## Working Itinerary – Track 1
(Exercise and Nutritional Sciences)

The following itinerary is a working document and is subject to change. (revised 7/9/2018)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>June 7, 2019</strong></td>
<td><strong>Departure from U.S.</strong></td>
</tr>
<tr>
<td>Friday</td>
<td>- Group flight departs or students travel individually to Athens.</td>
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<tr>
<td><strong>June 8, 2019</strong></td>
<td><strong>Arrival and Acclimation in Athens</strong></td>
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<tr>
<td>Saturday</td>
<td>- Students will arrive on flights booked individually to Athens (optional group flight will be priced when air itineraries become available).</td>
</tr>
<tr>
<td>Meals Included:</td>
<td>Per airline</td>
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</tbody>
</table>

**Welcome to Athens! Commonly called “the cradle of civilization,” this is an ancient city that belongs to the world. Explore iconic antiquities intermingled among its modern treasures – plenty of commerce, fun, and good food to enjoy!**

- Meet your ISA Athens staff and board your private coach at the airport for transfer to the hotel.
- Check in to your hotel.
- Enjoy a free afternoon and evening.

**Athens Accommodations:**
[Dorian Inn Hotel](#) or similar

(1 of 8)
**June 9**

**Sunday**

Meals Included:
Breakfast at the hotel
Welcome Dinner

**Athens Accommodations:**
Dorian Inn Hotel or similar
(2 of 8)

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**Orientation | Acropolis Tour**

- Meet up with your ISA Athens staff for *ISA Health & Safety Orientation* where you will receive your metro pass. (location to be determined)
- Enjoy an independent lunch.
- In the afternoon, meet your ISA Athens staff and guide and depart via public transportation for an afternoon visit to the Acropolis!

**Guided Tour of Acropolis**
The Acropolis, its name meaning “high point [in the] city,” houses some of the most historically important buildings of ancient Greece, including the Parthenon - a temple dedicated to the patron of Athens and goddess of wisdom, Athena. Construction of the Parthenon began in 447 BC and took roughly 15 years to complete, although the hilltop temple overlooking the Greek capital has taken on repeated damage over the centuries, leaving only a few remnants and the outer columns of the temple intact. Despite this, the Parthenon stands proudly atop the city and serves as a symbol of Ancient Greece, western civilization, and Athenian democracy. Fun fact: The Parthenon temple was archaeoastronomically aligned to the Hyades, a well-known star cluster in space that occupied an important role in ancient Greek mythology! The Acropolis is also home to the Erechtheion temple, the Propylaea gateway, and the Temple of Athena Nike. (entrance included).

**Visit to Acropolis Museum**
Standing at the foot of the Acropolis, the new Acropolis Museum which was constructed in 2009, displays nearly 4,000 artifacts from Ancient Greece. Explore the collections while admiring the view of the Acropolis. (entrance included).

- After tour, return to your hotel.
- In the evening, transfer via public transportation to a local restaurant where you will taste the local cuisine at a *Welcome Dinner* as a group.
- Return to your hotel and enjoy a free evening.

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**June 10**

**Monday**

Meals Included:
Breakfast at the hotel

**Athens Accommodations:**
Dorian Inn Hotel or similar
(3 of 8)

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**Athens: Academic Visits**

- Meet your ISA Athens staff in the hotel lobby and board public transportation for a day of academic visits.

**Olympic Athletic Center of Athens “Spiros Louis” (TBC) – Academic Visit 1**

Enjoy a comprehensive tour of the 2004 Summer Olympics Stadium and Campus and visit the Hellenic Sports Research Institute, located on site, which works to promote sport sciences research and development.

Sourced by WorldStrides ISA Custom Programs.

Note: Themes for academic visits are presented here as examples, and will be developed in collaboration with your university. A typical visit includes a management discussion, leadership speaker, facility tour and/or presentation. Visits are to be confirmed.

- Enjoy lunch with a stop provided (not included). After lunch, continue to afternoon academic visit.

**Hygeia Hospital (TBC) – Academic Visit 2**
The diagnostic and therapeutic center of Hygeia is a well-known private hospital in Athens. In a country where the healthcare system in nationalized, it’s important to understand the roles and capabilities of private medical institutions. Hygeia is also home to the new MAKO Robotic Arm Assisted Orthopedic Technology for Knee and Hip Arthroplasty.

Sourced by WorldStrides ISA Custom Programs

- Return to your hotel. Enjoy a free evening with dinner on own.
June 11

**Athens: Academic Visits**

- Meet your ISA Athens staff in the hotel lobby and board public transportation for a day of academic visits.

