Discover the Mediterranean way of eating, cooking, and living first-hand in Greece, and how this way of life benefits health. Experience the Mediterranean diet the way locals do through cooking classes, market visits, food tours, eating home-cooked meals with families, and other culinary activities. Explore the concepts of wellness and mind/body health within the Mediterranean context. Interact with local Greeks to gain insight into culture and their way of life. Enjoy walks and hikes along beautiful landscapes such as the walk from Fira to Oia, overlooking Santorini’s famous caldera. Take in the splendor of Athens’s ancient historical/architectural sites and the natural beauty of Meteora and other great destinations. Program destinations include: Athens, Meteora, Thessaloniki, Crete, Santorini, and Naxos. Take courses focusing on the Mediterranean diet, mind/body health, or a readings course focusing on learning skills in the areas of culinary and lifestyle medicine. This program is open to students in all majors. The program will satisfy those with interests in healthy eating and wellness lifestyle, Greek culture and cuisine, culinary and lifestyle medicine, culinary skills development, and experiential travel. Students must be prepared/able to: walk/hike 4-10 miles a day; navigate and ride public transportation; pack light (as we will be on the go during the entire program); interact with locals; eat and sample a wide variety of foods (including sea food); have an openness to trying new foods not previously eaten. This program is not recommend for those with gluten or dairy issues, or those who are “picky” eaters. This boutique travel experience is limited to only 14 participants.

DATES
This program will run for 3 weeks during Spring Term. The starting date will be between May 1 – 8 (approx.).
HOUSING
Housing will include hotels, hostels, and apartments.

COURSES
Students in the program Summer Term are required to take a minimum of 6 credits from this list of courses: HLTH 403, HLTH 383, or HLTH 492.

COST
$4,300–4,800
Includes Latter-day Saint undergraduate full tuition for 6 credits (increased cost for graduate and non-Latter-day Saint students), international health insurance coverage, housing, program-related transportation throughout the duration of the program, some meals, program-related cultural, learning and recreational activities (e.g., cooking classes). Does not include international airfare, passport, visa(s), personal expenses, extra meals and snacks, cell phones/international data, or personal excursions. Students will be responsible for paying for and getting themselves from the airport where they land to the first night’s accommodation on their own. Transportation will be provided for getting to the airport at the completion of the program.

TRAVEL
Students are responsible for purchasing their own airfare to and from the program. Airfare reservations must be made through BYU Travel. Students should contact a BYU Travel agent at: BYU Travel, 280 HRCB, 801-422-6293 travel@byu.edu

PREPARATION
Students from many majors are encouraged to apply, particularly those with interests in healthy eating and wellness. Accepted students are required to participate in an international preparation course (IAS 369R, 1 credit hour). This second-block evening course will be held during winter semester. Accompanying spouses need to be credit-bearing participants on the program. Spouses will also need to apply online and take the preparation course. Students must meet all country- and program-specific COVID and health requirements for travel.

FUNDING SOURCES
Regular BYU tuition scholarships, Pell Grants, and Federal Insured Student Loans may be applied to study abroad programs. Academic departments and colleges may assist with scholarships and grants. Private grants and scholarships outside of BYU may also assist (see kennedy.byu.edu/student/scholarships).

APPLICATION PROCESS
Students must be 18 years of age or older to participate. Complete the online application at kennedy.byu.edu/apply. The application requires a $35 fee. Interviews for positions in the program will be selected from completed applications. Students will be notified via e-mail of their acceptance into the program. The first payment is due upon acceptance.

Priority Deadline: 3 November 2023
Application Deadline: 1 February 2024
Application will remain open until program is filled

FACULTY
Randy M Page, Director of the Global Health Internship Program and Professor of Public Health is the faculty director for the program. Tana S. Page, Adjunct Faculty in the Department of Public Health, will be the Assistant Director.

SCHEDULE AND TIME COMMITMENT
Students will be in Europe for approximately 3 weeks. Students will be required to complete academic assignments prior to this time and upon returning home from the program.

INTERESTED STUDENTS SHOULD CONTACT
International Study Programs or Dr. Randy M Page or Tana S. Page
101 HRCB | (801) 422-3686 2030 LSB | (801) 422-1131 2148 LSB
kennedy.byu.edu/isp randy_page@byu.edu tana_page@byu.edu

PROGRAM ADJUSTMENTS
ISP reserves the right to cancel this program, revise its offerings, or make any adjustments to the preliminary cost estimates due to conditions beyond its control. If it becomes necessary for ISP to cancel a program, all program payments made to BYU ISP will be refunded to the student’s BYU Financial account. ISP is the only office authorized to cancel any of its programs.