



Crete

Short-term Faculty-led Study Away Program • Summer Intersession • May 22-30, 2013

Course Name: **The Culture and Cuisine of Crete**

Course Number: **HRA 400/ GRY 470**

Credit Hours: **2** undergraduate

Course Overview & Objectives:

Participants will:

- Receive an introduction to sustainable tourist destinations through first hand experiences.
- Compare traditional Cretan foods and lifestyles to practices in the U.S.
- Measure the rich historic and cultural influences of Greece upon the western world.
- Compare the Cretan traditional agriculture- table system to that in Midwest United States of America. Experience traditional production, harvesting, preparation methods of foods in Crete; including honey, olive oil, grapes, goat/sheep's milk cheeses, animal husbandry and more.
- Explore the importance of archaeology, botany and sustainable agricultural practices to modern food systems.
- Experience the Cretan diet and lifestyle which makes Crete a blue zone (an area with a high average life span and many centuries.)

Program organized with Nikki Rose Founder & Director, Crete's Culinary Sanctuaries Eco-Agritourism Network Educational programs celebrating Crete's cultural and natural heritage
An award-winning program for best practices in Responsible Travel

Program Fee: \$3,805

Program Fee Includes: Round-trip airfare, lodging, guides, private tours and tastings, scheduled cooking classes, demonstrations, and pre-planned meals, scheduled lunches, picnics, and dinners, Study Away student fee, basic medical insurance, and access to private and/or public beaches; separated costs not available.

Program Fee Excludes: Passport, ground transportation to/from Kansas City, a few meals, incidentals/misc personal expenses, and souvenirs. \$400.96 MSU tuition for 2 hours of undergraduate credit. Both Missouri residents and non-residents pay the Mo. resident per-credit-hour tuition rate, per University policy.

Applications are due by December 7, 2012.

A **nonrefundable deposit of \$575 will be billed to your student account.** Please see Application & Payment Procedures for MSU and Visiting Students on reverse.

Scholarship Eligibility & Financial Aid

Study Away scholarship funds in variable amounts up to \$2,000 are available to students studying abroad during winter intersession 2013, spring 2013, and summer 2013 terms. The scholarship is need-based for full-time, degree-seeking students with a minimum 3.0 GPA applying for an approved Study Away program. This may be a semester, summer, or short-term faculty led program offered during the terms listed above. Students must complete the application by February 19, 2013 to apply funds to this program.

Informational Meeting:

TBA

Application Due:
December 7, 2012

Depart Kansas City for Crete:
May 22, 2013

Depart Crete for Kansas City:
May 30, 2013

Reflective Journals Due:
June 3, 2013

Individual Portfolios Due:
June 7, 2013

Interested in going?

Contact the Program Director,
Abbe Ehlers, Department of Hospitality
and Restaurant Administration
417-836-6672
AbbeEhlers@MissouriState.edu

Study Away!

Missouri State
UNIVERSITY

An EO/AA Institution

Missouri State University Study Away Programs
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301 S. Jefferson Ave., Springfield, MO 65806
P: 417-836-6368 • E: StudyAway@MissouriState.edu
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Course Schedule & Itinerary

In order to fully experience the Cretan lifestyle, culture and cuisine will require the travel to that island. Until one has climbed Mt. Ioustas with a botanist and smelled the wild oregano, thyme and rosemary it is difficult to fully understand the deep connection of these people to their foods and their lands. Lodging provided for this trip allows students to actually stay in small owner operated inns and guest houses that have been created as a way to sustain ancient homes and villages. The immersion into a culture is needed to gain a better understanding of both that culture and our own.

PRE-TRAVEL MEETINGS

May 13-17, 2013: Pre-departure activities, TBA. The class will meet three times previous to departure for Crete to discuss/lecture upon the following:

- Basic information about international travels in general and travels to Crete and Greece specifically.
- Geography- physical setting of Crete including basic geology, topography, climate and vegetation and how environmental conditions impact the agriculture of the island.
- Cultural cuisine: Foods, their production and preparation as part of a region's cuisine as well as their importance to the cultural norms and lifestyles.
- Sustainable practices of agriculture and tourism in a destination location.

STUDY TOUR

May 22-23, 2013: Travel from Springfield to Crete, arrive in Chania. Travel to Vamos, check in, and dine at tavern with local ingredients.

