

SUFFOLK PUBLIC SCHOOLS

(Attach to field trip application requiring School Board approval)

Field Trip #: 24876

School: Lakeland High School

Grade/Subject/Club/Team: PLTW Bio-Med Students in Grades 9-12

Date of Field Trip: June 6, 2026 to June 13, 2026

Destination: Great Britain, United Kingdom

Purpose: Lakeland High School students in grades 9-12 PLTW Bio-Med will be touring Great Britain, United Kingdom.

Objectives: Lakeland High School students in grades 9-12 PLTW Bio-Med will have the opportunity to tour Great Britain, United Kingdom. Students will deepen their perspectives by engaging with global scientific communities and cultural situations.

☒ **Approve**

☐ **Disapprove**



Director of Secondary Leadership



Date

School Board Action:

☐ **Approve**

☐ **Disapprove**

Clerk of the Board

Date

Travel Request Form

Please Note: Welcome to Suffolk City Public Schools Travel Tracker, your one-stop travel center. Within this software, you can submit student field trip requests, reserve an activity bus for a field trip or athletic event, and reserve a car for staff travel. If you have any questions or comments please email kevinprivott@spsk12.net or call (757) 925-5573.

Trip Number

24876

* Category

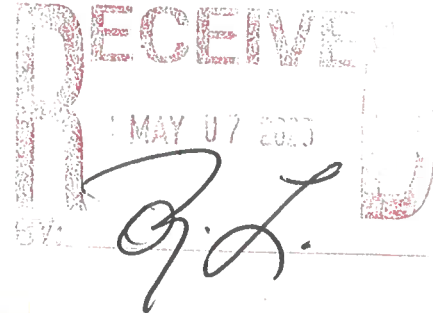
Travel With Students

* Type of Trip

Field Trip

* Field Trip Event

OTHER



Trip Leave

* Date

6/6/26

Saturday

* Time

12:00 PM

Trip Return

* Date

6/13/26

Saturday

* Time

12:00 AM

Trip Year/Week 2026-23

Note: This trip is for more than 5 days. Please make sure dates are correct.

* Is this trip overnight, out-of-state, or greater than 200 miles one way? Yes

Comments

* Your School/Dept ⓘ

300 Lakeland High

214 Kenyon Rd, Suffolk, VA 23434

* Main Destination ⓘ

Other (Type Below)

Great Britain, United Kingdom

Destination Not Listed

Great Britain, United Kingdom

* Destination Name Health Science Tours

* Approximate Nbr of Miles Round Trip

9000.00

Special Instructions for Permission
Slip

Funding Source
#1

School Allotment - Lakeland High

Budget Code

Funding Source
Desc

Budget Code
Desc

Funding Approver

Are funds payable to a third party? No
(Does venue require payment prior to trip?)

* Teacher / Advisor / Staff Name S. McDonald
 * Teacher / Advisor / Staff Phone # 7579255790
 Teacher / Advisor / Staff Email sarahmcdonald@spsk12.net

Note: This email will receive the requester emails if different from requester

Emergency Contact Info Same as Teacher / Advisor / Staff

* Emergency Contact Name S. McDonald
 * Emergency Contact Phone # 7579255790

9

10

* Grade Level(s) Making Trip

11

12

* Description of group or person(s) making trip PLTW Bio-Med Students - Chaperones list will be added at a later date.
 * Educational Objective for Field Trip See attached

Number of Individuals Making Trip

* Male Adults	4	* Female Adults	4	Total Adults	8
* Male Students	6	* Female Students	8	Total Students	14

Need 1 adult(s) for 15 or more students.
 Need 1 adult(s) for every additional 15 students.

* Will the students be away from school during lunch? Yes
 * If so, will these students need packed lunches? No

Nbr Students 14 Teacher S. McDonald

Students will be away from school during the lunch period.

Additional Information

* School will be billed for Mileage No
 * School will be billed for Driver No
 * What is the cost to the Student? \$5189.00
 * Description of the funding source you will be using Paid for by students and families
 * Will a coach be driving the trip? No
 * If yes, please enter the coaches name. If no, enter NA.

* Will you be using external transportation (ex. plane, walking)?

Yes

* Please indicate mode of travel instead of, or in addition to, the reserved vehicle(s). Please include details of trip, including itineraries. Indicate chartered transportation company if applicable.

All travelers will be transported by plane. Airline TBD at a later date

Vehicles Needed

* Do you need vehicles? No

Person Submitting Request

rickeyeley@spsk12.net

Date Submitted

Field Trip Acceptance of Responsibility

By submitting this request, the trip sponsor (Teacher, Coach, Staff Member, etc.) is validating the following conditions:

1. Possess a current/valid Driver's License for the vehicle you will be driving
2. Absent of any medical condition, medications/alcohol/drugs that will impede the operation of a vehicle
3. You will obey all traffic laws while operating the vehicle
4. You will not "text" or operate any device that may distract you while driving the vehicle
5. Properly authorized use of a Suffolk City Public Schools vehicle for official travel
6. Will only transport authorized passengers for the purpose of official travel
7. The lift is to be operated only for wheelchairs.
8. Buses and vehicles must come back in good condition in order to avoid additional charges.
9. Buses and vehicles must be cleaned in order to avoid additional charges.
10. Elementary Schools must have 1 adult per every 10 students.

