**Suggested Itinerary (tentative and subject to change)**

**Day 1 >> Thurs. May 26:**
Your adventure begins as you board your flight to Amsterdam, The Netherlands.

Hartelijk Welkom! Herzlich Willkommen! Bienvenue! Grüezi! Welcome!

**Day 2 >> Fri. May 27:**
2 nights in multi-bedded rooms with private bathrooms incl. breakfast and dinner at the 2-star hostel StayOkay Amsterdam Vondelpark in Amsterdam

**Morning:** Arrival at Amsterdam Schiphol Airport. After clearing customs and immigration, travel individually by public transportation to your accommodation in Amsterdam. Leave your luggage with the concierge and enjoy some free time on your own before you meet your CEPA on-site coordinator who will be available to introduce you to Europe today. During a first orientation session, your coordinator will hand out maps of Amsterdam as well as public transportation passes.

**Afternoon:** Enjoy a guided canal boat tour along the “Grachten” of Amsterdam and get a first impression of the city. Grachten is Dutch for canals, the waterways Amsterdam is known for. The 17th century girdle of canals is an early example of excellent town planning. Settled as a small fishing village in the late 12th century, Amsterdam became one of the most important ports in the world during the Dutch Golden Age, a result of its innovative developments in trade. Afterwards, enjoy the Anne Frank House at your own pace, where Anne Frank wrote her world-famous diary while hiding during the occupation in WWII (entrance tickets included).

**Evening:** Enjoy a dinner at your hostel in Amsterdam.

**Day 3 >> Sat. May 28: (Amsterdam - Delft)**
A private coach bus will be chartered exclusively for your group’s transportation to Delft and return.

**Morning:** Your morning begins as you meet your local guide for a private guided walking tour of Delft, the hometown of Antonie Philips van Leeuwenhoek, the father of microbiology. During the tour you can explore the places of interest that deal with the development of biotechnology in Delft.

**Afternoon:** After a short break for lunch at your own expense, your private coach bus will return to Amsterdam. Enjoy the Micropia Museum at your own pace (entrance tickets included). It is the first museum in the world that is dedicated to microbes and micro-organisms. The museum launched in September 2014, after twelve years of development and ten million euros of investment. None of the creatures in its exhibits is bigger than an ant, and most are substantially smaller-zipping water fleas, invincible tardigrades, green algae, and innumerable bacteria. Many of the exhibits focus on microbes’ existence in daily life. The Kiss-O-Meter, for example, measures how many microbes are shared between two people as they kiss.

**Evening:** Enjoy your dinner at the hostel in Amsterdam.
Day 4 >> Sun. May 29: (Amsterdam - Marburg)
A private coach bus will be chartered exclusively for your group’s transportation to Marburg. 1 night in twin rooms with private bathrooms incl. breakfast at the 4-star Welcome Hotel Marburg in Marburg.

All day: After breakfast, your private coach bus will take you to Marburg (travel time approx. 6 hours). Check into your room and then enjoy an orientation session by your coordinator. Afterwards, spend the rest of the day exploring the old university town on your own with its narrow lanes, crooked steps, superbly restored half-timbered houses and venerable old churches. Everywhere you are confronted with clues and evidences which document the lives of the great who lived here, such as the Brothers Grimm, Martin Luther and the Nobel prize winner Emil von Behring.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.

Day 5 >> Mon. May 30: (Marburg - Buchen - Heidelberg)
A private coach bus will be chartered exclusively for your groups’ transportation during the afternoon. 2 nights in twin rooms with private bathrooms incl. breakfast at the 3-star Exzellenz Hotel in Heidelberg.

Morning: Your day begins as you follow the steps of Emil van Behring during a self-guided walking tour of Marburg. Emil van Behring came to Marburg in 1895 and received the 1901 Nobel Prize in Physiology or Medicine, the first one awarded, for his discovery of a diphtheria antitoxin. During the tour you will discover authentic sites of his activities while he lived in the university town.

