

01:377:415 Lifestyles of the Mediterranean Winter 2024 Itinerary

Students traveling from the USA must fly on January 1, 2023 to arrive in Athens on January 2, 2024, at 7:00 pm for the start of the course.

Notes:

A daily briefing* will be sent every evening via the CANVAS course with daily updates, meeting times and all logistics.

***Due to the experiential nature of the course, we ask students to be flexible.**

Breakfast is included and will be available at both hotels

Tuesday, January 2, Arrival Day

- Check in at “Athens Coast” Hotel. The course officially starts at 7:00 pm. At the pre departure meeting we will provide information on this transfer.
- <https://www.athenscoasthotel.gr/>.
- 7:00 pm Meet the group for a brief overview of the course. We will walk together to the Welcome Dinner

Wednesday, January 3, Introduction to Healthy Lifestyles

- Morning- Program Logistics-overview of the course itinerary, schedule, academic content, topics, projects, etc.
- Lecture “Introduction to the Mediterranean Lifestyle”
- Afternoon - Light Lunch & Athens city bus tour
- Evening-Study & Free Time

Thursday, January 4, Food Systems, Sustainability & Development

- Morning & Afternoon- “Organization Earth”- lecture, volunteer work, guided tour of the center. Food production, sustainability, cooking class, lunch, and collective culinary activities
- Quiz 1 opens
- Evening-Study & Free Time

Friday, January 5, Connecting Ancient History with Contemporary Way of Living

- All Day- Visit to the Acropolis Museum, Parthenon and Plaka (historical & Shopping Area). Guided Tour of the Acropolis Museum and then you will be able to extend your time in the museum, visit the Parthenon and walk around Athens to see the sights. Faculty will provide maps, a historical app, and suggestions for your itinerary. Uber and lunch supplement provided.

Saturday, January 6, Study Day

- Morning- Faculty review one on one of project outline/first draft of project
- Project Outlines due at 11:59 pm
- Afternoon & Evening - Study & Free Time. Pack all luggage for travel day on Sunday.

Sunday, January 7, Production, Nutritional Value and Healthy Benefits of Wine

- Morning & Afternoon- Travel Day to Nafplio/Winery Tour
- Lecture and educational activities at “Skouras” winery, production, maturation & bottling of wine & wine tasting
- Lunch at winery
- Travel to Nafplio by course bus - check in to “Hotel Agamemnon”
- <https://www.nafplioagamemnon.gr/>
- Quiz 2 opens
- Evening-Study & Free Time

Monday, January 8, Physical Activity Based on Tradition and Socialization

- Early Morning- Physical activity- Hike
- Morning- Project Review and Assignment for “Be a guide for a day”
- Afternoon - Dancing Instruction & Lunch
- Evening-Study & Free Time

Tuesday, January 9, The Concept, Evolution and Health Benefits of Physical Activity

- Morning- Harvard Center for Hellenic Studies- Lecture on physical activity
- Afternoon - Hike to “Karathonas” beach, exploring local geology and wild flora, discussion on patterns of physical activity and health & swimming.
- Lunch
- Quiz 3 opens
- Evening-Study & Free Time

Wednesday, January 10, Traditional Mediterranean Market- Seasonality, Use of Herbs

- Morning- Walking tour at an open “laiki” market, discussion on Mediterranean markets, tasting of local & seasonal Mediterranean products
- Afternoon - Lunch
- Evening-Study & Free Time

Thursday, January 11, Ancient Greece- Arts & Healing, Olive Oil

- Morning-Guided tour of archaeological sites: visit to the ancient theater of Epidaurus & visit to the Sanctuary of Asklepios, Student group work “Be a guide for a day”
- Afternoon - Guided tour of “Epidaurus olive oil domain”, demonstration of the production of olive oil
- Olive oil tasting & light lunch.
- Quiz 4 opens
- Evening-Study & Free Time

Friday, January 12, Dairy in the Mediterranean Diet, Forest Bathing

- Morning- Forest Bathing
- Afternoon - Use of dairy and cooking class/lunch
- Evening-Study & Free Time

Saturday, January 13, Study Day

- All Day Study Day & Free

Sunday, January 14, Student Presentation and Overall Reflections

- Morning- Student Presentations
- Lunch Break
- Afternoon - Student Presentations & Course Evaluations
- Evening-Farewell Dinner

Monday, January 15, Travel Day

- Travel from Nafplio to Athens International Airport for Departures.
Note: Departure time from Athens Airport should be scheduled no earlier than 12 noon.