



International Sports Tours
The Complete Guide



Eric McAleer

Founder and General Manager

I was born and raised in Glasgow, Scotland. I had two older brothers and in our house, soccer was a family affair. My brothers and I would spend hours on the pitch, coming home exhausted and fulfilled. As I got older, I played on the Scottish Youth National Team and professionally at the Division 1 and Division 2 level.

It was through soccer that I was exposed to travel. My first trip was to Switzerland as a 12-year old with my high school soccer team. We travelled for 27 hours on a bus from Glasgow to Switzerland and spent five days participating in games against Swiss high school teams. While some of my best memories of that trip took place on the bus (imagine the bonding experience and smell after 27 hours), the whole trip influenced my life's path. It opened up my eyes up to a lot of things... the global impact of soccer, the rush of being outside of my comfort zone, and how soccer connected our team with the Swiss teams regardless of our differences.

In 1998 I started Excel, now known as WorldStrides Sports, with the goal of showing how international travel can benefit every player. I was determined to give each child a life-changing experience that was just like the experience I was so fortunate to have had. I wanted to make international travel achievable, and I had a lot of connections abroad in the soccer industry, so I started by taking a few high school and club teams to the United Kingdom in the summer. We drove the length of the UK, playing against Scottish and English teams, visiting Edinburgh Castle, Old Trafford Stadium, Buckingham Palace, and much more! It was during those early days that the foundation of WorldStrides Sports was set, and we grew from there. For over 20 years now, we have been dedicated to connecting players internationally.

We hope you enjoy getting to know our team. We would be delighted to have the opportunity to lead your team on an international sports tour.







What we bring to the field

It takes experience to create the experience of a lifetime.

Since 1998, WorldStrides Sports has customized travel programs for North American soccer teams to play all over the world. From youth clubs to private high schools to university programs, we unite athletes in the spirit of camaraderie and competition for experiences that showcase new cultures, spark new friendships, and open eyes to the sheer magnitude of the world's most popular sport.

Our contacts and networking skills put your team on the right field, with the right facilities, against the right competition—and we arrange this in the country of your choice. Whether you are a leading a developmental academy, or a recreational team, we know how to translate your level of play to the international stage, aligning your club with opponents who put your skills to the test and raise the profile of your entire soccer organization.

As part of a major unit of the nation's largest student experiential learning company, we'll help with your time off the field, as well. Sightseeing, service-learning, or volunteering—we can set you up with activities and events that bond your players with everlasting memories.





Expert-level team support

The United Kingdom. Costa Rica. Spain. Germany. Italy. France. Mexico. Wherever you want to go, whatever style of play you want to experience, we make it happen for your club.

Soccer organizations work in different ways around the world — that's why our expertise isn't limited to the field of play. We navigate the entire landscape of the trip so you can focus on preparing your team. From the ins and outs of player and team qualifications, to ensuring that matches meet the rules of the regional governing bodies that sanction them, all the way through logistics, lodging, visas, athlete-friendly team meals, group transportation, practice facilities, and cultural excursions, we're committed to managing every detail of your experience to ensure that it's nothing short of world-class.

Clear procedures mean confident safety and security

Peace of mind for parents, players, and coaches is our number one priority and has been since day one. We're specialists in both domestic and international travel, and we've been managing student programs for more than 50 years. We've got the staff and partnerships that allow us to make any necessary, real-time program adjustments so you can feel confident and covered during every moment of your trip.

- **WorldStrides Tour Central:** Our 24/7/365 hotline. It puts live help just a phone call away.
- **Doctors-on-Call Program:** 24/7 access to On-Call Program with George Washington University Department of Emergency Medicine and AXA Behavioural Health.
- **Dedicated in-house team:** Our Health and Safety Team continually monitors world events. We also have more than 70 offices worldwide to further enhance our safety capabilities.
- **Coverage:** We've partnered with global partners to set the standards for medical, evacuation, and liability insurance with best-in-class support that provides an extra layer of coverage for our participants, our Program Leaders, and the schools with which we partner.
- **WorldClass Flexibility:** Your group has the ability to work with us to change your tour dates and destination should the need arise with no additional charges.



Hey coaches, plan the international soccer experience of a lifetime

WorldStrides Sports provides international soccer tours for club, academy, high school, college, and university teams to the world's most memorable destinations. We personalize and arrange every aspect of the customized itineraries for teams of all levels. Since 1998, we have pursued our goal of taking North American soccer teams around the world to participate in the world's most beloved game while breaking down barriers of language, culture, and geography.



Club/Academy

Club and academy soccer tours with WorldStrides Sports offer your team the opportunity to share their love of the game with new friends in new places. Our custom designed program packages are unique, fun, affordable, and of the highest quality. We know how to bring the special aspects of a tour together to create an ideal trip for your team.



High School

WorldStrides Sports takes high school teams from around the country to a wide variety of destinations where they experience international soccer and culture. Our high school soccer tours unite athletes in the spirit of camaraderie and competition for experiences that showcase new cultures, spark new friendships, and open eyes to the sheer magnitude of the world's most popular sport. Your team can also participate in service learning projects to help local communities and residents.



"While I was managing FC Edmonton in the North American Soccer League, we travelled with WorldStrides Sports on two pre-season trips to the U.K.—one trip was based in Scotland, the other in England. WorldStrides Sports was extremely professional and handled all aspects of our trip: travel, food, accommodations, and friendly games against top opposition. We also attended SPL and EPL games. I honestly recommend touring with WorldStrides".

*Colin Miller,
Canadian Soccer Hall of Fame Member and
Former Canadian National Team Coach*



University

WorldStrides Sports organizes international college and university soccer tours and we would love to talk about helping your team travel abroad! Each tour is highly customized to meet the specific needs of each school, including the level of your competition, number of desired matches and training sessions, cultural opportunities, and total tour duration. Your team can arrange a post-graduation tour in May, an off-season tour in June, or a pre-season training tour in July/August.



Tournaments

With 10 international soccer tournaments to choose from, your team can raise their game and experience the thrill of playing in Europe with teams from all over the world. The Gothia Cup, the Barcelona Summer Cup, and the Manchester Cup are just some of the tournaments that our groups participate in annually.



Individual Tours

Test yourself against the best youth soccer teams from around the world with our individual soccer programs. Programs vary from individual participation on group trips to global tournament play.



WorldStrides Sports, building your tour

Our soccer tour planning experts work closely with you to make sure your experience meets your goals and team needs. From setting up the right matches to the appropriate training to rich cultural experiences, we make it happen for you and your team.

Our entire staff of soccer and travel experts support your club at every step. Logistics, lodging, visas, athlete-friendly team meals, group transportation, practice facilities, cultural tours—we've got you covered. We're delighted to manage every detail of your overall experience, ensuring that it's nothing short of world-class.



Step 1



Step 2



Step 3



Step 4

Design your perfect experience!

Step 1:

Choose a destination:

United Kingdom
(Scotland, England, Ireland)
Spain (Madrid, Barcelona)
Italy (Florence, Milan)
Costa Rica
Portugal
Anywhere else you can imagine!

