

Program Information and Proposal

**WELCOME ILLINOIS STATE UNIVERSITY
STUDENTS & FACULTY!**

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We are excited to offer you this proposal and have you and your students join us on a customized program to Portugal, Morocco, and Spain! We look forward to working with you to meet your academic and clinical goals while also immersing students into a new culture. We are here for you every step of the way from pre-departure, throughout your trip, and after you return.

**PROGRAM DEADLINE
TBD**



LOCATION

Portugal,
Morocco, Spain

DATES

March 6-15, 2026

DURATION

10 Days

PRICE

\$4,900

Pricing Highlights:

- Based on a student to faculty ratio of 10:1
- Includes local guides, ground transportation, excursions, & meals
- Includes international airfare between all countries
- Includes accommodations at 3 and 4 star hotels

Learning Outcomes

Global Health & Rehabilitation Sciences

- Compare and contrast international approaches to therapeutic education and clinical practice in Portugal, Morocco, and Spain, focusing on speech-language pathology, occupational therapy, physiotherapy, and nutrition.
- Gain insight into diverse healthcare education systems through structured visits to institutions such as ESSAlcoitão, IHEPS Casablanca, and ISEP Madrid.
- Explore the role of language, culture, and community in healthcare delivery, particularly in multilingual and cross-cultural settings.

Intercultural Competence

- Develop cultural awareness and sensitivity by engaging with local professionals, students, and communities in three distinct regions of the world.
- Examine how cultural values, traditions, and histories shape health behaviors and therapeutic practices.
- Practice respectful communication and adaptability in a range of social and academic interactions abroad.

Cultural and Historical Literacy

- Analyze the historical and socio-political influences on public health, education, and urban development through site visits to landmarks such as Jerónimos Monastery, the Hassan Tower, and Plaza Mayor.
- Reflect on the legacy of colonization, migration, and globalization in shaping the identities and infrastructures of Portugal, Morocco, and Spain.

Personal and Professional Growth

- Demonstrate increased confidence and independence through international travel, group collaboration, and immersion in unfamiliar environments.
- Strengthen reflective and critical thinking skills by engaging in group discussions, site debriefs, and journaling activities related to health and culture.
- Build meaningful global connections with peers, mentors, and institutions that can support future academic or career pathways.

Where You Are Going

Portugal

Portugal, located on the Iberian Peninsula, has a rich maritime history and was once one of the world's leading colonial powers during the Age of Exploration in the 15th and 16th centuries. Portuguese explorers like Vasco da Gama opened up sea routes to Africa, Asia, and South America, shaping global trade and cultural exchange. Today, Portugal has a population of about 10.2 million people. Its culture is deeply influenced by its seafaring past, traditional Fado music, and strong ties to Roman Catholicism, the dominant religion practiced by the majority of the population.

Morocco

Morocco, located in North Africa, has a long history shaped by Berber, Arab, and French influences. It was a vital center of trade and scholarship in the Islamic world, with historic cities like Fez and Marrakech playing central roles. Morocco was a French and Spanish protectorate until it gained independence in 1956. Today, the country has a population of about 37 million. Moroccan culture blends Islamic traditions with Berber customs, evident in its food, architecture, and festivals. The vast majority of Moroccans are Muslim, with Islam playing a central role in daily life.

Spain

Spain boasts a complex history marked by Roman conquest, centuries of Islamic rule, and the Catholic Reconquista. It later became a powerful empire in the 16th century, colonizing large parts of the Americas. Spain's regions, such as Catalonia, the Basque Country, and Andalusia, contribute to its cultural diversity. Today, Spain has a population of about 48 million. The country is predominantly Roman Catholic, though it is increasingly secular. Spanish culture is known for flamenco music, bullfighting, vibrant festivals, and a deep appreciation for art, literature, and cuisine.



