



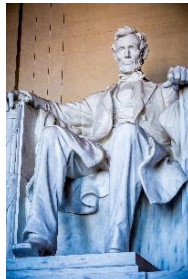
Tour: **HISTORY OF AMERICA**
Middle School Edition

Specialization: History, Science & Culture

Itinerary: 6-days / 5-nights

Location: Washington DC, USA

HISTORY OF AMERICA - MIDDLE SCHOOL EDITION			
Washington D.C., USA			
Day	Morning	Afternoon	Evening
1	Travel to Washington DC; transfer to hotel		Welcome, Safety & Orientation Briefing Welcome Dinner
2	Washington DC Private Guided Memorial Tour	Smithsonian Museum of American History Dinner & Free Time	
3	US Supreme Court + Historical Film, Courtroom Lecture & Exhibitions	The National Archives + Charters of Freedom Experience	The National Cathedral Dinner & Dance Cruise on the Potomac
4	George Washington's Mount Vernon, Lunch + Leadership or Slavery Tour	Ford's Theatre & Petersen House Dinner & Free Time	
5	Udvar Hazy National Air & Space Museum + IMAX Film Presentation	Fort McHenry National Monument with Flag Ceremony & Ranger Talk Medieval Times Dinner Theatre	
6	Reflection Circle	Travel home!	



As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.

A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we handle the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



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Step into the story of a nation built on ideas, courage, and change! This journey through Washington D.C. and Baltimore invites middle school students to explore the places where history was made - from the steps of the Supreme Court to the halls of the Smithsonian and the battlefields that shaped freedom. Each day connects the past to the present through interactive tours, museum experiences, and leadership lessons that bring America's founding principles to life. Students will discover how visionaries, inventors, and everyday citizens helped shape the country we know today - while creating their own memories in the heart of our nation's capital.

Washington DC... The Washington D.C. metro area - home to the nation's most iconic landmarks and institutions - sets the stage for an unforgettable journey through America's past. Students will walk in the footsteps of leaders and visionaries as they explore the U.S. Supreme Court, the National Archives, and the Smithsonian museums, discovering how democracy, justice, and freedom have evolved over time. Guided tours and interactive exhibits bring history to life, connecting classroom lessons to real-world events that shaped the country. Lodging in the greater D.C. area provides easy access to both the capital's monuments and its surrounding historical sites, ensuring each day blends learning, reflection, and inspiration.



Did you know?

- > Washington D.C. isn't in any state! It was created in 1790 as a neutral capital so no single state would hold national power.
- > The famous phrase "taxation without representation" is still heard here today because D.C. residents pay federal taxes but don't have full voting representation in Congress.
- > The District of Columbia was named after explorer Christopher Columbus, whose voyages helped shape early European exploration of the Americas.
- > D.C. is one of the most international cities in the United States, home to more than 170 embassies and cultural centers. About 20,000 international students study here each year, and 15% of residents speak a language other than English at home.
- > The Smithsonian Institution is the world's largest museum complex, with 21 museums and the National Zoo - and admission is free.
- > The Washington Monument was once the tallest structure in the world until the Eiffel Tower surpassed it in 1889.
- > The Lincoln Memorial has 36 columns - one for each state in the Union when Lincoln died.
- > The word "lobbyist" became popular thanks to President Ulysses S. Grant, who complained about people trying to influence him while he relaxed in the lobby of the Willard Hotel.
- > The National Mall isn't a shopping mall - it's a two-mile park lined with monuments, museums, and history.
- > Beneath D.C.'s streets runs a maze of historic tunnels connecting government buildings, some dating back to the 1800s.



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Day 1

Dinner included

Arrival, Welcome & Kickoff - Students arrive in the Washington D.C. metro area and get checked into the hotel, settling into their rooms and meeting their Tour Director. Once everyone is unpacked and refreshed, the group gathers for our Welcome, Safety & Orientation Meeting, where we walk through trip expectations, daily routines, and how our team keeps students supported and supervised throughout the week. It's a chance to meet the staff, review safety protocols, and set the tone for a fun, respectful, and curiosity-driven adventure. The evening wraps up with a welcome dinner, giving students time to relax, connect, and get excited for the days ahead. If your group arrives early, we're always happy to help plan additional activities to make the most of your first afternoon in the capital region.

Day 2

Breakfast & dinner included; lunch on own

Today's activities include:

Washington DC City Tour with a Private Guide – Spend your morning discovering the nation's capital with a private educational guide who brings Washington D.C.'s stories, symbols, and heroes to life. As you travel through the city's historic neighborhoods and along the National Mall, your guide will share the meaning behind some of D.C.'s most famous landmarks — from the steps of the Lincoln Memorial to the powerful tributes honoring Dr. Martin Luther King, Jr. and America's veterans. Your group is welcome to hop on and off the motorcoach to explore memorials up close, take photos, and experience these sites in a meaningful way. If you have special requests or must-see locations, we're always happy to tailor the route to your group's interests. It's the perfect introduction to the capital, blending history, civics, and reflection with an engaging, student-friendly pace.