Step 3:

Take a tour of pro clubs:

Old Trafford
Camp Nou
San Siro
Estadio Nacional de Costa Rica
Estadio Sport Lisboa e Benfica

Step 2:

Choose places to explore:

Buckingham Palace, The Football Museum, the Royal Mile
La Sagrada Familia, Las Ramblas, Santiago Bernabeu
Palazzo Vecchio, Porta Vittoria
Irazu Volcano, La Paz Waterfall Gardens
Torre de Belem, Lisbon Cathedral, Estadio da Luz

Step 4:

Watch & play the best soccer of your life:

Tickets to professional matches
Training sessions with highly regarded coaches and clinicians
Competitive matches against top local teams
Attend a pro seminar
Practice on a professional field
Attend a local tournament



Take your trip one step further

Community service

Community service is important to our team. We support the communities that support us through on-tour service projects and corporate donations. Many teams choose to participate in community projects in a variety of areas, some of which include working with children, participating in area cleanup projects, and visiting elderly patients in local hospitals.



**Trip
destinations
include:**

Scotland

England

Ireland

France

Spain

Italy

Portugal

Costa Rica

Greece

Germany

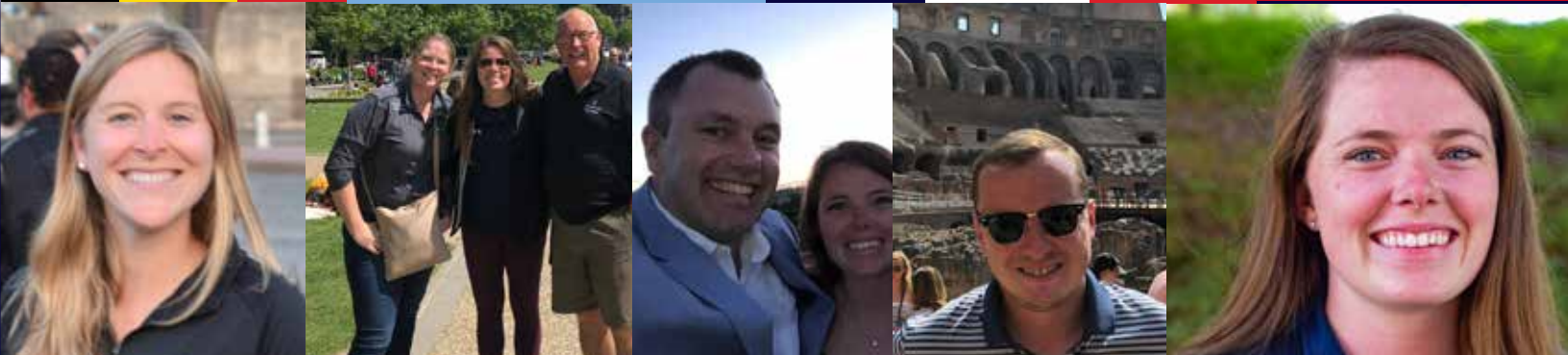
Sweden

Denmark

The people behind WorldStrides Sports

As former players, coaches, and trainers, our team is committed to creating world-class soccer tours for you and your players. With over 50 combined years of experience in the field, our seasoned experts work with you to ensure that all aspects of your tour, including competition, training, sightseeing, and everything in between, meet your individual needs and expectations.

Our Tour Directors are all natives with deep local soccer and cultural connections. From the moment you arrive to the day you depart, they ensure that your team has a top-notch experience in all areas of your tour.



"I had the privilege of playing lacrosse in college and I was lucky to be submerged into a culture driven by passion for the game and fighting to reach a common goal before I even stepped on campus. I instantly had 30 new best friends. When I graduated, I longed to find a similar atmosphere in a workplace. WorldStrides Sports is a team full of winners, all striving to be the best in our space. We get to go to work every day and compete. Organizing international trips that are life changing to young athletes is so rewarding. When you love what you do, it makes a world of difference."

- Ashley Herbst





Robin Wood | Regional Operations Coordinator



A Chat with Robin Wood:

Meet Robin Wood, known by his friends as Woody. His official title is the Regional Operations Coordinator, but he is so much more to us. Those who have been on tour with Woody would describe him as a character with a zest for adventure and a love of sleep on long coach rides. He has been a part of WorldStrides Sports since its inception and is part of what makes the company so special.



Follow Woody's Adventures on IG!
@WorldstridesSports
#whereintheworldiswoody

Will you share a little about yourself: name, family, where you were born, anything else?

Football was my life growing up. I would play for hours in the street, until the street lights came on, then I knew it was time for home. I played youth football until I was 15. I then signed for an Under 27 team, which meant I was playing against players near twice my age. This was my transition from boy to manhood, and I think I learned more in that one season than any other. I left school at 16 to become an apprentice electrician; at the same time, I signed my first semi-professional contract. It was while working as an apprentice that a certain young wages clerk caught my eye; Dale, who I will have been married to for 40 years this year. We have one daughter, Lisa.

What are some lessons you've learned over the years?

I have had the privilege of tour directing for WorldStrides Sports for over 20 years, and now, in my new role as Regional Operations Coordinator, I am delighted to pass on that knowledge to today's Tour Directors. My biggest lesson to them is always be prepared for the unexpected...

I dealt with the Heathrow Baggage handlers strike of 2005, where we had groups with no luggage for the duration of their trip. I have had a game cancelled at the last minute because Gypsies had set up camp on the pitch. This will not surprise you, I have cried at the opening ceremony of the Gothia Cup. I have witnessed groups of players arriving as individuals but returning home as a team. Just last week, I witnessed one of my groups set the alarm off at the British museum. You just must be prepared, think on your feet, remain calm, but, most importantly, have fun and make memories (safe memories).

Support to help fund the trip

WorldStrides Sports is committed to giving every player the opportunity to travel to amazing destinations. We offer several fundraising and financial assistance tools to help students make their trip a reality. Below are several ways we can help you fund your trip.



"For the 2019 Women's World Cup, Worldstrides Sports created one of the most enriching and once-in-a-lifetime trips for the University of Southern California Women's Soccer Program. From the start, as we built our itinerary, their staff collaborated with us on making sure the trip met all our needs. They make sure we maintained a balance of soccer, culture, and history throughout the 12 days. Upon arrival, we were met with the most professional and enjoyable tour guide who travelled with us to London, Paris, and Reims. The professionalism we experienced extended to all of the staff we interacted with at the hotels, the bus drivers, and selective tour guides. Being in these respective countries during the World Cup made this all the more special. Having a travel party of 42 is quite a big endeavor, yet we felt all of our players were safe and had an incredible time, based off feedback. Hopefully, we will be able to work with them again on a future trip!"

-Sammy Towne, Assistant Women's Soccer Coach at University of Southern California

FAP Financial Assistance and Advantage Payment Plan

WorldStrides is dedicated to providing student athletes with the opportunity to participate in an international sports tour experience. To support this vision, participants ages 6-18 from families with a total annual income up to \$65,000 CAD are eligible to receive \$150 in financial assistance through the WorldStrides FAP Foundation. For more information, contact WorldStrides at 888-375-8845.

Gift of Sport

Thousands of student athletes have received millions of dollars through our Gift of Sport program! We provide easy-to-use letters that student athletes can send to get donations from friends, family members, and local organizations.



WorldStrides Soccer International Soccer Itineraries

You and your team will benefit from training sessions on local fields, friendly matches against local competition, a professional stadium tour, and have the opportunity to attend a professional match.

All of our inclusive experiences include:

- **Round-trip transportation**
- **Hotel accommodations**
- **Ground transportation to and from all activities**
- **Admissions and fees for scheduled activities**
- **Expertly trained Tour Directors**
- **Two meals a day**
- **24-hour emergency support**

These are just a few of the inclusive experiences offered to you through WorldStrides. Contact us to learn more and discover the other experiences we offer.

Scotland [Edinburgh & Glasgow]

Experience the vast differences between North America and the United Kingdom when you join WorldStrides Sports to visit and compete in Scotland and England.

