



Greece Study Abroad



mediterranean diet
wellness
physical activity
relaxation
social life

epsilon creative studio

RUTGERS

School of Arts and Sciences

Department of Kinesiology and Health

Contact information

For more information about Lifestyle Science Study Abroad courses, please visit our website: <http://kinesabroad.rutgers.edu>



study.abroad.greece



@lifestylescience.greece



Lifestyle Science Study Abroad

RUTGERS

School of Arts and Sciences

Lifestyle Science Study Abroad

Come experience the culture of health and wellness that define the Mediterranean lifestyle. Discover the ideas and practices that make the Mediterranean region one of the healthiest places in the world. Our Lifestyle Science Study Abroad initiative provides experiential courses and activities that cover the history, evolution, principles, and health benefits of the Mediterranean lifestyle (Figure 1). You will gain the skills and competencies to integrate and promote these practices.

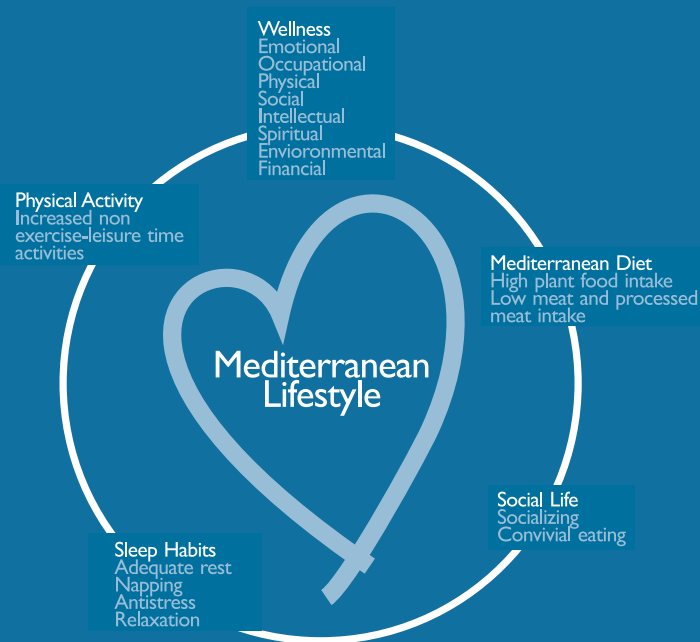


Figure 1: Fundamental characteristics of the Mediterranean lifestyle

Your host country

All courses take place in Greece, the cradle of Western Civilization and the birthplace of the Mediterranean diet. Greece has a rich cultural heritage, breathtakingly beautiful landscapes, and many historical and monumental sites.

Academics

Our program extends across a range of academic disciplines: humanities, social and behavioral sciences, medicine, nutrition, exercise science and public health. You will encounter the Mediterranean lifestyle as a holistic way of living, and study its key components, including diet, physical activity, conviviality, and spirituality. Each course includes theoretical lectures or discussion sessions on scientific and culture themes, followed by relevant experimental activities, field trips, excursions, and research, all of which are reflected in a portfolio of evidence (Figure 2).

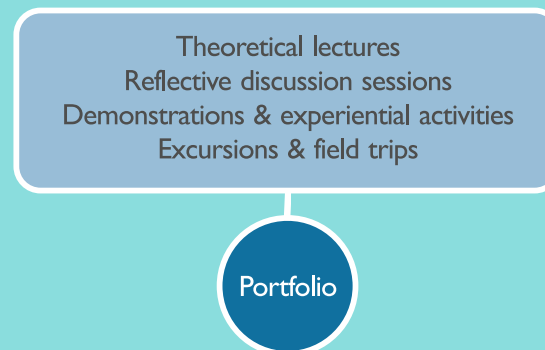


Figure 2: Academic tools & design of the educational courses

Opportunities

Experience the cultural frame of the Mediterranean while increasing your awareness of your own culture by comparing and contrasting customs, values, and traditions. Become familiar with the fundamental principles of the Mediterranean lifestyle; gain skills to introduce practices in various situations, such as academic settings, social venues, and professional environments.

Eligibility and admission

Both undergraduate and graduate (Rutgers or non-Rutgers) students are eligible for admission. Prerequisites (ex. suggested GPA) will be defined for each course particularly.

Financial information

Each course cost includes tuition (lectures, educational material, and field/experimental educational activities), accommodation, most meals, excursions and in-country transportation. The cost is defined for each course particularly, depending on its content and duration.

