



Study Abroad Program Title: Ancient Greek Wisdom for Today's Leadership Challenges: A Cultural Journey

Dates: May 21 – 30 (9nights / 10days)

Day 0: Friday, May 20:

- Fly out from USA

Day 1: Saturday, May 21:

- Pending arrival times
- Meet at **Aliki Perrotis Residence Hall**
- Settle into rooms/ shower
- (if time permits): **Campus Tour & Greek Cultural Presentation**
- **Welcome dinner** at traditional Greek tavern
- Overnight on campus (Thessaloniki)

Day 2: Sunday, May 22:

- 8:00 – 9:00am: Breakfast on campus
- 9:00am: Meet in front of the gate & depart downtown for **Thessaloniki Walking City Tour**
 - visiting: **Archaeological Museum/ White Tower/ Kamara / Rotonda**
- 12:00 – 2:00pm: **Greek Cooking Lesson** –stuffed grape leaves and spinach pie (eat your creations)
- 2:00 - 4:00pm: enjoy the city/walk around/coffee
- Evening hours free
- 7:30pm: **Group dinner** at traditional Greek tavern (included)
- Overnight on campus (Thessaloniki)



Day 3: Monday, May 23:

- 8:00 – 9:00am: Breakfast on campus
- 9:00 – 10:15am: Lecture: **'Group Dynamics and Leadership'**
- *(Campus tour & Cultural Presentation will be moved on this day, in case we cannot do it on arrival)*
- 10:30 – 11:30am: **Intro to the Mediterranean Diet in Greece: Diet & Culture:** By Dr. Adamidis
The Mediterranean diet is considered one of the healthiest diets worldwide. Several epidemiological studies support that adherence to the Mediterranean diet decreases cancer incidence, obesity, type II diabetes, cardiovascular diseases and the overall mortality. The lecture follows a holistic approach, taking into consideration the cultural aspect of the Mediterranean Diet in Greece and comparing the cultural habits of food consumption between Greeks and Americans. Diet comes from the Ancient Greek “diaita” which means “a way of living” so the students will learn not only about the components of Mediterranean Diet, nutrient composition, health benefits, but also history, mythology, cultural food patterns, food related traditions, etc.
- 12:00pm: Depart for **Barba Stathis Enterprise**
 - Barba Stathis SA belongs to Vivartia Group, the leading food company in Greece and a proud ambassador of Greek Nutrition. The fundamental key elements for its success are: Nutrition, Taste and Convenience. The Company’s activities include the production and sale of frozen vegetables (conventional and organic), mixed vegetables (plain and with rice), combinations of frozen vegetables based on traditional Greek recipes, as well as tomato products and fresh salads.
 - Tour of facilities & company presentation



- 2:00 – 4:00pm: **Women’s Agricultural Cooperative Traditional Products- Agios Antonios**

We will tour their facilities, trying out their delicious home-made products all while enjoying the beautiful natural views that surround their premises. The Women's Agricultural Cooperative was founded in 1999 and is the first women's cooperative in Thessaloniki. The purpose of the cooperative is employment in agriculture, strengthening the family income, the development of rural areas, and finally the conservation and dissemination of tradition, through the production and marketing of a series of wholesome traditional homemade products made with care. **(Lunch included on premises)**

- 6:00pm: **Greek Dance Lesson** (on campus)
- Dinner on your own
- Overnight on campus (Thessaloniki)





Day 4: Tuesday, May 24:

- Early Breakfast or meal bags given to students
- TBA: Early flight from Thessaloniki to Athens
- Arrive Athens International Airport – pick up by private bus & drop off at hotel (Syntagma Square/Plaka region), drop off luggage's & meet tour guide
- **Athens City Tour**
- **Acropolis Hill- Parthenon Tour**
- Walk to the **Acropolis Museum**
- Acropolis Museum Guided Tour
- lunch break in Plaka (on your own)
- Walk to the **Panathenaic Stadium** via the National Gardens
- **Panathenaic Stadium** Tour with English-speaking head sets
 - *The Panathenaic Stadium also known as Kallimarmaro is a multi-purpose stadium in Athens. It is the only stadium in the world built entirely of marble. It was the first stadium used for the modern Olympic Games in 1896. It is also the last venue in Greece from where the Olympic flame handover ceremony to the host nation takes place.*
- Remaining hours free to enjoy Athens
- Dinner on your own



Day 5: Wednesday, May 25:

**We will have a late dinner today, so it is advised that all students eat well during lunch time and/or have snacks with them throughout the day*

