With Yale faculty leaders Roberta Frank and Walter Goffart

July 2 - 15, 2013 | Aboard the Island Sky

Best of the Baltic
SWEDEN, FINLAND, RUSSIA, ESTONIA, LATVIA, LITHUANIA, POLAND & DENMARK
I invite you to join Professors Roberta Frank and Walter Goffart, along with a team of expert leaders and lecturers on a voyage that takes you to the wondrous countries that encircle the legendary Baltic Sea. This voyage offers a sweeping view of some of the region’s most important ports. Visiting a grand total of eight countries aboard the comfortable, 100-passenger Island Sky, is the perfect way to travel—unpack once and enjoy an exciting new destination each day.

Expedition Highlights

• Spend two days in magnificent St. Petersburg, where you enjoy a guided tour of the Hermitage Museum, Peterhof, and free time to explore on your own.

• Step ashore in beautiful Visby, the city of ‘roses and ruins,’ a World Heritage Site.

• Tour the historic districts of Gdansk, Riga, and Tallinn, long closed to tourism.

• Discover the scenic beauty of Bornholm Island, graced with rolling countryside, unique round churches, and the impressive ruins of Hammershus Castle.

• Visit the vibrant capital cities of Stockholm, Helsinki, and Copenhagen.

Share the beauties and history of this exotic area with Yale alumni and friends. We look forward to welcoming you aboard the Island Sky. Please visit www.yaleedtravel.org/baltic13 to register now or call Yale Educational Travel at (203) 432-1952.

Best wishes from Yale,

Katherine Edersheim ‘87
Senior Director
International Alumni Relations and Travel

ISLAND SKY

Built in 1992 and recently renovated, the Island Sky is a spacious, yet intimate, expedition vessel. The ship carries 100 passengers in well-appointed outside cabins with ocean views. Cabin sizes range from 215 to 312 square feet. Public spaces include a large lounge, bar with piano, library, and an elegant single-seating dining room. Outside decks feature a bar, spa pool, and an aft sun deck where meals are served in pleasant weather.
Tuesday - Wednesday, July 2 - 3, 2013
USA / Stockholm, Sweden
Depart on an independent overnight flight to Stockholm. Transfer to the hotel and gather Wednesday evening for a welcome dinner and briefing.

Thursday, July 4
Stockholm / Embark Island Sky
Built on 14 islands, a tour of Sweden’s capital city takes you to the island of Djurgarden, home of the famous warship, Vasa, as well as Skansen, the world’s oldest open-air museum, which displays a collection of historic Swedish buildings. Explore Gamla Stan, one of the best-preserved medieval city centers in the world and enjoy lunch at a local restaurant. Continue through charming cobble-stoned streets lined with 13th-century buildings to visit the Royal Palace. This evening board the Island Sky.

Friday, July 5
Helsinki, Finland
This morning attend lectures introducing the dynamic countries ringing the Baltic. The capital of Finland since 1812, Helsinki is a cosmopolitan city with a small-town feel. This afternoon’s city tour reveals the beautiful neo-classical architecture of Senate Square and allows you the opportunity to stroll through picturesque Market Square, where numerous vendors offer a variety of Finnish foods and souvenirs. Or choose to tour Suomenlinna Fortress, a UNESCO World Heritage Site built by Sweden in 1748 to protect Helsinki’s harbor.

Saturday & Sunday, July 6 & 7
St. Petersburg, Russia
Arrive in splendid St. Petersburg in the early afternoon and enjoy two days of exploration. Visit St. Isaac’s Cathedral and the Winter Palace which houses Catherine the Great’s incomparable Hermitage Museum. Enjoy an advanced entry and special guided tour which includes the Gold Room—a dazzling display of jewelry, as well as the famous Scythian and Greek gold. Drive across the Neva River to the burial place of the tsars, Peter and Paul Cathedral, its 18th-century spire dominates the skyline. Visit the spectacular Church of the Resurrection and drive along Russia’s most famous street, the Nevsky Prospect, lined with magnificent palaces, churches, and theaters. A scenic drive takes you to the magnificent palace and gardens of Peterhof, a grand summertime residence built by Peter the Great.
Monday, July 8  
Tallinn, Estonia  
Today set out for old town Tallinn, a visual feast of soaring spires, towers, and turrets. After a renaissance in restoration and reconstruction, Tallinn proudly proclaims itself the finest preserved city in the Baltic. In the upper Old Town visit Palace Square and the magnificent cupola-crowned Alexander Nevsky Cathedral. In the lower Old Town visit the Town Hall Square, once a medieval marketplace; one of the oldest pharmacies in Europe, founded in 1422; and stroll along St. Catherine’s Passage in the Latin Quarter. Also visit Kadriorg Palace and Park, built by Peter the Great as a summer residence.