DAY 1

- **Flight to Scotland**

DAY 2

- **Welcome Meeting**
Training Session Participate in a Training Session at a local field in the central Scotland area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.

DAY 3

- **Travel to Edinburgh** Edinburgh is widely regarded as one of Europe's most attractive cities, due primarily to its impressive



medieval and Georgian districts and surrounding Lothian Hills. It is as famous for the arts as it is for its long and turbulent history. Both the Old and New towns are listed as UNESCO World Heritage Sites.

- **Edinburgh Castle** Visit Edinburgh Castle, a place filled with history, legend, and lore. Edinburgh Castle dominates the skyline from its rocky outcrop towering above the jumble of medieval tenements, a brooding presence gazing down over the gracious Georgian New Town. This ancient stronghold has history seeping out of the stonework, with an undeniable "wow" factor. Our visit will include St. Margaret's Chapel, the State Apartments, the Great Hall, and the Crown Chamber, which houses the Honours of Scotland (Scottish Crown Jewels).
- **The Royal Mile** Walk down the Royal Mile, one of the most famous and scenic city walks in Europe. We will view St. Giles' Cathedral and conclude at Holyrood Palace. We will enjoy plenty of shopping along the way.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the central Scotland area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 4

- **Training Session** Participate in a Training Session at a local field in the central Scotland area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.
- **Glasgow** is the heart of Scottish football and home to both Rangers and Celtic. At least twice a year, Rangers and Celtic contest the Old Firm, one of football's fiercest and most enduring rivalries. The rivalry between Celtic and Rangers recalls deep socio-political divisions in Scottish history,

and a trip through Glasgow will strengthen an understanding for how the history of these clubs is intimately tied to the history of the city.

- **Glasgow City Tour** Enjoy a brief introductory Glasgow City Tour on our own private bus. We will view many of Glasgow's most important and distinctive landmarks and attractions, including George's Square, Glasgow Cathedral, and Glasgow University.
- **Celtic Football Club Stadium Tour** Celtic Park is one of the biggest football stadiums in Europe, making it the perfect place to learn all about the colourful history and heritage of Celtic Football Club from its inception in 1888. Experience firsthand Celtic's heritage and culture that has made the club famous and renowned around the world. Take a guided tour of the stadium as well as a trip through the history of the club through our various informative and impressive exhibitions. (Please note dressing room access on the day before a match may be restricted depending on first team activity at the stadium.)

DAY 5

- **Travel to Stirling** The medieval town of Stirling grew up around one of Scotland's most important fortresses and the Old Town is still surrounded by its original 16th century walls. The town served as the backdrop for one of William Wallace's 13th century battles and continued to be of strategic importance in the Jacobite uprisings.
- **Stirling Castle** View from the outside Stirling Castle, which dates from the Middle Ages and was an important seat of two kings; James IV and James V. View the Museum of the Argyll and Sutherland Highlanders. From the castle, there is a wonderful view of the Wallace Monument.

Spotlight Tour: Morristown Beard in UK-Scotland

Morristown Beard High School Boys Soccer embarked on a nine day trip to Scotland in the summer of 2018. They were able to visit Edinburgh, Glasgow, Stirling, and Loch Lomond. The boys played in four friendlies, attended a Scottish Premier League match, and took part in a community service activity at the St. Margaret's Hospice in Glasgow.



- **Friendly Match** Play an International Friendly Match against a local club or academy team in the central Scotland area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 6

- **Professional Coaching Clinic** This clinic will be led by a guest coach, player, or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.
- **Attend Professional Match** Attend a professional soccer match in the Central Scotland area featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds signing, cheering, and chanting and you will enter an atmosphere that can only be understood through personal experience.

DAY 7

- **Scottish Football Museum** Based within Hampden Park, the Scottish Football Museum will take you on a football journey like you have never seen before. There are thousands of objects on display, tracing the history of football in Scotland and highlights some of the most memorable games and players. Sit in what was the original dressing room from the old Hampden and listen to Craig Brown addressing his Scotland team. Marvel at the original Scottish Cup, the world's oldest national trophy and even visit the Scottish Football Hall of Fame which features some of the greatest Scottish players to ever play the game.
- **Kelvingrove Park** Spend time in Kelvingrove Park which straddles the River Kelvin and is an urban haven for wildlife in the West End of Glasgow. The park is also home to The Kelvingrove Lawn Bowls Centre, situated

next to the Kelvingrove Art Gallery and Museum. We will have some time to enjoy a few "ends" of bowls.

DAY 8

- **Trossachs Tour** Travel through the spectacular landscape of the Trossachs. This area of rugged mountains, forests, and lochs including Loch Lomond is forever associated with Sir Walter Scott's outlaw hero, Rob Roy. During our tour we will make several photo stops and take time to admire the breathtaking Scottish highlands scenery. We will also stop at a Woolen Mills, a perfect opportunity to purchase items and wool made in Scotland.
- **Loch Lomond Tour** Known as the Queen of Scottish Lochs, the banks of Loch Lomond are amongst the most enchanting and romantic beauty spots in the British Isles. The largest expanse of fresh water in great Britain Loch Lomond measures 23 miles long, 5 miles wide, and is Scotland's third deepest Loch at 636 feet deep. The Loch's abundance of wildlife, rich history, and spectacular natural beauty make it one of Scotland's most appealing and enduring visitor destinations. We will enjoy a casual cruise along the shores.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the central Scotland area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 9

- **Travel to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary overview

Day 1

Departure from North America

Day 2

Arrival in Scotland & Training Session

Day 3

Tour of Edinburgh & Friendly Match

Day 4

Training Session, Tour of Glasgow, & Celtic Football Club Stadium Tour

Day 5

Tour of Stirling & Friendly Match

Day 6

Coaching Clinic & Friendly Match

Day 7

Scottish Football Museum & Kelvingrove Park

Day 8

Trossachs Tour, Loch Lomond Tour & Friendly Match

Day 9

Departure from Scotland



"It was an amazing experience for the boys, for the coaches, and just everybody on the trip. It's been a very positive experience. The boys played very well, bonded very well and we were even able to compete with the teams that we played."

— Andres Callejas Head Coach

"The people of Scotland have been really gracious towards us and we have had an amazing experience. The boys really enjoyed the two professional matches that they were able to see. The Champions League match was amazing and the atmosphere was unbelievable. For us, this has been a terrific experience."

— Miklos Jalics, Assistant Coach



See a video of their trip by scanning the QR code with your smart phone camera!



Italy [Milan & Turin]

Embrace a completely different lifestyle and style of play when your team visits and competes in Italy with WorldStrides Sports. From the fashion and design of Milan to the renown architecture and cuisine of Turin, this life-changing trip will unite your players amidst an amazing backdrop.

DAY 1

- **Flight to Italy**
Please note: the final itinerary may be slightly different from this program. The final itinerary will be determined based on the size of the group, any adjustments that are required (such as adding additional matches), and the final schedule of the matches. (If additional matches are required, then some sightseeing content will be replaced by the additional matches needed.)



DAY 2

- **Check in at Hotel** Arrive at a hotel in the Turin (Torino) area that will be your base for the next three nights.
- **Welcome Meeting** Begin with a welcome meeting and orientation. Afterwards, enjoy free time to explore the area around the hotel.
- **Training Session** Participate in a Training Session at a local field. The training session will be led by your own coaching staff and are designed to prepare the team for upcoming friendly matches.