Day 1 – Friday March 6, 2026

Your journey begins with an international flight from Chicago to Lisbon, marking the start of an unforgettable adventure across three remarkable countries. As you soar toward Europe, prepare to immerse yourself in a dynamic blend of cultural discovery, historical exploration, and therapeutic education.

This program offers more than just travel—it invites you to engage deeply with local communities, learn from international health and education institutions, and broaden your global perspective. From the cobbled streets of Lisbon to the colorful markets of Morocco and the grand boulevards of Madrid, each destination promises to inspire, challenge, and enrich your professional and personal growth.



Did You Know?

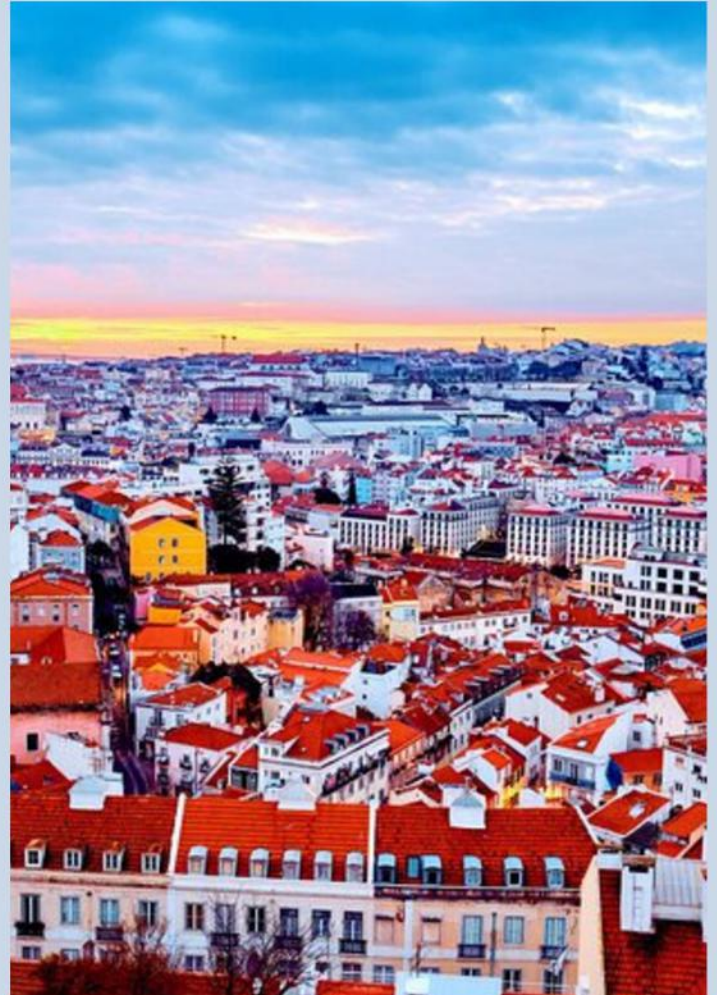
Oldest Nation-State in Europe: Portugal has had the same borders since 1139, making it one of the oldest nations in Europe.

Day 2 - Saturday March 7, 2026

Upon arrival in **Lisbon**, Portugal's sun-kissed capital, you will be welcomed at the airport and transferred to the centrally located **Hotel Masa Campo Grande or similar**, a modern and comfortable hotel ideally situated near parks, restaurants, and public transportation. This well-appointed hotel offers a peaceful environment to rest and recharge after your journey, with amenities designed to make your stay comfortable and convenient.

Depending on your flight arrival time, we may offer an optional welcome activity—such as a light walking tour of the nearby area or a relaxed cultural experience—to help you acclimate, stretch your legs, and get your first taste of Lisbon's unique charm.

Whether you choose to rest or explore, the evening is yours to settle in, enjoy a local meal, and begin immersing yourself in the beauty and rhythm of this coastal city. Get ready for the enriching experiences that await in the days ahead.



Did You Know?

