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**01:377:415 Lifestyles of the Mediterranean**

**May 17 – May 29, 2022 (excluding travel days)**

**Itinerary**

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| **May 17** | **Arrival in Greece – Athens**  **(\*\*\* you need to fly from the US on May 16th to arrive in Athens on May 17th\*\*\*)** |
|  | Arrival |
|  | Check in at “Athens Coast Hotel” \*\*\*\* |
| **19:00** | http://s3.amazonaws.com/libapps/accounts/44105/images/welcome_thumb_tacks_1600_clr_9661.png**Meet the group at the hotel lobby** |
| 19:00 - 20:00 | Introductory lecture |
| 20:00 - 22:00 | Welcome dinner |
| 22:00 - | Free time **☺** **☺** |
| **Athens**  **May 18** | **Healthy Lifestyle & Wellness - Introduction to the Mediterranean Lifestyle**  Healthy Mediterranean Snacks & Traditional Greek Street Food |
| 08:00 - 10:00 | Breakfast |
| **10:00** | **Meet the group at the hotel lobby** |
| 10:00 - 13:00 | Introduction to the course (overview of the course itinerary, schedule, academic content, portfolios, projects, etc.) |
| 13:00 - 17:00 | Athens city bus tour (a private hop-on hop-off cultural and historical tour around the center of Athens) & light lunch (lunch box) |
| 17:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Athens**  **May 19** | **Connecting Ancient History with Cotemporary Way of Living**  Traditional Meat-Based Dishes in the Mediterranean Diet |
| 08:00 - 09:00 | Breakfast |
| **09:00** | **Meet the group at the hotel lobby** |
| 09:00 - 10:00 | Hotel to Acropolis by course bus |
| 10:00 - 12:00 | Guided tour of the Acropolis Museum & lecture |
| 12:00 - 14:00 | https://pixabay.com/static/uploads/photo/2014/03/25/16/27/tennis-shoes-297150_960_720.pnghttps://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcR5u762CQkpaXcFLsMwiK6xeoWsAvxPZYxOnE7K4VBWasP44yqYJwVisit to the Parthenon (bring your sneakers ) |
| 14:00 - 16:00 | Lunch at “The Cave of Acropolis” restaurant |
| 16:00 - 17:00 | Walking tour in the center of Athens |
| 17:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Athens**  **May 20** | **Food Systems, Sustainable Lifestyle & Development**  Legumes & Nutritionally Complete, Eco-Friendly Meals |
| 08:00 - 09:00 | Breakfast |
| **09:00** | **Meet the group at the hotel lobby** |
| 09:00 - 09:30 | Hotel to “Organization Earth Center” by course bus |
| 09:30 - 13:30 | https://pixabay.com/static/uploads/photo/2014/03/25/16/27/tennis-shoes-297150_960_720.pngLecture & educational activities: guided tour of the center, discussion on food production and sustainable development, cooking demonstration & class, collective culinary activities (bring your sneakers ) |
| 13:30 - 15:30 | Lunch at “Organization Earth Center” |
| 15:30 - 16:00 | To hotel by course bus |
| 16:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Athens**  **May 21** | **Study Day** |
| 10:00 – 14:00 | Study with supervision, overview of student portfolios & projects |
| 14:00 - 15:00 | Lunch |
| 15:00 - | Free time **☺** **☺** |
| **Nafplio**  **May 22** | **Production, Nutritional Value & Health Benefits of Wine**  Alcohol & “Meze” Dishes in the Mediterranean Diet |
| 08:00 - 10:00 | Breakfast |
| **10:00** | **Meet the group at the hotel lobby** |
| 10:00 - 12:00 | Travel from Athens to Argos by course bus |
| 12:00 - 13:30 | Lecture and educational activities: visit to the “Skouras” winery, demonstration of the production, maturation & bottling of wine |
| 13:30 - 15:30 | Travel from Argos to Nafplio by course bus |
| 13:30 - 15:30 | Check in at hotel “Αgamemnon” \*\*\* |
| 15:30 - 17:00 | Lunch at “Kipos” restaurant |
| 17:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 23** | **The Concept, Evolution & Health Aspects of Physical Activity**  Grain-Based Dishes in the Mediterranean Diet |
| 08:00 - 10:00 | Breakfast |
| **10:00** | **Meet the group at the hotel lobby** |
| 9:00 - 12:00 | Lecture: “Med diet; overview of health benefits” at the Harvard Center for Hellenic Studies |
