

Global Sports Academy

Summer 2016



Women's Field Hockey Select Goodwill Tour Belgium, England & Holland



Global Sports Academy
Roy Blumenthal- Founder and President
info@globalsportsacademyus.com
(610) 742-5000

Tentative Itinerary

Day 1

Gather at US Airport and board your trans-Atlantic flight to Brussels. Enjoy meals and snacks in route and arrive the next morning with a grand time of sightseeing, touring, fun and activities ahead.

Day 2

Welcome to **Brussels, Belgium!** Upon arrival in Brussels you will be met by your tour guide and we will board our bus and sit back, relax and admire the passing scenery during the two-hour journey to **Amsterdam, Holland.** You will be taken on a quick tour of the city of Amsterdam. After your tour you will then proceed to your sleeping accommodations for the rest of the day to relax, get settled and explore the surrounding area. Light training session that evening followed by a “Welcome Party” for all

Day 3

After morning breakfast we are off to **Scheveningen Beach** which is one of the eight districts of The Hague, as well as a sub-district of that city. Scheveningen is a modern seaside resort with a long sandy beach, an esplanade, a pier, and a lighthouse. The beach is popular for water sports such as windsurfing and kiteboarding.

Training Session with Dutch Professional Coaches



Day 4

After breakfast we will tour **Amsterdam**, the capital of the Netherlands. Amsterdam is colloquially known as Venice of the North, because of its lovely canals that criss-cross the city, its impressive architecture and more than 1,500 bridges. Once in Amsterdam and included in the tour is a river cruise along its picture-book canals - it's something not to be missed! The cruise takes you along several canals and past the city's most spectacular spots. As you glide through the historic city centre you'll see elegant merchants' residences, churches and warehouses, dating from the Golden Age and steeped in history. There is something for every traveler's taste here, whether you prefer culture and history or just the relaxing charm of an old European city.

Training Session with Dutch Professional Coaches



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Day 5

After breakfast we will depart for sightseeing and shopping in **Brussels**, the capitol of Belgium. We will visit Old Town and the Grand Place which was built for the 1954 World's Fair, Palais (The Royal Palace) and the famous Manneken Pis Statue. Brussels is quickly gaining a reputation as one of Europe's must-see destinations, with its small town charm, trendy bars and restaurants, fabulous food, great nightlife, fantastic shopping, numerous museums, and other attractions including the diverse and interesting exhibitions and festivals organized there every year. The streets of Brussels feature art and architecture created from an unmistakably Belgian point of view that cannot be replicated. This beautiful city is a center for fashion, art, and Belgian culture.



Game One vs. TBD (Team and Coaches will be given dinner after the game)

Day 6

Breakfast and then depart for a day trip to **Bruges**. The graceful small city of Bruges (Brugge) has drifted down the stream of time with all the self-possession of the swans that cruise its canals. To step into the old town is to be transported instantly back to the Middle Ages, when Bruges was among the wealthiest cities of Europe. Unlike so many European cities that have had their hearts torn out by war, Bruges has remained unravaged, its glorious monumental buildings intact. You will enjoy all the sights, shops and food.



Game Two vs. TBD (Team and Coaches will be given dinner after the game)

Day 7

After an early breakfast we will depart for **London, England** via EuroStar train through the Chunnel. Once in London we will spend the day sightseeing and shopping. Some of the highlights include the Tower of London, London Bridge, St. James Palace, Buckingham Palace, the London Eye, Piccadilly Circus and of course Westminster Abbey and Big Ben, both recognized worldwide as iconic buildings of London. **Lunch and dinner will be on your own** and we will return back to Belgium in the late evening.



Tentative Itinerary

Day 8

After a late morning breakfast you will travel to **Antwerp**, another day for sightseeing and leisure in the town centers for shopping and recreation. **Antwerp** is a major destination of Belgium in the region of Flanders. The overwhelming friendliness of the people of Antwerp and their innate penchant for good food and good living, combined with their low stress lifestyle, makes it a desirable and relaxing place to visit. Renowned for being the "world's leading diamond city", more than 70% of all diamonds are traded in Antwerp. The Diamond Market is the hub of the economic section in Belgium.



Game Three vs. TBD (Team and Coaches will be given dinner after the game)

Day 9

This morning you will be transported to the airport for your flight home. All good things must come to an end! At the airport you will board your trans-Atlantic jet returning you to the U.S.A. Arrive later this afternoon with many unforgettable memories.

