

...Reflections continued

"This trip met all of the expectations I had. I learned how to apply the Mediterranean diet to my life. I have gained basic cooking skills. I have also gained knowledge of both the health benefits of olive oil and its immense amount of culinary uses."

Michael White - Summer 2017

"I came to Greece knowing little to no information about the Mediterranean lifestyle. Now, I have learned everything about this lifestyle from the base all the way to the top. I also feel like a more mature and responsible individual. I never would have imagined how fun every excursion would be with the entire group."

Andrew Flores - Summer 2017

"I have gained cooking skills and the ability to push outside of my comfort zone. I will most definitely be able to take my experiences here back with me. All of my expectations were met and exceeded."

Kellianne Tachdjian - Summer 2017

"Over the past three weeks I have gained knowledge in cooking skills, I have learned a lot about Greece's traditions, why they eat certain foods and how they stay healthy. I will be able to cook healthier meals, and counsel my patients as a dietitian who has greater cultural knowledge. I made great friends and had the experience of a lifetime!"

Sarah Dobiszewski - Summer 2017

"I have gained a great amount of knowledge about a historic culture along with the cooking skills to make traditional dishes. I also learned how to socialize with unfamiliar people in a unique setting. This course has exceeded my expectations. I did not expect to become as close as we have as a group. I also did not expect the educational trips to be as interesting and engaging as they were. Studying abroad has been like no other studying I have done."

Matthew Lanzano - Summer 2017

"I have learned about sustainability and organic agriculture. I can apply what I know about a sustainable development to my own garden at home. I learned a lot about the medicinal properties of different plants and herbs, even how some types of teas are better for one person than another. I want to educate my family on the health benefits of olive oil and show them how to use it in cooking every day."

Melissa Waldron - Summer 2017

...Reflections continued

"I have learned so much over the past three weeks. I never thought I would be able to clear a fish or make bread from scratch, but I have conquered it all. I have learned how to identify herbs and how to make a functioning garden. I have learned why and what makes the Mediterranean lifestyle so special. All of my expectations for this course have been surpassed above and beyond. This course has challenged me mentally and physically and I have grown so much over this course of time."

Jordan Ashley Gentile - Summer 2017

"This trip has exceeded my expectations. I learned so much history and culture which was mostly hands on. I appreciated learning from so many different people and experiencing their passion in how they take on the Mediterranean lifestyle. I honestly thought I was just going to learn to eat healthy and lose weight on this trip, but I have learned about all parts of the healthy lifestyle and tried new foods outside of my comfort zone."

Eileen Hsieh - Summer 2017

"I learned that the concept of the Mediterranean diet is much more a diverse way of living than a strict procedure where everything is followed to an exact point. The connection I had with the students and the teachers will be one which I will never forget. I am so privileged to be able to attend this trip. I was just a boy with a dream of exploring this world and this trip made it one step closer and was the perfect start to my personal journey."

Oluwatobi Oduola - Summer 2017

"I feel that I have gained the skills to not only travel independently but also to learn about an entire program outside of the classroom in an experiential learning environment. I think that I will use the skill of experiential learning back home and be more keen to think about my cultural influences, and mindful to taste, touch and smell the food of other cultures because of what I have learned from the Mediterranean diet."

Jillian Nark - Summer 2017

"Everything I expected coming to Greece were surpassed in the greatest way. I expected to learn, eat great food, explore. While I have been here I have experienced folklore traditional dancing, hiking, beautiful archaeological sites and breathtaking sunsets. I am very sad to go but thankful for the experience."

Olivia Baker - Summer 2017