the Haida Gwaii Museum & Heritage Centre at Ky Llnagaay.

## DAY 2

Learn about regional wildlife and ecosystem conservation efforts from the Laskeek Bay Conservation Society and enjoy a traditional Haida meal.

## DAY 3

Venture to the northern coast to take a tour of Old Massett and visit the Ed Jones Haida museum to learn about Haida art, carvings, and totem poles.

## DAY 4

Explore Naikoon Provincial Park. Hike the iconic Tow Hill, venture across the Blow Hole boardwalk, and discover the remains of the Pesuta Shipwreck.

## DAY 5

Travel to Moresby and take a guided tour through K'unna Llnagaay, an ancient Haida village site, to learn about the region's history from Haida Watchmen.

## DAY 6

Spend the day exploring Gwaii Haanas National Park Reserve and the National Marine Conservation Area Reserve, only accessible by boat or seaplane.

## DAY 7

Take the opportunity to experience sheltered sandy bays, old-growth forests, and unique wildlife in and around Haida Heritage Site.

## DAY 8

Head back to Sandspit to fly out of Haida Gwaii and back to Vancouver.

## Program Details

INTENDED GRADES

6-12

LENGTH

PROGRAM SIZE

6-8 days

12-24 students

## Sample Program Themes

- Sustainability, Biodiversity, & the Environment
- Eco-Tourism & Adventure
- Indigenous History, Culture, & Self-Determination
- Outdoor Education & Leadership





# Montreal & Quebec City

**Dive into Canada's complex past and present! Explore the vibrant cultures, communities, and histories of Montreal and Quebec City, two of Canada's most influential cities.**

Students participating in this program will explore Montreal's vibrant cultural scenes, experience Quebec City's charming architecture, and dive into contemporary issues. From wandering along cobblestone streets to learning about the histories and identities of francophone communities, this program will introduce students to the historical heart of the country.

# Sample Itinerary

## DAY 1

Travel to Montreal! Head out to the cobble streets of the Old City in search of Canada's claim to fame, poutine!

## DAY 2

Dive into Quebecois culture, identity and foods on our Markets and Murals tour. Then head to the biodome and end the day at La Grande Roue.

## DAY 3

Take part in a bagel workshop to learn what makes Montreal bagels unique. Tour some of North America's oldest streets and end the night at the original home of Cirque du Soleil.

## DAY 4

Visit the Kahnawake Reservation to learn about the distinct cultures of Indigenous peoples from community elders and develop a greater understanding of the impacts of colonization. Participate in a Lacrosse game, a sport with distinct Indigenous roots.

## DAY 5

Tour Quebec's Old City including the architectural landmark of Chateau Frontenac. Head to the National Assembly of Quebec to learn about its distinct identity. End the day with a meal fit for lumberjacks at a sugar shack.

## DAY 6

Participate in a language immersion experience with our Quebec experts. Learn about some of the more unique phrases and "ism's" that distinguish Quebecois from French.

## DAY 7

Visit Montmorency Falls before learning to make bannock. Try other flavors of Indigenous cuisine and then visit the Citadel. Step back in time as you wander through the ivy-covered walls.

## DAY 8

Head to the airport to begin the journey home.

## Program Details

INTENDED GRADES

6-12

LENGTH

6-8 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Canadian History & Government
- Activism, Advocacy, & Student Leadership
- Outdoor Education, Ecotourism, & Adventure
- Indigenous History, Communities, & Culture





# US South

Explore African American history and culture, from the Trans-Atlantic Slave Trade in Savannah and Georgia's coastal islands, to the civil rights movement of the 1960s in Montgomery and Selma, Alabama.

By focusing on themes of race, slavery, education and culture, this program considers the impact of the African diaspora on the development of community values and society as we explore two distinct yet influential communities in the US South.

# Sample Itinerary

DAY 1

Travel to Savannah, Georgia!

DAY 2

Take an African American history tour to learn about the contributions of Africans in the creation of the colony of Georgia. Then participate in an Indigo dyeing workshop.

DAY 3

Take a journey on Sapelo Island led by a direct descendant of enslaved Africans brought to Sapelo in the early 1800s to work the plantation. Take a weaving workshop to learn how traditional sweetgrass baskets are made.

DAY 4

Tour the King-Tisdell Cottage to learn about black life in the region from slavery to freedom. Then head to Montgomery, Alabama!

DAY 5

Meet with a professor at Alabama State University to learn about the history of civil rights in Montgomery and the role of youth. Visit the Legacy Museum between an historic slave market and the main river dock and train station where tens of thousands of enslaved people were trafficked.

DAY 6

Visit the Freedom Rights Museum then head to the house of Dr. Richard Harris who opened this home to 33 Freedom Riders challenging interstate bus segregation.