* I have read and understand the information above.

Yes

Level 01 Approval - Location Approval

Comment

Decision

Approved

Name

rickeyeley@spsk12.net

Decision Date

May 6, 2025, 12:59:33 PM

Level 02 Approval - Second Level Location Approval

Comment

Decision

Designated Approver

keeshahicks@spsk12.net

Name

Decision Date

Level 07 Approval - Overnight/OOS Approval

Comment

Decision

Name _____

Decision Date



PLTW Biomedical Sciences
Lakeland High School
214 Kenyan Road
Suffolk, VA 23434
757 925-5790

To: Suffolk Public Schools Administrative Office
Lakeland High School Administration

From: Sarah McDonald

Date: 3/5/2025

RE: The Benefits of International Field Trips for STEM Students

International field trips offer high school students unparalleled opportunities to deepen their knowledge and broaden their perspectives, particularly in STEM and humanities disciplines. By engaging with global scientific communities and cultural institutions, students gain exposure to cutting-edge research, diverse technologies, and innovative problem-solving approaches that extend beyond the classroom.

This 9-day tour to Great Britain is a prime example of such transformative learning. Highlights include visits to the National Museum of Scotland, the Surgeons' Hall Museum, and a forensics workshop in London. These experiences will enhance our curriculum connections in Ancient Civilizations, World Religions, and Global Citizenship, making abstract concepts more tangible and inspiring a passion for exploration in science, history, and culture.

This global experience will also support Suffolk Public Schools' mission to increase the quality of its educational programs by empowering students to succeed both academically and personally. By offering students the opportunity to engage with the world, we strengthen our community, fostering well-rounded individuals who are prepared to contribute meaningfully to society.

Beyond academics, these trips help students develop essential life skills. Interacting with peers, educators, and professionals from diverse backgrounds fosters cultural awareness, adaptability, and collaboration—critical competencies in our increasingly globalized world. Additionally, navigating new environments promotes independence, resilience, and problem-solving abilities. These align with details as described in the Portrait of a Graduate goals presented by EF Tours, encouraging students to grow as ethical and global citizens while becoming goal-directed individuals.

	Health Sciences in Great Britain
Requested Travel Dates	June 6-14, 2026
Full Travel Window	June 3-17, 2026
Student Pricing	\$364 per month/\$5,189 total
Adult Pricing	\$416 per month/\$5,919 total

Attachment: [A Guide for Administration and School Leadership](#)



EDUCATIONAL
TOURS

A Guide for Administration / School Leadership

Our Tour – Health Sciences in Great Britain

- 9day tour for students and parents
- Early June 2026
- Tour highlights include:
 - Visiting the National Museum of Scotland & the Surgeons' Hall Museum
 - Participating in a forensics workshop in London
 - Visiting the Wellcome Collection, which challenges how we think about the connections between health, science, and art



Educational Connections: Portrait of a Graduate



Communicator – Students employ active listening to our local guides to advance their understanding of the history and culture of our destinations in order to broaden their global perspectives.



Collaborator – Travelers will demonstrate the ability to work interdependently as our group must successfully navigate a foreign country with customs different to our own in order to achieve the common goal of a successful, safe, and enjoyable trip.



Ethical and Global Citizen – Participants will acknowledge the diverse perspectives and cultures due to their experience which will also further their understanding of the foundations of our country, our rights, privileges, and responsibilities.



Creative and Critical Thinker – Children will engage in problem solving and inquiry to overcome obstacles that come up throughout travel in order to improve the overall experience on tour.



Goal-Directed and Resilient Individual – Students will show strong understanding a belief of self as they travel independently from their families which results in individual improvement and advocacy.

Educational Connections: Curriculum Association

- | | | |
|-------------------------|-----------------------|----------------------------|
| • Ancient Civilizations | • Modern World Wars | • Cultures |
| • World Religions | • Globalization | • European History |
| • Government | • Historical Thinking | • Rise and Fall of Empires |
| • Renaissance | • Primary Sources | • Global Citizenship |

Levels of Endorsement for School-Supported Travel

Full Support

School-wide invitations sent

Meeting information included in weekly parent correspondence

Tour information shared over morning announcements

Partial Support

Teacher shares invitations with class

Meeting information included in teacher-parent correspondence

Tour information shared with students in non-curriculum time

Limited Support

PTSA invites families to interest meeting

Meeting information included in PTSA parent correspondence

Tour information shared by students with students

*Regardless of the support level you choose, all EF Tours are officially non-school affiliated and protected under liability policies that travelers sign and agree too upon enrollment. This can be stated on all promotional materials as requested.

