

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

**Summer Session 1**

**May 19 to June 1, 2025- Tentative Itinerary**

***Students traveling from the USA must fly on May 18, 2025, to arrive in Athens on May 19, 2024, no later than 2:00 pm. We will travel as a group to the island of Leros*.**

*Note: 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 daily.*

***Monday May 19, Arrival in ATHENS***

* Depending on the arrival times of students, we will meet at a pre-determined time **inside at Door 5** of the Athens Airport Arrivals Hall. This is where all international flights come thru.
* Late lunch will be provided
* Ferry to the island of Leros boards at 5:30 pm and departs at exactly 6 pm. We will travel overnight to Leros and arrive at 3:30 am.
* Check into hotel at 4:00 am and rest/free time

***Leros, Tuesday May 20, Introduction to Healthy Lifestyles - Connecting Ancient History with Contemporary Way of Living***

* Late wake up – Brunch around 12 noon
* Course orientation/schedule/logistics/program overview, project topics assigned
* Educational activities: Lecture-Introduction to the Mediterranean Lifestyle
* Island Tour (Leros Castle – War Museum - Agios Isidoros - Lakki) (https://www.visitgreece.gr/islands/dodecanese/leros/ )
* Welcome Dinner

***Leros, Wednesday May 21, Production, Nutritional Value & Health Effects of Wine***

* Breakfast
* Educational activities: Visit a Traditional Winery - Grapes & wine in the Mediterranean diet - Production, nutritional value, and health effects of wine -light lunch at winery.
* Study + free time

***Leros, Thursday May 22, The Concept, Evolution & Health Aspects of Physical Activity Hiking (Walk and Talk)***

* Breakfast
* Lecture: “Physical activity patterns in the Mediterranean lifestyle”
* Educational activities: Hiking (Walk and Talk) – Water exercise
* Lunch at Xenonas Mavraki
* Free/Study Time.

***Leros, Friday May 23***

* FREE DAY- Study and project work. Project outline due at 11:59 pm

***Leros, Saturday May 24, Study Day***

* Morning- Faculty review one on one of project outline/first draft of project
* Project Resubmissions due at 11:59 pm
* Afternoon & Evening - Study & Free Time.

***Note: depending on the weather, we may do a group activity. Do not make plans until cleared with faculty.***

***Leros, Sunday May 25, Socialization & Conviviality- Mediterranean Cooking workshop, Olive oil tasting, Cheese making demonstration.***

* Breakfast
* Lecture: “Mediterranean Diet: Healthy and Tasty! “The importance of Socialization & Conviviality”
* Educational Activity: Cooking lesson - Mediterranean Cuisine
* Lunch

***Leros, Monday May 26, Medicinal Herbs – Forest Bathing***

* Educational Activity: Visit the “Caserma of Herbs” – The role of Herbs and Medicinal Plants in the Mediterranean Lifestyle
* Traditional Breakfast
* Lecture: “Mediterranean plants & herbs. The role of herbs and medicinal plants on health”
* Educational Activity: Shinrin-yoku or “Forest Bathing”: Ecotherapy - fitness and mindfulness practice
* Lunch at “ koulouki pizza”
* Study + free time
* Dinner and Lerian Night (Dance and Fun the Greek way)

***Leros, Tuesday May 27, Seafood and Health***

* Breakfast
* Visit to fish farm – Discussion of production and consumption of seafood – Health effects
* Lunch
* Free time

***Leros, Wednesday May 28, Free Day***

* Free Day
* Greek dances and Dinner

***Leros, Thursday May 29, Student Presentation and Overall Reflections – TRAVEL DAY***

* Breakfast
* Student Presentations and reflective discussion session
* Course Evaluation
* Lunch
* Pack luggage and room check out.
* Dinner
* TRAVEL TO ATHENS BY FERRY – Departing Leros at 23:30, arriving in Athens at 09:30 on the following day

***Athens, Friday May 30, Connecting Ancient History with Contemporary Way of Living***

* Check in at the hotel in Athens
* Lunch
* Walking tour of the center of Athens
* Free time

***Athens, Saturday May 31, Free Day***

* Educational Activities: Guided tour of the Acropolis Museum (named one of the 10 best museums in the world) - Tour of the Acropolis of Athens and the Parthenon Monuments (UNESCO World Heritage Site)
* Lunch
* Free time
* Farewell dinner

***Athens, Sunday June 1, Travel Day***

* Students may schedule flights to the USA any time on Sunday, June 1st. Transportation will be provided to accommodate flights based on departure times.