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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 | | | | | |
| 21:00- | Travel by ferry boat to the island of Leros | | | | | |
| Leros  May 21 | | | | | Production, Nutritional Value & Health Benefits of Honey | |
| 08:00 – 09:00 | | | | | Check in at “Crithoni’s Paradise Hotel” \*\*\*\* | |
| 09:00 - 14:00 | | | | | | Visit a local honey producer - Lecture & educational activities: production, nutritional value, and health benefits of honey – Taste and smell! |
| 14:00 - 15:00 | | | | | | Lunch |
| 15:00 - | | | | | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** |
| Leros  May 22 | | | | | | **Traditional Mediterranean Cuisine & Rural Lifestyle** | |
| 08:00 - 09:00 | | Breakfast | | | | | |
| **09:00** | | **Meet the group at the hotel lobby** | | | | | |
| 09:00 - 09:30 | | Breakfast | | | | | |
| 09:30 - 10:00 | | Travel to a local cheese factory by tour bus | | | | | |
| 10:00 - 13:00 | | Educational activities: the role of daily products in the Mediterranean diet | | | | | |
| 13:00 - 14:00 | | Lunch | | | | | |
| 14:00 - 17:00 | | Demonstration of cheese making – tasting local dairy products | | | | | |
| 17:00 - 17:30 | | Travel to the hotel | | | | | |
| 17:30 - | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** | | | | | |
| Leros  May 23 | | | | | | Study Day | |
| 10:00 – 14:00 | | Study with supervision, overview of student portfolios & projects | | | | | |
| 14:00 – 15:00 | | | | | | Lunch | |
| 16:00 - | | | | | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** | |
| Leros  May 24 | | | | | | **Traditional Mediterranean Cuisine & Rural Lifestyle** | |
| 08:00 - 09:00 | | Breakfast | | | | | |
| **09:00** | | **Meet the group at the hotel lobby** | | | | | |
| 09:00 - 09:30 | | Breakfast | | | | | |
| 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 islands of Aspronisi, Arkoi, and Leipsoi by boat: hiking, swimming, relaxation & voluntary work (bring your sneakers and swimsuit ) | | | | | |
| 13:30 - 17:00 | | Educational activities: the role of fishing and fish processing in the Mediterranean diet – Lunch with fish and seafood | | | | | |
| 17:00 - 18:00 | | Travel from Arkoi to Leros by boat | | | | | |
| 18:00 - | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** | | | | | |
| Kos  May 25 | | | | Travel Day – Commercial structure of ancient island food economies | | |
| 08:00 - 10:00 | | | | Breakfast | | |
| **10:00** | | | | **Meet the group at the hotel lobby** | | |
| 10:00 - 14:00 | | | | Travel to the island of Kos | | |
| 14:00 - 15:00 | | | | Check in to our hotel | | |
| 15:00 - 16:00 | | | | Lunch | | |
| 16:00 – 18:00 | | | | Ancient Medicine - Visit the Ancient Agora and the Plane tree of Hippocrates | | |
| 18:00 - | | | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** | | |
| Kos  May 26 | | | | Production, Nutritional Value & Health Benefits of Olive Oil | | |
| 08:00 - 10:00 | | | | Breakfast | | |
| **10:00** | | | | **Meet the group at the hotel lobby** | | |
| 10:00 - 10:30 | | | | Hotel to an Olive Oil Grove by course bus | | |
| 10:30 - 15:00 | | | | Lecture & educational activities: production, nutritional value and health benefits of olive oil, olive oil tasting & lunch | | |
| 15:00 - 15:30 | | | | Olive grove to hotel by course bus | | |
| 15:30 - | | | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy + free time **☺** **☺** | | |
| Kos  May 27 | | | Ancient Nutritional Medicine | | | |
| 08:00 - 10:00 | | | Breakfast | | | |
| 16:00 - 17:00 | | | Travel to the “Sanctuary of Asklepios”, where Hippocrates was trained in the 5th century BC, by course bus | | | |
| 10:00 - 13:00 | | | Guided tour of the “Sanctuary of Asklepios”. Lecture & educational activities: nutritional medicine & religion | | | |
| 13:00 - 14:00 | | | Lunch | | | |
| 14:00 - | | | | Αποτέλεσμα εικόνας για book symbolΑποτέλεσμα εικόνας για book symbolStudy | | |
| **Kos**  **May 28** | **Student Presentations - Overall reflective discussion** | | | | | |
| 08:00 - 09:45 | Breakfast | | | | | |
| **09:45** | **Meet the group at the hotel lobby** | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| **Kos, May 29** | **Fly to Athens - Departure from Greece** | | | | | |
| 09:00 | Kos to Athens International Airport | | | | | |
|  | Travel back to USA | | | | | |

