

UF in Greece (Ikaria) & Italy (Sardinia)

FOOD & CULTURE | SUMMER A: (June 1-10)

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

Application Deadline

March 1, 2024



PROGRAM

This 6-credit course includes a 2-week food, culture/lifestyle, and culinary experience in two of the five "Blue Zones" of the world, Ikaria, Greece, and Sardinia, Italy, where people live active and productive lives into their 90's and beyond. You will experience the "Blue Zone" lifestyle and food habits and discover the unique flora of these beautiful islands 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 and Sardinians. Visit: www.bluezones.com for a glimpse at the program experience.

LOCATION

Ikaria is one of the Greek Isles located about 55 minutes by plane from Athens, Greece. Sardinia is the second largest island in the Mediterranean Sea, and it is centered between Italy and France. Both islands are diverse in landscape with rugged mountains and picturesque shorelines lapped by the crystal clear aquamarine water of the Aegean and Mediterranean Seas.

EXCURSIONS

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 and Mediterranean Seas.

HOUSING

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



COURSE INFORMATION

HUN 4936/6936 or FYC 4932/6932:

Food and Culture in the Blue Zone of Ikaria, Greece, and Sardinia, Italy

Courses taught by UF faculty

Total Number of Credits Offered: 6 UF GPA

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ELIGIBILITY REQUIREMENTS

- Open to all majors
- Must be in good standing
- Minimum 3.0 GPA
- Must interview with program director(s)

2024 PRICING

Undergraduate Program Fee: TBA

Graduate Program Fee: TBA

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, 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 2024 scholarship deadline is February 8, 2024. Apply on our website!




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UNIVERSITY OF FLORIDA

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