- **Dinner at Hotel Restaurant**

DAY 3

- **Breakfast at Hotel**
- **Professional Coaching Clinic** Participate in a special Coaching clinic with a guest coach, player or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.
- **Turin Walking Tour** Highlights include: Piazza San Carlo, the Via Roma, and Piazza Castello.
- **Egyptian Museum** Visit the Museo Egizio (Egyptian Museum), one of the world's largest collections. The museum contains valuable artifacts from all eras of ancient Egypt, including a papyrus "Book of the Dead", funerary objects, exquisitely painted wooden sarcophagi, and the mummies of Kha and Merit, an aristocratic couple whose tomb was discovered in 1906.
- **Dinner at Hotel Restaurant**

DAY 4

- **Breakfast at Hotel**
- **Juventus Stadium Tour** Stroll through the dressing rooms, the players' tunnel the media area and other exclusive parts of the stadium. We will also visit the Juventus Museum to relive all the club's history and triumphs. We will enjoy a unique and memorable experience packed with technology, multimedia and memorabilia.
- **Free Time in Turin**
- **Friendly Match** Play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.
- **Dinner at Hotel Restaurant**

DAY 5

- **Breakfast at Hotel**
- **Travel to Milan** Arrive at a hotel in the great Milan area that will be your base for your final four nights.
- **Friendly Match**
- **Dinner at Hotel Restaurant**

DAY 6

- **Breakfast at Hotel**
- **San Siro Stadium Tour** Home to both AC Milan and FC Internazionale Milano (Inter Milan), explore the stadium's public areas and gaze down at the pitch from the tiered seating stands, visit the press room where post-match interviews and photo sessions take place, and take a walk through the 'tunnel of champions' to the pitch. Often you can also visit the changing rooms.

Spotlight Tour: West Virginia ODP

In 2019, West Virginia ODP girls travelled to Northern Italy where they were able to visit Milan, Turin, and Lake Como. They enjoyed a tour of the brand new Juventus Stadium, home of Juventus FC and Cristiano Ronaldo! They took part in a training session with professional coaches from Torino FC, explored the Piazza del Duomo in Milan, and went on a boat ride down famous Lake Como!



- **Casa Milan** Visit Casa Milan and the new headquarters of AC Milan.
- **Lunch at Casa Milan Restaurant**
- **Milan City Tour**
- **Milan Duomo** Spend time in central Milan's Piazza del Duomo and visit the Gothic Duomo.
- **Galleria Vittorio Emanuele II** Stroll around the four-story covered double arcade of shops in the Galleria Vittorio Emanuele II. The imposing street is covered over by an arching glass and cast-iron roof, and the central octagonal space is topped with a glass dome. The Galleria connects two of Milan's most famous landmarks, the Duomo and the Teatro Alla Scala.
- **Dinner at Hotel Restaurant**

DAY 7

- **Breakfast at Hotel**
- **Training Session**
- **Travel to Lake Como**
- **Lake Como Boat Cruise**
- **Dinner at Hotel Restaurant**

DAY 8

- **Breakfast at Hotel**
- **Friendly Match**
- **Attend A Professional Match** Attend a professional soccer match featuring teams from the top leagues.
- **Dinner at Hotel Restaurant**

DAY 9

- **Breakfast at Hotel**
Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Departure From North America & Travel

Day 2

Arrival In Italy & Training

Day 3

Turin Walking Tour & Egyptian Museum

Day 4

Juventus Stadium Tour & Friendly Match

Day 5

Travel to Milan & Friendly Match

Day 6

San Siro Stadium Tour & Tour of Milan

Day 7

Training & Boat Cruise

Day 8

Friendly Match & Attend a Professional Match

Day 9

Departure From Italy & Travel



"Thank you for everything, WorldStrides, all of your hard work really paid off; everyone had a great time! My daughter is still smiling!"

— A Proud Parent



Learn more about travelling to Italy! Scan the QR code with your smart phone camera!



Spain [Barcelona & Madrid]

Lead your athletes through the ages as you travel around Spain with WorldStrides Sports. Enjoy the international urbanity of Madrid, the artistic history of Barcelona, and the beautiful architecture of Zaragoza. Through it all, your team will be learning and bonding while practicing both their soccer and life skills.

DAY 1

- **Flight from North America**

DAY 2

- We will have use of a private coach and driver while touring for the next seven days. Barcelona is the heart and soul of Cataluña, and, with one of Spain's largest ports, has grown through trade and tourism. This beautiful city charms visitors at every turn with its vibrant spirit.
- **Training Session** Participate in a Training Session at a local field in the Barcelona area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.



DAY 3

- **Barcelona City Tour** Take an introductory City Tour of Barcelona on our private bus with a guide, which will highlight many of the top sights and landmarks. Our tour will be both on our private bus and on foot. Highlights may include Las Ramblas, the Gothic Quarter, La Sagrada Familia, Montjuic, and the Quadrat d'Or.
- **Basilica De La Sagrada Familia** Visit La Sagrada Familia, the symbol of Barcelona and the vision of Antoni Gaudí, whom from 1912 forward made the design of this soaring basilica his life's work. If it is not the grandest church in all of Spain, it is certainly the grandest constructed within living memory. The grand church of the Holy Family, based on stories from the New Testament, is a strange and wonderful building that represents the intersection of the imaginative style of Modernisme with the medieval faith that drove construction of the great Gothic cathedrals.
- **Parc Güell** Spend time in Parc Güell, part of the UNESCO World Heritage Site, "Works of Antoni Gaudí." Designed primarily by Gaudí, particularly interesting areas of the park include a mosaic pagoda, a lizard fountain spitting water, an undulating bench decorated with ceramic fragments, and an array of unique Doric columns, which are hollow and serve as part of Gaudí's drainage system.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Barcelona area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 4

- **Travel to Girona** Girona is a beautiful medieval city that stands out from the

local landscape. Populated at one point by Romans, Arabs, and Jews, the city has a unique archeological heritage that is well worth a visit.

- **Girona City Tour** Enjoy a Walking Tour of Girona. We begin along the Riu Onyar, admiring Girona's bestknown view, before exploring the Rambla de la Libertat and El Call, the medieval Jewish Quarter, where the first Hanukkah celebration since the Jewish expulsion of 1482 was celebrated in 1998.
- **Professional Coaching Clinic** Participate in a special Professional Coaching Clinic in the Barcelona area. The clinic will be led by a guest coach, player, or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.

DAY 5

- **Camp Nou Stadium Tour** Take a visit to Camp Nou, the home ground for Barcelona's biggest and most popular team and one of Europe's greatest footballing "cathedrals." FC Barcelona is the only major football club in the world that doesn't sell advertising space on its strip, and this is because the club does not want to spoil the aesthetics of its famous red and blue jersey. Camp Nou is the biggest stadium in Europe with a capacity of 98,600 people. It also has shops and a museum of the club's history.
- **Barcelona Free Time** We will have some free time for shopping and exploration.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Barcelona area. The team will meet and compete against athletes of similar ages and skill levels.

Spotlight Tour: Eastern Pennsylvania Youth Soccer Association

Eastern Pennsylvania ODP returned to one of the favourite locations in 2019 when they visited Barcelona, Spain! The teams enjoyed city tours of Stiges and Barcelona, where they saw landmarks such as Parc Güell and La Sagrada Familia, and played four friendly games in the Barcelona area. However, the undoubted highlight was touring Camp Nou and seeing FC Barcelona play Real Sociedad!