Southern VA and EF Tours

This summer, students at Nansemond River High School are headed to Italy and Spain

Also, students at Western Branch High School are headed to Greece!

In 2026, students at Deep Creek High School are headed to Belize!

These statistics are true as of July 2023. There are now 2024 tours being launched every month and more travelers enrolling on these once in a lifetime opportunities!



Getting to Know EF Tours

For over 50 years, Education First has led the educational travel industry, proudly partnering with schools and educators to transform the way students look at the world – and themselves. Teachers and districts are covered by our \$50 million liability policy and our Global Travel Protection is required for all travelers. With over 600+ schools and offices in more than 50 countries around the world, we're accessible whenever support is needed. Our travelers can earn high school, college, or professional development credits while traveling. Learn more about EF Tours at <https://www.eftours.com/how-it-works>

Tayler Newman

Tour Consultant for Southern VA

tayler.newman@ef.com

Lauren Thompson

EF Experience Specialist for Southern VA

Lauren.thompson@ef.com



Suffolk Public Schools

Field Trip Instructional Objectives

School: Lakeland High School

Person completing the form: Sarah McDonald

Grade Level: 9, 10, 11, 12

Date of Trip: June 6 - 14, 2026

Listed below are the instructional objectives for the requested field trip:

Objectives:	Correlating Standards of Learning:
<p><i>PLTW Frameworks are representations of the knowledge, skills, and understandings that empower students to thrive in an evolving world. The PLTW Frameworks define the scope of learning and instruction within the PLTW curricula. The framework structure is organized by four levels of understanding that build upon each other: Knowledge and Skills, Objectives, Domains, and Competencies.</i></p> <p>© 2024 Project Lead The Way, Inc.</p>	
<p>Competency: Transportable Knowledge and Skills</p> <p>Core workplace skills that students and workers need to acquire, that can be used across all stages of a career, and that, because of their universal utility, are transportable from job to job, from employer to employer, across the economy.</p>	
<p>Domain:</p> <p>Career Readiness (CAR): Biomedical science solutions have global impacts in economic, environmental, and societal contexts.</p>	
<p>Objective:</p> <p>CAR-A Demonstrate awareness of the education and skills required for biomedical science professionals.</p> <p>CAR-B Demonstrate awareness of the societal impacts of biomedical science professionals.</p> <p>CAR-C Use project management to successfully and efficiently complete tasks as scheduled.</p>	<p>CAR-A1, CAR-A2, CAR-A3, CAR-A4</p> <p>CAR-B1, CAR-B2, CAR-B3</p> <p>CAR-C1, CAR-C2, CAR-C3, CAR-C4, CAR-C5</p>
<p>Domain:</p> <p>Communication (COM): Biomedical Science requires effective communication with a variety of audiences using multiple modalities.</p>	
<p>Objective:</p> <p>COM-A Communicate effectively with a specific audience.</p>	<p>COM-A1, COM-A2, COM-A3, COM-A4, COM-A5, COM-C6, COM-C7, COM-C8, COM-C9, COM-C10</p>



Suffolk Public Schools

Field Trip Instructional Objectives

Domain: Collaboration (COL): Being able to effectively and efficiently function on multidisciplinary teams is critical to success in the biomedical sciences.	
Objective: COL-A Create an effective team environment to promote successful goal attainment.	COL-A1, COL-A2, COL-A3, COL-A4
Domain: Ethical Reasoning and Mindset (ERM): Successful biomedical scientists typically exhibit specific personal and professional characteristics that lend themselves to the creative, collaborative, and solution driven nature of the profession.	
Objective: ERM-A Apply professional standards, as they apply to the habits and characteristics of a biomedical science professional.	ERM-A1, ERM-A2, ERM-A3, ERM-A4, ERM-A5, ERM-A6, ERM-A7
Domain: Critical and Creative Problem-Solving (CCP): Biomedical science professionals approach complex problems systematically and logically by breaking them into manageable components. They work collaboratively and apply their knowledge and skills to draw well-reasoned conclusions and solutions.	
Objective: CCP-A Devise and execute a plan to solve a problem. CCP-D Explain the value of diverse perspectives in the problem-solving process. CCP-E Explain why scientists must have the courage to take a calculated risk. CCP-F Create or improve a medical innovation using a design process.	CCP-A1, CCP-A2, CCP-A3, CCP-A4, CCP-A5 CCP-D1 CCP-E1, CCP-E2, CCP-E3, CCP-E4 CCP-F1, CCP-F2
Domain: Experimental Design (EXD): An experimental design process is a systematic approach to investigate and gain knowledge.	
Objective: EXD-A Design and carry out an experiment that investigates a research question. EXD-B Collect and analyze data to draw a conclusion.	EXD-A1, EXD-A2, EXD-A3, EXD-A4, EXD-A5, EXD-A6, EXD-A7, EXD-A8, EXD-A9, EXD-A10, EXD-A11 EXD-B1, EXD-B2, EXD-B3, EXD-B4
Competency: Technical Knowledge and Skills Every career field requires technical literacy and career-specific knowledge and skills to support professional practice.	
Domain: General Laboratory Practices (GLP): The practice of biomedical sciences requires the application of common tools, techniques, and technologies to solve problems.	



