



# Travel for Credit: Career & Life Management (CALM)

8 DAYS

## Included in the program fee:

- Round trip airfare
- Transfers to and from the airport and hotel and between destination cities (as per program itinerary)
- Overnight in hotels with private bathrooms
- Continental breakfast daily
- Dinner daily
- Full-time services of an EF Tour Director
- Customary gratuities for your tour director, local guide and driver
- Professional overnight security (10pm – 5am)

## Not included in the program fee:

- Porterage
- Personal Insurance
- Beverages and lunches
- Public transportation to free time activities

**Overnight stays:** Ottawa (2); Montréal (2); New York City (3).

**Sightseeing tours led by an expert:** Concordia University; Montréal; Wall Street and the financial district.

**Entrances included:** Canadian War Museum; House of Commons or Senate Tour; Supreme Court of Canada; Haunted Walk; “My Allyship in Action to Support Indigenous Nations” workshop at the McCord Museum; Notre-Dame Basilica; Edge Observation Deck at Hudson Yards; Statue of Liberty and Ellis Island Cruise; 9/11 Tribute Foundation Survivor-led Memorial Tour; Broadway Show; 3 Curated Learning Module Activities.

*Please note that the following is a sample timed itinerary for this EF tour with approximate addresses, activity durations, and transfer times. Exact timing may vary based on available flights, hotel location, scheduled activity bookings, traffic, etc. Your EF Tour Director is available to the group 24/7 while on tour. EF works with Group Leaders to ensure that travellers have a safe and memorable experience while on tour.*

## Day 1: Ottawa

### Fly to Ottawa

#### Meet your Tour Director at your destination

#### Self-guided visit of the Canadian War Museum

Learn about Canada's involvement in conflict, both here and abroad. Covered in the museum exhibitions are disputes ranging from those involving the First Nations peoples during the formation of the country, through the two World Wars and our more recent role as peacekeepers. The museum emphasizes the devastating human cost of war.

## Day 2: Ottawa

#### Experience Parliament through a House of Commons or Senate Tour

Get ready to spend some time exploring the place where the most important functions of government take place, the Parliament Buildings! See where the fiery debates between the parties take place and just think of all the important Canadian history that's occurred here since the buildings began functioning as a government centre in 1859. Just think, you'll be one of more than 3,000,000 people that visit Parliament Hill each and every year!

#### Participate in a Mock Trial at the Supreme Court of Canada

Learn about the Canadian judicial system and how various legal issues are resolved by Canada's highest court.

#### Supervised Exploration Time in the ByWard Market

The ByWard Market is one of the top attractions in Ottawa with over 50,000 people visiting on the weekends during the summer months. It's a huge open-air market with artists, a great farmer's market, over 260 stands and 500 shops! It's also a historical area of the city, originally designed in 1826 as a public market. The streets are extra wide because they were designed to accommodate the huge amount of traffic, except back then traffic was of the horse drawn variety.

#### 'Learning Module'

Our flexible on-tour learning modules are included in every tour and are selected by partner school boards or districts from a collection curated by EF.

#### Haunted Ottawa Tour

This lantern-lit evening walking tour of Ottawa ghost stories and darker history features the haunting of the Bytown Museum, the Fairmont Château Laurier, Friday's Roast Beef House and more! Explore the hidden side of the Nation's Capital.

## Day 3: Ottawa | Montréal

### Travel to Montréal

#### Supervised Exploration Time on Rue Ste. Catherine

Saint Catherine Street is the primary commercial artery of Downtown Montréal. Connected underground by a series of pathways and malls known is the Underground City (the largest in the world). The easiest way to access the underground would be to enter through of the many shopping malls on Ste. Catherine Street. From their bottom floors you can connect to the other malls without ever having to go outside. Educational institutions located on or near Rue Ste. Catherine include Concordia University, McGill University, Université du Québec à Montréal, Dawson College and LaSalle College.