Tentative Itinerary

Hotel Information:

Mechelen Hotel

Novotel Mechelen Centrum
Van Beethovenstraat 1
2800 Mechelen Belgium
Phone Tel. (+32)15/404950
Novotel Mecure

The Novotel Mechelen Centrum is a 3-star hotel located in the heart of Mechelen, in the trendy and lively Marché aux Poissons district just a stone's throw from the river Dyle. It has 122 spacious and comfortable rooms, a bar-brasserie and 5 conference rooms. Free Wifi is available in the entire hotel.



<http://www.novotel.com/gb/hotel-3154-novotel-mechelen-centrum/index.shtml>

Amsterdam Hotel

Hotel Novotel Amsterdam Airport
Sloterweg 299
1171VB Badhoevedorp
Netherlands
Tel (+31)20/7219180

Novotel at Amsterdam Airport has 222 rooms in three sizes – Standard, De Luxe and Suite De Luxe. Comparing to other hotels in Amsterdam region, they are all spacious, clean, with good bathrooms, air-conditioned, fitted with WiFi Internet, well equipped. Nevertheless, their style has something common with other French modern hotels – they are clearly made to receive mass traffic, decorated according to the same pattern using economical materials.



The hotel main attraction is its indoor pool, very clean and modern. Novotel Amsterdam Airport also has a sauna and a spa with a special rooms for massage. Big and well equipped Health City gym next door, offers a discount to the hotel guests. Hotel Novotel is a non smoking hotel and does not accept pets.

<http://www.novotel.com/gb/hotel-5330-novotel-amsterdam-airport/index.shtml>

About Global Sports Academy

Global Sports Academy is an organization created to arrange athletic competition between equally matched teams at all levels. To "Promote International Goodwill" and a better understanding between nations through sports is our major goal. With Global Sports Academy you will experience the thrill of international sports competition, attend cultural events and see the historical sites of the world.

Global Sports Academy ("GSA") has been participating in domestic and international competition since 1991. It was initially established to provide athletes overseas playing opportunities in Ice Hockey and it has grown to support a total of 12 different sports that compete in 25 different countries.

In 1991, the organization incorporated and received its 501(c)(3) not-for-profit status. As a not-for-profit organization its mission is to create and arrange athletic competition between equally matched teams at all levels internationally. To "Promote International Goodwill" and a better understanding between nations through sports is the major goal.

"Education, Good Will and Sportsmanship through Sports"

Tour Package Includes the Following:

- Round trip airfare: USA Location -Brussels- USA Location
- Luggage: Each person is allowed 1 suitcase and one 1 carry-on (backpack)
- All taxes (airline/road/hotel) and gratuities (see "Exclusions" below)
- Accommodations in 3 or 4 star hotels in twin bedded rooms; (single room, additional charge)
- 9 Days and 7 Nights
- Meal plan: Buffet breakfast included daily
Team and Coaches only will be given dinner after every game
- English speaking tour guide for entire stay
- Ground transportation as "a group" for entire tour while in Europe
- London Trip to include Euro Star and Tube pass
- 2 Training Session with Dutch Professional Coaches
- 3 games vs. local teams (with number of games to be agreed upon prior to leaving)

Exclusions:

- Lunches and beverages (soda) with meals
- Dinners on all non-games days
- Gratuities for motor coach driver and tour escort
- Admission to all attractions not specified in above inclusions

Frequently Asked Questions

Do I need a passport for international travel?

Yes. A passport establishes your identity and United States citizenship to anyone who needs to know. It also guarantees your admittance to the U.S. following an international trip. It is a requirement for any person traveling out of the country.

Will my electrical appliances (ex. electric shavers, hair dryers, irons, chargers, etc) work abroad?

Not always. The outlets abroad may support a plug that looks different than the one used in the U.S. and may use a different voltage. Most U.S. outlets are 110V while most European outlets are 240V. Many non-U.S. electrical outlets have differently shaped plugs. To get the correct setup for your device, you should check the power standards of the country of travel. Some devices only work on 110V (U.S. standard) and therefore need a transformer. You will want to check the documentation for your device to determine what you need.

If you plan on bringing electric shavers, hair dryers, irons, laptop/phone chargers or other electrical appliances, you should bring a small converter kit. These can be found at most hardware and electronic stores (i.e. Radio Shack). Do not forget to bring one, as the converter kits can be very expensive while abroad.