Suffolk Public Schools

Field Trip Instructional Objectives

Objective: GLP-A Select and use appropriate tools, technology, and/or software for experimental and clinical data collection and analysis.	GLP-A1, GLP-A2, GLP-A3, GLP-A6
Domain: Efficient Systems (ESY): Designing efficient hospitals can reduce patient wait time and save lives.	
Objective: ESY-A Design a medical space that is conducive to patient wellness and improves patient outcomes.	ESY-A1, ESY-A2, ESY-A3
Domain: Environmental Health and Safety (EHS): Toxins and other environmental hazards can significantly affect human health.	
Objective: EHS-A Evaluate the impact of environmental factors on human health.	EHS-A1, EHS-A2, EHS-A3, EHS-A4, EHS-A5
Domain: Microbiology (MIB): Biomedical scientists study and manipulate microorganisms to understand their properties (i.e., growth and behavior) and their role in infectious disease.	
Objective: MIB-C Use proper techniques to identify strains of bacteria.	MIB-C1, MIB-C2
Domain: Public Health (PHE): Studying the cause and location of disease outbreaks assists researchers in protecting the public from epidemics.	
Objective: PHE-A Analyze health and disease data to inform public health decisions.	PHE-A1, PHE-A2, PHE-A3, PHE-A4, PHE-A5
Domain: Statistics (STA): Mathematics can assist a researcher in determining whether experimental data is statistically significant.	
Objective: STA-A Use statistics to solve biomedical science problems.	STA-A1, STA-A2, STA-A3, STA-A4



EDUCATIONAL
TOURS

Global Travel Program Proposal



Your partner in travel-based learning

Our mission

We're educators, just like you. And we're dedicated to helping students become more future ready.

EF stands for Education First. For almost 60 years, we've worked in service of our mission, *Opening the World Through Education*, to help learners of all ages overcome barriers of culture, language, and geography to increase global understanding. We partner with educators to provide innovative, immersive programs that prepare students to succeed in college, in their careers, and throughout their adult lives. Here's how we'll collaborate with your school to create meaningful learning experiences.

What's in this document

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This proposal is property of EF Education First and the educator/school for which it was intended. Distributing, copying, and/or sharing it are prohibited. The proposal, including pricing, is valid for the educator, tour, and date(s) specifically mentioned herein. For additions, subtractions, or modifications, please contact your EF Tour Consultant.

Learning outcomes

It's our goal to put "education first" in every single tour. That's why we carefully design our itineraries to complement your teaching, offering students hands-on experiences that deepen their understanding, build essential skills, and inspire them to apply their learning in meaningful ways.

Our method

We enhance what you teach with relevant experiences outside the classroom.

Our proven travel-based learning method safely takes students out of their comfort zones and helps them understand more about themselves and the world around them. It sparks a true journey of self-discovery, empowering them to take action and make a positive impact in their communities and beyond.

Our programs

We design every EF program with a curriculum of immersive, hands-on learning that builds essential skills.