DAY 7

Visit the nation's only museum dedicated to Rosa Parks. See the original fingerprint arrest record of Mrs. Parks and a restored 1955 station wagon (known as a "rolling church") used to transport protesters.

DAY 8

Head to the airport to begin your journey home.

**Program  
Details**

INTENDED GRADES

6-12

LENGTH

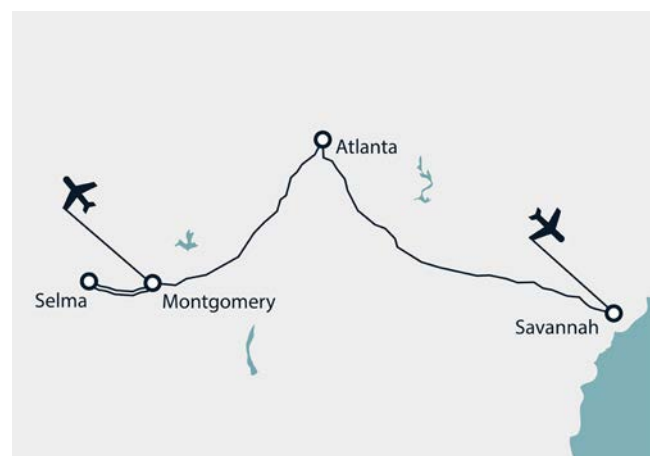
7-10 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Human Rights
- Social Justice
- The Trans-Atlantic Slave Trade
- Civil Rights





# Vancouver Island

**Vancouver Island offers students the opportunity to explore one of Canada's most unique ecosystems and breathtaking coastlines. Home to BC's provincial parliament, Victoria is the place to see civic engagement in action!**

Students will have the chance to visit BC's legislative buildings and learn about provincial politics as well as visit smaller community groups working to amplify minority voices in government. Students will be invited to enjoy the natural beauty of Vancouver Island from Victoria to Tofino, while learning about sustainability, leadership, activism, and adventure tourism.

# Sample Itinerary

## DAY 1

Head to Tsawwassen and hop on a ferry to BC's capital city: Victoria. Take a tour of BC's historic legislature. Enjoy a boat tour around the inner harbor.

## DAY 2

Enjoy a city tour highlighting Victoria's historic buildings. Take part in an interactive workshop about local activism from the Inter-Cultural Association of Greater Victoria.

## DAY 3

Drive up the Malahat highway within Vancouver Island's coastal mountain range. Arrive in Coombs and participate in a guided walk through the Old Growth forests of Cathedral Grove. Continue to Tofino.

## DAY 4

Engage with the Raincoast Education Society and learn about the temperate rainforest. Participate in an Indigenous-led canoe tour with T'ashii paddle school.

## DAY 5

Participate in a coastal whale watching tour (weather permitting) and then volunteer on an eco-project near Ucluelet.

## DAY 6

Wind down your island experience with a visit to the Malahat Skywalk before arriving at the airport (or ferry terminal) in Victoria.

## Program Details

INTENDED GRADES

6-12

LENGTH

4-8 days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Sustainability & Environmental Protection
- Biodiversity, Geology, & Earth Sciences
- Canadian History & Government
- Activism, Advocacy, & Student Leadership
- Outdoor Education, Ecotourism, & Adventure





# Washington DC & New York City

**It would be a challenge to find a corner of the world that has not heard of the White House or Wall Street. Washington DC and New York City are where much of American history takes place and where much of American culture is shaped and shared with the world.**

Featured in countless movies, songs, books, and photographs, these cities are iconic and natural places for an immersive experience of the United States. This program will take students through Smithsonian museums, historic alleyways, monuments and memorials, skyscrapers, and more for an unforgettable understanding of the American dream.

# Sample Itinerary

## DAY 1

Travel to Washington DC!

## DAY 2

Take a stroll through the National Mall and Memorial Parks home to many of the United State's most iconic memorials telling the story of people and events that shaped the nation. Hop aboard a pedal boat for a ride around the Tidal Basin.

## DAY 3

Construction of The Capitol began in 1793. Take a guided tour through this architecturally stunning building. Explore the rest of the campus home to the US Botanic Garden, US Supreme Court, and Library of Congress.

## DAY 4

Visit the International Spy Museum and test your spy skills; you'll be challenged to remember your cover identity, crack codes, and uncover hidden dead drop sites.

## DAY 5

Visit the National Museum of American History. Explore fundamental American ideals and ideas—such as democracy, opportunity, and freedom—and major themes in American history and culture.