DAY 6

- **Travel to Madrid** En route, we will stop in Zaragoza. The capital of Aragon, Zaragoza is a walled city filled with Roman ruins, a Moorish architecture, and a popular pilgrimage cathedral. This picturesque ancient city lies along the Ebro river, and its lively culture charms visitors who stop to wander and explore.
- **Stop In Zaragoza** Approximately halfway between Barcelona and Madrid lies the beautiful city of Zaragoza. During our drive-through tour, we will see the Palacio de la Aljafería, the Catedral de la Seo, La Lonja, the impressive Basílica de Nuestra Señora del Pilar, and the Arco de Dean. Our driver will take a mandatory driver stop, which will be a good time for us to get a quick lunch in this beautiful city. Madrid, the capital city of Spain, lies at the heart of the country. This is a city of great monuments and great art, all against the backdrop of a rich culture and an exciting nightlife.
- **Training Session** Participate in a Training Session at a local field in the Madrid area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.

DAY 7

- **Madrid City Tour** Take an introductory City Tour of Madrid with a guide to learn about and view some of Madrid's top landmarks and attractions using our private bus and on foot. Highlights will include The Prado, the Plaza de Cibeles, the Puerta de Alcalá, the Gran Vía, Plaza de España, Palacio Real, and the Puerto del Sol.
- **Plaza De España** Walk through the Plaza de España, a popular tourist destination which features the Miguel de Cervantes Saavedra monument and is adjacent to two

of Madrid's most prominent skyscrapers. Only a short walk south from the plaza is the Palacio Real, the Royal Palace.

- **Plaza Mayor** The Plaza Mayor (built between 1580-1619) is a central plaza in the city of Madrid. It is located only a few blocks away from another famous plaza, the Puerta del Sol. The Plaza Mayor is rectangular in shape and is surrounded by three-story residential buildings with 237 balconies facing the Plaza. Place yourself in the center of the plaza and enjoy the sights, sounds, and atmosphere of this fabulous and historic place.
- **Attend Professional Match** Attend a professional soccer match in the Madrid area featuring teams from the top leagues.

DAY 8

- **Real Madrid Stadium Tour** Tour the Santiago Bernabéu Stadium, home of the Real Madrid football club and the third most visited museum in Madrid. The museum compiles all of the history surrounding the club and has interactive screens to learn everything about the team. Our tour will include a walk on the field and an opportunity to enter the dressing room of the team to feel the excitement the players feel before going out on the pitch. (The tour may be modified in the event of a match day.)
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Madrid area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 9

- **Travel to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Departure From North America & Travel

Day 2

Arrival In Spain & Training

Day 3

Tour Of Barcelona & Friendly Match

Day 4

Tour Of Girona & Professional Coaching Clinic

Day 5

Barcelona Pro Stadium Tour & Friendly Match

Day 6

Travel To Madrid, Zaragoza Sightseeing & Training

Day 7

Tour Of Madrid & Pro Match Viewing

Day 8

Madrid Pro Stadium Tour & Friendly Match

Day 9

Departure From Spain & Travel



"Working with WorldStrides Sports has been an incredible experience for all of our ODP players, families, and coaches the past 10 years. WorldStrides Sports is the perfect combination of organization from beginning to end, top-level matches, awareness of every team's needs, and experiencing each country's rich culture. The bond Eastern Pennsylvania has with WorldStrides Sports will continue for years to come."

- Mike Barr, EPYSA Technical Director



Scan the QR code with your smartphone camera to see a clip of the EPYSA girls' trip to Spain!



Portugal [Lisbon]

From wooded hills to popular squares to relaxing beaches, you and your athletes can take it all in during a trip to Portugal with WorldStrides Sports. You will be astounded at how travelling in a group can positively impact your team's camaraderie and how much each individual's investment in the sport can grow.

DAY 1

- **Flight from North America**

DAY 2

- **Lisbon** Our 24-hour Tour Director will meet us at the airport and remain with us until our final airport departure. We will have use of a private coach and driver while touring for the next seven days. Lisbon is a charming capital city with a rich cultural heritage. The city is a striking mix of old and new, with a laid-back pace that welcomes visitors to this European capital. For the



next seven evenings, we will enjoy our Lisbon area hotel.

- **Training Session** Participate in a Training Session at a local field in the Lisbon area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.

DAY 3

- **Lisbon Walking Tour** Enjoy a Walking Tour and explore the riverfront Praco do Comercio, Lisbon's most famous and popular square. View the Equestrian Statue of Dom Jose and walk through the city's Alfama area, the old-fashioned residential neighbourhood that survived the earthquake of 1755.

- **Castle Of Sao Jorge** Explore the Castle of Sao Jorge, the nucleus of the original city, inhabited by the Phoenicians and subsequently by every other conquering culture.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Lisbon area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 4

- **Travel to Sintra** Only half an hour from Lisbon, the beautiful town of Sintra is dotted with historic palaces and surrounded by wooded hills. The town, which was once the favourite summer residence of the Kings of Portugal, has been internationally acclaimed by poets and artists over the years and was declared a UNESCO world heritage site for its Cultural Landscape in 1995.
- **Palace Of Pena** Visit the spectacular Palace of Peña, built in the 19th century as King Ferdinand's summer home. King Ferdinand

loved art, nature, and new inventions, which is reflected in the interior of this enchanting palace that is filled with oddities from all over the world. Explore the park that surrounds the palace. You will have some free time to explore the area.

- **Attend Professional Match** Attend a professional soccer match in the Lisbon area featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds signing, cheering, and chanting and you will enter an atmosphere that can only be understood through personal experience.

DAY 5

- **Benfica - Estadio Da Luz Tour** Take a guided tour of Estadio da Luz, home to Benfica. The stadium reflects the greatness of its host club and is the biggest and most modern sports venue in Portugal. Since its inauguration, the stadium has received over 11 million spectators and countless matches and events. During our tour, we will travel through the Cathedral of a thousand emotions. Highlights of our tour will include the Dressing Rooms, the Presidential Tribune VIP area, the Press Conference Room, the Players' Tunnel, the Pitch and Bench, and the Eagle Vitoria, Benfica's mascot and symbol which flies around the stadium and presents an awe-inspiring sight and a unique moment for all fans. Our tour concludes as we travel back in time through the Benfica Museum, featuring memorabilia from its storied history. You will be given free time to wander through the museum.

Spotlight Tour: Maryland Youth Soccer Association

The Maryland State Youth Soccer Association U15 Boys and Girls ODP teams travelled to Portugal, which was a brand new destination for a state that travelled on our very first trip back in 1999! The boys and girls were able to visit Lisbon and Belem, play some beach soccer, and compete in four international friendlies!



- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Lisbon area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 6

- **Professional Coaching Clinic At Sporting CP Academy** Participate in a special Professional Coaching Clinic at Sporting CP Academy, "Academia de Alcochete," known to be the birth place of Cristiano Ronaldo, Luis Figo, and Nani. The clinic will be led by Sporting CP coaches and is designed for the team and to enhance skills in areas identified by the coaching staff.
- **Sporting CP Academy Tour** After lunch, take part in a Sporting CP Academy Tour. Take a walk through the training facilities and have access to the players' lounge.

DAY 7

- **Training Session** Participate in a Training Session at a local field in the Lisbon area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.
- **Walking Tour Of Belem** Take a Walking tour of Belem to explore Portugal's former glory, expressed in the areas imposing and exuberant buildings. During our walk we will view the Praca do Imperio, the Archeological Museum, and the Palacio de Belem.
- **Mosteiro Do Jeronimos** Tour the Mosteiro dos Jeronimos, a monastery ordered by Manuel the Fortunate to commemorate Vasco da Gama's voyage to India. The monastery is one of Portugal's finest examples of Manueline architecture that combines flamboyant Gothic and Moorish influences with elements of the nascent

Renaissance. The church features tombs of many of the great figures in Portuguese history, including Vasco da Gama.