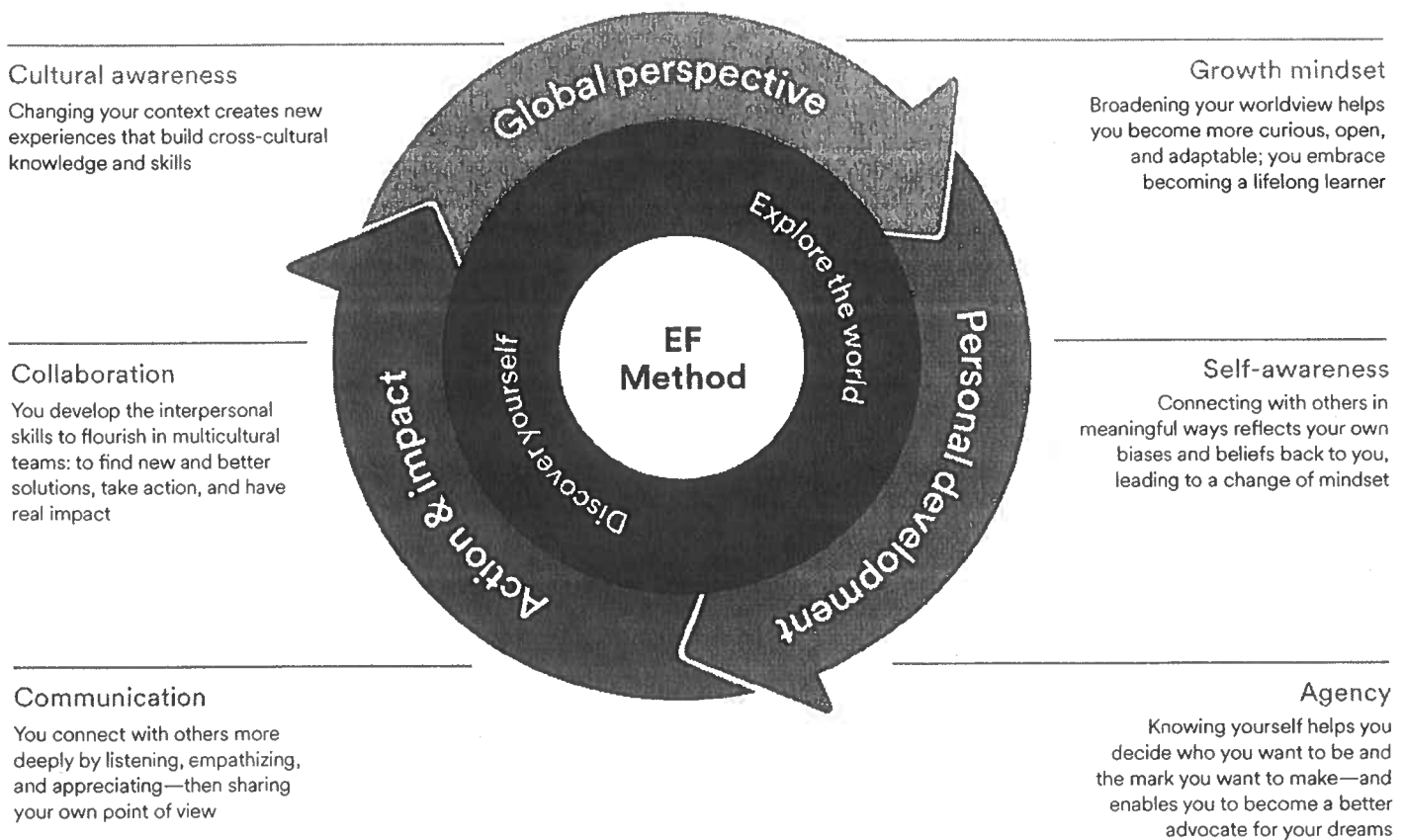
EF learning journeys offer incredible growth opportunities. Through professionally guided travel, authentic cultural exchange, experiential learning, and independent discovery, students develop critical skills they'll carry with them through the rest of their lives.



Learning outcomes

Continued

EF students build essential skills in these key growth areas:



Academic credit & professional learning

We provide opportunities for students to earn academic credit and for educators to pursue professional development, supplementing their travel experiences with real-world educational achievements.

EF is an accredited institution

We echo your commitment to education. Our travel-based learning approach is designed to blend classroom and experiential learning. This allows us to meet the same rigorous standards as schools like yours, ensuring students gain valuable experiences that transform the way they look at the world.



Academic credit for students

EF makes it easy for students to turn their tour experience into high school credit, college credit, or to get a head start on their college essays, further enriching their travel experiences.

- Students in grades 6–12 can earn half an elective high school credit by successfully completing the final project that's part of EF's Personalized Learning Guide. Tuition is free.
- Students in grades 9–12 can earn 3.0 undergraduate credits, along with the confidence that comes with taking a college course, by completing a series of assignments and a final research project with our partner, Southern New Hampshire University—all for just \$360.

Professional learning for educators

We're equally invested in giving educators professional development opportunities that will change their lives. Experiencing an EF tour allows your teaching staff to grow in countless ways and equips them with fresh perspectives to bring back to their classrooms.

- Group Leaders can earn **25 professional learning hours** by participating in the seminars and scheduled activities on an EF training tour.
- Group Leaders can earn **45 professional learning hours** by completing EF's in-house course, "Cultures, Comparisons & Connections." This includes pre-tour research and coursework.
- Group Leaders can earn **3 or 6 graduate-level credits (\$360/\$720)** upon the completion of a 16-week, online course, "Leading Global Discussions," with Southern New Hampshire University the year after their tour.

To learn more about EF's educational philosophy, visit eftours.com/education

Building equitable travel programs

One tour can open up countless possibilities for a group of students. A sustainable, multi-tour travel program extends those possibilities to even more students—year after year. It also promotes greater equity by giving families time to fund travel and by offering options that cater to different interests.

A multi-tour program could include:

2025

London, Paris & Rome (Summer)

Japan: Land of the Rising Sun (Summer)

2026

Belize: Conservation from Ridge to Reef (Spring)

Greece & Italy (Summer)

Culture & Service in Thailand (Summer)

2027

Costa Rican Explorer (Spring)

Language Immersion through Spain (Summer)

Marine Conservation in the Dominican Republic (Summer)

Travel programs in your region

Here are the other districts in your region that have embraced travel-based learning opportunities. Read on to discover how you can help the students in your community access these same life-changing experiences.

- Chesapeake Public Schools
- Southampton County Public Schools
- Virginia Beach City Public Schools
- Greenville County Public Schools

Managing cost & payments

We believe in the life-changing power of educational travel and want as many students as possible to be able to experience it. With flexible payment options, fundraising tools, and scholarships, we aim to make these transformative experiences more widely accessible.

