

**Longevity and Lifestyle in Ikaria, Greece: A Blue Zone Experience**  
**FYC 4932/HUN 4936**

**SUMMER A 2022 – Sections 49MS/19711 and GRCE/19535**

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**Class meeting time:** Tuesday 9:30 AM – 12:30 PM (refer to class schedule; minimum of 18 hours of pre-departure class meetings, plus activities scheduled outside of class meeting time and 40 hours during the study abroad experience)

**Attendance:** Required

**Location:** AFPL 101

**Credits:** 3

**Prerequisites:** Open to all undergraduates with a successful interview.

**Course Description:** Experience the lifestyle and cuisine of Ikaria, Greece – one of five Blue Zones. As a Blue Zone, the people of Ikaria live decades longer, healthier lives than average Americans. In fact, with such a high density of centenarians, Ikaria is also known as the place where “people forget to die” with such a high density of centenarians. Experience this Greek culture situated on an island in the Aegean Sea through hands on cooking lessons, taste tests, and guided tours of the production of Ikarian commodities such as wine, honey, and cheese during a one-week study abroad experience combined with on-campus learning experiences and activities. The on-campus learning experiences are designed to make students aware of how their current lifestyle impacts longevity and to help prepare students for the study abroad experience. Students also will have the opportunity to hear presentations on research regarding the purported health benefits of various ingredients used to prepare Ikarian cuisine and teas, including wild herbs and greens found on a foraging hike.

**Objectives:**

- Evaluate the strength of the evidence for the Ikarian lifestyle in terms of disease risk reduction and longevity.
- Explore the significance of local/regional production of food in Ikaria and compare it to the US.

- Develop culinary skills and a basic understanding of food preparation techniques used to create Ikarian cuisine.
- Compare and contrast the food habits, methods of food preparation, the types and availability of food products/ingredients, and the attitudes toward food and food production of Ikaria to those typical in the US.
- Use research on an approved herb to create a presentation that discusses the purported benefits and what the research suggests.
- Prepare a traditional Ikarian dish using a recipe from an Ikarian cookbook.
- Determine life expectancy based on current lifestyle and write a report on recommended changes to increase longevity based on the Blue Zones True Vitality Test.
- Appreciate the differences and similarities between Ikarian and American culture and cuisine.

**Class Attendance, Demeanor, and Make-Up Work:** Students are required to attend all classes, to arrive on time and to leave when dismissed by the instructor. Exceptions should be discussed with the instructor in advance. Students are expected to show courtesy to their classmates and instructor by silencing cell phones/smart phones/pagers, etc. before the class period begins and refraining from engaging in conversations during class unless directed to do so by the instructor. Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

**Study Abroad Experience Attendance and Demeanor:** Students are required to attend all cooking sessions, guided tours, meals, and other planned excursions, and to act and dress in an appropriate manner with the goal of representing the University of Florida well. Students are expected to be prompt for all sessions and departure/meeting times. Students are expected to show courtesy to their classmates, instructors, guides, and others. While use of electronic devices will be necessary during the trip to take photos, document information, etc., students should refrain from the use of these during presentations, discussions, cooking sessions (except to take photos), and other times as noted by the course leaders.

**Student Evaluation:**

<b>Performance Indicators</b>	<b>Points</b>
Film Reflection Discussion	35
Older Adult/Centenarian Interview and Presentation	50
Ikarian Wild Herb Presentation	50
Ikarian Recipe Preparation and Tasting	50
Longevity Analysis and Report	50
Electronic Journal Entries (minimum of 5 days of entries during study abroad experience)	50
Participation in Class and Study Abroad Experience Discussions	25
Evaluation of Professional Behavior	25

<b>Total</b>	<b>335</b>
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**Grades and Grade Points:** For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

**Grading Scale:**

A = 313-335 93.43-100%	A <sup>-</sup> = 301-312 89.85-93.42%	B <sup>+</sup> =291-300 86.86-89.84%	B = 279-290 83.28-86.85%
B <sup>-</sup> = 268-278 80-83.27%	C <sup>+</sup> = 257-267 76.72-79.9%	C = 244-256 72.83-76.42%	C <sup>-</sup> = 234-243 69.85-73.33%
D <sup>+</sup> = 224-233 66.87-69.84%	D = 211-223 62.99-66.86%	D <sup>-</sup> = 201-210 60-62.89%	E = <200 <60%

**Grades are not curved and are not negotiable.**

All assignments **must be typed**. All assignments must be submitted on time (as specified) for full credit. Generally, the time of submission will be at the beginning of class on the assigned due date. Beginning with the due date, course work turned in late will be penalized by deducting 10% per day from the total value of the assignment. Regardless of the number of days an assignment is late, it must be submitted.

**Textbooks and Other Materials:**

There are no textbooks for this course. Additional course information and materials will be posted on Canvas (<https://lss.at.ufl.edu/>) and/or available through the Marston Science Library online reserve system (Ares) or other resources needed to complete assignments.

