









# CAPITALS OF SCANDINAVIA

9 or 11 days | Norway | Denmark | Sweden | Extension to Finland and Estonia

Three one-of-a-kind capitals. Three remarkable countries. Your tour of Scandinavia begins in Oslo, home of Viking kings and canyon-cut fjords. Next it's Copenhagen, Hans Christian Andersen's fairy-tale city and home to one of the oldest amusement parks in the world. In Stockholm, see the Royal Palace and the city's oldest church, dating from 1300.

## EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** 3 sightseeing tours led by licensed local guides (5 with extension); 3 walking tours (4 with extension)
-  **Entrances:** Vigeland Sculpture Park; Museum of Danish Resistance; peppermint rock candy factory; Stockholm Town Hall; Vasa Ship; with extension: Tempelliakko Church; Kadriorg Palace
-  **Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
-   **All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; night ferry; 6 overnight stays in hotels with private bathrooms (7 with extension); 1 night cabin accommodations (2 with extension); European breakfast and dinner daily
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Anyone can see the world.

# YOU'RE GOING TO EXPERIENCE IT.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

*@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday*

– MELISSA, TRAVELER



**CHECK OUT WHAT A TOUR IS ALL ABOUT**

Watch the videos at [eftours.com/](https://www.ef-tours.com/)

Your teacher's Tour Website

## What you'll experience on your tour

### Day 1: Fly overnight to Norway

#### Days 2-3: Oslo | Night ferry

- Meet your Tour Director at the airport in Oslo, “Land of the Midnight Sun” and home to Viking kings and canyon-cut fjords.
- View beautifully preserved 9th-century Viking ships when you stop at the Bygdøy Peninsula during your walking tour. Look for former resident Henrik Ibsen’s statue outside the National Theatre. The acclaimed playwright lunched every day at the Grand Hotel, the same site that holds the annual Nobel Peace Prize banquet. Enjoy a stroll along the harbor as you pass the 19th-century buildings of Oslo University and the Parliament. Keep an eye out for the plumed guardsmen of the Royal Palace.
- Take a guided tour of Oslo, including the Rådhuset (Town Hall).
- Visit the Vigeland Sculpture Park.
- Board an overnight ferry to Copenhagen.

#### Day 4: Night ferry | Copenhagen

- Arrive in Copenhagen, Hans Christian Andersen’s fairy-tale city.
- During your guided tour of Copenhagen, you’ll pass by Tivoli Gardens, the city’s lively amusement park and inspiration behind Walt Disney’s Disneyland. Continue your stroll to Christiansborg Palace, the seat of the Danish Parliament, the Danish Prime Minister’s Office, and the Supreme Court of Denmark.
- Wander through Old Town and City Hall Square during your walking tour of Copenhagen.
- Visit the Museum of Danish Resistance, where you’ll go under the city streets to take a journey back to occupied Denmark.

#### Days 5-6: Copenhagen | Gränna | Stockholm

- Time to explore more of Copenhagen or [visit Kronborg Castle in Elsinore](#).
- Travel to Gränna.
- Visit a historic peppermint rock candy factory.
- Travel over Oeresund Bridge to Stockholm, the Swedish capital.

#### Day 7: Stockholm

- Take a guided tour of Stockholm.
- Visit the Stockholm Town Hall and admire the lavishly decorated Golden Hall, which hosts Nobel Prize festivities annually.
- Journey to the island of Djurgården to visit Vasa, a well restored 17th-century warship. King Gustavus Adolphus demanded that this ornate eight-level ship be created with two gun decks (as opposed to the standard one). However, when the ship went out for its maiden voyage, a gust of wind sank Vasa before it could even leave the city’s harbor. The ship’s wreckage was discovered in 1961.
- See Old Town, the Royal Opera House, the Parliament, the Royal Palace, and the oldest church in Stockholm, dating from 1306, on your walking tour of Stockholm.

#### Day 8: Stockholm

- Time to explore more of Stockholm or [visit Drottningholm Palace or Skansen \(seasonal\)](#).

#### Day 9: Depart for home

### 2-DAY TOUR EXTENSION

#### Day 8: Stockholm | Night ferry

- Travel by night ferry to Helsinki.

#### Days 9-11: Helsinki

- Take a guided tour of Helsinki.
- Take a walking tour of Helsinki with your Tour Director where you will see Government Palace, Helsinki University, and Uspenski Cathedral.
- Take an excursion to Estonia.
- Take a guided tour of Tallinn.
- Depart for home.

*Our tour leader was a young woman from Sweden who lives in Copenhagen so she really knew the area. I enjoyed Copenhagen and Stockholm the most. Tallinn, Estonia was the most interesting as we saw the old buildings of the Communist era with modern additions.*

– WILLIAM, TRAVELER

“ Tour review

*Copenhagen was my favorite city because we had practically a whole two days there and that amount of time was perfect. This trip brought our school group together so much that even a year later we are still bragging about how wonderful our trip to Europe was!*

– CAITLIIN, TRAVELER

“ Tour review

### TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

— The easiest ways to —  
**ENROLL TODAY**



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EF Educational Tours  
Two Education Circle  
Cambridge, MA 02141

*My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.*

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

## THE WORLD LEADER IN INTERNATIONAL EDUCATION

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices** so more students can travel.
- **We're fully accredited, just like your school**, so you can earn credit while on tour.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **We're completely committed to your safety.** We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **Your full-time Tour Director is with your group** every step of the way on tour, providing insight about your destinations as well as great local tips.