Cork Capital of the World: Portugal produces over 50% of the world's cork, used in everything from wine stoppers to handbags.

Day 3 – Sunday March 8, 2026

Begin your exploration of Lisbon with a **panoramic guided tour** that offers a dynamic introduction to the city's rich history, cultural layers, and vibrant neighborhoods. Start at Marques de Pombal Square, a central landmark named after the visionary prime minister who rebuilt Lisbon following the devastating 1755 earthquake. Travel down the grand Avenida da Liberdade (Liberty Boulevard), lined with leafy trees, historic cafés, and luxury boutiques, until you reach Restauradores and Rossio Squares, bustling hubs that reflect the city's blend of traditional charm and modern energy. As you stroll through the elegant Baixa Quarter, admire its neoclassical architecture and grid layout—one of the earliest examples of modern urban planning in Europe.

The journey continues west to the picturesque **Belém District**, once the launching point for Portuguese explorers during the Age of Discoveries. Here, marvel at two of Lisbon's most iconic monuments: the Belem Tower, a fortress-turned-symbol of maritime glory perched at the edge of the Tagus River, and the stunning Jerónimos Monastery, a masterpiece of Manueline architecture and a UNESCO World Heritage Site. Both landmarks tell the story of Portugal's seafaring legacy and religious devotion.

No visit to Belém would be complete without stopping at the world-famous **Pastéis de Belém** pastry shop, where you'll savor a warm, flaky pastel de nata—Portugal's beloved custard tart—made from a closely guarded recipe passed down since 1837. With its blend of history, beauty, and flavor, this day will offer a memorable start to your journey through Portugal.

Overnight in Lisbon.



Did You Know?

Pioneers of Global Exploration: Portuguese explorers like Vasco da Gama and Ferdinand Magellan helped establish sea routes during the Age of Discovery, expanding global trade and cultural exchange.

Day 4 – Monday March 9, 2026

Experience the beauty, mystery, and grandeur of Portugal's coastal and historical towns on a full-day excursion that will feel like stepping into a storybook. Begin your journey in **Sintra, a UNESCO World Heritage Site** nestled in the forested hills of the Serra de Sintra. Often described as a fairy-tale village, Sintra has long enchanted poets, royalty, and travelers with its romantic architecture, cool microclimate, and lush surroundings. Wander through its charming cobblestone streets and quaint shops before visiting the extraordinary **Quinta da Regaleira**, one of the most magical and symbolic sites in Portugal.



This 20th-century estate, designed with rich symbolism by Italian architect Luigi Manini, is known for its enigmatic gardens, gothic-inspired palace, and the famed Initiation Wells—inverted towers that spiral deep into the earth and are believed to have been used for Masonic or alchemical rituals. As you descend the moss-covered steps of the wells or navigate the secret tunnels and grottoes, you'll feel immersed in a blend of myth, mystery, and medieval splendor.

From Sintra, continue your journey westward to **Cabo da Roca**, the dramatic cliffside promontory that marks the westernmost point of mainland Europe. Standing on the rugged edge of the continent, with panoramic views of the crashing Atlantic waves below, you'll experience a profound sense of awe and perspective. The windswept cliffs and iconic lighthouse provide a striking contrast to the serene inland palaces, capturing the raw natural beauty of Portugal's coastline.

As part of your educational and cultural experience, you'll visit the **Escola Superior de Saúde do Alcoitão (ESSALCOITÃO)**—Portugal's premier institution for rehabilitation sciences. Located near the scenic coastal town of Estoril, this school is known for its pioneering programs in physiotherapy, occupational therapy, and speech and language therapy. You'll have the opportunity to learn about their curriculum, explore modern training facilities, and gain insight into the integration of clinical practice with academic instruction. This visit offers a valuable exchange of ideas and highlights international approaches to health and therapeutic education.

Return to Lisbon for the night.

Did You Know?