Smithsonian National Museum of American History - At the Smithsonian, students dive into the stories, inventions, and everyday objects that shaped the nation. From the Star-Spangled Banner to groundbreaking innovations in transportation, communication, and culture, each exhibit reveals how Americans have lived, worked, created, and changed over time. Interactive galleries help students connect major historical moments to real artifacts, showing how the country's identity has evolved through courage, conflict, creativity, and community.



Day 3

Breakfast & dinner included; lunch on own

Today's activities include:



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The United States Supreme Court - A visit to the Supreme Court gives students a rare look inside the nation's highest judicial institution. They'll begin with a short visitor film that introduces the Court's role in American government, then explore rotating exhibitions that highlight landmark cases, historic justices, and the evolution of constitutional law. When the Court is not in session, groups may attend a Courtroom Lecture, where trained docents explain how cases reach the Court, how the Justices deliberate, and why judicial independence matters. Students can also view architectural highlights such as the Great Hall, the John Marshall statue, and the iconic marble staircases. Together, these experiences help students connect the abstract idea of "the judicial branch" to the real people, decisions, and history that shape the nation.



National Archives Museum - At the National Archives, students come face-to-face with the documents that shaped the nation. Their visit begins with a short orientation film that introduces the role of the Archives and the power of primary sources. In the Rotunda for the Charters of Freedom, students view the original Declaration of Independence, U.S. Constitution, and Bill of Rights - an unforgettable moment that connects classroom learning to the real foundations of American democracy. Groups may also participate in a Charters of Freedom - focused educational session, where educators guide students through how these documents were created, preserved, and interpreted over time. Additional exhibitions highlight topics such as civil rights, citizenship, and the evolution of government, giving students a deeper understanding of how the nation's story has been recorded and protected.



The National Cathedral Guided Tour - During their guided tour of the Washington National Cathedral, students explore one of the most stunning and symbolic buildings in the nation's capital. They'll learn how the Cathedral blends history, architecture, and storytelling through its soaring Gothic design, intricate stained-glass windows, and carvings that highlight moments and figures from American life. Guides share the Cathedral's role in national events - from presidential funerals to moments of unity and remembrance - while pointing out surprising details like the famous "Space Window" containing a real moon rock. The experience helps students see how art, faith, and history intersect in a place that has witnessed some of the country's most significant ceremonies.



Dinner & Dance Cruise on the Potomac - Students cap off their evening with a lively dinner and dance cruise on the Potomac River, hosted by City Experiences. As the boat glides past the illuminated monuments and bridges of Washington D.C., students enjoy a kid-friendly buffet dinner and time to relax with friends. Once the music starts, the dance floor opens for a fun, supervised celebration that keeps the energy high. With stunning skyline views, fresh air on the open decks, and a safe, private space just for your group, this cruise offers a memorable way to experience the capital at night.



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Day 4

Breakfast, lunch & dinner included

Today's activities include:

George Washington's Mount Vernon: Galleries, Mansion Tour & Leadership/Slavery Program - Students spend the day exploring George Washington's Mount Vernon, the historic estate of America's first president. Their visit begins in the interactive galleries, where artifacts, films, and hands-on exhibits introduce Washington as a leader, innovator, and farmer. Students then tour the Mansion, walking through the rooms where Washington lived and made decisions that shaped the early nation.



Afterward, students participate in a specialized educational program- either a Leadership Workshop, which examines Washington's character, decision-making, and challenges, or a Slavery at Mount Vernon Tour, which provides an honest, age-appropriate look at the lives of the enslaved people who lived and worked on the estate. Both options deepen understanding and encourage thoughtful reflection.

Ford's Theatre & Petersen House – A visit to Ford's Theatre brings one of the most pivotal moments in American history to life. Students explore the theatre where President Abraham Lincoln was assassinated, learning about the events of April 14, 1865, and the people whose lives were forever changed. When available, groups may attend a live performance or ranger-led program, which deepens understanding through storytelling, historical context, and dramatic interpretation. Exhibits beneath the theatre trace Lincoln's presidency, the Civil War, and the national impact of his leadership. The experience continues across the street at the Petersen House, where students walk through the rooms where Lincoln spent his final hours. Together, these sites offer a powerful, immersive look at leadership, legacy, and the moments that shaped the nation's path forward.



Day 5

Breakfast & dinner included; lunch on own

Today we check-out of the hotel this morning and spend our final night in Baltimore.

Smithsonian National Air & Space Museum: Udvar-Hazy Center - Students explore aviation and space exploration on a massive scale at the Udvar-Hazy Center, home to some of the most iconic aircraft and spacecraft in history. From the Space Shuttle *Discovery* to the SR-71 Blackbird and the Enola Gay, students walk beneath engineering marvels that shaped scientific progress and human exploration. The hangar-style layout lets them see aircraft up close, examine real mission equipment, and understand how innovation, problem-solving, and courage have propelled flight from the earliest experiments to modern space travel.