Afternoon: Afterwards, your private coach bus will take you to Buchen where you enjoy a visit to the Seitenbacher Forum (travel time approx. 2.5 hours). Seitenbacher is a family owned manufacturer of natural and functional foods that was founded in 1980. The forum opened in 2010 to provide customers an opportunity to learn about the company’s products and its ingredients first hand. During the visit you will see a film about the history and the production process and also have the chance to taste several products. Furthermore, a presentation and talk about a specific health and dietary related topic can be arranged (topic to be confirmed in conjunction with the faculty leader). Afterwards, continue your journey to Heidelberg. Upon arrival, check into your rooms and enjoy an orientation session provided by your coordinator.
Day 6 >> Tues. May 31: (Heidelberg)
A private coach bus will be chartered exclusively for your groups’ transportation during the morning.

Morning: Start your morning with a visit to the European Molecular Biology Laboratory (EMBL), one of the world’s leading research institutions, and Europe’s flagship laboratory for the life sciences. EMBL is an intergovernmental organization specializing in basic research in the life sciences, funded by public research monies from 21 member states. You will also be informed about potential internships and/or graduate programs.

Afternoon: Start off to your private guided tour of the German Pharmacy Museum with its collection of over 20,000 objects representing the rich history of medical sciences, especially the history of pharmacy. Housed in one of Germany's architectural landmarks, the Heidelberg Castle, its collection is worldwide the largest and finest in existence, spanning two thousand years of pharmacy history. Afterwards, enjoy the Heidelberg Castle (entrance tickets included) and the Old Town on your own, both part of the tentative list of UNESCO world heritage sites. Heidelberg is situated in a unique landscape in the valley of the Neckar River. The castle is a chef d’oeuvre of German renaissance architecture. With the ruins of the castle, the baroque style architecture based on a ground plan of the middle ages and the surrounding landscape Heidelberg became the center of the German romanticism in the 19th century.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.

Day 7 >> Wed. June 1: (Bad Wildbad - Herzogsweiler - Strasbourg)
A private coach bus will be chartered exclusively for your group’s transportation during the day.

3 nights in twin rooms with private bathrooms incl. breakfast at the Château de Pourtalès in Strasbourg.

Morning: After breakfast, continue your journey to Strasbourg. On the way, make a stop in the small spa town Bad Wildbad situated in the Black Forest. Upon arrival, start your private guided tour of the Bad Wildbad thermal bath to learn about their wide range of treatments for health, well-being and beauty. The thermal bath in Bad Wildbad is considered as one of the most beautiful spas in Europe with its unique décor from ancient times.

Afternoon: After lunch at your own expense in Bad Wildbad, continue your journey and stop at Herzogsweiler in the Black Forest on the way for a guided farmer smoke tour in a typical smokehouse. During the tour you will gain insight into the secrets of traditional ham manufacturing, with a hearty ham tasting in the end. Afterwards, your private coach bus will take you to Strasbourg. Check into your room and then enjoy a welcome reception and orientation by the team of the Château.
Day 8 >> Thurs. June 2: (Strasbourg)

Morning: After breakfast, travel by public transportation to the city center of Strasbourg for a private guided walking tour of Strasbourg. The tour will focus on the history and architecture of the city. During the tour you will see the UNESCO world heritage site the Grande Île (Big Island). Surrounded by two arms of the Ill River, the Grande Île (Big Island) is the historic center of the Alsatian capital. It has an outstanding complex of monuments within a fairly small area. The cathedral, the four ancient churches and the Palais Rohan - former residence of the princebishops - far from appearing as isolated monuments, form a district that is characteristic of a medieval town and illustrates Strasbourg's evolution from the 15th to the 18th century.

Afternoon: After some free time for lunch at your own expense, start your visit to the University of Strasbourg, one of Europe’s best research universities. Learn about their medical school and see their laboratories, before you meet some French medical students (subject to availability).

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.

Day 9 >> Fri. June 3: (Gérardmer - Ingersheim)

A private coach bus will be chartered exclusively for today’s excursion.