Lisbon's Earthquake Legacy: The 1755 Lisbon earthquake reshaped the city—and seismic science—leading to one of the earliest examples of earthquake-resistant urban design in the world.

Day 5 – Tuesday March 10, 2026

Fly from Lisbon to **Casablanca**, Morocco's bustling economic capital, arriving mid-morning to begin the next leg of your cross-cultural journey. Upon arrival, you'll be welcomed and transferred to the Moroccan House Hotel Casablanca or similar, a charming riad-style hotel that immerses guests in traditional Moroccan hospitality. The hotel is known for its colorful mosaic tile work, carved wooden details, and cozy interiors that reflect the warmth and richness of Moroccan design—an inviting base for your stay in the city.

In the afternoon, set out on a guided city tour of Casablanca, where modern industry meets deep-rooted tradition. Begin with a visit to the awe-inspiring **Hassan II Mosque** (exterior), one of the largest and most spectacular mosques in the world. Perched on the Atlantic coast, it features a minaret soaring 210 meters high and intricate craftsmanship that combines modern engineering with exquisite Moroccan artistry. Continue to the **Mohammed V Square and United Nations Square**, vibrant public spaces surrounded by impressive colonial architecture, government buildings, and fountains, illustrating the city's French influence and civic life.

Your tour also includes a drive through the elegant Anfa district, home to embassies and upscale residences, and the Habous Quarter, also known as the **“New Medina.”** Built in the 1930s, this neighborhood blends French planning with Moroccan soul—an ideal place to browse artisan shops, visit bakeries, and observe everyday life. Conclude your tour at the local markets, where the scent of spices, vibrant textiles, and the rhythm of bargaining merchants paint a lively portrait of Moroccan culture. This first day in Morocco offers a rich introduction to Casablanca's diverse layers of history, architecture, and tradition.

Dinner and overnight in Casablanca.



Did You Know?

Cultural Crossroads: Morocco blends Arab, Berber, African, and European influences, visible in its architecture, languages, and cuisine.

Day 6 – Wed. March 11, 2026

Today's visit takes you to **Institut des Hautes Études Paramédicales du Sud (IHEPS)** in Casablanca, a leading institution in Morocco for paramedical training. Founded in 2006, IHEPS is nationally recognized for its innovative academic programs in Physiotherapy, Speech and Language Therapy, and Nutrition-Dietetics. As the first school in the country to offer Master's-level education in these disciplines, IHEPS emphasizes the integration of theoretical knowledge with practical clinical application. The Casablanca campus features state-of-the-art classrooms, labs, a large medical library, and community spaces that support both academic and extracurricular engagement. This visit provides a unique opportunity to explore how Morocco prepares its next generation of healthcare professionals and fosters international collaboration in the rehabilitation sciences.



The afternoon is yours to enjoy lunch and explore the city. Return to the Moroccan House Hotel for dinner and rest.



Did You Know?

City of Contrasts – Casablanca: Casablanca is Morocco's largest city and economic hub, yet it also hosts one of the world's largest mosques, the Hassan II Mosque, built partially over the Atlantic Ocean.

Day 7 – Thurs. March 12, 2026

Embark on a scenic journey from Casablanca to **Rabat, Morocco's refined and stately capital city**, nestled along the Atlantic coastline. As one of the country's four imperial cities, Rabat offers a striking blend of political significance, cultural heritage, and coastal charm. Your guided tour will begin at the **Hassan Tower**, an iconic 12th-century minaret that was intended to be the tallest in the world. Though incomplete, its towering red sandstone form stands as a powerful symbol of Morocco's historical ambition and architectural grandeur.

Just beside it, visit the **Mausoleum of Mohammed V**, a stunning example of modern Alaouite architecture. The white marble tomb, adorned with intricate zellij tile work and crowned with a green-tiled roof, houses the remains of the late king and his sons, including King Hassan II. The mausoleum is both a national monument and a tranquil space for reflection on Morocco's royal legacy.