May 24, 2013: Tour of Vamos with director of community based responsible tourism project. Presentation by resident chef including cooking class.

May 25, 2013: Olive Oil production factory tour. Organic Boutique Winery: Private tour and tasting. Discussion about indigenous grape varietals, ancient and modern production methods. Dinner at village tavern. Pre-planned traditional meal.

May 26, 2013: Travel to Archanes. Check into rooms. Tour historic village. Dinner at traditional tavern.

May 27, 2013: Tour Minoan Palace of Knossos with licensed historian. Overview of Minoan cultural and culinary heritage, agriculture and trade routes. Heraklion tour of archaeological museum, open air market and organic farmers' market. Home cooking class with Chef Rose using local ingredients, key components of Mediterranean diet.

May 28, 2013: Botanical hike with university botanist. Learn of bio-diversity, climate, and soil conditions. Harvest wild herbs. Cooking demonstration and discussion with noted chef-proprietor regarding Cretan cuisine.

May 29, 2013: Travel to Ierapetra. Tour archaic period site of Azoria with Professor Donald Haggis. Review ancient agricultural practices and how they impact current sustainable practices. Meze in the village of Archanes.

May 30, 2013: Depart Crete for Kansas City.

POST-TRAVEL

June 3, 2013: Reflective journals due.

June 7, 2013: Individual portfolios due.

Course Credit & Requirements

Students will be graded based upon the content and organization of daily journals and a 3-5 page reflection paper discussing their experience and summarizing findings and observations from their journal.

Assessment of Learning

Assuming successful completion of the "pass/fail" components, the course grade will be determined as a combination of performance, a final project portfolio with a focus upon a student-selected, faculty-approved special studies topic, and reflection journal.

• Participation & Professionalism	50 points
• Reflective Discussion	50 points
• Course Prep Assignments	30 points
• Attendance	100 points
• Reflective Journal Entries	50 points
• Portfolio	50 points

Required Text: *Crete, the Roots of the Mediterranean Diet*, by Nikki Rose, CIA

Application & Payment Procedures

Missouri State University students and others who are approved by a Program Director may apply. Instructions are included on the program application.

MSU Students: A non-refundable deposit of **\$575** will be billed to your University account upon application (deadline Dec. 7, 2012). You will receive a second billing on Feb. 1, 2013 and a final billing on March 8, 2013, for the balance of the program fee (\$3,230). MSU course tuition (\$400.96) will be billed to your University account and is due according to the university payment plan.

Visiting Students: A non-refundable deposit of **\$575** (check or money order) must accompany your application (deadline Dec. 7, 2012). A check or money order for the **balance of the program fee (\$3,230) will be due by May 3, 2013**. MSU course tuition (\$400.96) will be billed to your University account and is due according to the University payment plan.

IN ORDER TO ENSURE PARTICIPATION IN THIS STUDY AWAY PROGRAM, THE ENTIRE AMOUNT OF THE PROGRAM FEE MUST BE RECEIVED BY MAY 3, 2013. PAYMENT CAN BE MADE ONLINE OR AT THE BURSAR'S OFFICE. Estimated program fees are based on rates in effect on the publication date of this flyer and may be subject to change. Program participants agree to a potential increase of up to 10% if rates increase before or during travel.

Cancellation & Refund Policies

- Students who withdraw prior to April 12, 2013 will receive a refund of fees paid, less the **\$575** deposit and any non-refundable purchases made on his/her behalf.
- If a student is forced to withdraw after April 12, 2013 for a bona fide medical reason, s/he will receive a refund of fees paid, less the **\$575** deposit and expenses. A certificate of incapacitating illness or injury from a licensed physician is required.
- Students withdrawing voluntarily after April 12, 2013, or **withdrawing due to medical reasons not protected under the fees refund policy, receive no refund.**
- Once the program has started, no refunds will be issued under any circumstances.
- All notifications of withdrawal must be made in writing and sent to the Program Director and Director of Study Away Programs at the Study Away Office, Jim D. Morris Center, Suite 403. Non-payment of fees does not guarantee automatic withdrawal.
- This program may be cancelled if enrollment is fewer than 8 participants. In this event, MSU students will receive a full refund.



Horiatiki 2012 (c) Nikki Rose