

## 5-DAY PROGRAM



## WASHINGTON, DC: HISTORY IN THE MAKING

*Walk the streets, sites, and neighborhoods where American history was made, and is still being written.*



### OVERVIEW

This isn't your standard DC field trip. Most student itineraries hit the same monuments, rush through the same museums, and leave students with a postcard version of American history. This trip goes deeper, into the neighborhoods, landmarks, and stories that make Washington one of the most layered and fascinating cities in the world. You'll see the Capitol and the founding documents. But you'll also walk the streets where jazz legends performed, visit the home of one of America's greatest orators, and eat at a DC institution that has fed presidents, activists, and neighbors alike for over 60 years.



### HIGHLIGHTS

- Stand where history was made, from the steps of the Lincoln Memorial to the floor of the U.S. Capitol.
- See the original founding documents of the United States in person at the National Archives.
- Spend a day in the neighborhoods that shaped the city's soul, from Howard University's historic campus to U Street's legendary Ben's Chili Bowl.



## ITINERARY

*The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.*

<p><b>DAY 1</b></p>	<ul style="list-style-type: none"> <li>• Arrive at DCA and meet your TEPA staff, who'll be waiting to welcome you and get you to your home base.</li> <li>• Drop your bags, freshen up, and dive into <b>Program Orientation</b>, covering the itinerary and expectations for the trip ahead.</li> <li>• Your first stop is the National Mall, where you'll visit the <b>Lincoln Memorial and the MLK Jr. Memorial</b>. Stand where MLK delivered his "I Have a Dream" speech in 1963.</li> <li>• Wind down with a group dinner and open reflection.</li> </ul>
<p><b>DAY 2</b></p>	<ul style="list-style-type: none"> <li>• Start your morning at the <b>National Archives</b>, where you'll stand face-to-face with the Declaration of Independence, the Constitution, and the Bill of Rights, documents that set the terms for American democracy.</li> <li>• Cross the Mall to the <b>National Museum of American History</b>, where where you'll explore the full sweep of American life, from the founding era through immigration, civil rights, and the culture that shaped the country we know today.</li> <li>• End the day at the <b>U.S. Capitol for a guided tour of the building</b> where American law is made.</li> </ul>
<p><b>DAY 3</b></p>	<ul style="list-style-type: none"> <li>• Spend the morning at the <b>National Museum of African American History and Culture</b>, one of the most powerful museum experiences in the country.</li> </ul>

<p><b>DAY 3</b> <b>(Continued)</b></p>	<ul style="list-style-type: none"> <li>• <b>Walk the Howard University campus</b> in the afternoon, where students pioneered sit-in protest techniques in 1942, years before the Civil Rights Movement went national. Howard has produced some of America's most influential leaders in law, medicine, politics, and the arts.</li> <li>• Finish the day on <b>U Street at Ben's Chili Bowl</b>, a DC institution since 1958. Ben's stayed open during the 1968 riots after Dr. King's assassination, feeding community leaders and civil rights workers when much of the city was burning. Order the half-smoke chili dog and talk about what you saw today.</li> </ul>
<p><b>DAY 4</b></p>	<ul style="list-style-type: none"> <li>• Head to Cedar Hill in Anacostia to visit the <b>Frederick Douglass National Historic Site</b>. Douglass was born enslaved, taught himself to read in secret, escaped to freedom, became the most prominent abolitionist in America, advised Abraham Lincoln during the Civil War, and later served as U.S. Marshal for DC.</li> <li>• Break for <b>lunch in Adams Morgan</b>, DC's most multicultural neighborhood. Try Ethiopian, Salvadoran, and Caribbean food!</li> <li>• In the afternoon, take some time to explore <b>Dupont Circle or Georgetown</b> before we come together for a <b>celebratory farewell dinner</b> to commemorate the trip!</li> </ul>
<p><b>DAY 5</b></p>	<ul style="list-style-type: none"> <li>• Close the trip with a morning visit to <b>Arlington National Cemetery</b>. Watch the <b>Changing of the Guard</b> at the Tomb of the Unknowns, one of the most solemn and moving ceremonies in American public life.</li> <li>• Visit the gravesites of prominent political leaders before making your way to the airport.</li> <li>• TEPA staff will accompany you to the airport and support you through check-in and until you pass security. Safe travels!</li> </ul>



## **TEPA HOME BASE**

Your home base is a safe, centrally located accommodation in the heart of Washington, DC. Students will stay in comfortable shared rooms, gender-segregated with ensuite bathrooms and full heating and cooling. Shared common spaces will give your group room to come together for reflections, debrief sessions, and group activities at the end of each day.

## **FOOD**

Enjoy three balanced meals daily, with water and snacks throughout. You'll have the chance to eat at local institutions and taste the diverse, multicultural flavors that make this city unique. Dietary preferences and restrictions can be accommodated with sufficient advance notice

## **CLIMATE**

Washington, DC experiences four distinct seasons: warm, humid summers, mild springs and falls, and cold winters that occasionally bring snow. Pack layers and check the forecast before you go, as temperatures can vary significantly depending on the time of year.

## **ABOUT TERRA EDUCATION PROGRAMS ABROAD**

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Education, TEPA delivers transformative experiences for young leaders worldwide.

## **GET IN TOUCH!**

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## TERRA EDUCATION'S PORTFOLIO OF TRAVEL PROGRAMS