Continue with an exterior view of the **Royal Palace of Rabat**, the official residence of King Mohammed VI. While public entry is not permitted, the surrounding grounds and formal gates offer a glimpse into the grandeur and elegance of Morocco's monarchy.



From there, explore the **Kasbah of the Udayas**, a picturesque fortified citadel perched at the mouth of the Bou Regreg River. Wander through its narrow blue-and-whitewashed alleyways, enjoy panoramic views of the Atlantic, and discover hidden gardens and traditional Andalusian architecture that evoke centuries of cultural exchange.

Before returning to Casablanca, enjoy lunch at a traditional Moroccan restaurant, where you'll sample **classic dishes such as tagine, couscous, or fresh seafood—flavored with warm spices and regional ingredients**. After a full day of historical discovery and sensory delight, you'll return to the Moroccan House Hotel in Casablanca for your final evening in the city.

Did You Know?

The Sahara Touches Morocco: A large portion of southern Morocco is covered by the Sahara Desert, offering landscapes of sand dunes, oases, and star-filled skies.

Day 8 – Friday March 13, 2026

After breakfast, you'll bid farewell to Morocco and board your **flight to Madrid, Spain**, where European elegance and cultural vibrancy await. Upon arrival in the Spanish capital, you'll be greeted and transferred to Espahotel Plaza España or similar, a comfortable and modern hotel situated in one of the city's most iconic squares. The hotel's prime location places you steps away from **Gran Vía**, Madrid's bustling main avenue lined with theaters, shops, and cafés, and close to landmarks such as the Royal Palace and Temple of Debod.



Once settled into your accommodations, the rest of the evening is yours to relax and soak in the Spanish ambiance at your own pace. Take a leisurely walk through the nearby Plaza de Oriente or find a cozy outdoor terrace to enjoy classic tapas.

Whether you prefer to unwind or explore, your first evening in Madrid offers the perfect mix of comfort and cultural charm as you transition into the final chapter of your journey.



Did You Know?

Four Official Languages: Besides Spanish (Castilian), Spain officially recognizes Catalan, Basque, and Galician in their respective regions, reflecting the country's diverse cultural identity.

Day 9 – Saturday March 14, 2026

Discover the vibrant heart of Madrid on a **guided walking tour** that brings the city's rich history and lively spirit to life. Begin at Plaza de Oriente, a stately square flanked by gardens and sculptures of Spanish monarchs, offering impressive views of the Royal Palace, the official residence of the Spanish royal family. As you walk through the surrounding historic district, your guide will share stories that trace the evolution of Madrid from a medieval fortress to a modern European capital.

Stroll down the iconic Gran Vía, often referred to as the **"Spanish Broadway,"** known for its grand architecture, stylish boutiques, and energetic atmosphere. Continue to **Puerta del Sol**, the symbolic center of Spain—both geographically and culturally. This lively square is home to the famous clock tower that rings in the New Year, the statue of the Bear and the Strawberry Tree (El Oso y el Madroño), and Kilometer Zero, the point from which all distances in Spain are measured. Your tour concludes at the legendary **Plaza Mayor**, one of the most iconic squares in Europe.

This afternoon you'll visit **Institutio Superior de Estudios Psicológicos (ISEP)** in Madrid, a private institution founded in 1982 and recognized for its **comprehensive and practical focus in clinical psychology, neuropsychology, education, and speech therapy**. With more than 40 years of experience educating over 35,000 professionals in Spain and Latin America, ISEP is a multi-campus institution with major centers in Madrid, Barcelona, and Valencia.

ISEP combines training, clinical intervention, and educational outreach, offering professional master's and postgraduate programs, supported by its clinical services (ISEP Clínic) and specialized publications (ISEP Editorial). Their methodology prioritizes hands-on clinical practice, with students engaging in mandatory internships and practical sessions alongside theoretical coursework. The Madrid campus is well-equipped to support these activities, and the presence of distinguished faculty and an international student body enriches the learning environment.