Automatic Payment Plan

Our recommended payment plan allows travelers to break their tour fee into manageable installments. Since most tours are planned well in advance, travelers can enroll for only \$95 and then spread the tour cost over an extended period—often up to 18 months or two years—with the final payment due 30 days before departure. Families make payments directly to EF, with no payments going through the school.

Fundraising pages

Each student receives their own unique and customizable fundraising page. This easy-to-share page makes it simple for friends and family to contribute directly to the tour cost, with no fees

Global Citizen Scholarship Fund

Every year, EF Educational Tours awards \$100,000 in scholarships to students across the country. Any student can apply for the Global Citizen Scholarship, which is granted on both a merit and needs basis.

Risk-Free Enrollment Period

New travelers who enroll can cancel for any reason up to 7 days after enrollment for a full refund of 100% of the money paid to EF. Travelers must pay in full or enroll in our Automatic Payment Plan at the time of program enrollment and must remain either paid in full or enrolled in our Automatic Payment Plan and in good financial standing at the time of cancellation to remain eligible. To be eligible, the traveler must enroll on a tour at least 110 days prior to the scheduled departure date.



Safety

Our travelers' safety is our top priority. With an extensive global presence, industry-leading experience, and close relationships with U.S. and international authorities, that's a statement we can back up with confidence. We ensure that every situation is managed with the utmost care.

Worldwide presence

EF's global presence is truly unmatched. We have staff on the ground 365 days a year in over 50 countries around the world. And we don't just work in those countries—we call them home. Better yet, EF has team members in nearly every one of our tour destinations, providing local knowledge and ensuring the safety of our groups. This presence allows us to support travelers wherever and whenever they need us.

24/7 emergency support

In the event that anything on tour goes wrong, EF staff are always available to help. Your Tour Director serves as your group's constant companion and first point of contact in an emergency. Our fully trained support teams are also on call 24/7, ready to assist teachers with any issues and provide the necessary resources to get things back on track. Finally our Safety and Incident Response Team—comprised of industry experts, healthcare experts, and even former FBI personnel—is ready to spring into action 365 days a year.



Safety

Continued

Your school's team

These EF staff are fully committed to your school's travel program and the safety of every student.

OPERATIONS SAFETY & INCIDENT RESPONSE TEAM

This team is strategically based in our Boston, Panama, and Zurich offices to accommodate all time zones. Available 24 hours a day, every day of the year, they are trained to react quickly if travelers need help. The team uses a combination of extensive training, simulations, incident response planning, and experience to manage emergencies. They also facilitate additional support for groups on tour, solve operational issues, arrange assistance from outside specialists, and liaise with local and international authorities as needed.

EMERGENCY SERVICES & SUPPORT TEAM

Our support team is also available 24/7 to help resolve any issue, from a missed flight or a lost passport to more serious on-tour incidents. They're also the ones facilitating communication between travelers and families in the event of an emergency at home. The team is made up of highly trained and dedicated EF staff in our Boston and Denver offices who are equipped to solve problems and answer questions that may come up, even outside of regular business hours.

TOUR DIRECTOR

Tour Directors are assigned exclusively to each tour for the duration of the trip. They meet your group at the airport and stay with them until their departure home. All Tour Directors undergo a background check as permissible by local law every two years and are required to participate in ongoing EF safety trainings.

They're the first point of contact in an emergency and provide safety information to the travelers in their group. Tour Directors assist Group Leaders with hotel check-ins, coordinate meals, facilitate excursions with local guides, and much more. They're culturally connected and expertly trained to support impactful learning experiences.

EF TRAVEL TEAM

This team—comprised of a Tour Consultant and an EF Experience Specialist—is your school's main point of contact at EF. The Tour Consultant serves as your itinerary expert and is devoted to making sure your students get the most out of their travel experience. They partner with your school on everything from finding the perfect tour and enrolling travelers to developing long-term programs for your district and community. The EF Experience Specialist handles the finer details that make your experience with EF seamless. They work directly with Group Leaders (your teachers) right up until the moment of departure, ensuring everything goes smoothly.

TRAVELER SUPPORT

Our team of Travel Support Specialists are readily available to walk families through insurance inquiries, payment plans, food allergy issues, and any other topics that arise.

CHAPERONES

For every six travelers who enroll on a school's tour, the group is eligible to bring along a chaperone for free (with the first spot reserved for the Group Leader). This creates a 6:1 student-to-chaperone ratio, and allows chaperones to assist Group Leaders in supervising students.

Protection for travelers, schools & districts

We understand that unpredictable situations can happen, whether on tour or before departure. That's why we offer a range of protections to make sure travelers, schools, and districts are covered no matter what. We do everything we can to make planning for the future as flexible as possible.