- Breakfast at the hotel
- TBA: (approximately 1 hour) visit the **Stavros Niarchos Foundation Cultural Center**
 - One of the world's leading private philanthropic organizations, the Stavros Niarchos Foundation provides grants to nonprofit organizations in the arts and culture, education, health and sports, and social welfare. The SNF supports organizations and programs worldwide expected to have a significant, lasting positive impact for society at large and exhibit strong leadership and good governance.
 - We will be guided through the Stavros Niarchos Foundation Cultural Center, designed by the Renzo Piano Building Workshop (RPBW). The tour will take place inside the state-of-the-art building complex that includes the National Library of Greece and the Greek National Opera as well as the interior and exterior public space surrounding the buildings.
- Remaining hours free to enjoy Athens (lunch, recommended activities will be offered, ie: visit Lycabettus Hill, bike tour around Athens, & more)
- ***Depending on sunset hours, we'll start our departure for Cape Sounio**
- Drive to **Cape Sounio** (approximately 1hr & 30min)
 - *The Temple of Poseidon was constructed around 600 BC. Poseidon was the god of sea in classical mythology. According to Greek Mythology, Cape Sounion is the spot where Aegeus, King of Athens, leapt to his death off the cliff, thus giving his name to the Aegean Sea.*





- Dinner at traditional tavern by the water (Depending on group's choice or in Athens) (on your own)
- Overnight in Athens

Day 6: Thursday, May 26:

- Breakfast at hotel
- Early flight to **Ikaria island** (TBA)
 - Ikaria is one of the northern islands of the Aegean Sea. What differentiates this beautiful island from other Greek islands is that it has been declared as one of **only 5 'Blue Zones' worldwide**. A Blue Zone is defined as a place where residents are several times more likely to reach the age of 90+ compared to normal other places. It's also notable that on Ikaria instances of cancer, cardiovascular disease, and diabetes are significantly lower, and dementia is rare.
 - During our time in Ikaria, the group will discover the secrets of their healthy lifestyle, the Ikarian Diet, & many aspects of their social life by speaking with locals, participating in various local activities, & more!
- Visit **Therma**, Ikaria
 - **Therma**, east of Agios Kirykos on the south coast, is known throughout Greece and abroad for its thermal sea baths. Its older name is Thermes, due to the hot springs of mildly radioactive water used since antiquity to treat many diseases.
 - We will spend some time enjoying the therapeutic elements and alternating temperatures of the waters.
- Take private bus to **Armenistis** where our hotel is located. Settle into rooms and free time to eat, swim in the sea or pool, enjoy the views and relax.
- Evening hours: drive to **Rahes** for group dinner & evening outing. Discover here how Ikarians socialize and stay out all night.
- Overnight in Armenistis





Day 7: Friday, May 27:

** For those participating in the farm must wear sturdy sneakers & comfortable clothing. Please make sure you also have your bathing suits, sunscreen with you!*

- Breakfast at hotel
- 9:00am: Drive to **Pezi village** and visit a local farm (approximately 4 hour activity)
 - Mr. Manolis, the farm owner will give us a tour of his land, showing us all of his produce, from vineyards, to greens grown only on the island and fruit trees. Here, we will have an option to work on the farm, as gardening and manual labor is part of the recipe of Ikarians' long life.
 - Lunch included on premises: All students will assist in the preparation of the meal – using ingredients from the farm.
- Drive to **Karkinagri** (approximately 1 hour away)
 - Group will enjoy a swim in the beautiful deep blue waters & then have the opportunity to enjoy a Greek coffee while talking to locals
- Early evening hours: visit local resident to learn **Ikarian goat cheese** recipe. The group will also get their hands dirty and will learn to make Greek cheese pie (tiropita). There is also an option to milk the goats.
- Late evening depart back to our hotel in Armenistis.





Day 8: Saturday, May 28:

- Breakfast at hotel
- Morning hours: Meditation at the hotel (not confirmed/pending availability/at own cost)
- Depart for **Rahes village**
 - **We will go on a walk in the forest to discover locally grown therapeutic herbs.**
 - Lunch at Rahes (on your own)
- **Take boat ride to the famous Seychelles Beach** & enjoy swimming in the crystal clear waters
- Evening time (if time permits) we will visit a local bee keeper & try various flavors of honey
- Depart back to hotel & dinner on your own
- Overnight in Armenistis



Day 9: Sunday, May 29:

- Breakfast at the hotel
- TBA: flight to Athens
- Morning hours to relax, enjoy the pool & go for a walk in town
 - ****If time permits, we will add an additional site visit**
- Arrive Athens Hotel/settle into rooms/free time
- **Farewell dinner at Greek tavern**
- Overnight in Athens

Day 10: Monday, May 30:

- TBA: Departure & drop-off at International Airport of Athens (ATH)
 - *one bus to the airport/others will have to arrange a cab*