CUSTOM PROGRAMS

WorldStrides
Educational Travel & Experiences

Your customized itinerary

The following itinerary is a working document and is subject to change (revised 9/13/2023).

May 14 2024 | Program Begins

Tuesday

Meals Included
Per airline

- Flight departs for Amsterdam –*Arranged by WorldStrides.*

Departure Flights

Flight #	Origin	Destination	Departure	Arrival
AC 8204	Sault Ste. Marie (YAM)	Toronto (YYZ)	4:15 p.m.	5:33 p.m.
AC 808	Toronto (YYZ)	Amsterdam (AMS)	8:55 p.m.	10:15 a.m. +1

May 15 | Amsterdam

Wednesday

Meals Included
Per airline
Dinner

Amsterdam Accommodations
Hostel or similar (1 of 10)

Welcome to Amsterdam! Full of quirky sights, charming canals, and an innovative atmosphere, this city is known for being gezellig, a Dutch quality that means convivial or cozy. Bicycling is a way of life for Amsterdammers, so hop on and take a spin to one of the city's masterpieces, including the Van Gogh Museum and the Rijksmuseum. Be sure to visit the Anne Frank Huis and stroll along the Grachtengordel – this city is certain to impress.

- At the most common arrival time of all participants, transfer to your accommodations – *Local staff and private transportation included.*
- Participate in a brief Health and Safety Orientation before your program begins – *Orientation will be en route to hotel.*
- Receive your 10-day public transportation card
- Check-in to your accommodations or store luggage if check-in is unavailable.

Canal Tour and Welcome Dinner

Taking a canal cruise is one of the most popular things to do in Amsterdam. The Canal Cruise Ticket offers the most flexible and convenient way to get on a canal cruise along the historical Amsterdam waterways. After your tour taste the local cuisine with a group Welcome Dutch pancake Dinner. (Tour fees and welcome dinner included)

- Enjoy the remainder of the day free on own.

May 16 | Amsterdam

Thursday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (2 of 10)

- Make your way to today's engagements – *Full day local staff and public transportation included.*

Class Meeting 1

Content sourced by Lake Superior State University
2 hours meeting space and A/V equipment included

- Continue to next visit.

Van Gogh Tour (Audio-Guided)

Explore some of Vincent's earliest Dutch works as you visit the Van Gogh Museum. Discover how his approach changed in Paris when he met modern artists and see how he developed his famous individual style in the south of France. (Entrance fee included, audio-guided)

- Enjoy the remainder of the day free on own.

May 17 | Amsterdam

Friday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (3 of 10)

- Make your way to today's engagements – *Public transportation included, no local staff required.*

Core Business and Development Strategies for Startups in the Netherlands – Guest Lecture

A typical guest lecture is 90-minute to 2-hour session with an industry expert, including a presentation, discussion, and in-depth Q&A session. Industry experts and lecturers are selected based on the program's academic focus, course objectives, and delegation level, in order to curate the best student experience and academic content.
2 hours meeting space and A/V equipment included.
Sourced by WorldStrides' Global Experiences.

- Continue to next visit.

Prostitution Information Center Visit (Guided)

Established in 1994 Prostitution Information Center played an important part in the change of the Dutch laws regarding prostitution. A charitable foundation located in the middle of the Red-Light District took on itself a task of informing the public about social conditions of women working in the sex industry. (Entrance fee and interview fee included)

- Enjoy the remainder of the day free on own.

May 18 | Amsterdam

Saturday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (4 of 10)

- Make your way to today's engagements – *Public transportation included, no local staff required.*

Class Meeting 2

Content sourced by Lake Superior State University
2 hours meeting space and A/V equipment included

- Continue to next visit.

Research Assignment

Content sourced by Lake Superior State University 2 hours meeting space and A/V equipment included

- Enjoy the remainder of the day free on own.

