

# UF IN SARDINIA & IKARIA

BLUE ZONES: FOOD, CULTURE, & LONGEVITY | SUMMER A: MAY 10-23, 2025

## COLLEGE INFORMATION

College of Agricultural & Life Sciences  
Department of Food Science & Human Nutrition  
Department of Family, Youth & Community Sciences

## LEARN MORE OR APPLY

UFIC Website  
[internationalcenter.ufl.edu](https://internationalcenter.ufl.edu)

Application Deadline  
**February 6, 2025**



## PROGRAM

This 6-credit program includes a two-week food, culture/lifestyle, and culinary experience in two of the five "Blue Zones" of the world: **Sardinia, Italy, and Ikaria, Greece**, where people live active and productive lives into their 90's and beyond. During this program you will experience the Sardinian and Ikarian lifestyles and food habits and discover the history and unique flora of these beautiful islands as you participate in hikes with trained guides and eat traditional foods that are purported to contribute to the longevity of Sardinians and Ikarians.

## LOCATION

Sardinia is an Italian island in the Mediterranean Sea. It is a mountainous island with a rugged coastline and beautiful beaches. We will explore and stay in three different towns as we learn how the history of the island and the traditional lifestyle has led to longevity. 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

Excursions in Sardinia include visiting ancient nuraghi; hiking along the coast and with a shepherd in the rugged mountains; visiting a goat farm and tasting goat cheese; sampling traditional foods; bread making; and swimming in the Mediterranean. Excursions in Ikaria include touring a local winery; visiting a local honey producer; cooking lessons using locally grown foods; eating delicious meals with the locals; visiting a local village; bathing in thermal waters; and swimming in the Aegean Sea.

## HOUSING

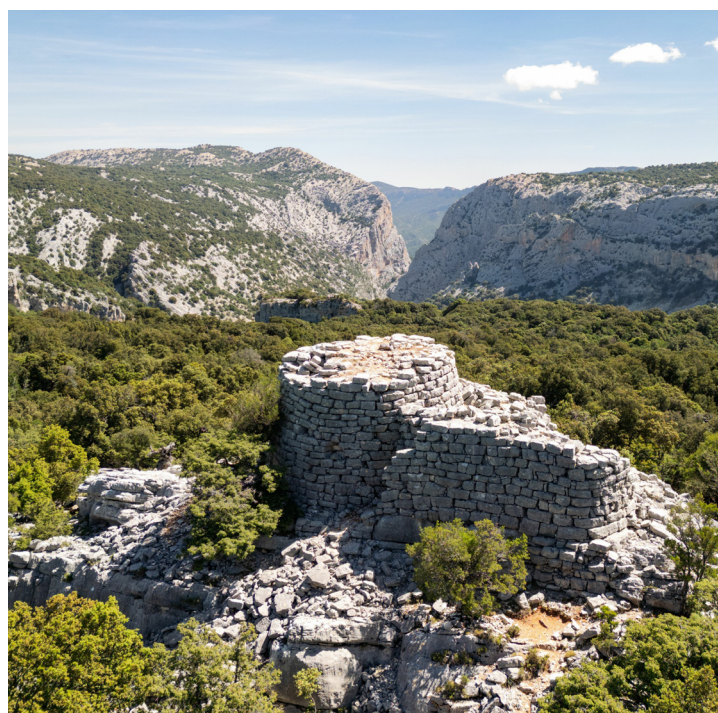
You will share lodging with other students in hotels and quaint apartments.

## COURSE INFORMATION

All students will earn credit for the following:

HUN 4936/6936 (3 credits) and FYC 4932/6932 (3 credits):  
**Longevity and Lifestyle in Ikaria, Greece and Sardinia, Italy:  
A Blue Zones Experience**

Total Number of Credits Offered: 6 UF GPA





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## ELIGIBILITY REQUIREMENTS

- Open to all majors
- Must be in good standing
- Minimum 2.5 GPA
- Must interview with program director(s)

## PRICING

**2025 Undergraduate Program Fee: \$5,873**

**2025 Graduate Program Fee: \$5,984**

A \$395 nonrefundable deposit toward the total cost of the program is due at the time of application. The remaining fees are due no later than 45 days prior to departure. If you receive financial aid, you can defer payment until it disburses. Deferment decisions will be based on the amount of aid to be received.

## WHAT'S INCLUDED

Tuition for 6 credits, 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 2025 scholarship deadline is February 6, 2025. Apply on our website!



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### Program Directors

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