DAY 8

- **Friendly Match** Play an International Friendly Match against a local club or academy team in the Lisbon area. The team will meet and compete against athletes of similar ages and skill levels.
- **Free Time At The Beach** Spend some time relaxing on one of Lisbon's magnificent beaches. Enjoy the sand, sun, and watch the surfers as you relax for the day. The beaches have numerous activities available for everyone to enjoy.

DAY 9

- **Flight to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Departure From North America & Travel

Day 2

Arrival In Portugal & Training

Day 3

Lisbon Sightseeing & Friendly Match

Day 4

Sintra Sightseeing & Professional Match Viewing

Day 5

Pro Stadium Tour & Friendly Match

Day 6

Professional Coaching & Facility Tour

Day 7

Training & Belem Sightseeing

Day 8

Friendly Match & Beach Free Time

Day 9

Departure From Portugal & Travel



"I have been on four trips myself and can personally attest to the quality WorldStrides Sports provides. From their office staff to their Tour Directors in Europe, WorldStrides Sports has always demonstrated the highest standards of professionalism and service. I look forward to many more years of working with them."

- Mark Cantor, President of MSYSA



Germany [Munich]

Educate your athletes on the culture and history of Germany and Austria when you visit with WorldStrides Sports. Tour the stately boulevards of Munich, the somber Dachau Concentration Camp, the Old Quarter of Salzburg, and more. The players will never forget the journey or their time together, and both will benefit your team's playing ability.

DAY 1

- **Flight from North America**
Our 24-hour Tour Director will meet us at the airport and remain with us until our departure.



DAY 2

- We will have use of a private coach and driver while touring for the next seven days. Munich is the capital city of Bavaria. It was founded in the 12th century, and named for a settlement of Benedictine monks. Munich is now a cosmopolitan city that is at the forefront of the financial and publishing industries, and notable for its role in the development of music and the arts. We begin with a welcome meeting and orientation. Afterwards, enjoy free time to explore the area around the hotel.
- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.

DAY 3

- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.
- **Munich Walking Tour** We will take a City Tour of Munich by bus and on foot. We will view the many spectacular Baroque churches, the stately boulevards, and explore the Altstadt (Old Quarter) and Marienplatz, the heart of Munich. In the Marienplatz, we will view the famous Glockenspiel clock on the new town hall.
- **Bayern Munich Stadium Tour** Bayern Munich and TSV 1860 Munich moved to their 75,000 capacity ground in 2005, and have seen a decade of success as one of the top sides in Europe and Germany. During the 2006 FIFA World Cup, the Allianz Arena was the venue for numerous crucial matches and maintained its status as one of the top

European stadiums when it was selected as the host of the 2012 Champions League Final. We will take a tour, starting with a film on the story of the Arena. Experience seating in the stadium, view the press club, and pretend to be a player as we walk through the dressing rooms and down the players' tunnel.

DAY 4

- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.
- **Dachau Concentration Camp** Visit the Dachau Concentration Camp. In 1933, what had once been a quiet little artists' community became a tragic symbol of the Nazi era, the first German concentration camp. The audio guided tour of the camp includes the memorial chapels and two of the rebuilt barracks. The Museum is housed in the large building that once contained the kitchen, laundry, and shower baths.

DAY 5

- **Professional Coaching Clinic** We will participate in a special Coaching Clinic with a guest coach, player, or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.
- **Neuschwanstein Castle** Visit Neuschwanstein Castle is situated on an outcrop of rock towering over a gorge in the River Pöllat. King Ludwig II himself only lived here for 172 days, but the highlight of the castle tour is the Throne Room, designed in Byzantine style, with gilded mural paintings, mosaics, and a huge chandelier.

Spotlight Tour: Kentucky ODP 02 Boys

The second year of travel for Kentucky ODP saw their 02 Boys visit Borussia Dortmund for a week of training with their coaches and play against some top quality German opposition. The highlight of their 2019 trip was meeting US National Team superstar, Christian Pulisic, at a professional match!



- **The Alpsee Coaster** The Alpsee Coaster in Immenstadt is Germany's longest year-round toboggan run, featuring 68 bends, 23 waves, 7 jumps, and 4 bridges, which guarantee maximum fun. Control your own speed as you head down the mountain and enjoy the beautiful surrounding scenery.

DAY 6

- With its elegant squares and quaint streets Salzburg the famous Baroque city is a delightful introduction to the sophisticated world of arguably the greatest classical genius W.A. Mozart.
- **Salzburg Walking Tour** Take a Walking Tour through the Old Quarter, which highlights the city's main attractions. Highlights of our walk will include: Hauptplatz, the original marketplace, which is now one of Europe's biggest and most beautiful squares with baroque and rococo facades surrounding it; the Rathaus (Town Hall); the Trinity Column (Dreifaltigkeitssäule) built in 1723 to mark the city's deliverance from plague, fire, and Turkish invasions; and the Brucknerhaus, a beautiful concert hall named in honour of Anton Bruckner, the Linz-born composer, which has an elliptical facade of glass and steel with a wooden interior. Spend free time on Salzburg's most famous street, the Getreidegasse, which is lined with small shops, interesting houses, and wrought-iron signs.
- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.

DAY 7

- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own

coaching staff and is designed to prepare the team for upcoming friendly matches.

- **Olympia Park** Site of the 1972 Olympics, this landscaped park contains sport facilities, lakes, bicycle paths, concert venues, restaurants, and a football stadium, as well as its landmark "tent style" roofs. Don't miss the fascinating BMW Museum across the street, right next to the company's headquarters - which was constructed in the shape of a four-cylinder engine.
- **BMW Museum** Explore the BMW Museum, which brings BMW's heritage to life through an innovative, multi-sensory experience and spans a history of more than 90 years. The museum is also notable for its architecture, particularly its listed circular building, known as the "bowl."

DAY 8

- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.
- **Attend A Professional Match** We will attend a professional soccer match featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds singing, cheering, and chanting and you will enter an atmosphere that can only be understood through personal experience.

DAY 9

- **Flight to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Departure From North America & Travel

Day 2

Arrival In Germany & Training

Day 3

Tour Of Munich & Stadium Tour

Day 4

Friendly Match & Concentration Camp

Day 5

Professional Coaching Clinic & Castle Tour

Day 6

Travel To Salzburg & Friendly Match

Day 7

Training & Tours

Day 8

Friendly Match & Professional Soccer Match

Day 9

Departure From England & Travel



"My son went on the players' trip. My husband, my other son, and I went on the parents' trip. We had a wonderful time. Food was great, accommodations were wonderful. Michaela Tomberger, our Program Leader, translator, guide was phenomenal. Our bus was great. The options we had to tour cities were great. We enjoyed meeting new parents and seeing new places. I can't say enough good things. It was all perfect."

- Jennifer Wilson, Kentucky ODP Parent



Scan the QR code with your smartphone camera to learn more about traveling to Germany.



England [London & Manchester]

Experience the diversity and history of the United Kingdom when you join WorldStrides Sports to visit and compete in England. The country's language and culture is vastly different from that of North America, despite the shared language, and there are equally interesting differences in play for your athletes to explore.

DAY 1

— Flight to England

DAY 2

- Our base for the next four nights will be in the London area. Breakfast and dinner (or lunch) will be included at the hotel. We will begin with a welcome meeting and orientation. Afterwards, enjoy free time to explore the area around the hotel.
- **Training Session** Participate in a Training Session at a local field in the greater London area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.