May 19 | Amsterdam

Sunday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (5 of 10)

- Spend this morning at your leisure to explore the city– *Public transportation included, no local staff required.*

May 20 | Amsterdam

Monday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (6 of 10)

- Make your way to today's engagements – *Full day local staff and public transportation included.*

Anne Frank house (Audio-Guided)

Anne Frank's story is well documented, but at the Anne Frank House you'll learn more about her now-legendary diaries and you will be able to walk through the house where she wrote so many of her now famous entries. (Entrance fee included, audio-guided).

- Continue to next visit.

Rijksmuseum (Self-Guided)

Rijksmuseum, or Museum of the Netherlands, contains 8,000 artistic and historical objects covering 800 years of Dutch history. Explore the Gallery of Honor, Night Watch Gallery, Cuypers Library, Rijksmuseum Gardens, and more. Take the opportunity to see famous pieces, such as the Night Watch and Vermeers Milkmaid, works from the 19th century Dutch impressionist Breitner, Japanese sculptures and even impressive ship models. (Entrance fee included)

- Enjoy the remainder of the day free on own.

May 21 | Amsterdam

Tuesday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (7 of 10)

- Make your way to today's engagements – *Full day local staff and public bus transportation included.*

Train to Zaanse Schans – *Approximately 30 minutes; quote only*

Day Excursion to Zaanse Schans (Guided)

Zaanse Schans is a neighborhood of Zaandam, near Zaandijk, Netherlands. It is best known for its collection of windmills and wooden houses that were relocated here from the wider region north of Amsterdam for preservation(Entrance fee included for windmill)

- Return to Amsterdam via public bus transportation.
- Enjoy the remainder of the day free on own.

May 22 | Amsterdam

Wednesday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (8 of 10)

- Make your way to today's engagements – *Half day local staff and public transportation included.*

Multifaceted Approaches to Health and Wellness in Amsterdam - Company Visit 1

A typical company visit is a 90-minute to 2-hour session with a member of leadership including a presentation, discussion, Q&A session, and facility tour (when feasible). Speakers and companies are selected based on your academic goals, course objectives, and delegation level, in order to curate the best student experience with industry expert. Sourced by WorldStrides' Global Experiences.

- Continue to next visit.

Class Meeting 3

Content sourced by Lake Superior State University
2 hours meeting space and A/V equipment included

- Enjoy the remainder of the day free on own.

May 23 | Amsterdam

Thursday

Meals Included
Breakfast

Amsterdam Accommodations
Hostel or similar (9 of 10)

- Make your way to today's engagements – *Half day local staff and public transportation included.*

Insights into Market Trends, the Influence of Culture, and the Dutch Consumer - Company Visit 2

Sourced by WorldStrides Global Experiences

- Continue to next visit.

Cannabis College – Arranged by Lake Superior State University

Founded in 1998, the Amsterdam Cannabis College teaches and advises the public by providing accurate and objective information about the Cannabis. (Entrance fee not included)

- Continue to next visit.

Class Meeting 4

Content sourced by Lake Superior State University
2 hours meeting space and A/V equipment included

- Enjoy the remainder of the day free on own.

May 24 | Amsterdam

Saturday

Meals Included
Breakfast
Dinner

Amsterdam Accommodations
Hostel or similar (10 of 10)

- Make your way to today's engagements – *Full day public transportation included, no local staff required.*

Body Worlds (Self-guided)

This must-see exhibition of the human body is a not only fun but also educational. Here you go on a fascinating journey through the human anatomy. You'll explore the things that make us happy and the effects of that happiness on our health. (Entrance fee included)

- Enjoy the remainder of the day free on own.
- In the evening, reflect on your experiences with a groupFarewell Dinner – *Local staff and public transportation included.*

May 25 | Program Ends

Sunday

Meals Included
Breakfast
Per airline

- Check out of your accommodations.
- At the most common departure time of all participants, transfer to the airport –*Local staff and private transportation included.*

Flights return home –– *Arranged by WorldStrides.*

Return Flights

Flight #	Origin	Destination	Departure	Arrival
AC 809	Amsterdam (AMS)	Toronto (YYZ)	12:15 p.m.	2:15 p.m.
AC 8205	Toronto (YYZ)	Sault Ste. Marie (YAM)	8:40 p.m.	10:04 p.m.