

## **Italy and Greece: Climate Change-Resilience and Regeneration**

### **Week 1: Program Orientation and introduction to Italian language: Bologna Italy**

Travel with your group to the vibrant, creative, and cosmopolitan city of Bologna. Situated in northern Italy, in 2000 it was declared the European Capital of Culture, and is a Unesco City of Music. Bologna is also a founding member of ICLEI, the international network of governments for sustainability. Bologna has a strong presence among the European cities active in the field of sustainable development, aiming to develop solutions for sustainable resource management in a time of profound economic and social change.

Staying in a comfy hostel, the group will spend the first few days setting the foundations for the incredible journey ahead. You'll learn more about the program and fellow group members, and discuss strategies for staying safe and healthy while traveling. You'll then transition to mornings of Italian language study and afternoons of cultural exploration and exploring significant historical and cultural sites.

### **Weeks 2-3: Sustainable agriculture and grape harvesting: Antella, Italy**

Take the train south from Bologna to the small agricultural community of Antella. Here the group will live and work at a re-claimed farm that is being cooperatively run by a group of young and passionate activists. In the fall, you'll help with the annual grape harvest, as well as learn about organic gardening, cooking, and local climate change initiatives.

### **Week 3: Cultural exploration: Florence, Italy**

Departing the farm, the group will head to Florence (Firenze), capital of Italy's Tuscany region, and heralded as the "birthplace of the Renaissance". The city is home to many masterpieces of Renaissance art and architecture. The group will have a few days here to rest and explore, while also having the opportunity to learn about some of the local organizations working on environmental regeneration.

### **Week 4: Environmental education: Passignano, Italy**

From Florence, the group will travel to the Central Italian Region of Umbria, where you'll spend the week at an environmental education center located in the beautiful hills overlooking Lago di Trasimeno. Living and working alongside the local community members, you'll have

opportunities to help in the garden, kitchen, and orchard and learn about natural building, water management and living in balance with the natural environment.

### **Week 5: Trekking: Abruzzo National Park, Italy**

Abruzzo is considered the Wild Heart of Italy, and a region not many tourists hear of nor venture to. It is an enchanting place where wilderness is offered in many unexpected shapes and colors. This is a place to go to disconnect from noise and technology and embrace the ancient connection between humans and nature. Spend 5 days trekking with an experienced guide, staying in small guesthouses and tents along the way, and enjoying time in the outdoors!

### **Weeks 6-7: Responsible resource consumption: Matera, Italy**

Emerging from the woods, we'll head south to Matera, a fascinating example of resilience, change and the rebirth of a city. Built of light sandstone, it rises out of the landscape like a dream, and stuns the senses when you first come upon it. It includes the Sassi area, a complex of cave dwellings carved into the nearby mountainside. Here we'll partner with a local youth organization focused on creating programming for youth on topics of anti-discrimination, environment, intercultural education, human rights protection and active citizenship. We'll contribute to one of three projects: tree/planting and reforestation; collection and redistribution of clothing; or collecting and distribution of food. Each project promotes responsible consumption.

### **Week 8: Greek language and culture: Athens, Greece**

Take an overnight ferry to Greece, where you'll then spend a week in Athens! Athens is the birthplace of democracy and the heart of the Ancient Greek civilization. It is still vibrant and alive, full of contradictions and history, and an excellent place to first become immersed in Greek culture and life. The group will live together in a centrally located guesthouse, and spend mornings here learning about Greek language and culture and afternoons exploring significant historical and cultural sites around the city.

### **Week 9: Personal and environmental sustainability: Akrata, Greece**

Leaving the city, the group will head to an eco culture center, based in the mountain countryside of the Peloponnesian peninsula. Here is an opportunity to retreat and reflect, while contributing to environmental efforts at the center. In addition to yoga and meditation classes, you'll help in the garden and greenhouse, learn about greek cooking, and explore the countryside.

### **Week 10: Island explorations: Crete and other islands, Greece**

In your final week of the semester, take the overnight ferry to the Greek island of Crete and explore the wild and beautiful culture and landscape of the southernmost island in Europe.

Living in traditional and naturally built houses on the island of Crete, you'll learn about traditional cooking, farming and folklore. Then take the final few days to island hop back towards Athens before flying home.

***\*Carpe Diem reserves the right to make changes to the program at any time, and indeed has the responsibility to do so in some instances; changes may be required to provide the best possible experience, protect the safety of participants, or respond to changes in weather or political conditions.***