

01:377:415 Lifestyles of the Mediterranean Winter 2026 Itinerary

***Students traveling from the USA must fly on January 5, 2026, to arrive in Athens on January 6, 2026, 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, physically active, have a computer and purchase an international phone plan with data to use while abroad. Students must also understand that all activities are subject to change.

Breakfast is included and will be available at all hotels.

*Tuesday, January 6, Arrival Day*

* Check in at *Plaka Hotel* [***www.plakahotel.gr***](http://www.plakahotel.gr).
* The course officially starts at 8:00 pm. Students are responsible for their own transfer to the hotel, which is in the center of Athens. We will review various options and provide information at the pre-departure meeting.
* 8:00 pm- Meet the group at the Plaka hotel Lobby for a brief overview of the course. We will walk together to the Welcome Dinner.

*Wednesday, January 7, Introduction to Healthy Lifestyles*

* Morning- Program Logistics-overview of the course itinerary, schedule, academic content, topics, projects, etc. Project assignments will be reviewed.
* Athens city walking tour
* Lunch
* Study & Free Time

*Thursday, January 8, Connecting Ancient History with Contemporary Way of Living*

* Visit to the Acropolis Museum, Parthenon and Plaka (historical & Shopping Area). Guided Tour of the Acropolis Museum, and then we will visit the Parthenon. After that, you are free to walk around Athens to see the sights. Faculty will provide maps, a historical app, and suggestions for your itinerary.
* Lunch supplement provided
* Evening Study and Free Time
* Quiz 1 opens
* Pack all luggage for travel day on Friday.

*Friday, January 9, Production, Nutritional Value and Healthy Benefits of Wine*

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

*Saturday, January 10, Traditional Religious Practices and Stress Management in Greece*

* Lecture “Religiosity and Spirituality”
* Visit religious/historical site and discussion of stress management techniques.
* Museum of Nafplion
* Lunch
* Quiz 2 opens
* Dinner

*Sunday, January 11, Study and Free Time*

* Optional early morning hike to the castle
* Study & Free Time

*Monday, January 12, Socialization, conviviality - Traditional Dancing Workshop*

* Morning- Project Review and Assignment for “Be a Guide for a day”
* Afternoon - Dancing Workshop & Lunch
* Afternoon- Faculty review one-on-one of project outline/first draft of project
* Project Outlines due at 11:59 pm
* Evening-Study & Free Time

*Tuesday, January 13, Lecture - The role of Physical Activity on Human Health*

* Early Morning- Physical Activity-Hike, Forrest Bathing
* 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 14, Traditional Mediterranean Market- Seasonality*

* Morning- Discussion- Seasonality, seafood, herbs, fruits & vegetables
* Morning- Walking tour at an open “laiki” market (farmer’s market), discussion on Mediterranean markets, tasting of local & seasonal Mediterranean products.
* Afternoon – Lunch (seafood)
* Evening-Study & Free Time- Groups work on “Guide for a Day” assignment

*Thursday, January 15, Ancient Greece- Arts & Healing*

* Morning-Guided tour of archaeological sites: visit to the ancient theater of Epidaurus & the Sanctuary of Asklepios, Student group work “Be a Guide for a day.”
* Lunch
* Evening-Study & Free Time

*Friday, January 16, Dairy in the Mediterranean Diet, Sustainability, Cooking, Olive Oil*

* Traditional Greek Breakfast, Olive Oil discussion
* Afternoon - Cooking Workshop & Lunch
* Quiz 4 opens
* Evening-Study & Free Time

*Saturday, January 17, Study Day*

* All Day Study Day & Free – Work on your projects!

*Sunday, January 18, Student Presentation and Overall Reflections*

* Morning- Student Presentations & Course Evaluations
* Lunch
* Afternoon – Free time/packing
* Evening-Farewell Dinner & “Dance Club”

*Monday, January 19, Travel Day*

* Travel from Nafplion to Athens International Airport for Departures. Note: Departure time from Athens Airport should be scheduled no earlier than 12 noon. We will work to accommodate those students who must fly earlier but after noon is preferred.