#### Enjoy a Concordia University Campus Tour

#### 'My allyship in action to support Indigenous Nations Workshop' at the McCord Museum

My allyship in action towards indigenous peoples workshop at the McCord Museum – through questioning and discussion, students explore what everyday actions can we take to be allies to Indigenous peoples and their struggles? Developed in response to the Truth and Reconciliation Commission of Canada, this workshop engages participants in dialogue to become more aware of Indigenous realities and identify concrete actions for reconciliation.

#### Old Montréal Dinner Experience

Experience culture, dining & ambiance in an authentic Old Montréal setting.

## Day 4: Montréal

#### Guided sightseeing of Montréal

With a licensed local step-on guide, discover the cultural and historical highlights of Montréal. Ascend Mont Royal to the expansive green park at its summit, designed by American landscape architect Frederick Law Olmsted, mastermind of New York City's Central Park. The 98-foot cross at its peak commemorates the 1643 climb by de Maisonneuve, founder of Montréal. Take in Jacques Cartier square, a car-free zone during summer and an entrance to the city's Old Port. See also the British-influenced quads and buildings of McGill University, founded in 1821. Then visit the Basilica of Notre-Dame de-Montréal, a magnificent example of French- Canadian architecture that once hosted national separatist rallies and is the largest church in Canada.

### **Visit Notre-Dame Basilica in Old Montréal**

When it was founded in 1642, the village, then known as Ville-Marie, had its first wooden chapel inside the palisade at Pointe-à-Callière, today the site of Montréal's major archaeological museum. The Notre-Dame Basilica possesses some of the finest Gothic Revival architecture in North America, where it was the first full example of this major style. Come and take in the splendor of one of the most significant parts of the Catholic heritage in Montréal.

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### **Sugar Shack Montréal**

Join a festive visit to the Sugar Shack, where you'll dine in the hearty manner of early French-Canadian loggers. The Sugar Shack offers a memorable evening of traditional feasting, songs, games and dancing. You'll even have the chance to try "playing the spoons."

### **Day 5: Montréal | New York City**

#### **Travel to New York City**

#### **Edge at Hudson Yards**

Take in New York City's iconic skyline from the highest observation deck in the Western Hemisphere. At the Edge, you can walk 65 feet out into the sky, stand on the large glass floor and look down at the bustling streets below, and lean out over Manhattan on the nine-foot wall of boldly angled glass--if you dare.

### **Day 6: New York City**

#### **Visit the Statue of Liberty, Ellis Island & the National Immigration Museum**

Ride the ferry to Liberty Island to marvel at the Statue of Liberty, a gift from France in honor of the French-U.S. alliance. Continue on to Ellis Island, which welcomed millions of immigrants to America around the turn of the century. Ellis Island is now the site of the National Museum of Immigration. The Museum documents the rich story of American immigration through a carefully curated collection of photographs, heirlooms, and searchable historic records. Visitors touring the Great Hall, baggage room, and restored dormitories can feel the spirit of the hopeful arrivals eager to find opportunity, and the Museum's interactive exhibits bring their voyages to life. Each display sheds light on the immigration process and allows visitors to gain an appreciation for the nuances of the American melting pot. Constantly evolving, the Museum doesn't end with tales of Ellis Island and its golden doors - it also highlights immigration before and after the Ellis era. Thought-provoking and moving, the Museum celebrates all of those who have searched for promise and possibility and honors the complexities and contradictions of the migrant journey.

### **9/11 Tribute Foundation Survivor-led Memorial Tour**

Take a guided tour of the National September 11 Memorial and hear powerful stories from survivors as they share their experiences before, during, and after the September 11 attacks.

### **Broadway Show**

Enjoy your Broadway show, sure to be an unforgettable theatre experience!

### **Day 7: New York City**

#### **Wall Street Insider Tour**

Guided by real Wall Street insiders, you will explore world-famous financial landmarks such as the New York Stock Exchange, Federal Reserve, and Wall Street. While meandering the narrow, winding streets of Lower Manhattan, you will hear exclusive stories from "inside the trenches" that will entertain, inform and shock you!

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### **Day 8: Depart for Home**

#### **Travel by private motorcoach to the airport and fly home**

*Itinerary is subject to change.*

For complete financial and registration details, please refer to the Booking Conditions at [www.eftours.ca/bc](http://www.eftours.ca/bc).



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