## DAY 6

Visit the Holocaust Memorial Museum before leaving DC for the Big Apple! Arrive at the Rockefeller Center to take in the view before dinner.

## DAY 7

See Ellis Island and the Statue of Liberty before taking a guided tour of Wall Street complete with a trading game. Then head to the 9/11 Memorial.

## DAY 8

New York has the world's largest Jewish community outside of Israel. Take a Jewish Heritage Tour before a picnic in Central Park. End the day catching a show on Broadway!

## DAY 9

Head to the airport to begin your journey home.

## Program Details

INTENDED GRADES

6-12

LENGTH

PROGRAM SIZE

8-10 days

12-24 students

## Sample Program Themes

- American History & Culture
- American Governance
- Art & Architecture
- Heritage & National Identity





# The Yukon

**The Yukon, home to the Gold Rush, the Rocky Mountains, and the awe-inspiring northern lights, is the perfect setting to explore Canada's outdoors.**

From paddling down the Yukon River, hiking the base of Mt. Logan, connecting with self-governing Indigenous nations, and exploring the arctic circle, the Yukon offers amazing and diverse experiences that will truly enrich your students' learning. Watch your students soak up the rich culture and stunning scenery of Canada's north.

# Sample Itinerary

## DAY 1

After flying into Whitehorse, enjoy a scenic walk along the Millennium Trail. Visit Lumel studios and participate in an interactive glass blowing workshop. Settle into the north with a night at the museum!

## DAY 2

Learn about Indigenous traditions and cultures at the Long Ago Peoples Place before exploring Haines Junction and the Kaskawulch Glacier.

## DAY 3

Visit the Kwanlin Dunn Cultural Centre to learn about Indigenous self-governance and then explore Canada's only true desert in Carcross.

## DAY 4

Travel by coach from Whitehorse to Dawson City, stopping for a brief hike along the Yukon river. End the day catching the northern lights, weather permitting.

## DAY 5

Head down the famed Dempster Highway, arriving and setting up camp in Tombstone Territorial Park to spend a night in the wild!

## DAY 6

After working together to make breakfast, explore the local flora and fauna on an eco-hike. Pack up camp and head back to Dawson City.

## DAY 7

Experience a historical tour of Dawson City with Parks Canada staff. Expand your perspective on Indigenous relations at the Dänojà Zho Cultural Centre.

## DAY 8

Learn about food security and food systems from local change-makers while exploring farming and rural agriculture outside of Dawson City.

## DAY 9

Wind down your Yukon experience with a scavenger hunt, a curling match, or ice skating, before boarding the flight back home.

## Program Details

INTENDED GRADES

6-12

LENGTH

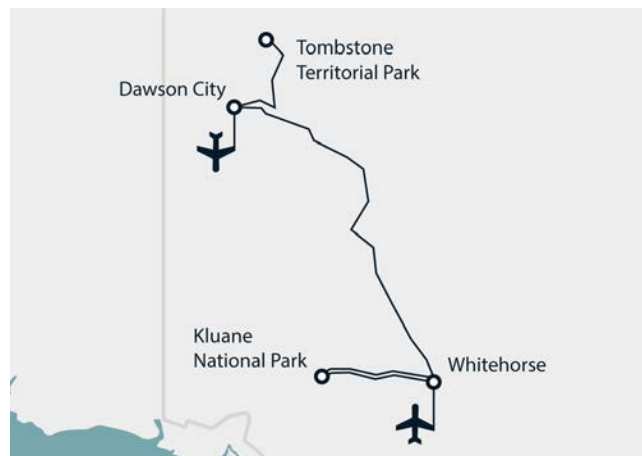
8-9+ days

PROGRAM SIZE

12-24 students

## Sample Program Themes

- Sustainability, Conservation, & Climate Change
- Indigenous History, Governance, & Self-Determination
- Outdoor Education, Ecotourism, & Adventure
- Food Security & Agriculture
- Leadership & Entrepreneurship





# Let's get started

Our team of global issues experts will sit down with you to explore how our travel programs can fit your students' needs. Let our team make your experience rewarding and hassle-free.

Contact us and let's get started planning your next program.

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**“We have successfully partnered on two international trips to Uganda and Rwanda with the team at Insight... not only was the curricular content appropriate and meaningful, but it provided our staff and students a caliber consistent with preparation for post-secondary studies. Insight Global Education’s philosophy of meaningful change is reinforced in such a way that the impact upon students will be long lasting, not simply educational tourism.”**

**👤 Steve Rauh, Principal, West Vancouver Secondary**  
British Columbia, Canada

The logo features the word "Insight" in a bold, black, sans-serif font. To the left of the letter "I" is a small teal square with a white diagonal line running from the top-left to the bottom-right corner.

**Insight**