

Greece



Photo by: Bernard Gagnon

Short-term Faculty-led Study Away Program • Summer • May 18-30, 2014

Course Name: **The Mediterranean Diet: In Search of the Seven Species**

Course Numbers: **BMS 392**

Credit Hours: **1-3** undergraduate

Course Overview & Objectives:

The purpose of this course is for students to experience the foods and diet in Greece firsthand while also exploring the culture and learning about the ancient history of this beautiful country. In addition to the meals and events that are planned, a Greek Evening is scheduled and is required for all participants in this class. A variety of assignments and discussions are planned for our group during this trip and Carmen Boyd is in the process of making arrangements for a special tour and speaker while on our free day in Athens.

Program Fee: \$3,990

Program Fee Includes: Round-trip airfare, accommodation, most meals, in-country ground transportation, entrance fees to museums, parks, and other facilities, and Study Away student fee and insurance.

Program Fee Excludes: Ground transportation in Springfield, passport, some meals, incidentals/misc personal expenses, and souvenirs. \$204/\$612 MSU tuition for 1-3 hours of undergraduate credit. Both Missouri residents and non-residents pay the MO resident per-credit-hour tuition rate, per University policy.

MSU Study Away Application due by February 14, 2014. The \$75 non-refundable deposit will be billed to your student account. Please see Application & Payment Procedures for MSU and Visiting Students on reverse.

EF College Study Tours Enrollment Form and \$95 Enrollment Fee due: February 14, 2014 (The balance of the program fees will be Paid directly to EF College Study Tours).

Scholarship Eligibility & Financial Aid

Students may apply for the College of Natural and Applied Sciences Study Away scholarship. Applications are due to the Study Away office by April 11, 2014. Please see the scholarship page on the Study Away website. Additionally, students who receive financial aid may apply aid to this program. Contact the Office of Financial Aid at 836-5262 for more information.

Informational Meeting:
TBA

Application Due:
February 14, 2014

Pre-Travel Meeting:
TBA

Depart Springfield:
May 20, 2014

Return to Springfield:
May 26, 2014

Post-Travel Meetings:
TBA

Interested in going?

Contact the Program Director,
Carmen Boyd, Biomedical Sciences
417-836-4352, PROF 405
CarmenBoyd@MissouriState.edu

Early application is strongly advised.

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Study Away!

Missouri State University Study Away Programs
Jim D. Morris Center, Suite 403
301 S. Jefferson Ave., Springfield, MO 65806
P: 417-836-6368 • E: StudyAway@MissouriState.edu
W: <http://international.missouristate.edu/studyaway/>

Course Objectives & Schedule

1. Students will be able to speak 20 words/phrases in Greek prior to departure.
2. Students will be able to identify 10 fruits and vegetables specific to Greek culture.
3. Students will attend a seminar provided by a Greek dietitian or American dietitian living in Greece on Greek health and diet. (As available.)
4. Students will experience a typical Greek evening with traditional "feast."
5. Students will demonstrate the ability to incorporate the "seven species" into the traditional American diet.
6. Students will be able to identify and explain how the ancient civilization of Greece has influenced the Diet today and how it lives on in our culture. (For example, the Greek goddess Demeter is the equivalent to the Roman goddess Ceres from where we get our word cereal. Ceres is on top of the Missouri State Capitol).
7. Students will be able to identify the presence of the seven species in the fields, menus, markets, and culture of Greece.

PRE-TRAVEL MEETING

During the Spring 2014 semester, the instructor will offer two one hour meetings prior to departure and one 1- hour meeting before we leave Greece.

STUDY TOUR

Dates and activities subject to change.

May 18, 2014: Fly overnight to Greece.

May 19, 2014: Athens: Arrive in Athens and take a walking tour of Athens to include the Plaka district and the Temple of Olympian Zeus.

May 20, 2014: Athens: Take a guided tour of Athens to include the Olympic Stadium and a Visit to the Acropolis: Parthenon, Temple of Athena Nike, and then a free afternoon in Athens. We will visit the Central Market.

May 21, 2014: Athens: Today includes a full-day Saronic Gulf cruise, Aegina, Poros and Hydra.

March 22, 2014: Delphi • Patras: Travel to Delphi and take a guided tour of Delphi including the Temple of Apollo and the Delphi Museum. Continue on to Patras.

