This 3-credit course includes a one-week food, culture/lifestyle, and culinary experience in one of the five “Blue Zones” of the world, Ikaria, Greece, where people live active and productive lives into their 90’s and beyond. During this program you will experience the Ikarian lifestyle and food habits, and discover the unique flora of this beautiful island as you hike through a forest with a trained guide to forage for herbs and other wild foods that grow in plenty – foods that are purported to contribute to the longevity of Ikarians.

Ikaria is one of the Greek Isles located about 55 minutes by plane from Athens, Greece. It is a diverse island with rugged mountains and picturesque shorelines lapped by the crystal clear aquamarine water of the Aegean Sea. The home-base for this course is Nas, located on the northern side of the island where the ruins of the Temple of Artemis dating back to the 6th century BC can be seen.

Excursions include touring a local winery; visiting a local honey producer; cooking lessons using locally grown foods; eating delicious meals with the locals; visiting a goat farm and sampling goat cheese; visiting a local village; bathing in thermal waters, and swimming in the Aegean Sea.

You will share lodging with other students in quaint apartments overlooking the Aegean Sea.
PRICING

WHAT’S INCLUDED
Tuition, all in-country transportation, most meals, accommodations, cooking lessons, field trips, guided tours, guest lectures, international health insurance, and emergency medical assistance.

WHAT’S NOT INCLUDED
Round-trip airfare, some meals, and additional personal travel and expenses

FINANCIAL AID
Most financial aid that you would receive on campus can be applied toward the cost of this program. However, all financial aid eligibility is determined by Student Financial Aid & Scholarships.

SCHOLARSHIPS
UFIC offers many study abroad scholarships, with various eligibility criteria. The Summer 2023 scholarship deadline is February 9, 2023. Apply on our website!