**Student Preparation for Class:** Students are expected to complete reading assignments in advance. Class preparation may require use of the Internet, library, and/or other reference materials. Students are expected to bring materials printed from Canvas or other sites to class. Students are expected to refrain from using cell phones/smart phones during class and lectures, presentations and other formal learning experiences during the study abroad experience unless specifically directed to use them.

**How to Access Canvas:**

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>.
- Once you have created a Gatorlink account, access e-Learning support services home page at <http://lss.at.ufl.edu>. Select “e-Learning in Canvas”. Log in using your Gatorlink ID. HUN 4936/FYC 4932 should be listed under “courses”. If you are unfamiliar with Canvas, information can be found under the “help” tab.

**Academic Honesty:** UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or

implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Conduct Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [Click here to read the Conduct Code](#). If you have any questions or concerns, please consult with the instructor or TAs in this class.

**Software Use:** All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

**In-Class Recording:** Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Policy on Course Syllabi 3 UF, Academic Affairs, August 5th, 2021 Honor Code and Student Conduct Code

**Does UF require that I am vaccinated for COVID-19 in order to study abroad?**

At this point, the University of Florida and the UF International Center do not require students to be vaccinated in order to participate in a study abroad program. However, if the vaccine is required for entry into the host country, students must be vaccinated and comply with all other local, regional and national policies regarding COVID-19. Greece-specific requirements will be discussed in class as they may change throughout the summer. If a student decides not to be

vaccinated, even though the host country might require it and vaccines are available, their deposit will not be refunded and they are liable for any payments already made on their behalf. Please also see [UFIC's cancellation policies](#) for further information.

**Students with Disabilities:** Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

**Online Course Evaluation Process:** Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

**Campus Helping Resources:** Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

#### Health and Wellness

*U Matter, We Care:* If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

*Counseling and Wellness Center:* Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

*Student Health Care Center:* Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).

*University Police Department:* Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

*UF Health Shands Emergency Room / Trauma Center:* For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).

*GatorWell Health Promotion Services:* For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

#### Academic Resources

*E-learning technical support:* Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

*Career Connections Center:* Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

*Library Support:* Various ways to receive assistance with respect to using the libraries or finding resources.

*Teaching Center:* Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

*Writing Studio:* 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

*Student Complaints On-Campus:* Visit the [Student Honor Code and Student Conduct Code webpage](#) for more information.

*On-Line Students Complaints:* View the [Distance Learning Student Complaint Process](#).

**Other Information:** Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

**Email:** Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

### Overview of Assignments

#### **Due Prior to Departure**

##### **Setting the Scene**

Read Chapter 6 of Dan Buettner's Book [The Blue Zones: The Greek Blue Zone](#) for a summary of Dan's experience in Ikaria and stories from this Blue Zone. You'll also get introduced to Thea Parikos, our host in Ikaria who owns the same inn where Dan stays during his research trips.

**Due date:** Short discussion on May 17

Get inspired about Greek culture and history by watching one of the following movies. While you are welcome to watch as many of the films as you like, you will choose the films in class so that a few students will be reporting on any one film. Be prepared to give a synopsis of the movie you watched and to share, at a minimum, what you learned about Greek history, cuisine, culture, attitudes, etc. and the impact/impression the movie had on you. Look beyond the storyline for aspects of the film that relate to the essence of Greek history, culture, and lifestyle.

**Due date:** Watch movie prior to departing for Greece. Discussion to be conducted in Greece.

- Zorba the Greek
- Momma Mia
- Momma Mia 2
- My Big Fat Greek Wedding
- My Big Fat Greek Wedding 2
- 300
- Clash of the Titans

### **My Greek Table – A Bite of Greek Red Wine**

Diane Kochilas is an expert and celebrity chef on Greek and Mediterranean cuisine. She has created a tv series on Greek food, highlighting the specialties from the different islands. Wine is an important component of the Ikarian diet and one of the factors associated with longevity. Please watch this video to learn about Greek wine production.

<https://video.mpt.tv/video/episode-106-a-bite-of-greek-red-wine-xjl1yp/>

**Due date:** Watch movie prior to class on May 24

### **Ancient Greek History**

Narrated by Liam Neeson, gain perspective on the impact of the rise and fall of the Greek civilization on the world by viewing the PBS documentary, *“The Ancient Greeks: Crucible of Civilization”*, episodes 1 and 2. Available on YouTube.

**Due date:** Watch episodes prior to departing for Greece. Discussion to be conducted in Greece.

### **Older Adult/Centenarian Interview**

Since Ikaria is a Blue Zone, learn to appreciate the input and perspective of older adults in the US. Interview an older adult (85 years or older) using the interview questions provided. Create a PPT presentation summarizing your interview while highlighting your favorite quotes and include a picture of your older adult. (Note: Please be sure to obtain permission to take and use a photo for your presentation. Be sure to check facility policies if you visit someone living in a long-term care type of facility.) Presentations should be 10-15 minutes.

**Due date:** Submit PPT presentation prior to the beginning of class on May 17. Presentations will be given on May 17 and June 7.