| 12:00 - 16:00 | Recreational educational activities: hiking to “Karathonas”, exploring local geology and wild flora, discussion on the role of wild herbs in the Mediterranean diet and patterns of physical activity and health |
| 16:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 24** | **Exercise Based on Tradition and Socializing**  Fish & Seafood in the Mediterranean Diet |
| 08:00 - 9:00 | Breakfast |
| 9:30 - 12:00 | https://pixabay.com/static/uploads/photo/2014/03/25/16/27/tennis-shoes-297150_960_720.pngGreek folklore dance lesson (bring your sneakers ) |
| 12:00 - 14:00 | Lecture and educational activities: Fish & Seafood in the Mediterranean Diet. |
| 14:00 - 15:00 | Lunch at “Psarosavouras” restaurant |
| 15:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 25** | **Ancient Greek Arts and Healing - Production & Health Benefits of Olive Oil**  Olive Oil & “Meze” Dishes in the Mediterranean Diet |
| 08:00 - 10:00 | Breakfast |
| **10:00** | **Meet the group at the hotel lobby** |
| 10:00 - 10:30 | Travel from Nafplio to Epidaurus by course bus |
| 10:30 - 12:30 | https://pixabay.com/static/uploads/photo/2014/03/25/16/27/tennis-shoes-297150_960_720.pngGuided tour of the archaeological site: visit to the ancient theater of Epidaurus & the Sanctuary of Asklepios (bring your sneakers ) |
| 12:30 - 13:00 | Travel from Epidaurus to Ligourio by course bus |
| 13:00 - 15:00 | Lunch at “Alkion” restaurant & olive oil tasting |
| 15:00 - 17:00 | Lecture and educational activities: guided tour of “Epidaurus olive oil domain”, demonstration of the production of olive oil |
| 17:00 - 17:30 | Travel from Ligourio to Naflpio by course bus |
| 17:30 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 26** | **Traditional Mediterranean Cuisine & Rural Lifestyle**  Mediterranean Culinary Tradition |
| 08:00 - 09:00 | Breakfast |
| **09:00** | **Meet the group at the hotel lobby** |
| 09:00 - 09:30 | Travel from Nafplio to Tolo by course bus |
| 09:30 - 11:00 | Visit a local orange farm & collection of fruits |
| 11:00 - 12:00 | Demonstration of traditional fish netting, gathering, and cleaning on boat |
| 12:00 - 13:30 | https://pixabay.com/static/uploads/photo/2014/03/25/16/27/tennis-shoes-297150_960_720.pnghttps://cdn2.iconfinder.com/data/icons/glyphie-1/40/shorts_pants_trousers_clothing_cloth-512.pngVisit to the island of Romvi by boat: hiking, swimming, relaxation & voluntary work (cleaning of the beach - bring your sneakers and swimsuit ) |
| 13:30 - 17:00 | Demonstration of traditional Mediterranean recipes and lunch |
| 17:00 - 18:00 | Travel from Tolo to Nafplio by course bus |
| 18:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 27** | **Study Day** |
| **7:00 – 10:00** | Hiking to “Palamidi” fortress (1000 steps! - bring your sneakers) |
| 10:00 – 11:00 | Traditional Greek Breakfast |
| **11:00** | **Portfolio delivery (hotel front desk)** |
| 10:00 - | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| **Nafplio**  **May 28** | **Student Presentations - Overall reflective discussion** |
| 08:00 - 09:45 | Breakfast |
| **09:45** | **Meet the group at the hotel lobby** |
| 09:45 - 10:00 | Hotel to the “Harvard Center for Hellenic Studies” on foot |
| 10:00 - 13:00 | Student project presentations & overall reflective discussion session (group 1) |
| 13:00 - 14:00 | Light lunch |
| 14:00 - 19:00 | Student project presentations & overall reflective discussion session (group 2) |
| 19:00 - 20:00 | Free time **☺** **☺** |
| 20:00 - 22:00 | Farewell dinner at “Kipos” restaurant |
| 22:00 - | http://bestfreeclipart.tk/clipart/resource/2016/01/06/clipart-firework-ns.pnghttp://bestfreeclipart.tk/clipart/resource/2016/01/06/clipart-firework-ns.pngFarewell party at “Akanthus” club |
| **We, May 30** | **Departure from Greece - Nafplio** |
| 08:00 - 10:00 | Breakfast |
| **10:00** | **Meet the group at the hotel lobby** |
| 10:00 - 13:00 | Nafplio to Athens International Airport by course bus |
|  | Travel back to USA |

