

**01:377:415 Lifestyles of the Mediterranean**  
**May 17 – May 29, 2022 (excluding travel days)**  
**Itinerary**

<b>May 17</b>	<b>Arrival in Greece – Athens</b> (*** you need to fly from the US on May 16th to arrive in Athens on May 17th***)
	Arrival
	Check in at “Athens Coast Hotel” ****
<b>19:00</b>	<b>Meet the group at the hotel lobby</b> 
19:00 - 20:00	Introductory lecture
20:00 - 22:00	Welcome dinner
22:00 -	Free time 😊😊
<b>Athens May 18</b>	<b>Healthy Lifestyle &amp; Wellness - Introduction to the Mediterranean Lifestyle</b> <b>Healthy Mediterranean Snacks &amp; Traditional Greek Street Food</b>
08:00 - 10:00	Breakfast
<b>10:00</b>	<b>Meet the group at the hotel lobby</b>
10:00 - 13:00	Introduction to the course (overview of the course itinerary, schedule, academic content, portfolios, projects, etc.)
13:00 - 17:00	Athens city bus tour (a private hop-on hop-off cultural and historical tour around the center of Athens) & light lunch (lunch box)
17:00 -	Study 📖📖 + free time 😊😊
<b>Athens May 19</b>	<b>Connecting Ancient History with Cotemporary Way of Living</b> <b>Traditional Meat-Based Dishes in the Mediterranean Diet</b>
08:00 - 09:00	Breakfast
<b>09:00</b>	<b>Meet the group at the hotel lobby</b>
09:00 - 10:00	Hotel to Acropolis by course bus
10:00 - 12:00	Guided tour of the Acropolis Museum & lecture
12:00 - 14:00	Visit to the Parthenon 🏛️ (bring your sneakers) 👟
14:00 - 16:00	Lunch at “The Cave of Acropolis” restaurant
16:00 - 17:00	Walking tour in the center of Athens
17:00 -	Study 📖📖 + free time 😊😊

<b>Athens May 20</b>	<b>Food Systems, Sustainable Lifestyle &amp; Development</b> <b>Legumes &amp; Nutritionally Complete, Eco-Friendly Meals</b>
08:00 - 09:00	Breakfast
<b>09:00</b>	<b>Meet the group at the hotel lobby</b>
09:00 - 09:30	Hotel to “Organization Earth Center” by course bus
09:30 - 13:30	Lecture & educational activities: guided tour of the center, discussion on food production and sustainable development, cooking demonstration & class, collective culinary activities (bring your sneakers 🧳)
13:30 - 15:30	Lunch at “Organization Earth Center”
15:30 - 16:00	To hotel by course bus
21:00-	Travel by ferry boat to the island of Leros
<b>Leros May 21</b>	<b>Production, Nutritional Value &amp; Health Benefits of Honey</b>
08:00 – 09:00	Check in at “Crithoni’s Paradise Hotel” ****
09:00 - 14:00	Visit a local honey producer - Lecture & educational activities: production, nutritional value, and health benefits of honey – Taste and smell!
14:00 - 15:00	Lunch
15:00 -	Study 📖📖 + free time 😊😊
<b>Leros May 22</b>	<b>Traditional Mediterranean Cuisine &amp; Rural Lifestyle</b>
08:00 - 09:00	Breakfast
<b>09:00</b>	<b>Meet the group at the hotel lobby</b>
09:00 - 09:30	Breakfast
09:30 - 10:00	Travel to a local cheese factory by tour bus
10:00 - 13:00	Educational activities: the role of daily products in the Mediterranean diet
13:00 - 14:00	Lunch
14:00 - 17:00	Demonstration of cheese making – tasting local dairy products
17:00 - 17:30	Travel to the hotel
17:30 -	Study 📖📖 + free time 😊😊
<b>Leros May 23</b>	<b>Study Day</b>
10:00 – 14:00	Study with supervision, overview of student portfolios & projects
14:00 – 15:00	Lunch
16:00 -	Study 📖📖 + free time 😊😊
<b>Leros May 24</b>	<b>Traditional Mediterranean Cuisine &amp; Rural Lifestyle</b>

08:00 - 09:00	Breakfast
<b>09:00</b>	<b>Meet the group at the hotel lobby</b>
09:00 - 09:30	Breakfast
09:30 - 11:00	Visit a local orange farm & collection of fruits
11:00 - 12:00	Demonstration of traditional fish netting, gathering, and cleaning on boat
12:00 - 13:30	Visit to the islands of Aspronisi, Arkoi, and Leipsoi by boat: hiking, swimming, relaxation & voluntary work (bring your sneakers  and swimsuit  )
13:30 - 17:00	Educational activities: the role of fishing and fish processing in the Mediterranean diet – Lunch with fish and seafood
17:00 - 18:00	Travel from Arkoi to Leros by boat
18:00 -	Study   free time 😊 😊
<b>Kos May 25</b>	<b>Travel Day – Commercial structure of ancient island food economies</b>
08:00 - 10:00	Breakfast
<b>10:00</b>	<b>Meet the group at the hotel lobby</b>
10:00 - 14:00	Travel to the island of Kos
14:00 - 15:00	Check in to our hotel
15:00 - 16:00	Lunch
16:00 – 18:00	Ancient Medicine - Visit the Ancient Agora and the Plane tree of Hippocrates
18:00 -	Study   + free time 😊 😊
<b>Kos May 26</b>	<b>Production, Nutritional Value &amp; Health Benefits of Olive Oil</b>
08:00 - 10:00	Breakfast
<b>10:00</b>	<b>Meet the group at the hotel lobby</b>
10:00 - 10:30	Hotel to an Olive Oil Grove by course bus
10:30 - 15:00	Lecture & educational activities: production, nutritional value and health benefits of olive oil, olive oil tasting & lunch
15:00 - 15:30	Olive grove to hotel by course bus
15:30 -	Study   + free time 😊 😊
<b>Kos May 27</b>	<b>Ancient Nutritional Medicine</b>
08:00 - 10:00	Breakfast
16:00 - 17:00	Travel to the “Sanctuary of Asklepios”, where Hippocrates was trained in the 5th century BC, by course bus
10:00 - 13:00	Guided tour of the “Sanctuary of Asklepios”. Lecture & educational activities: nutritional medicine & religion

13:00 - 14:00	Lunch
14:00 -	Study 📖 📖
<b>Kos May 28</b>	<b>Student Presentations - Overall reflective discussion</b>
08:00 - 09:45	Breakfast
<b>09:45</b>	<b>Meet the group at the hotel lobby</b>
10:00 - 13:00	Student project presentations & overall reflective discussion session (group 1)
13:00 - 14:00	Light lunch
14:00 - 19:00	Student project presentations & overall reflective discussion session (group 2)
19:00 - 20:00	Free time 😊 😊
20:00 - 22:00	Farewell dinner
22:00 -	Farewell party 🎉 🎉
<b>Kos, May 29</b>	<b>Fly to Athens - Departure from Greece</b>
09:00	Kos to Athens International Airport
	Travel back to USA