DAY 3

- **Professional Coaching Clinic** Participate in a special Professional Coaching Clinic in the greater London area. The clinic will be led by a guest coach, player, or instructor. The clinic will be designed exclusively for the team and to enhance skills in areas identified by the coaching staff.
- **London City Tour** See the sights of London on our private bus with a guide for two hours. Some highlights may include: St. Paul's Cathedral, the Tower of London, Tower Bridge, Westminster Abbey, the Houses of Parliament, Big Ben, Trafalgar Square, St. James's Park, and Buckingham Palace, where we may have an opportunity to see the Changing of the Guard ceremonies.
- **Leicester Square Walking Tour** Leicester Square is perfectly situated in the heart of London's West End, with Trafalgar Square to the south, Piccadilly Circus to the west, Covent Garden to the east, and China Town to the north.
- **Covent Garden** Explore the area around Covent Garden, a lively area filled with shops, restaurants, and street performers. Covent Garden is a district in London, on the eastern fringes of the West End between St. Martin's Lane and Drury Lane. Formerly associated with the fruit and vegetable market in the central square it is now a popular shopping and tourist site with the Royal Opera House, which may be referred to as "Covent Garden." The district is divided by the main thoroughfare of Long Acre, north of which is given over to independent shops centred on Neal's Yard and Seven Dials, while the south contains the central square with its street performers and most of the historical buildings, theatres,

and entertainment facilities, including the London Transport Museum and the Theatre Royal, Drury Lane.

DAY 4

- **Windsor Castle** Visit Windsor Castle, the world's largest inhabited castle and one of the official royal residences of the British monarch. Our visit will include the richly decorated State Apartments and St. George's Chapel, a pantheon of English monarchs.
- **Windsor Free Time** We will have free time to explore the buildings, cobblestone streets, and shops around the castle at our leisure.
- **Friendly Match** Play an International Friendly Match against a local club or academy team in the greater London area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 5

- **Tower Of London** Visit the Tower of London, one of Britain's most fascinating and important historical structures. Built as a fortress by William the Conqueror, the Tower is now primarily associated with the legendary figures imprisoned and executed here over the centuries. Our visit includes the armories, a display of instruments of torture and execution, and the breathtaking Crown Jewels Exhibit.
- **Explore London's South Bank** London's South Bank is a lively area on the South Bank of London. With attractions, arts and culture, dining, outdoors activities, and shopping, there is something for everyone. You will be given time to explore the area and get a real taste of London with the many festivals and vendors that will be located in this area along the River Thames.

Spotlight Tour: Marquette University

The Golden Eagles travelled on their first ever international trip over Spring Break in 2019 as they visited London and Manchester. They took in four professional matches, including Manchester City's thrashing of Schalke in the Champions League, and went undefeated in games against Oxford United, West Ham United, Wolverhampton Wanderers, and Huddersfield Town.



- **Friendly Match** Play an International Friendly Match against a local club or academy team in the greater London area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 6

- **St. George's Park** Visit St. George's Park for a unique opportunity to explore the Football Association's National Football Centre, home to all 28 England teams as they train ahead of international fixtures. We will see the prestigious outdoor pitches, including the elite Wembley replica pitch, as well as the Sir Alf Ramsey indoor 3G pitch and the multi-sport indoor hall that is used for Futsal. Perhaps get a glimpse of the elite changing rooms, the autograph wall, and areas of the hotel where the teams stay while training.
- **Training Session** Participate in a Training Session at a local field in the greater Manchester area. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.

DAY 7

- **Old Trafford Stadium Tour** Take a guided tour and go behind the scenes at Old Trafford, home of the world's largest soccer club Manchester United. During our tour, we will see "The Theatre of Dreams" through the eyes of Manchester United greats themselves and the millions of passionate fans from around the globe. We will also have the opportunity to view historical memorabilia at the Manchester United Museum.
- **Manchester United Mega Store** Spend time exploring and shopping in the world-renowned Manchester United Megastore. From shirts to scarves, mugs to mouse pads,

everything you could possibly want from Manchester United can be found here. In fact, there are more than 800 product lines available on the shelves, which are spread over 17,000 square feet. The Megastore is one of the biggest shops devoted to football in the world and more than 1 million people file through its doors annually.

- **Friendly Match** Play an International Friendly Match against a local club or academy team in the greater Manchester area. The team will meet and compete against athletes of similar ages and skill levels.

DAY 8

- **Albert Dock** Built of brick stone and cast iron, this showpiece development on Liverpool's waterfront opened in 1846, saw a long period of decline, and has now been extensively renovated and refurbished. In addition to countless shops and restaurants, the area is home to the Merseyside Maritime Museum, the Museum of Liverpool Life, the Beatles Story, and the Tate Gallery.
- **Attend Professional Match** Attend a professional soccer match in the greater Manchester area featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds signing, cheering, and chanting and you will enter an atmosphere that can only be understood through personal experience.

DAY 9

- **Flight to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Depart From North America & Travel

Day 2

Arrival In England & Training

Day 3

Professional Coaching & London City Tour

Day 4

Tour Of Windsor Castle & Friendly Match

Day 5

Tour Of London & Friendly Match

Day 6

Training & Sightseeing

Day 7

Pro Stadium Tour & Friendly Match

Day 8

Liverpool Sightseeing & Pro Match

Day 9

Depart From England & Travel



"It's been an action-packed week, four great games, three professional games, London, Manchester, and Liverpool. Our lads have thoroughly enjoyed it and go home really fulfilled. We've been guided in the right direction and WorldStrides Sports really helped us to get the job done."

- Louis Bennett, Head Coach



Scan the QR code with your smartphone camera to hear from Coach Bennett of Marquette University.



Costa Rica

Take your team to a new climate and explore everything from the city to the rainforest with WorldStrides Sports. Observe incredible wildlife, adventure through a river safari, hike along a volcano, and much more. Your athletes will be forever changed by this experience and bonded together as they work on key fundamentals affecting both their individual styles and team communication.

DAY 1

- **Flight from North America**
- **San Jose** Our 24-hour Tour Director will meet us at the airport and remain with us until our final airport departure. We will have the use of a private bus for all sightseeing and sporting activities throughout our tour.
- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.



DAY 2

- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.
- **San Jose** is the capital and largest city of Costa Rica. Located in the Central Valley, San José is the seat of national government, the focal point of political and economic activity, and the major transportation hub of this Central American nation. Today, it is a modern city with bustling commerce and brisk expressions of art and architecture. Spurred by the country's improved tourism industry, it is a significant destination and stopover for foreign visitors.
- **San Jose City Tour** Take a City Bus and City Walking Tour of San José to view and visit some of the most important landmarks of the city. Highlights will include: Costa Rica's cherished National Theatre, Art Museum, Metropolitan Cathedral the old and authentic Central Market, the National Monument, Democracy Plaza, and the new National Stadium of Costa Rica. Our tour may also include a tour of Proyecto Gol, the official training facilities of the Costa Rican National Team (subject to availability).
- **Estadio Nacional De Costa Rica** Take a guided tour of the National Stadium of Costa Rica (Estadio Nacional de Costa Rica). The stadium is a multi-purpose stadium in La Sabana Metropolitan Park, San José. It is the first modern sport and event arena to be built in Central America. The stadium was completed in 2011 and officially opened its doors to the public on Saturday, March 26 of that same year, with a capacity of 35,175 seats. The stadium serves as the home stadium of the Costa Rica national football team and it was used to host matches

during the 2014 FIFA U-17 Women's World Cup, including the opening game, the third place match, and the Final.