Morning/Afternoon: Visit the Natural Park Vosges by bus and during a hiking tour with your coordinator. It is located in the northern part of the Vosges massif and designated by UNESCO as one of the biosphere’s world reserves. In the afternoon, spend some free time in the town of Gérardmer, in the heart of the Vosges Mountains amongst lakes, forests and mountains.

Optional: Horseback-riding in Gérardmer can be arranged for your group at extra costs.

Late Afternoon: Your day ends with a private guided tour of an Alsatian winery. Learn about the production of wine and taste a selection of Alsatian wines.

Day 10 >> Sat. June 4: (Strasbourg - Eguisheim - Basel)

A private coach bus will be chartered exclusively for your group’s transportation during the day.

3 nights in twin rooms with shared bathrooms incl. breakfast at the 2-star Youth Hostel Basel in Basel.

Morning: After breakfast, say goodbye to Strasbourg and the Château and travel by private bus to Basel. On the way, enjoy some free time and have lunch at your own expense in the small town of Eguisheim, ranked one of the most beautiful villages of France since 2003. The village is said to be the birthplace of winegrowing in Alsace and nests between gentle hillsides covered with 339 hectares of vines. Fortified in 1257, Eguisheim is proud of its picturesque and concentric narrow streets lined with half-timbered houses and rich floral decoration. Afterwards, continue your journey to Basel. Upon arrival, check into your rooms and meet your coordinator for an orientation session on the city.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.
Day 11 >> Sun. June 5: (Basel)

Morning: Participate in a private guided tour of the Anatomical Museum, part of the Faculty of Medicine. It is a center for research and medical studies and houses a unique collection of historical preparations. Original preparations of human body parts, organs and tissue are displayed, which show the structure of the human body in a systematic and topographic way. Exhibits of prenatal development are also shown.

Afternoon: Enjoy a free afternoon in Basel. With one of the best preserved medieval towns in Europe, a vibrant cultural and culinary scene and all within easy reach of the Black Forest and the Vosges mountain range, Basel will be sure to scintillate the senses. Lose yourself amongst the atmospheric streets and market squares of the old town visiting the imposing cathedral located at the Münsterplatz and the impressive city gate Spalentor. Consider visiting the Basel Paper Mill, located next to your hostel. The museum is primarily dedicated to papermaking, the art of book printing and writing in general. Through a combination of pictures and objects, visitors gain insights into the old artisanal techniques of dipping paper, printing and bookbinding.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.

Day 12 >> Mon. June 6: (Basel - Nenzlingen)

A private bus will be chartered exclusively for your group’s transportation to Nenzlingen and return.

Morning: Your morning starts with a visit to a pharmaceutical company in Basel, e.g. Hoffmann-La Roche. As a Swiss global research-focused healthcare company, Roche discovers, develops and provides innovative diagnostic and therapeutic products and services. The headquarters are located in Basel and the company has many sites around the world - including: South San Francisco, California, Pleasanton, Branchburg, Indianapolis. During the visit you will learn about their research in the health care sector.

Afternoon: Enjoy a private guided tour of the Ricola show garden in Nenzlingen, nestled in the Jura Mountains. You will learn about the blend of 13 herbs in their natural environment and all about the cultivation and power of herbs. The spicy aroma of the herbs and profusion of flowers in Ricola’s herb gardens provide a unique encounter with nature at its best. Experience the unspoilt scenery in the beautiful Laufen valley.

Day 13 >> Tues. June 7: (Flühli)

A private coach bus will be chartered exclusively for your group’s transportation to Flühli.

2 nights in twin or triple rooms with private bathroom incl. breakfast at the 3-star Hotel & Kurhaus Swiss Spirit in Flühli.