### **Ikarian Herb Partner Presentation**

One of the Ikarian lifestyle factors that has been proposed to contribute to longevity and health is foraging for wild herbs. Ikarrians use these herbs in cooking or to brew teas that they drink for

medicinal purposes. You will partner with another student for this project. Partners must be identified and herb chosen by May 17. Research the scientific literature to learn more about the purported health benefits of these wild herbs and present your findings to the class. A copy of your PowerPoint presentation needs to be submitted following your presentation. Presentations should be 10 minutes. Include a list of references/resources used to create your presentation. Choose from the following herbs:

sage	rosemary	fennel	sideritis	savory	elderberry
oregano	mint	chammomile	pennyroyal	borage	St. John's Wort

**Due date:** June 7

### **Longevity Analysis and Report**

Visit the Blue Zones website and take the Vitality Test (<https://apps.bluezones.com/en/vitality/background>) where you will answer questions about your current lifestyle and get an estimated life expectancy. At the end of the test, you will get personalized recommendations based on the Blue Zone research to increase your life expectancy. Print your report, and write a one-page reflection paper on how you might meet two of the recommendations. The report should be typed (double spaced). Be prepared to discuss in class on June 14.

**Due date:** June 14

### **Electronic Journal**

- Create an “electronic journal” that includes a description of activities you performed and observations you made on each day of your study abroad experience. Photos can be used to support your journal entries. The entries should **show evidence of personal reflection upon the impact, significance and/or insight (regardless of whether they are negative or positive) you have gained from each day’s experience**. Also, reflect on the personal and professional attitudes and values you experience or encounter.

**Due date:** June 30



**Summer A  
2022 Tentative Schedule\***

Date		Topics
May	10 (T)	<ul style="list-style-type: none"> <li>▪ Meet Your Classmates Icebreaker</li> <li>▪ Review Syllabus</li> <li>▪ Discuss Study Abroad Experience Expectations</li> <li>▪ Travel Debriefing and Preparation</li> <li>▪ COVID Travel Concerns – Jill Ranaivoson, UFIC</li> <li>▪ Ikaria: The Island Where People Live Forever</li> </ul>
	17 (T)	<ul style="list-style-type: none"> <li>▪ Introduction to Photography – Tyler Jones</li> <li>▪ Discussion about Ikaria chapter in book</li> <li>▪ Centenarian Interview Presentations</li> </ul>
	24 (T)	<ul style="list-style-type: none"> <li>▪ Introduction to olive oil production and tasting – Katrinne Dunn               <ul style="list-style-type: none"> <li>○ Meet at Saporito at 10 AM</li> <li>○ 4401 NW 25<sup>th</sup> Place, Suite D</li> </ul> </li> </ul>
	31 (T)	<ul style="list-style-type: none"> <li>▪ Honey Production in the US - Visit to UF Bee Lab - Amy Vu and Christopher Oster               <ul style="list-style-type: none"> <li>○ meet at Honey Bee Lab at 10 AM</li> <li>○ 1881 Natural Area Drive</li> </ul> </li> </ul>
June	7 (Th)	<ul style="list-style-type: none"> <li>▪ Centenarian Interview Presentations (cont'd)</li> <li>▪ Ikarian Wild Herb Presentations</li> </ul>
	14 (Th)	<ul style="list-style-type: none"> <li>▪ Ikarian Wild Herb Presentations (cont'd)</li> <li>▪ Longevity Report Discussion</li> <li>▪ Graduate student presentations</li> <li>▪ Ikarian Dinner at Dr. Shelnett's house. Each student will prepare a recipe from Diane Kochilas's cookbook or website (<a href="https://www.dianekochilas.com/greek-recipes/">https://www.dianekochilas.com/greek-recipes/</a>) highlighting an Ikarian ingredient or cooking method.</li> </ul>
Prior to departure (on your own)		<ul style="list-style-type: none"> <li>▪ View <i>The Ancient Greeks: Crucible of Civilization</i>, episodes 1 and 2 (details outlined earlier in the syllabus)</li> <li>▪ View one of the films listed in the syllabus (details outlined earlier in the syllabus)</li> </ul>

<p>June (in Greece; 40+ hours)</p>	<p>19 to 24</p>	<ul style="list-style-type: none"> <li>▪ Depart for study abroad experience (arrive on June 19 by ~1:00 PM; depart June 24)</li> <li>▪ Dip in Ikarian hot springs</li> <li>▪ Hands on cooking lessons</li> <li>▪ Field trips to producers of local Ikarian products, like honey, and essential oils</li> <li>▪ Taste tests</li> <li>▪ Forage for herbs – bring your hiking shoes!</li> <li>▪ Visit goat farm, milk goats, cheese tasting</li> <li>▪ Visit traditional bakery</li> <li>▪ Visit vineyard for discussion of wine production and tasting</li> <li>▪ Talk with older adults and health professionals from Ikaria</li> <li>▪ Discussions (per syllabus)</li> <li>▪ Free time in beach town of Armenistis</li> </ul>
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