

01:377:415 Lifestyles of the Mediterranean Winter 2025

Itinerary

*Students traveling from the USA must fly on January 6, 2025, to arrive in Athens on January 7, 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 and understand that all activities are subject to change.

Breakfast is included and will be available at both hotels.

*Tuesday, January 7, Arrival Day*

* Check in at “Athens Coast” Hotel. The course officially starts at 7:00 pm. Students are responsible for their own transfer to the Athens Coast Hotel. We will review various options and provide information at the pre departure meeting.
* <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 8, Connecting Ancient History with Contemporary Way of Living*

* Morning- Program Logistics-overview of the course itinerary, schedule, academic content, topics, projects, etc.
* Athens city bus tour
* 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.

*Thursday, January 9, Introduction to Healthy Lifestyles*

* Morning- Lecture: “*Introduction to Healthy Lifestyles”*
* Study and Free Day after 11:00 am.
* Quiz 1 opens
* Pack all luggage for travel day on Saturday.

*Friday, January 10, 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
* Travel to Nafplio by course bus - check in to “Hotel Agamemnon.”
* <https://www.nafplioagamemnon.gr/>
* Lunch
* Evening-Study & Free Time

*Saturday, January 11, Traditional Religious Practices and Stress Management in Greece*

* Lecture “Religiosity and Spirituality”
* Visit religious/historical sites. Practice stress management techniques.
* Museum of Nafplion
* Lunch
* Evening-Study & Free Time

*Sunday, January 12, Study and Free Time*

* Study & Free Time

*Monday, January 13, Socialization and Stress Management - 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 14, Lecture - The role of Physical Activity on human health*

* Early Morning- Physical Activity-Hike
* 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 15, “*Effects of Lifestyle Medicine on Human Health” - *Traditional Mediterranean Market- Seasonality*

* Morning- Harvard Center for Hellenic Studies- “Lecture on the Effects of Lifestyle Medicine on Human Health”.
* Morning- Walking tour at an open “laiki” market (farmer’s market), discussion on Mediterranean markets, tasting of local & seasonal Mediterranean products.
* Afternoon - Lunch
* Evening-Study & Free Time

*Thursday, January 16, Ancient Greece- Arts & Healing, Olive Oil*

* 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.”
* Afternoon – Guided Tour of “Epidaurus olive oil domain”
* Olive oil tasting & light lunch.
* Quiz 4 opens
* Evening-Study & Free Time

*Friday, January 17, Dairy in the Mediterranean Diet, Forest Bathing*

* Morning- Traditional Greek Breakfast
* Afternoon - Cooking Workshop
* Lunch
* Evening-Study & Free Time

*Saturday, January 18, Study Day*

* All Day Study Day & Free

*Sunday, January 19, Student Presentation and Overall Reflections*

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

*Monday, January 20, 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.