All day: After breakfast, travel by private bus to Flühli, a small village in the UNESCO Entlebuch Biosphere Reserve. On the way, stop at Entlebuch, a small municipality in the reserve for some free time and lunch at your own expense. Upon arrival at the hotel in Flühli, your coordinator will provide an orientation session on Flühli. The rest of the day is free at your own leisure. Consider going for a hike in the biosphere area or work on your school assignments.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.
Day 14 >> Wed. June 8: (Flühli)

Morning: Join your local guide for a hike, followed by a private guided tour of the Kneipp area Schwandalpweiher offering a wide range of Kneipp treatments: Water-treading pools, mud baths, hand pools, Kneipp in the stream, foot reflexology path, herb garden, terrace on which to rest and relax. The Kneipp treatments are the best and easiest way to improve your immune system and stabilize your circulation. The different sensations on your skin, circulation and the nervous system set off a series of positive reactions in the body.

Afternoon: The afternoon program consists of a visit to a Vitaparcours, a fitness trail in a forest available to the public. It consists of various exercises for strength, endurance, flexibility and coordination. The first Vitaparcours were established in 1968, meanwhile there are over 500 Vitaparcours in Switzerland.

Optional: Instead of the Vitaparcours, you can also opt to travel by public transportation to Sörenberg and take the cable car to the Brienzer Rothorn at your own expense.

Day 15 >> Thurs. June 9: (Flühli - Gruyère - Broc - Geneva)

A private coach bus will be chartered exclusively for your group’s transportation to Geneva.

3 nights in multi-bedded rooms with shared bathrooms incl. breakfast at the Geneva Hostel in Geneva.

Morning: Your private coach bus will bring you to a cheese dairy in Gruyère to learn about the production of cheese during a guided tour (tasting included). Afterwards, you will get to taste some of their cheese.

Midday: Enjoy a fondue at the restaurant of the dairy.

Afternoon: Start off your afternoon with a visit to the Maison Cailler chocolate factory in Broc to learn about the different production stages of chocolate. The first Cailler chocolate factory was opened in 1819 by François-Louis Cailler who was the first Swiss producer of chocolate. His great innovation was the development of a smooth chocolate that could be formed into bars which was a worldwide sensation. The company was later purchased by the manufacturing giant Nestlé in 1929. Afterwards, continue to your next destination: Geneva.

Upon arrival at your hostel in Geneva, start off your program with an orientation session provided by your coordinator.
Day 16 >> Fri. June 10: (Geneva)

Morning: The morning awaits you with a visit to the World Health Organization (WHO) to learn about its role and functions (project-based discussion preferred - subject to be chosen in conjunction with the faculty). The WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

Afternoon: Start your visit to the Médecins Sans Frontières (MSF) headquarter. MSF was founded in Paris, France in 1971. It is an international, independent, medical humanitarian organization that delivers emergency aid to people affected by armed conflict, epidemics, natural disasters and exclusion from healthcare. MSF offers assistance to people based on need, irrespective of race, religion, gender or political affiliation. You will meet a representative from the Human Resource department for a presentation on the work at MSF.

Evening: Meet your faculty leader to prepare and/or work through the (next) day’s events.

Day 17 >> Sat. June 11: (Geneva - Chamonix))

A private coach bus will be chartered exclusively for your group’s transportation to Chamonix and return.

Morning: After breakfast, start off to your private guided tour of the Red Cross Museum. Its permanent exhibition “The Humanitarian Adventure” gives an introduction to contemporary humanity. You will discover the history of the world’s first humanitarian organization through photos, films, objects and documents.

Afternoon: Travel by private bus to Chamonix and enjoy a free afternoon in this small town, located at the base of Mont Blanc, the highest summit of the Alps. Consider taking the miniature train that makes its way past the sights of Chamonix with a multi-lingual commentary telling you about the history and culture of the area.

Evening: A farewell dinner will be arranged for your group at a restaurant in Chamonix.

Day 18 >> Sun. June 12: (Geneva)

Travel on your own by public transportation to Geneva Airport and begin your journey to return home.

Tot ziens! Auf Wiedersehen! Au revoir! Uf wiederluege! Goodbye!