Tuesday, July 9  
Riga, Latvia  
The day in Latvia showcases the riches of this 800-year-old Hanseatic river port. A walking tour takes you to multiple landmarks, including the Blackheads House, one of the oldest buildings in Riga; St. Peter’s Church, a superb Gothic masterpiece; the 15th-century Three Brothers merchant houses; and St. Jacob and St. John churches. Also visit the 13th-century Dome Cathedral, whose organ concerts are legendary. Continue your exploration by motorcoach, driving past lovely parks along the City Canal lined with the stunning Art Nouveau architecture built in 1899 during the Jugendstil movement. There is free time this afternoon to explore Riga on your own.

Wednesday, July 10  
Visby, Gotland Island, Sweden  
Spend a relaxing morning at sea and attend lectures from our experts. After lunch arrive at Gotland Island, the largest island in the Baltic. The splendid city of Visby, a World Heritage Site, is famous for its intact medieval architecture, especially the 44 guard towers built as part of the city walls in the 11th and 12th centuries. Drive to Almedalen,
a green oasis in the city center, then walk past lovely medieval granaries and the city’s oldest building, the Powder Tower. Visit the Botanical Garden, known for its exotic plant collection and take a ride up to a splendid panoramic viewpoint of the city and its spires. Continue the tour on foot along charming cobblestone streets, to visit the impressive St. Mary’s Cathedral and the Gotland Museum with its excellent medieval collections.

Thursday, July 11
Klaipeda, Lithuania
Today drive to the amber center of Palanga. A stroll through the Botanical Park with its 500 varieties of trees and bushes, takes you to the Amber Museum, housed in a 19th-century neo-Renaissance-style mansion. Afterward drive to the Old Town for a walking tour. From beautiful Theater Square, explore the narrow streets that meander between the charming half-timbered houses and shops.

Friday, July 12
Gdansk, Poland
Enjoy a full day in this city whose history spans nearly 1,000 years. Stop at the Solidarity Monument, in front of the Gdansk shipyard, then view the exhibition, Roads to Freedom, a fascinating audio-visual portrayal of those important, world-changing events. A walking tour through lively Old Town reveals a magnificent collection of Gothic, Renaissance, and Baroque buildings and monuments. Pass through the Golden Gate and walk down Long Street to the 15th-century Palace of Artus, where Neptune’s Fountain commemorates Gdansk’s Hanseatic past. Also visit medieval St. Mary’s Church, the world’s largest brick church. After lunch onboard there is time at leisure for further exploration.

Eighty percent of the world’s amber comes from the Baltic region.
Saturday, July 13
**Bornholm Island, Denmark**

After breakfast step ashore on serene Bornholm Island, endowed with sugar-white sand beaches, dramatic cliffs, thick forests, and heather-clad hills. Visit the ruins of Hammershus Castle, Scandinavia’s largest medieval fortress; the unique, round 12th-century churches, Osterlars and Nylars; and the charming half-timbered fishing hamlet of Gudhjem. Enjoy some free time to visit art studios renowned for their glass blowing and pottery.

Sunday, July 14
**Copenhagen, Denmark / Disembark**

This morning enjoy a tour of Denmark’s capital city. Pass by the Tivoli Gardens, the Ny Carlsberg Glyptotek, and drive through the picturesque canals district past the National Museum, and Christiansborg Palace. Continue on to the old Stock Exchange and across Kongens Nytorv, where you can see the Royal Theater, world famous for its Royal Ballet. Pass the colorful harbor of Nyhavn to Amalienborg Palace followed by a visit to the Rosenborg Palace, which boasts fine collections including the royal crown jewels. After lunch at a local restaurant check in to our hotel with the evening at leisure to pursue your individual interests in this dynamic city. Dinner and overnight at our hotel.

Monday, July 15
**Copenhagen / USA**

After breakfast transfer to the airport for your independent flight homeward.
Included: All gratuities; accommodations in our hotels and on board the Island Sky as outlined in the itinerary; all onboard meals; all group meals on land; arrival and departure transfers on group dates; services of the expedition staff, including lectures, briefings, slide/film shows; all group activities and excursions; landing and port fees; $50,000 of medical expense coverage and $75,000 in emergency evacuation insurance.*

Not Included: All air transportation; excess baggage charges; airport arrival and departure taxes; transfers for independent arrivals and departures; passport and/or visa fees; baggage/trip cancellation insurance; items of a personal nature such as laundry, bar charges, alcoholic beverages, e-mail/Internet/fax/telephone charges.

Air Fare: Air information will be sent to participants in the welcome mailing. Participants will need to purchase air fare from one’s home city/Stockholm and Copenhagen/home city.