General liability insurance

All Group Leaders, schools, and districts who travel with EF are automatically added as additional insureds under our **\$50 million General Liability Policy**, regardless of whether or not the tour is affiliated with the school. EF's liability coverage is primary and non-contributory for covered third-party claims. The policy helps safeguard Group Leaders and their schools for covered third-party claims related to bodily injury or property damage, which includes providing a legal defense and covering legal costs for such claims. In addition, all travelers are required to sign EF's Release and Agreement which includes a release of liability of their Group Leader, school, and school board.

Peace of Mind Program

Provided to all groups

When your school decides to travel with EF, we want you to feel secure in that decision. This benefit, built into every EF program, gives groups the flexibility to change their tour dates or destination. It can be enacted up to 45 days prior to departure for any reason, including terrorism or other world events.



Protection for travelers, schools & districts

Continued

Protection for individual travelers

While on tour, travelers can help protect their investment and themselves from certain unexpected events and expenses with our Global Travel Protection and Global Travel Protection Plus plans.

GLOBAL TRAVEL PROTECTION

Available to all travelers

Designed specifically with EF travelers in mind, this plan provides both pre-departure and post-departure benefits, including medical expense coverage that may apply on tour and tour cancellation coverage for specified reasons.

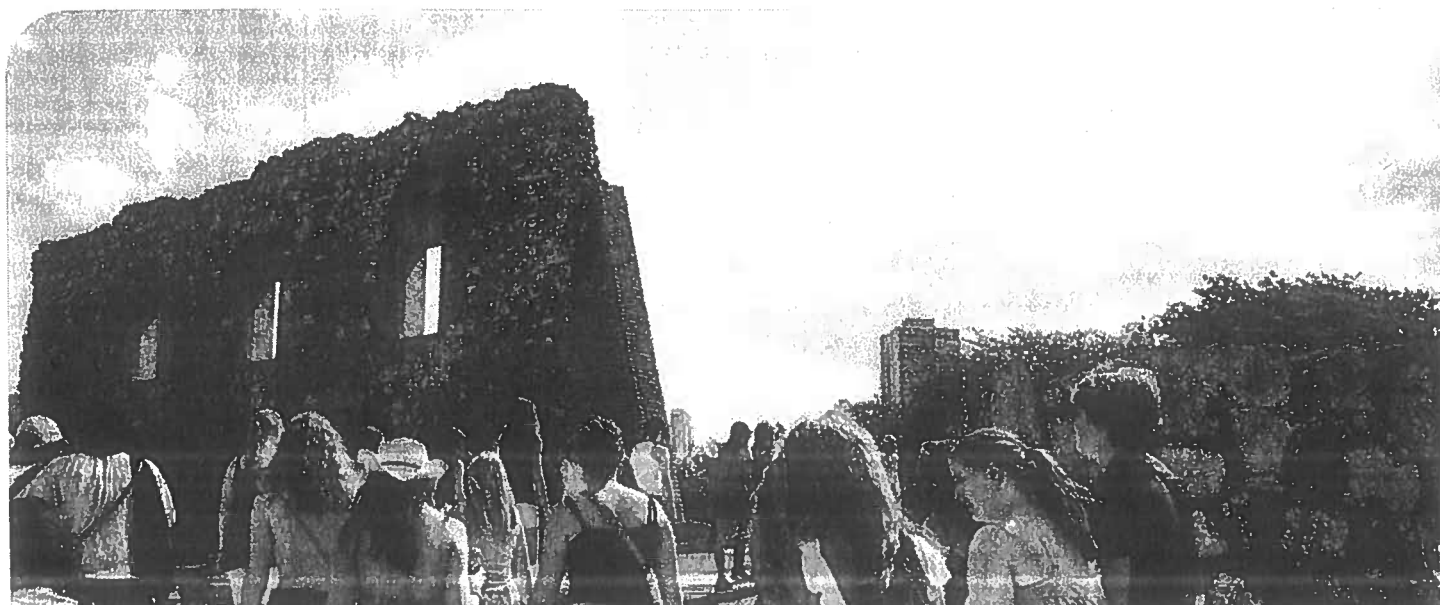
GLOBAL TRAVEL PROTECTION PLUS

Available to all travelers

This plan provides all of the benefits included in the Global Travel Protection Plan as well as expanded cancellation protection.

Background checks for adult travelers

EF requires all adults (20 years and older) to pass a criminal background check before travelling on our student tours. This provides a safer tour experience for all and aligns with the process many school districts have for adults who volunteer or chaperone school activities. Conducted by a leading professional provider, the secure background check only flags individuals who could present a risk to student travelers while on tour.



Travel logistics

Proposed tour for Sarah McDonald in Summer 2026

Price of this tour

The tour program price covers a wide range of services that ensure students have an incredible travel experience. It includes all the planning and preparation that leads up to departure, travel and accommodations, and logistical support once the group reaches their destination.

