



## The Tour of a Lifetime — Sample Itinerary

### **Getting Started**

- Sign up for the trip of a lifetime!
- Futbol Abroad will reserve lodging, and sports facility for the group.

### **Travel Planning**

- In coordination with **Holdy Tours, LLC** travel agency of Walnut Creek affordable airfare will be arranged.
- Futbol Abroad obtains AIG Assist Worldwide Group Protector for all participants.
- We can assist with hotel and flight arrangements for parents wishing to travel with the group.
- Futbol Abroad travel and packing tips are emailed to properly prepare each participant for the tour.

### **Leading up to Departure**

- Optional Pre-Tour workouts are scheduled to ensure optimal physical fitness for participants.
- The mandatory **Trip Preparation** meeting is planned to discuss Trip Guidelines and Regulations.
- Flight information, general trip itineraries, and full contact information for CEFAR are discussed.
- Trip sweatshirts are given out.

### **Day 1: Departure**

- Participants meet at the airport, wearing tour sweatshirt, 2 ½ hours before departure.
- Traveling chaparone collects all Passports and tickets for check-in.
- The group departs for Ezeiza International Airport to begin their soccer Journey.

### **Day 2: Arrival**

- Upon arrival, a CEFAR representative greets the group and shows them to the bus for transfer.
- Participants and parents meet in the dining hall for lunch and a trip introduction.
- After lunch, participants get a tour of the complex and rest before their initial training session.
- Players go to the 'utileria' for fresh training gear and then change in the locker rooms.
- The initial training session takes place on a world-class grass field.

### **Day 3 – 5: Training like a Pro**

- Players wake up in the early AM to eat breakfast and rest before their first practice.
- Players train on an indoor turf field in a tactical session on counter attacking.
- For lunch the sports nutritionist prepares a delicious, well balanced meal to help re-energize participants.
- On day 3, players leave the complex to eat an authentic Argentine 'asado' as special guests of Futbol Abroad.
- Players return to their rooms to rest & chat with foreign resident players.
- Later, the group competes with aspiring pro players living on the complex in a training session.
- After practice players eat a late afternoon snack and are released for free time.
- Players eat dinner and are released to get much needed rest and play fun card games with resident players.
- On day 5, we meet for a discussion with Coqui about playing Pro. Players are encouraged to ask questions.

#### **Day 6: First Day of competition**

- Players are transferred to C.D. Almagro's 'potrero fields' for a 90-minute game against an age appropriate side.
- After post game mingling and group photos with their competitors, players return to the complex.
- In the afternoon players board the bus and drive to the famous neighborhood of La Boca.
- A tour of the stadium including the field, stands, museum, hall of fame, and 360° movie theatre is arranged.
- The group takes a walking tour the colorful, artistic neighborhood to take pictures and buy souvenirs.

#### **Day 7: Amazing Futbol**

- After breakfast, players prepare for their match against River Plate on CEFAR's #1 field.
- Before lunch, players meet to watch the professional team train in the indoor facility.
- Players depart to watch Boca Juniors play at the 'Bombanera,' capacity 60,000.
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#### **Day 8: Improving upon play**

- The group has a mid-morning training session on the small-sided grass field.
- Goalkeepers are sent to the Goalkeeper sandpits for a specialized training session.
- After lunch, players are taken to visit downtown Buenos Aires.
- Participants have their mid afternoon snack in a downtown café and dine at a famous local Pizzeria.

#### **Day 9: Applying what you've learned**

- Players play an AM match against C.D. Lanus.
- After lunch, a friendly tournament of soccer tennis is organized.
- Players take a bus tour of famous Buenos Aires neighborhoods including Palermo, El Tigre River, Puerto Madero, and get a chance to stretch out the legs and interact with local teens at beautiful Parque Palermo.
- After the City Tour, players are taken to a local shopping mall to purchase last minute trip souvenirs.

#### **Day 10: Trip Finale**

- Players wake up, eat breakfast and enjoy their final day of competition or training.
- After lunch, players receive a diploma of attendance, a gift, and a training video at the closing ceremonies.
- After saying goodbye and cleaning their rooms, the group departs on their bus for the airport.
- Upon flying home the group meets parents at the Airport and participants are free to go home and begin using all the wonderful soccer skills they learned while in Argentina.