*Insurance is underwritten by National Union Fire Insurance Company of Pittsburgh, Pa. The Policy will contain reductions, limitations, exclusions and termination provisions. All coverages may not be available in all states.

Limited singles are available at the special single rates listed above. Additional singles may be available at 1.6 times the share rate. All rates are per person, quoted in U.S. dollars, and must be paid in U.S. dollars. Rates and itineraries are subject to change.

Know Before You Go

For most activities, a relatively moderate level of exertion is required. You must be able to walk distances of one to three miles, sometimes over rough and uneven surfaces, such as cobblestones, and climb stone steps that at times may not have handrails. Excursions are timed to depart when temperatures will be most pleasant. During this time of year, temperatures will range from the low 70s°F during the day to the upper 50s°F and low 60s°F at night and we will enjoy long hours of daylight. We estimate that you will be without your passport for one month while procuring your Russian visa. Visa kits will be mailed five months prior to departure.
WITH OUR COMPLIMENTS

On this expedition, virtually everything is included in the cost of your trip:

- All gratuities, from porters and ship's crew to tour guides
- All accommodations, including two hotel nights
- Daily activity options, including cultural tours and nature walks
- World-class lecture and expedition team
- All meals on board and with the group ashore
- All entrance fees, taxes, and landing and port charges
- Arrival and departure transfers on group dates
- Gift certificates for recommended expedition gear and reading materials
- Comprehensive pre-departure packet to prepare you for your trip
- Medical and emergency evacuation insurance
- Dedicated staff to answer all your questions and assist with flight arrangements

Best of the Baltic
Sweden, Finland, Russia, Estonia, Latvia, Lithuania, Poland & Denmark

July 2 - 15, 2013 | Aboard the Island Sky

Yale Educational Travel
P.O. Box 209010 New Haven, CT 06520-9010
## Reservation Form

### Best of the Baltic

**July 2 - 15, 2013**

**SWEDEN, FINLAND, RUSSIA, ESTONIA, LATVIA, LITHUANIA, POLAND & DENMARK**

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### E-mail

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### Cabin Category:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5
- [ ] 6

### Accommodations:

- [ ] Twin
- [ ] Share (roommate to be assigned)
- [ ] Single

### I am/We are:

- [ ] Nonsmokers
- [ ] Smokers

### Deposit Information:

- [ ] Enclosed is a deposit for $2,000 per person made payable to Zegrahm Expeditions
- [ ] Charge a $2,000 per person deposit to:
  - [ ] VISA
  - [ ] MasterCard
  - [ ] American Express

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### Authorized Cardholder Signature

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### I/We have read and understand the enclosed Terms & Conditions for this program, and agree to abide by them.

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Please complete and return this Reservation Form with your deposit of $2,000 per person (checks made payable to Zegrahm Expeditions) to the following address:

**YALE EDUCATIONAL TRAVEL**

**ASSOCIATION OF YALE ALUMNI**

P.O. Box 209010 New Haven, CT 06520-9010 • Fax: 203-432-0587

Phone: 203-432-1952 • E-mail: edtravel@yale.edu

Participants can also register online at YaleEdTravel.org/baltic13
Yale Faculty

Robert Frank, the Marie Borroff Professor of English at Yale, is a specialist in the languages, literatures, history, and archeology of the medieval North. “Vikings” — the lecture course that she co-teaches — is one of the largest and most popular in the humanities. Her first book, Old Norse Court Poetry, decoded the intricate verse and runic inscriptions of the Viking Age. Other publications by her have dealt with the islands of the Baltic and with early accounts of travel to the eastern shores of this sea. She looks forward to experiencing with you not only the stunning, historical capital cities of modern Sweden and Denmark, and the glorious, history-laden St. Petersburg, but also the spectacular maritime landscape of the Baltic littoral.

Her husband, Walter Goffart, professor emeritus of medieval history at the University of Toronto, is a Senior Research Scholar in Yale’s History Department and former Executive Fellow of Berkeley College. He is the author of Barbarians and Romans, A.D. 418-584 (1980), Barbarian Tides (2006), and the prizewinning Narrators of Barbarian History (1988). His other works include Historical Atlases: the First 300 Years (2003). With Roberta, he has traveled in all the Scandinavian countries and northern Russia, and welcomes the opportunity to visit the shores in between and its Hanseatic ports (Tallinn, Riga, Visby, Gdansk).

TERMS & CONDITIONS

1. Reservations: A $2,000.00 per person deposit, along with a completed and signed Reservations Form, will reserve a place for you on this Yale Alumni (AYA)/Zeugram, program. The balance of the expedition fare is due 120 days prior to departure. Air fare is due at time of issuance. All prices are quoted in U.S. dollars and must be paid in U.S. dollars. Credit cards accepted for deposit only.