Full, flexible travel window: June 3-17, 2026

Requested travel dates: June 6-14, 2026

Price details

Health Sciences in Great Britain

Program Price* **\$5,299**

Includes:

- Round-trip airfare and on tour transportation
- Hotels with private bathrooms
- Breakfast and dinner (see your itinerary for meal details)
- Full-time Tour Director
- Daily activities, tours and entrances to attractions

Global Travel Protection **\$190**

Early Enrollment Discount **-\$200**

EF Promo **-\$100**

EF's Peace of Mind Program **Free**

Total for Students (under 20) \$5,189

15 monthly payments **\$340/mo**

Adult Supplement **\$730**

Total for Adults \$5,919

15 monthly payments **\$389/mo**

Quote created on 3/6/2025

* Program price valid for today. Change and cancellation fees of up to the total price will apply. Applicable airline baggage fees are not included and can be found at efours.com/baggage. All prices subject to verification by an EF Tour Consultant. To view EF's Booking Conditions visit efours.com/vb. Some destinations may require aircraft insecticide treatment for in-bound foreign flights. Such destinations can be found at efours.com/insecticide.

† Adult supplement required for travelers age 20 and older at the time of travel.

‡ We understand that plans sometimes change due to unforeseen circumstances. EF's Peace of Mind Program allows your entire group to change your tour or departure date. Your group can feel secure planning your trip, knowing that your plans are flexible.

Itinerary shown is for 2026 travel. Itineraries are subject to change biannually, please call for more details.

Travel logistics

Continued

Hotels

Every hotel we partner with must meet our strict standards for safety, quality, and cleanliness. Hotels are thoroughly vetted by our team and they're regularly inspected to ensure they continue to meet these standards. It's important to note that hotels abroad may have different amenities than travelers may be accustomed to in the United States. Below are examples of hotels travelers may encounter at your proposed destination:

London, England

Groups stay an hour or less from the center of London in areas such as Hounslow and Sutton. Accommodations meet the standard you'd expect from a typical European hotel, which means that rooms come with private bathrooms and feature multiple single or shared double beds. Rooms may also be on the smaller side without AC, and hotels may not have elevator access.

City hotels put you in the heart of local culture—and within 30 minutes or less of nearby city centers. Chosen for their lively neighborhoods and easy access to public transportation, these hotels introduce you to local life beyond downtowns. When selecting your hotel, we take your tour flow into consideration to maximize your experience and reduce unnecessary travel time.

Dorsett Shepherds Bush London

<https://www.dorsetthotels.com/dorsett-shepherds-bush-london/index.html>

Address: 58 Shepherd's Bush Grn, London W12 8QE

Zedwell Picadilly Circus

https://www.zedwellhotels.com/piccadilly-circus?utm_source=google&utm_medium=local&utm_campaign=zedwell-piccadilly

Address: Great Windmill St, London W1D 7DH, United Kingdom

Edinburgh, Scotland

Groups stay an hour or less from the center of Edinburgh in areas such as Stirling, Glasgow, Bo'ness, or Dunfermline. Accommodations meet the standard you'd expect from a typical European hotel, which means that rooms may be on the smaller side without AC. Some accommodations are university housing, so several travelers from the same group may share a common area and bathroom. Hotels may not have elevator access.

The Grassmarket Hotel

<https://grassmarkethotel.co.uk/>

Address: 94-96 Grassmarket Edinburgh EH1 2JR, UK

Meals

Meals are chosen to provide a more immersive cultural experience, giving students the chance to sample traditional cuisine and experience local dining customs. Below are examples of dishes travelers may encounter at your proposed destination:

The United Kingdom: Sample Meals

Fish and chips, ice cream
Chicken and hummus, flan
Naan bread, chicken curry

On tour, breakfast is typically simple and served at the hotel, either plated or buffet-style. Lunch usually gives travelers the opportunity to explore the local cuisine on their own. Dinners will be a mix of familiar dishes and local specialties, all served from a pre-set group menu.

Next steps

My name is Tayler Newman and I'm the dedicated Tour Consultant for Lakeland High School. I'll be working closely with your Group Leader, Sarah McDonald, every step of the way to make sure your student tour is perfectly planned.

As we move forward in this process, here are some next steps to keep in mind:

- Tours are planned 1-2 years in advance to give families time to plan ahead and make low monthly payment plans.
- Sharing the tour with the school community is done best with mass communication systems the families and school already use.
- Outreach for the trip typically takes 1 ½ -2 weeks leading up to an Informational Meeting with parents that take place on a weekday evening.
- All information about the tour is shared and the informational meeting and enrollment takes place for 1-2 weeks after the meeting.
- Prices are locked in once travelers are enrolled on the trip and will never increase once enrolled.

I hope this overview has given you the information you need to feel confident in EF as an educational travel provider. Should you have any questions or need any additional information, please don't hesitate to reach out to me directly. EF is excited to partner with your school to bring this life-changing experiential learning opportunity to your students.

Sincerely,

Tayler Newman
Tour Consultant
tayler.newman@ef.com

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Student travel strengthens our mission of making future graduates into global citizens. After their travels, our students return more well-rounded and success-driven because they now understand the connections between what is taught in the classroom and what is needed in the global market.

Mitch S., Administrator

