



Day 1: Fly to Finland

Meet your group and travel on an overnight flight to Helsinki.

Day 2: Helsinki

Arrive in Helsinki: Welcome to the capital of Finland. Helsinki is known as the major political, educational, financial, cultural, and research center of Finland, the country that ranks No. 1 in the world for tertiary education.

Walking tour of Helsinki: Explore Helsinki on foot this afternoon, and see why the city was once voted the World Design Capital. From the Government House to Helsinki University to Uspenski Cathedral, notice how Nordic modernism has influenced American architecture.

Dinner: This evening, get to know your group over a delicious dinner of typical Finnish specialties.

Day 3: Helsinki

Sightseeing tour of Helsinki: A local guide will help you learn about some of the city's most famous landmarks, such as Helsinki's Parliament.

Tempeliaukio Church: Also known as the Church of the Rock, this iconic landmark was built directly out of one, and boasts natural sunlight through its glazed dome. In addition to its natural beauty, the church also serves as a frequent concert venue due to its excellent acoustics.

Finnish education workshop: Attend a workshop in which you'll learn about the innovative Finnish education practices that have put the country's education system on the map.

Day 4: Helsinki

Visit a school: Examine the methods that lead to high results on PISA and other forms of student assessment.

Lunch: After your school visit, try classic Finnish cuisine during lunch.

Free time in Helsinki: Enjoy free time to explore Helsinki on your own. Grab some friends and visit the Maritime Museum of Finland to learn about the long history of seafaring or satiate your hunger for politics at Eduskunta, the Parliament of Finland. Indulge your inner scientist with hands-on exhibits at the Finnish Science Centre. Looking to relax? Bring your euros and enjoy a little shopping at the Stockmann's department store—Finland's Harrods.

Day 5: Helsinki | Night ferry

Visit a library: Check out one of the best reference centers and reserves of national collections in Helsinki.

☛ **Finnish cultural experience:** This authentic cultural experience begins with a ride to Kuusijärvi, a popular all-season outdoor recreational center located in southern Finland. There, you'll meet your local guide to gain insight into Finnish culture and education and explore the awe-inspiring landscape with a stroll around the lake.

Afterwards, take a trip to a public sauna—an incredibly relaxing experience which will provide insight into the culture and mentality of local life—and enjoy a dip in the lake. From here, take a short walk through the forest and cap off your afternoon with a lunch of traditional smoked salmon and sausage.

Free time in Helsinki: Take time to explore the Finnish capital at your leisure before your overnight ferry to Stockholm.

Day 6: Night ferry | Stockholm

Arrive in Stockholm: Welcome to Stockholm, the capital of Sweden.

Sightseeing tour of Stockholm: After your arrival, your local guide will introduce you to Stockholm's impressive architecture and rich history. See the Royal Opera House, the Parliament, the Royal Palace, and the oldest church in Stockholm, dating from 1306.

Vasa Ship: Journey to the island of Djurgården to visit Vasa, a well-restored 17th-century war ship. King Gustavus Adolphus demanded that this ornate eight-level ship be created with two gun decks (as opposed to the standard one). However, when the ship went out for its maiden voyage, a gust of wind sank Vasa before it could even leave the city's harbor. The ship's wreckage was discovered in 1961.

Dinner: Enjoy a traditional Swedish dinner with your group at a local restaurant.

Day 7: Stockholm

Walking tour of Stockholm: Today, your Tour Director will lead you through Stockholm's Gamla Stan (Old Town). Järntorget, its famous square, was home to the city's copper and iron trade in the 16th and 17th centuries.

Visit a local school: Learn about the Swedish educational system firsthand through a local school visit.

Day 8: Depart for home

Arrive at the airport, where you'll check in for your return flight home.