This visit provides a unique opportunity to explore ISEP's approach to therapy training within an applied psychology framework, gaining insight into clinical pedagogies, student-to-practitioner transitions, and interdisciplinary collaboration. Spend your final night in the Spanish capital.



Day 10 – Sunday March 15, 2026

Enjoy a final breakfast in the heart of Madrid before transferring to Madrid-Barajas International Airport for your return flight to Chicago. As you prepare to head home, take a moment to reflect on the incredible journey you've just completed—spanning three countries, multiple languages, and a wealth of cultural experiences.

From the historic quarters of Lisbon and the mystical gardens of Sintra, to the vibrant souks of Casablanca and the regal calm of Rabat, and finally to the artistic elegance of Madrid, you've explored diverse regions and deepened your global perspective.

This program has not only offered academic enrichment through visits to esteemed institutions but also fostered personal and professional growth through immersive, firsthand learning. Return home inspired, enriched, and empowered by the connections you've made and the stories you'll carry forward.



Did You Know?

Madrid is Europe's Highest Capital: Sitting at 667 meters (2,188 ft) above sea level, Madrid is the highest capital city in the European Union, offering cool winters and bright, dry summers.

Flight Details

We work hard to coordinate a group flight for staff and students to ensure travel is seamless. Your group will fly into Portugal and depart from Spain. Flights between Portugal, Morocco and Spain are included as well. We will share routes and more information on those as we finalize everything.



Accommodation Details

You will be staying in 3 and 4 star hotels throughout your journey. These locations are just steps away from attractions, including restaurants, shopping, and museums. The accommodation and surrounding area is safe, supported and comfortable. Students will be in shared rooms while faculty will be in single accommodations with ensuite bathrooms.

ACCOMODATION INCLUDES

- Laundry service
- Air conditioning
- Sheets
- Wi-Fi
- Pillows
- Blankets
- Fresh drinking water
- Western-style toilets/showers

Program Pricing Includes:

- Pre-Departure Curriculum Development
- Full Coordination with Study Abroad Department
- Pre-Departure Support
- International Flights
- Same Day Flight Coordination
- Custom T-Shirts
- 24-Hour Emergency Phone
- All Meals
- Pre-Departure Materials
- Local Program Facilitator
- Material, Test, and Diagnostic Tools
- 24-Hour In-Country Support
- WIFI Access
- Airport Pick-Up/Drop-Off
- International Travel Insurance Available
- All Ground Transportation
- All Accommodation
- Organized Excursions
- Therapy Abroad Staff
- 10:1 student - faculty ratio

Final Payments are due 60 days prior to departure. Therapy Abroad recommends that individuals obtain commercial trip cancellation and personal property insurance to protect against foreign travel risks.

Cancellation Policy Prior to Departure: \$250 non-refundable deposit | 89-60 days 75% refund | 59-30 days 50% refund | <30 days no refund

SAFETY AND RISK MANAGEMENT

Safety is a part of a systematic and comprehensive process and we understand that safety concerns are a part of planning for any overseas travel. As such, we have made safety our highest priority. Each and every location, accommodation, and activity is rigorously and personally evaluated for safety by the directors of Therapy Abroad. Due to the nature of what we do, we work closely with the ministry of education and health to organize your program from beginning to end so that we can account for all of the details. From the time that you depart for our program until you arrive back home, our goal is to provide you with a smooth and worry-free educational travel experience and portal for professional development.

As a student or professional on one of our programs you will be part of a group and always have an experienced group facilitator. We do not outsource our programming or staffing, which means that we personally select our program sites, accommodation, group transport and hire and train our own leaders. Our managing director is in charge of making sure that all of our students have easy access to medical care, clean food and water and communications at all times on our programs.

Therapy Abroad contact information for emergencies:

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