2. Cancellation and Refund Policy: Cancellations for all or any part of the trip shall not be effective until they are received in writing and confirmed by the Association of Yale Alumni. At the time we receive your written cancellation, the following penalties will apply:
   • 120 days or more prior to departure: $750 per person
   • 60 through 119 days prior to departure: 50% of expedition fare
   • 1 through 59 days prior to departure: 100% of expedition fare

Some air fare may be nonrefundable. Once an expedition has departed, there will be no refunds from AYA/ZE for any unused portions of the trip. The above policy also applies to all extensions and independent travel arrangements made in conjunction with this program.

3. Trip Cancellation and Interruption Insurance: We strongly advise that all travelers purchase trip cancellation and interruption insurance as protection against an emergency that may force you to cancel or leave an expedition while it is in progress. A brochure describing coverage will be sent to you upon receipt of your reservation.

4. Share Policy: Accommodations on all AYA/ZE programs are based on double occupancy. If you are traveling alone and wish to share accommodations, a roommate will be assigned to you whenever possible. When pairing roommates, we will always pair participants of the same sex. All shared accommodations are nonsmoking. If it is not possible to pair you with a roommate, you may be asked to pay a single supplement for the land portion of the trip. This section defines our responsibility with respect to all of our trips, including extensions and independent travel arrangements made in conjunction with this program.

5. Medical Information: Participation in a AYA/ZE program requires that you be in generally good health. It is essential that persons with any medical problems and related dietary restrictions make them known to us well before departure. We can counsel you on whether the expedition you have selected requires that you be in generally good health. It is essential that persons with any medical problems and related dietary restrictions make them known to us well before departure.

6. Luggage Restrictions: Luggage size and weight limitations for both checked and carry-on luggage, imposed by the airlines or as an operational requirement due to type of aircraft, will apply for flights to/from/within this program. Specifications will be provided with pre-departure materials.

7. Fuel Cost Increases and Currency Fluctuation: In order to keep rates as low as possible, we do not build into the trip fare an allowance to cover possible increases from fuel costs or currency fluctuations. Therefore, as fuel-cost increases may occur and currencies do fluctuate around the world, it may be necessary for us to initiate a rate surcharge at any time before departure if there are exceptional cost increases beyond our control.

8. Itinerary Changes & Trip Delay: Itineraries are based on information available at the time of printing and are subject to change. AYA/ZE reserves the right to change a program’s dates, staff, itineraries, or accommodations as conditions warrant. If a trip must be delayed or the itinerary changed due to bad weather, unforeseen transportation delays, government restrictions (including visa issuance, airline schedules, sickness, or other contingency for which ZE or its agents cannot make provision, the cost of delays or changes is not included.

9. Itinerary Cancellation: AYA/ZE reserves the right to cancel an itinerary before departure for any reason whatsoever, including too few participants or logistical problems such as strikes, wars, acts of God, or any other circumstances that may make operation of the trip inadvisable. All trip payments received will be promptly refunded, and this refund will be the limit of ZE’s liability. ZE is not responsible for any expenses incurred by trip members in preparing for the trip, including nonrefundable or penalty-carrying airline tickets, special clothing, visa or passport fees, or other trip-related expenses.

10. Participation: AYA/ZE reserves the right to decline to accept any individual as a trip member for any reason whatsoever.

11. Limitations of Liability: This section defines our responsibility with respect to all of our trips, including extensions and independent arrangements. Please read it carefully. ZE, its Owners, Agents, and Employees, Yale University, and the Association of Yale Alumni give notice that they act only as the agents for the owners, contractors, and suppliers providing means of transportation and/or all other related travel services and assume no responsibility however caused for injury, loss, or damage to person or property in connection with any service resulting directly from: acts of God, detention, annoyance, delays, expenses arising from quarantine, strikes, thefts, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, terrorism, government restrictions or regulations, or discrepancies or changes in transit or hotel services over which it has no control. Reasonable changes in the itinerary may be made where deemed advisable for the comfort and well-being of the passengers. As described in item 7 above, all prices are subject to change. As described in item 9 above, in the event that an expedition must be cancelled, AYA/ZE is not responsible for any personal expense incurred by trip members in preparing for the program. Certain ship owners require use of preprinted ticket forms that limit the ship owner’s and operator’s liability. When such tickets are used, you are generally bound by the terms of these tickets with respect to your legal relationship to the owner and operators of the ship, their agent (ZE), and the ship’s crew. On advancement of deposit, the depositor acknowl - edges that he/she has read and understands the above-mentioned terms and conditions, and agrees to be bound by them.

California Seller of Travel Program Registration # 2031043-40