May 23, 2014: Olympia • Argolida: Travel to Olympia and take a guided tour of Olympia to include the Olympic Stadium and a visit to the Olympia Museum. Continue on to Argolida.

May 24, 2014: Epidaurus • Mycenae • Athens: Travel to Epidaurus, take a guided tour of Epidaurus and continue on to Mycenae with a guided tour there. Make a photo stop at the Corinth Canal. Return to Athens.

May 25, 2014: Athens: Enjoy free time in Athens. Optional: Cape Sounion sunset excursion.

May 26-30, 2014: Greek island and Turkey cruise. Cruise the Greek islands and Turkey: Mykonos, Kusadasi, Patmos, Rhodes, Crete, and Santorini. Enjoy.

May 30, 2014: Travel to Springfield.

POST-TRAVEL CLASS MEETING

Post-travel lecture and presentations.

TBA

Course Credit & Requirements

Students must fulfill the academic requirements for the course as outlined below:

- A. Attend the scheduled meetings prior to departure to and from Greece.
- B. Participate daily in all assigned projects or activities and participate fully.
- D. Attend and actively participate in all lectures, presentations, and relevant excursions offered during the study tour.
- E. Each evening, one student or group of students (depending on the size of the group) will be assigned a topic from their on-tour assignments to present to the group. One topic per student or group.
- F. Participate in a return focus group on sharing impressions, ideas, experiences, and suggestions for future tours.
- G. Complete a pre-test and post-test.

Assessment of learning: Evaluation of the student will be conducted by the faculty member and will be based upon participation in and completion of all academic requirements for the course.

Grades will be based on 90 – 100% = A, 80 – 89% = B, 70 – 79% = C, 60 – 69% = D, </59% = F and will be determined as follows:

- Completion of all required assignments during the trip: 25%
- Attendance and active participation in all activities during the trip: 50%
- Attendance of pre/post departure activities 25%

Required text: A textbook is not required. Travel guides discussing the country and culture and can be purchased from around \$9 - \$28. I suggest *DK Eyewitness Travel Guides* as follows: Ancient Greece; Greece, Athens and the Mainland; and/or the Greek Islands. I do utilize several journal articles on the Greek Diet and on the Seven Species, which are provided.

Application & Payment Procedures

Students will register for the tour through EF Tours. The website for this tour is http://www.efcollegestudytours.com/preview-tour.aspx?pt=1370150KJ&utm_source=RecCenter&utm_medium=web&utm_campaign=SharedLink&code=TGXA&year=2014

MSU Study Away Application due by

Wednesday, Feb. 14, 2014 - Students who are approved by the Program Director may apply. Instructions are included on the program application, available at the Study Away website and through the Program Director, Carmen Boyd. The non-refundable MSU Study Away Fee of \$75 and a 2nd billing (March 14, 2014) of \$49, which covers insurance, tips, and shared faculty expense, will be billed to your university account.

EF College Study Tours Enrollment due by

Tuesday, Feb. 14, 2014 - Once your MSU Study Away application is approved, you must complete the program enrollment form at www.efcollegestudytours.com/enroll. A non-refundable Enrollment Fee of \$95 must be paid at this time. The balance of program fees (\$3,771) will be billed directly by EF College Study Tours through an automatic monthly payment plan. You may choose to have payments deducted from your checking account or charged to your debit or credit card.

MSU Students: Course tuition will be billed to students' University accounts and will be due according to their University payment plans.

Visiting Students: (non-degree-seeking students, including students enrolled at another institution, post-baccalaureate students, and other interested community members): Visiting students must submit their \$75 non-refundable deposit (by check or money order) to the Study Away Office by the application deadline in the program flyer. All fees must be paid in full before travel commences. Non-MSU students should complete the "Study Away Enrollment Form for Visiting Students"; they do not need to complete an MSU Application for Admission or pay an admission fee.

Cancellation & Refund Policies

Students who wish to withdraw from the program must do so through EF college Study Tours. Participants should become familiar with EF College Study Tours Booking Conditions 2014 (http://www.efcollegestudytours.com/eliterature/BookingConditions_CST_14.pdf); this document includes details of payment, cancellation, and refund policies.

A written notification of withdrawal must also be sent to the Program Director, Carmen Boyd, and Elizabeth Strong at the Study Away Office, Jim D. Morris Center, Suite 403. Non-payment of fees does not guarantee automatic withdrawal.