



CASTrips



*Creativity,
Activity,
Service*

Nido De Aguilas
Week Without Walls 2019
Medellin Itinerary

Creativity, Activity & Service
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Nido De Aguilas – CAS Trips Medellin Itinerary

Day 1 – Arrival

Activity	Description
Airport pick-up	Your dedicated CAS Trips tour guide will meet you at Medellin's international airport and take you directly to your accommodation for check-in via private transfer.
Check-in	Check-in to your hotel - a beautiful country lodge.
Walking tour: Colombia & Medellin	In this introductory historical walking tour, you will learn all about the turbulent ancient and modern history of this wonderful city and how it has reinvented itself from the clutches of terrorism to the pioneering forefront of global innovation and sustainability.
Evening Meal & Trivia Quiz	We enjoy our first meal at the stunning hotel restaurant followed by an introduction to the activities you will enjoy on the trip and a team-based trivia quiz about the magnificence of Colombia. Prizes on offer!

Day 2 – Creativity & Activity & Service

Activity	Description
Service Challenge: Organic Farming	We begin our journey into Colombian sustainability with the visit to an inspiring Eco farm in the town of El Carmen. Prepare to roll up your sleeves and get your hands dirty as you work on certain aspects of farming.

Lunch	We enjoy lunch at the farm's family-run vegetarian restaurant after which we pick up the produce you have pre-ordered for the Sustainable Cooking Challenge.
Introduction to Yoga	After arriving back to the hotel, we receive an introductory class to yoga.
Sustainable Cooking Challenge	As part of the day trip, you will be challenged in advance to choose ingredients and a cooking method to later prepare and cook a meal for your team.
Student challenges	Students will be introduced to The CAS Trips Changemakers Challenge and our Reflection Workshop.

Day 3 – Creativity & Activity

Activity	Description
Service Challenge: Community Engagement Project	In cooperation with local charities and NGOs, students will work collaboratively with each other, charity coordinators, and members of the local community to explore and engage with real issues and real people to make a real difference.
Lunch	We enjoy a traditional Colombian lunch while enjoying the views of one of the city's most colorful neighborhoods.
Witnessing street art that signifies eternal hope	<p>We'll meet local guides, community leaders, teachers and graffiti artists who've helped make the area of Comuna 13 a must-visit attraction in Medellin.</p> <p>In this this memorable interactive tour through Comuna 13, students will learn about the techniques and styles of street art and the hope it came to symbolize for the people of this rejuvenated community.</p>

Via Primavera	On our way back, we stop off at the city's most renowned avenues for locally-made handicrafts and clothes.
Evening Meal	After an eventful day in the city, we venture back to Santa Elena and enjoy a fine evening meal.
Evening cultural game	To prepare for tomorrow's trip into the city we have prepared a team game with a rather unusual twist!

Day 4 – Service

Activity	Description
Tour around the plant nursery	We delve into conservation of nature by visiting Colombia's second largest plant nursery.
Eco walk	After picking out the trees we will use to reforest, students head into the verdant woods on an eco-walk which will test all the senses.
Lunch	Walking back to the hotel, we will visit a micro-business where jewelry is made out of flowers followed by a traditional lunch at the hotel.
Service Challenge: Reforesting the land	Using the trees we picked up from the nursery, we replenish the land close to the hotel, learning along the huge effect deforestation has on our health and the future of the earth.
Packing & reflections workshop	Our CAS Trips team will introduce you to some top tips for reflection work.

Salsa	After dinner in the hotel, we delve into the world of salsa with an invigorating class with local instructors.
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Day 5 – Activity

Activity	Description
Travel to Rio Claro	Discover how this stunning natural reserve shrouded in jungle and teeming with wildlife, was discovered by a local man while he followed a jaguar!
Lunch	We enjoy our first meal in our new jungle surroundings.
Intro talk & eco walk	After an introduction to this magnificent reserve, we strap on our walking boots and head off into the jungle. Students will be challenged to find stunning flora and fauna before we end with a chance to bathe in the crystal-clear river.
Evening meal & bonfire	Following a delicious dinner in the eco lodge we gather around a bonfire, enjoying tales of the land and eating marshmallows.

Day 6 – Activity

Activity	Description
Chosen Adventure activity	After breakfast, students enjoy their chosen activity. Choices include: <ul style="list-style-type: none">- High-altitude forest zip-lining and canyoning.- Rafting down a beautiful 8 km stretch of crystal-clear river, passing under barely-believable marble caves.
Lunch	We lunch at Rio Claro before a relaxing ride back to Medellin.
Reflections and packing	With the week’s activities coming to an end, we give students time to complete their Reflections Challenges.
Evening Meal	We take a quick walk to Santa Elena’s finest pizza restaurant where the students will enjoy their final evening meal.

Day 7 – Departure

Activity	Description
Departure	We offer the students a take away breakfast to eat on the bus, directly to the airport.

Have questions or need further information?

Get in touch



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