Will I be able to make calls with my cell phone while overseas?

Your coverage will depend on the service provider or carrier that you use and roaming charges can be high. If you have a personal cell phone, check with your provider on coverage issues. You will want to know whether your existing phone will work in your country of travel, and whether you will be able to get both voice (phone) and data (email/web) services.

AT&T: widely available; [coverage page](#)

T-Mobile: widely available; [coverage plan](#)

Verizon: available in [some countries](#)

Nextel/Sprint: no international coverage

Can I get a cell phone for my trip?

If you would like to use a phone while overseas, and your carrier does not have a plan or coverage that is suitable for you, there are some other options. You can rent a cell phone upon arrival at your destination or buy a disposable phone in the country of travel or purchase a compatible SIM card for your existing phone, in the country of travel.

Make sure to review the capabilities, limits and charges of your new cell phone plan. If you use a phone other than your own, you will not have access to your address book, so you may wish to print out a copy before you leave.

Will I be able to access the Internet with my laptop while overseas?

Most laptops have both WIFI (802.11) and wired Ethernet ports that can be used in many hotels and convention centers around the world. Check your computer manual for basic instructions on configuring Windows XP, Windows ME and Apple Macintosh computers.

There are other alternatives if wireless and Ethernet service is not available, including cellular cards, WIFI hot spots and dial-up connections at your hotel.

Frequently Asked Questions

How do I exchange my money?

You can exchange currency before your depart at some banks and currency exchange outlets. However, we recommend you wait until reaching your destination to exchange your money. There are several ways to do this:

The quickest and most convenient method is through ATM machines. ATM cards are widely accepted across Europe and generally give you the best exchange rate. Please contact your bank with specific questions regarding fees and eligibility.

Traveler's checks are also accepted at some places, but they may require more time to exchange. Many exchange outlets and banks will also accept U.S. cash dollars in exchange for the local currency. Please be aware that some places charge commission or adjust the exchange rate.

International exchange rates change on a daily basis. Be sure to write down the exact exchange rate of your destination before departure to ensure you get a similar rate.

What will the weather be like where I'm going?

As with any place, the weather in your destination will vary depending on the time of year and time of day. Be sure to check an [official weather report](#) to get an idea of the current conditions. It's also beneficial to research the climate of your destination(s) during the time of year you expect to travel.

How long is the flight? What is the time difference?

Flights vary depending on distance, amount of stops and direction of travel. You can check with your airline reservations to find the exact time of departure and landing. Often times the airline can tell you the duration of your flight or trip. Remember, the departure and arrival times listed apply to the local time of the corresponding city.

What *can't* I pack in my carry-on bag?

The new rules ban almost all liquids, creams and gels from being carried aboard flights. That means you should not pack sunscreen, lotion, shampoo, toothpaste, hair gel or beverages in a carry-on. Those items must be put in your checked bags. If you are in doubt about an item, pack it in a checked bag or leave it home.

Are there any exceptions to the new rules in the USA?

A few. You can still bring baby formula, breast milk or juice if you're traveling with a child; prescription drugs if your name is on the bottle; and insulin or other "essential" non-prescription medications. Screeners should not make you sample the liquids.

Can I still bring medicine along if it's not in liquid form? What about bars of soap?

Yes, it is OK to put those in a carry-on bag.

Am I allowed to purchase toothpaste, drinks or other liquids after I get through security and then take them aboard the flight?

No. You are not allowed to carry aboard any liquid, no matter when or where you purchased it.

Besides the ban on liquids and gels, what else will be different about security?

The TSA said screeners will be checking passengers more thoroughly at checkpoints, including inspecting more bags by hand. They also will be searching some passengers a second time immediately before boarding — a practice instituted shortly after the Sept. 11 terrorist attacks but discontinued several years ago.

Frequently Asked Questions

Things to Bring

The clothes you need to pack will differ depending on your destination, the length of your trip, and the nature of the activities. Besides the basics, here are some things we recommend you bring for any international adventure:

Pack according to the number of days you will be gone

- Underwear
- Socks – numerous pairs
- Shorts
- Long pants (Jeans)
- 2 pair of sneakers (if desired)
- Jacket (Wind Breaker for evening)
- Sweatshirt
- Towel (large)
- Toiletries
- (You may want to pack small cloths line to put wet clothes on)
- Garbage bag for dirty cloths
- Snacks – example packages of crackers, cookies, etc.