



The Italian/Switzerland Netball Tour

Our exciting Italian/Switzerland Netball tour is a fantastic opportunity for your Netball teams to be coached by experienced and enthusiastic qualified England Netball coaches and guest international coaches, and to gain competitive experience once back on home courts. A non-stop programme of coaching, team tactics, leadership and netball related activities will ensure every player has a memorable and performance-improving experience abroad.

Taking place in the beautiful Lake Garda area of Italy and the cosmopolitan city of Geneva, Switzerland, Netball students will receive an **unbeatable ground package**. With this delightful new opportunity in Europe, netballers receive a Netball tour-of-a-lifetime.

“Very good experience for all concerned. The pupils learnt a great deal and it has fired up the enthusiasm for netball in the school.”

Lake Garda - As a Destination

Lake Garda is Italy's largest and most visited lake. The lake is 51km long but only 17km wide at its widest point in the south. Picturesque villages, medieval castles, and lakeside promenades dot the shoreline. The lake has a diverse landscape with beaches along the southern shores and rocky cliffs above the northern shoreline. Lake Garda is known for its clear water; great for swimming in the summer. Windsurfing, sailing, and hiking in the many parks are popular activities.

Lake Garda is situated in northern Italy between Venice and Milan and set in an alpine region formed by glaciers at the end of the last ice age. The lake and its shoreline are divided between the provinces of Verona (to the south-east), Brescia (south-west), and Trento (north). The Dolomite Mountains are not far away and can be seen towering above the lake.



Visions Netball Tour Hotel Italy – Hotel Antares

Hotel Antares Sport Beauty & Wellness is 7.5 miles from Verona city centre. It features modern rooms, genuine cuisine and a wellness centre.

Rooms are air conditioned and provide a TV with satellite and pay-per-view channels. They also have a bathroom with hairdryer.

The restaurant serves international and local cuisine, and a great selection of wines. The unique dining room features octagonal columns and irregular walls. The American Bar, with panoramic windows overlooking the open-air swimming pool, serves delicious aperitifs.

Available at extra charge, the wellness centre at Hotel Antares features a heated pool, sauna, and Turkish bath. Massages, Kneipp and beauty treatments are also available.



“We had a wonderful week with superb Coaching and Umpiring and were delighted when we got back and our Under 19 Team won the County and qualified for the Southern Regional Finals of the National Schools Netball Tournament. The girls and staff learnt so much and we cannot wait to go again.”

Sample Itinerary – Day 1

Depart from your local airport and fly to Milan airport. The transfer time from Milan is about 2hrs. Upon arrival, you will meet your Vision's representative who will conduct our Welcome & Safety Meeting as well as give a brief orientation of the immediate area. You will also meet the Netball Coaches who will run through the Netball side of the tour and the programme.



Morning		Afternoon	Evening
Thurs 19th	Fly to Milan transfer to Hotel Antares Lake Garda		Dinner at Hotel
Fri 20	Breakfast	Morning at Leisure, lunch in hotel, 1/2 day tour Verona	Dinner at Hotel
Sat 21	Breakfast	Netball session, lunch, netball session, free time	Dinner at Hotel
Sun 22	Breakfast	Netball session, lunch, netball session, free time	Dinner at Hotel
Mon 23	Breakfast	Day trip to Venice, return	Dinner at Hotel
Tues 24	Breakfast	Travel to Switzerland - evening netball with local team	Dinner on own
Wed 25	Breakfast	Sightseeing and netball session Zug with local team	Dinner on own
Thurs 26	Breakfast	Sightseeing and netball session Geneva with local team	Dinner on own
Fri 27	Breakfast	Travel to Milan, sightseeing and transfer to airport	Return home to SA

Sample Itinerary – Day 2

After a long journey to get here, today is a day to recharge. After a lie-in, enjoy a delicious breakfast and relax around the hotel. There are lots of breakout areas to relax or sit by the pool. After lunch in the hotel we will head into the romantic city of Verona for a half day tour. See the Arena di Verona and of course visit Romeo & Juliet's balcony.

Verona – Well known as the setting for the story of Romeo and Juliet, historic Verona is a tangle of its storied past and modern industry. One of the most powerful cities during the early rule of the Roman Empire, the old city of Verona is one of the best-preserved sections in the country. Unlike most of the larger cities in the country, you are likely to find only a small percentage of tourists in historic Verona. Built along the Adige River and the later home of Dante Alighieri, the city boasts a number of beautiful sights amongst its circuitous streets. The scenic mausoleum of Arche Scaligere houses outdoor tombs bordered by evil-looking iron gates and is the final resting place of the Scaligeri princes, city leaders well known as both great warriors and great patrons of the arts. The Arena di Verona is the third largest arena in Italy and should not be missed! Despite being constructed in 30 AD, much of the original architecture remains, and the amphitheatre still houses opera productions throughout the summer.

Juliet's House (Casa di Giulietta) - "Two households, both alike in dignity, In fair Verona, where we lay our scene, From ancient grudge break to new mutiny, Where civil blood makes civil hands unclean." Who doesn't know about the love story between Romeo and Juliet?