DAY 3

- **La Paz Waterfall Gardens** Visit La Paz Waterfall Gardens, one of the most beautiful and fascinating attractions in Costa Rica. Enter the Aviary to explore the birds of Costa Rica and even hold a toucan! Continue into the huge Butterfly Garden featuring a variety of species and an excellent learning centre. Next, view the monkeys before we explore the hummingbird and orchid gardens. After lunch, visit the small serpentarium featuring many of Costa Rica's snake and lizard varieties. We continue to the cats exhibit to see the beautiful and massive Costa Rican jaguars. Hike down the perfectly laid out trails to viewing points along the four La Paz Waterfalls, each viewing point seemingly more impressive than the last. Today, lunch will be included at La Paz's magnificent restaurant just off the hummingbird garden. The buffet lunch features traditional cuisine in one of the most beautiful open-air settings in Costa Rica.
- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.

DAY 4

- **Travel to Tarcoles River**
- **Crocodile Jungle Safari Boat Tour** Take a guided Boat Tour through the Rio Grande of Tarcoles on safe, comfortable boats. See these magnificent ancient reptiles up close, with sizes of more than four metres. Crocodiles have been on the planet for more than two hundred million years. Since they haven't changed much over

Spotlight Tour: South Texas ODP

In 2017, the South Texas ODP Girls team travelled to Costa Rica where they were able to face the Costa Rican U17 National team in an international friendly and compete against some of the best players the country has! They took part in a wide variety of cultural activities ranging from a guided sightseeing tour of San Jose, exploring the Carara National Park, zip-lining through Herradura Bay & Island, to participating in a Global Ambassadors Through Sports service activity in the Poas Volcano National Park!



time, they are considered living dinosaurs. We may also see iguanas, basilisks, and over 60 bird species in their natural environment. We will be accompanied by a Captain and a bilingual guide, both navigation experts willing to provide all the information about the fauna and flora of the river, while facilitating the opportunity to photograph and film the wildlife at close range.

- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.

DAY 5

- **Training Session** We will participate in a Training Session at a local field. The training session will be led by your own coaching staff and is designed to prepare the team for upcoming friendly matches.
- **Travel to the central Pacific Coast** We will spend the day relaxing on the beach or exploring and shopping in the town.
- **Attend Professional Match** We will attend a professional soccer match featuring teams from the top leagues. Seeing the top talent in the world in person would itself be an unforgettable experience, but add the passionate crowds singing, cheering, and chanting and you will enter an atmosphere that can only be understood through personal experience.

DAY 6

- **Professional Coaching Clinic** We will participate in a special Coaching Clinic with a guest coach, player, or instructor. The clinic will be designed exclusively for the team to enhance skills in areas identified by the coaching staff.

- **Irazu Volcano National Park** Experience the unique surroundings of this national park as you visit the Irazu Volcano. The volcano is still active, although the last major eruptions were between 1963 and 1965, with occasional minor eruptions and some small lava flows since that time. The forest is made up of conifers and other exotic and native species and also a native forest consisting mainly of oaks and alder, protecting the watershed of the Reventado River. The Crater Principal Lake has an unusual greenish-yellow coloring caused by rainfall dissolving the minerals along the craters walls.

DAY 7

- **Sarapiquí River Rafting** Mix adventure and scenery by enjoying a whitewater excursion on the Sarapiquí River. The Sarapiquí River area is famous for its lush jungle scenery. Duck, dodge, paddle, and laugh your way down the river as your heart races and your eyes dance with excitement! We will enjoy a guided trip with expert local guides, have the chance to see many animals, and enjoy some swimming in calmer areas of the river.
- **Friendly Match** We will play a Friendly Match against a local club or academy team. The team will meet and compete against athletes of similar ages and skill levels.

DAY 8

- **Flight to North America** Our rewarding and enjoyable tour comes to an end as our Tour Director accompanies us to the airport on our final day.

Itinerary Overview

Day 1

Departure From North America, Travel, Arrival In Costa Rica & Training

Day 2

Training & San Jose Sightseeing

Day 3

La Paz Sightseeing & Friendly Match

Day 4

Safari Boat Tour & Friendly Match

Day 5

Training, Beach Time & Pro Match Viewing

Day 6

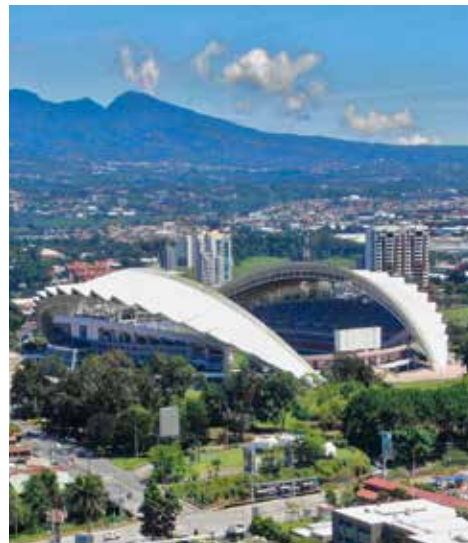
Professional Coaching & Volcano Tour

Day 7

River Rafting Tour & Friendly Match

Day 8

Departure From Costa Rica & Travel



"At my daughter's first practice back with her regular team after the trip, she told me about moves she was doing better than before she went on the trip. The Costa Rica trip was an amazing experience for the South Texas Girls ODP team! Playing internationally really opened the girls' eyes to a different level of competition and raised their game."

— A Proud Parent



Scan the QR code with your smartphone camera to hear from a proud South Texas ODP parent.





Soccer is where we got started, but it is not all we do! As different games grow in popularity, so do our international tour options. Take a look at our most commonly chosen sport specialties, and contact us about planning your team's tour today.

WorldStrides Sports is much more than soccer

Ice Hockey

European talent has been making its mark on the NHL for some time now, all the while drawing top-level youth teams from North America abroad to compete. There are plenty of rinks in eastern and western Europe ready to host your team for some great competition and development!

Popular destinations: Czech Republic, Sweden, Finland, France, Germany, and Denmark

Field Hockey

The game might date back to Ancient Greece, but its future is spread the world over. Insanely popular in Europe, South America, and Australia, international opportunities for friendlies, tournaments, and clinics are growing at tremendous speed.

Popular destinations: U.K., Ireland, Spain, Holland, Argentina, and Australia

Basketball

The international stage for this American-born sport grows increasingly more fanatic every year. The NBA's wingspan reaches across the world, and more international clubs long to compete against North American teams at every age and level.

Popular destinations: Italy, Spain, Czech Republic, Australia, Argentina, and U.K.

Lacrosse

Dominated by U.S. and Canadian teams for decades, word is getting out across the continents about the excitement of lacrosse, especially in the U.K. and Australia. With 47 countries included in the FIL, teams outside of North America are on the rise, and so is the talent.

Popular destinations: U.K., Australia, New Zealand, Spain

Tours are also ready to be customized for these sports:

- > Rugby
- > Golf
- > Wrestling
- > Swimming
- > Cross Country Running
- > Volleyball



...and WorldStrides is much more than sports



WorldStrides' mission is to ignite personal growth for students through travel and study abroad at every stage of development. Whether it's a class trip to Canada's capital, a study abroad opportunity, an individual career exploration program, a performance at a world-renowned international venue, or an athletic team trip, our offerings cover nearly every possible interest. You can learn more about WorldStrides by visiting worldstrides.ca



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