

## ...Reflections continued

"The course is truly experiential. I did not expect to get that immersed in the culture while being here, and it was so rewarding to partake in that aspect of the lifestyle. The Mediterranean lifestyle includes making meals a truly social experience, and I found it so amazing to connect with the people around me at meals."

**Emily Winters - Winter 2019**

"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**

"I learned not to worry about things I cannot control. I gained skills to help me appreciate the experience, regardless of my value judgement of it at the time. I learned that my exercise and diet habits at home are extremely stringent and gained a new appreciation for health as opposed to athleticism."

**Samantha Jozwik - Winter 2019**

"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**

"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**

"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 will definitely lead a more convivial life back in the US. I really enjoyed the three hour dinners by the end of the trip. Also, I will lead a more physically active life in general rather than simply going to the gym. It's more fun that way. Lastly, I'll stick to Labros' golden rule: "everything in moderation."

**Afreen Shalan - Winter 2019**



## ...Reflections continued

"I gained insight on a different culture and their everyday patterns and habits along with new ways to cook and incorporate different foods into my everyday diet."

**Taylor Almer - Winter 2019**

"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**

"This trip definitely changed my life, but in an unexpected way! I think one of the best things about Rutgers is how diverse its student body is, and this trip brought me into contact with people that I wouldn't have met in any of my classes. I'm a lot more appreciative of the advantages that I have in life and I also want to volunteer more and do things to give to those in need."

**Jacqueline Sun - Winter 2019**

"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**

The best memory I had was the walk on the beach of Nafplio. Nafplio is the most beautiful place I have seen to this day with its waters and the great mountain range in the background. Also the new outlook I have on life is something that has definitely contributed towards me becoming a more worldly person with a more open mind towards everything."

**Asav mehta - Winter 2019**

"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**

"I enjoyed how engaging all the Professors were, and how structured the course was. I really enjoyed the overall course and had only positive memories and would love to talk to anyone who needs convincing to go on this trip."

**Dana Weiss - Winter 2019**