Immortalized by Shakespeare in the first line of his play, Verona holds the claim to having the house of perhaps the greatest lovers in history. Of course, there is much debate as to whether the lovers existed or not but that hasn't stopped hundreds of thousands of tourists from wanting to see the Casa di Giulietta, or Juliet's House. The dell Capello family owned the house on Via Capello for a many years. In fact, it is the similarity of their name that spurred the popular belief that this was the house of the Capulets in Shakespeare's play. The dell Capello's coat-of-arms can still be seen on the keystone of the inner archway in the courtyard. From the courtyard you

can see Juliet's Balcony. This is supposedly the very same balcony where the tragic heroine cried out to her Romeo. These days, do not be surprised to see many a young girl standing on the balcony, probably dreaming her own dreams.

Sample Itinerary – Days 3 & 4

After a hearty breakfast, the Netball training sessions will commence. Groups will be assigned to a fully qualified coach who will work with your members of staff and deliver a programme aimed at stretching the ability of every girl. There will also be mini-games, Fast 5's and Netball workshops each day.



Sample Itinerary – Day 5

Today we're off to explore fabulous Venice. After breakfast, we'll board our private motorcoach and head to the city, approximately 2-hours, to discover this incredible region.

Home to gondolas and mask making, beautiful blown glass and unbelievable history; this city is fabulous! Venice – Venice, gateway to the Orient, is one of the few cities in the world that can be truly described as unique. Over an extraordinarily long period, the city was embellished with monuments of rare splendour that today make it a tourist attraction like none other in the entire world... Venice makes you a believer in fairy tales.



Cars are banned, so the only way to get around the 1,500-year-old city is by foot or by water. From these vantage points, you'll be awed by the magical beauty. La Serenissima, 'the most serene one', is filled with palaces and art, fine shopping and excellent food. Relax in Saint Marks Square, visit the basilicas, have an Italian Ice and wander the alleyways and bridges. Venice city stretches across 118 small islands in the marshy Venetian Lagoon along the Adriatic Sea in northeast Italy.

Sample Itinerary – Days 6, 7 & 8

Today we head off to our next destination - Switzerland. Switzerland is a mountainous Central European country, home to numerous lakes, villages and the high peaks of the Alps. Its cities contain medieval quarters, with landmarks like capital Bern's Zytglogge clock tower and Lucerne's wooden chapel bridge. The country is also known for its ski resorts and hiking trails. Banking and finance are key industries, and Swiss watches and chocolate are world renowned. And just recently, the Swiss Netball team won the European U17 championship played in Gibraltar in March 2019.



Visions Netball Tour Hotel Switzerland – Nyon Hostel

The spick-and-span little town of Nyon is situated on Lake Geneva, half way between Geneva and Lausanne, amid the vineyards of La Côte. Nyon is perfectly situated, close to Geneva but still outside the hecticness of a big city.

Nyon Hostel opened its gates in February 2017 in an environmentally sustainable building with a nice garden and many useful extras.



Linen and a towel included • Dormitory with lamp, USB, Swiss and EU style outlets integrated in the bunk bed • Locker with integrated Swiss and EU style outlets (98 cm x 45 cm x 50 cm height/with/depth) • All dormitories have toilets and sink in the room. The showers are on the same floor • All single, double and family suite have shower and toilet in the room. • Breakfast included 06:30 – 09:30 h • Chillout room with TV and video projector • Fully equipped kitchen available (07:30 – 23:00) • Free wifi available in the whole hostel • Dinner available at the nearby restaurant (across the street) at restaurant Pizzeria Les Glycines, chemin des Plantaz 56, 1260 Nyon. Choice between 5 menus for a price of CHF 17.-/pers

During our time in Switzerland, we will be spending our days sightseeing to fit into the schedule of games and training against local Swiss schools and netball clubs. Depending on which city we are participating and what time, will determine the sightseeing location. Switzerland is a small country with many wonderful cities which we will get to explore.

Geneva. - Geneva is Switzerland's most international city, as it is where the European seat of the UNO is based. Even the International Red Cross directs its humanitarian campaigns from here. Besides being a congress city, Geneva is also a centre for culture and history, for trade fairs and exhibitions. The Horloge Fleuri, the large flower clock in the "Jardin Anglais" (English Garden), is a world-renowned symbol of the Geneva watch industry.



Sample Itinerary – Day 9

Today we head back to Italy. After breakfast we will board our bus and tour back into Italy and visit Milan, on our final day.

Milan, a metropolis in Italy's northern Lombardy region, is a global capital of fashion and design. Home to the national stock exchange, it's a financial hub also known for its high-end restaurants and shops. The Gothic Duomo di Milano cathedral and the Santa Maria delle Grazie convent, housing Leonardo da Vinci's mural "The Last Supper," testify to centuries of art and culture.



The flight departure time will determine how much time we have to sightsee in Milan. But rest assured we will see as much as we can before we pull out the tissues and take you to the airport and bid you farewell and safe travels as you return home.

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Visions in Education also hold a current CAA ATOL Licence (5889) and has been awarded The Learning Outside the Classroom quality badge



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