



Day 1: Fly to Austria

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

Day 2: Vienna

Arrive in Vienna: Welcome to Vienna, Austria's capital. From Sigmund Freud's psychoanalysis to Alfred Adler's school of individual psychology, the city has long played an important role in the history of psychotherapy.

Explore Vienna: Your Tour Director introduces you to your new surroundings during a lively walking tour. See the Vienna State Opera House which has a history dating back to the mid-19th century. Pass through Kärntner Strasse, central Vienna's most famous shopping street. Then, admire the 700-year-old St. Stephen's Cathedral, where Mozart was married in 1782.

Dinner: Tonight, gather with your group for a delicious meal.

Day 3: Vienna

Sightseeing tour of Vienna: Ready to see Vienna through the eyes of an analyst? Have your notepads handy as an expert local guide leads you on a tour of Vienna's most iconic spots. Visit the Ringstrasse, a series of wide boulevards commissioned by Emperor Franz Josef in 1857. You'll see the Parliament, the flower-adorned Rathaus (City Hall), and the Hofburg, where the Habsburg dynasty prevailed.

Schönbrunn Palace: Visit Schönbrunn Palace, where Marie Antoinette spent her childhood. When the 6-year-old Mozart performed here he told the future Queen of France, "I'll marry you when I'm grown up!" After viewing the elegant interior, stroll through the palace's beautifully landscaped gardens.

Viktor Frankl Institute Museum: This museum is dedicated to Viktor Frankl, the neurologist and psychiatrist who founded logotherapy. During your visit, you'll learn all about this form of existential analysis and how it places a priority on finding meaning in one's life.

Day 4: Vienna

Sigmund Freud Museum: Enjoy a guided sightseeing tour of this museum, which tells the story of Freud's life along with the history of psychoanalysis. You'll be able to see the rooms where he lived for 47 years as well as his former practice.

The Sigmund Freud Tour: During this guided walking tour, you'll get to visit some of Freud's favorite haunts around the city. You'll learn all about his daily life, seeing everything from his patients' homes to the Vienna Psychoanalytic Ambulatorium, which served as his free clinic.

Day 5: Vienna | London

Fly to London: Welcome to London, a city of 8 million people that has become one of the world's great melting pots while maintaining its own distinct character that's all its own.

Walking tour of London: Ready to see London on foot? Stretch your legs and set out through Covent Garden, the Strand, and Leicester Square as your Tour Director leads you on a walking tour of the city.

Dinner: Gather with your group for a traditional fish and chips dinner.

Day 6: London

Sightseeing tour of London: From Big Ben to the Houses of Parliament, Great Britain's royal tradition and rich history greet you at every turn. On your tour, led by an expert local guide, you might be able to see architectural marvels like St.

Paul's Cathedral, or check out the five-way intersection at Piccadilly Circus and the urban greenery of Hyde Park. You may even get a chance to witness the ceremonial Changing of the Guard.

Wellcome Collection: Take time to explore the Wellcome Collection, a museum dedicated to medical artifacts and original artworks exploring "ideas about the connections between medicine, life, and art."

Jack the Ripper-themed tour: Between August and November 1888, five gruesome murders in and around the Whitechapel district of London captivated England—and much of the world. The perpetrator, dubbed "Jack the Ripper" by the breathless media, was never caught. On this walking tour you'll get inside the mind of Jack the Ripper, one of the most heinous murderers of all time.

Day 7: London | Kent | Beckenham

Down House: Head just southeast of London to the gorgeous countryside of Kent, and you'll find the quaint charm of Charles Darwin's house awaiting you there. It was in this humble abode where Darwin conceived of natural selection and evolution, and today the grounds are yours to explore.

Down House Garden tour: While Darwin did most of his writing in the study, the complex ideas he is most famous for often occurred in this carefully constructed garden. Take a walk down the "thinking path" he carved out and named the Sandwalk Wood. Darwin even had a gravel path built along the Sandwalk. Every time he made a lap, he kicked a stone aside to keep track of how many circuits he completed.

Bethlem Royal Hospital: Travel to Beckenham and discover the first institution for mental health in the history of Europe. Follow its humble beginnings in 1247 all the way to the present, where a peek into the archives and a stroll through the museum will reveal a celebration of artistic expression from Bethlem's most recent patients. Once you've finished exploring, you'll head back to London for the night.

Day 8: London

Freud Museum: After Vienna was annexed by the Nazis, Freud moved to London with his family. After he and his daughter passed away, their home was converted into this museum. During your visit, you'll be able to see his study as well as his famous couch, all while learning more about the story of psychoanalysis.

Market lunch: Enjoy lunch at one of London's outdoor markets.

Free time: Take the rest of the day to explore the city however you please. You can enjoy scones and clotted cream while at afternoon tea, stop into one of the city's several free museums, or head to Hyde Park for a relaxing walk. Alternatively, you can choose to join a trip to see a theatrical performance.

Day 9: Depart for home

Transfer to the airport, where you'll check in for your flight home.

🔗 2-DAY TOUR EXTENSION

Day 9: London | Amsterdam

Travel to Amsterdam: Travel by high-speed train to Amsterdam.

Explore Amsterdam: With 1,200 bridges crisscrossing 160 canals, the capital city of Amsterdam begs to be discovered on foot. Join your Tour Director for a walk around the city, then make your way to the city square of Waterlooplein.

Van Gogh Museum: Enter the mind of one of history's most troubled (and talented) artists during a visit to a museum of his work.



Dinner: Reflect on the day's activities over dinner with your group.

Day 10: Amsterdam

Sightseeing tour of Amsterdam: A local guide will show you the Westerkerk (West Church), where Rembrandt is buried. Pass by the flower markets—Amsterdam is known for its colorful tulips. See the Koninklijk Paleis (Royal Palace), once the home of the Dutch Royal Family before continuing to Rembrandtplein, a bustling square that comes alive at night.

Anne Frank House: Visit the Anne Frank House, where the young girl hid with her family from 1942 to 1944. This is also the site where she penned her poignant diary, which has been translated into 67 languages worldwide.

Free time: Take some time to explore Amsterdam at your own pace.

Day 11: Depart for home

Transfer to the airport and check in for your return flight home.