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Their visit includes a large-format **IMAX presentation**, where students experience flight, space, or science-focused storytelling on a towering screen with immersive sound. Whether they're soaring through the solar system or diving into the physics of flight, the IMAX film deepens their understanding of STEM concepts in a way that feels exciting, cinematic, and unforgettable. It's a highlight of the trip that brings the wonder of exploration to life.

Baltimore... Baltimore adds a dynamic and hands-on chapter to the students' history journey. At the Inner Harbor and surrounding historic districts, they'll explore stories of industry, innovation, and resilience that helped shape America's growth. From waterfront landmarks to immersive museums, Baltimore offers a lively blend of culture, science, and storytelling that complements their time in D.C. Students can experience how a major port city influenced trade, transportation, and daily life, all while enjoying the energy of one of the East Coast's most iconic harbors. It's a memorable finale that connects the nation's past to the vibrant communities that continue to shape its future.

Fort McHenry National Monument: Flag Change Ceremony & Ranger Program - Students visit Fort McHenry, the birthplace of the national anthem and one of the most inspiring historic sites on the East Coast. Standing on the same grounds that defended Baltimore during the War of 1812, students take part in a flag-changing ceremony, helping raise or lower the enormous Star-Spangled Banner that flies over the fort. It's a powerful, hands-on moment that connects them directly to the history that inspired Francis Scott Key's famous words.



Their experience continues with a National Park Service ranger program, where students learn how the Battle of Baltimore unfolded, explore the fort's ramparts and barracks, and discover how ordinary citizens played extraordinary roles in shaping the nation. The program blends storytelling, primary sources, and interactive learning, making history feel vivid, personal, and relevant for middle schoolers.

Medieval Times Dinner & Tournament - Students step back into the age of knights, castles, and epic competition at Medieval Times Dinner & Tournament. As they take their seats inside the grand arena, the lights dim and the excitement builds for a high-energy show filled with jousting, sword fights, horsemanship, and cheering sections that make every student feel part of the action. While the tournament unfolds, students enjoy a four-course feast served medieval-style—no utensils needed—which always adds to the fun.



With colorful banners, dramatic storytelling, and skilled performers who bring the Middle Ages to life, this evening is a perfect blend of entertainment, history, and pure student-friendly excitement. It's a highlight of the Baltimore portion of the trip and a memorable way to celebrate their final night together.

Day 6

Breakfast



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Reflection Circle - Before heading to the airport, students gather for a final reflection on their week - a chance to celebrate everything they've learned, experienced, and accomplished together. From hands-on STEM labs to behind-the-scenes discoveries, they look back on the moments that challenged them, inspired them, and brought the group closer. It's a warm, meaningful pause in the day where students share highlights, thank their leaders, and recognize how much they've grown. With new confidence, new friendships, and a deeper understanding of the world around them, the group begins their journey home - carrying memories that will stay with them long after the trip ends.

As your program comes to a close, we hope students leave feeling inspired by the history they've walked through, the science they've explored, and the memories they've created together. From hands-on learning to unforgettable shared experiences, this journey is designed to spark curiosity, build confidence, and strengthen connections that last long after the trip ends. Thank you for traveling with us and for trusting our team to guide your students through this meaningful adventure. We wish you a safe trip home and look forward to welcoming you on another Hammock Expeditions experience in the future.



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THE HISTORY OF AMERICA

Minimum Booking Numbers:

20 students

What's Included:

Round-trip flights or motorcoach transport
Airport transfers & motorcoach transportation throughout your stay
5-nights' accommodation in the DC metro area
Breakfasts & dinners daily starting with dinner on your night of arrival
and ending with breakfast on your day of departure
1 lunch (Mount Vernon)
Washington DC Guided Tour
Smithsonian Museum of American History
U.S. Supreme Court + Historical Film, Courtroom Lecture & Exhibitions
The National Archives + Charters of Freedom experience
The National Cathedral
Dinner & Dance Cruise on the Potomac
George Washington's Mount Vernon with Exhibits, Mansion Tour &
Leadership or Slavery tour experience
Ford's Theatre & Petersen House
Udvar-Hazy Smithsonian's National Air & Space Museum with IMAX
Fort McHenry National Monument + Flag Ceremony & Ranger Talk
Medieval Times Dinner Theatre
Personal Tour Director
24-hour emergency cover

What's Not Included:

Fully comprehensive insurance (**mandatory**)
Baggage costs, pay directly to airline if required
Baggage handling - everyone should be able to pull / load their own bag
Transfers to/from home airport
Lunches, snacks or beverages other than at designated mealtimes
Meal selections other than ones provided for the entire group (we are
generally able to cater for allergy conditions, vegetarians, halal
and in some cases vegan)
Cost of personal passports, visas or visa waiver fees
Cost of inoculations or medication required for travel
Sightseeing / Entertainment / Transport not shown in Itinerary
Hotel incidental deposits & bills – mini-bar, movies, etc.
Gratuities – drivers, hotel services, local guides, tour director
Credit card fees if individuals wish to pay via credit card instead of ACH
Additional taxes, fuel surcharges or fees levied by governments /
suppliers

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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