

## ...Reflections continued

"I believe that I have a different and more positive outlook on my life after the amazing experiences that I have gained through the educational program".

**Brandon Cho - Summer 2018**

"At the beginning I only expected to be interested in the nutritional aspect of the course. But hiking Mt Lycabettus in Athens and hiking through a cacti forest to see the sunset in Nafplio were some of the highlights of my trip, unexpectedly"

**Alexia Ciarfella - Winter 2018**

"I tried many Greek desserts, such as ekmek politiko, and fell in love. I also gained skills in navigating the city and planning day trips in foreign countries. Every day I learned a multitude of new ideas, knowledge, and skills during these two weeks".

**Shannon Meledathu - Summer 2018**

"I learned different ways of cooking can bring out different health properties in spices. The skills I learned are based around cooking, as I helped cook several different dishes. I plan on incorporating many of these foods into my normal diet."

**Mitch Chenshan - Summer 2017**

"I have learned to appreciate the simpler things such as conviviality, which is somewhat of a lost art back in America because we live such a fast life that we do not slow down and appreciate its beauty".

**Mathew DeCastro - Summer 2018**

"It was really cool to see the local markets and sale of regional produce/products, understand how the agriculture is managed, and learn to cook with the available ingredients to produce consistently delicious meals."

**Adrienne Speranza—Winter 2018**

"I learned how to identify plants by smelling and feeling them before just adding them in food".

**Alyssa Miller - Summer 2018**

"I think that I learned more than I thought I was going to. I enjoyed this class immensely and I will probably talk about it for years to come."

**Rachel Goodman - Summer 2017**



## ...Reflections continued

"I didn't expect to do as much as we did. We really made the most of everyday and really had an educational and pleasant time. I thank God that I decided to come and would like to thank everyone for the great time we had."

**Aleni Lukowiak - Summer 2016**

"I thought this course was mainly going to be on diet, but it was all about having everything in moderation. I learned about having healthy nutrition, along with a health social, physical, mental and emotional life. I had so much fun!"

**Katherine O'Keeffe - Summer 2018**

"I learned a lot about moderation and that socialization is important in the Mediterranean lifestyle and a holistic way of therapy."

**Cassidy Quinn—Winter 2018**

"Coming into the course I did not expect to learn as much and as fast as I did. Being physically involved in what you are learning personally helps me retain and obtain skills and knowledge way more than classrooms can do. This course also helped me to step outside of my comfort zone, which has let me improve as a person in a huge way".

**Christopher O'Conner - Summer 2018**

"Diet includes more than just food. Physical activity and socialization are both important aspects of a diet and contribute a lot to your health. Look at the body as a whole - mental, physical, social and spiritual health all impact the feeling of well-being." -

**Nicholas Amabile - Winter 2018**

"Prior to the course, I was more interested in exactly what was on the itinerary and was not as open to the spontaneous activities like morning swims. Every aspect was exponential and allowed someone to interact with locals in a meaningful way. I am happy that I did grow closer to people on the trip".

**Gabriella Harrison - Summer 2018**

"The people, places, and lessons I've learned have most definitely shaped me and made me feel so at peace in my mind. I'm emotional thinking about leaving because life in the States is just nearly as amazing as this experience has shown me that it can be."

**Jenna Lonigro - Winter 2018**