- **Rentis Training Facility (Olympiakos) (TBC) - Academic Visit 3**
  - The Athenian Sports Association of Olympiakos CFP constructed this ultramodern training centre in 2004 which serves the needs of the Olympiakos’ men’s football and basketball teams. The Olympiakos basketball team won the 2012 and 2013 FIBA EuroBasket championships and were runners-up in 2017!
  - Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch with a stop provided (not included). After lunch, continue to afternoon academic visit.

- **International Organization for Migration (TBC) - Academic Visit 4**
  - IOM is the leading international organization for migration and aid in meeting the growing operational challenges of migration management as well as upholding the human dignity and well-being of migrants. Greece has been on the world stage in recent years because of the refugee crisis that has led to thousands of migrants arriving on Greek shores escaping war and brutality in their home nations.
  - Sourced by WorldStrides ISA Custom Programs

- Return to your hotel. Enjoy a free evening with dinner on own.

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June 12

**Athens: Academic Visit & City Tour**

- Meet your ISA Athens staff in the hotel lobby and board public transportation for a morning academic visit and an afternoon cultural tour.

- **Biostirixi Center for Physiotherapy (TBC) - Academic Visit 5**
  - A therapist-owned outpatient physical therapy clinic, Biostirixi provides rehabilitation services for a number of different conditions/diagnoses.
  - Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch with a stop provided (not included). After lunch, continue to afternoon cultural tour.

**Guided Athens City Walking Tour**

- Learn about the city of Athens on this afternoon visiting some of Athens’ most famous spots! See the Temple of Zeus, Hadrian’s Arch and Library, Ancient Agora, Temple of Hephaestus, Syntagma Square, and the Panathenaic Stadium (the first stadium of the modern Olympics)! Guide included.

- Return to your hotel. Enjoy a free evening with dinner on own.
### June 13

**Athens: Academic Visits**

- **Thursday**
  - Meet your ISA Athens staff in the hotel lobby and board public transportation for a day of academic visits.

**Meals Included:**
- Breakfast at the hotel
- Dinner

**Athens Accommodations:**
- [Dorian Inn Hotel](#) or similar
  - (6 of 8)

**National School of Public Health (TBC) - Academic Visit 6**

*The National School of Public Health aims to be a leading institution in postgraduate education, conducting innovative research, and translating research into practice for the enhancement of the health of the population. The school hosted the European Conference of Health Workforce Education & Research in May of 2018.*

Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch on your own and a free afternoon. In the evening, continue to a cooking class!

**Greek Cooking Class (TBC) - Academic Visit 7**

*Enjoy a cooking class using organic ingredients grown locally. The Mediterranean diet, with its emphasis on eating primarily plant-based foods, whole grains and legumes, is perhaps the world’s healthiest diet. A “blue zone” can be found on one of its islands, Ikaria, where people have one of the longest disability-free life expectancies in the world.*

Sourced by WorldStrides ISA Custom Programs

- Return to your hotel. Enjoy a free evening with dinner on own.

### June 14

**Athens: Academic Visit & Free Afternoon**

- **Friday**
  - Meet your ISA Athens staff in the hotel lobby and board public transportation for morning academic visit.

**Meals Included:**
- Breakfast at the hotel

**Athens Accommodations:**
- [Dorian Inn Hotel](#) or similar
  - (7 of 8)

**AKTIOS Elderly Care Units (TBC) - Academic Visit 8**

*Greece has one of the world’s most rapidly aging populations, meaning the ratio of elderly to young Greeks is widening. AKTIOS is an elderly care facility with numerous locations in Athens and focuses on the care of people who need treatments and rehabilitation services as well as those suffering from dementia.*

Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch with a stop provided (not included).
- After lunch, return to hotel and enjoy a free afternoon with dinner on own.

### June 15

**Mount Lycabettus & Agios Giorgos Church**

- **Saturday**
  - Enjoy a free morning and breakfast at the hotel and lunch on your own.
  - In the afternoon, meet your ISA Athens staff in the hotel lobby and depart via public transportation for an afternoon cultural visit.

**Meals Included:**
- Breakfast at the hotel

**Athens Accommodations:**
- [Dorian Inn Hotel](#) or similar
  - (8 of 8)

**Mount Lycabettus**

*Visit Mount Lycabettus, the highest point in Athens, for a panoramic view of the city. The 19th century church of Agios Giorgos is located on this hilltop. (Requires a 10 minute hike).*

- After tour, return to your hotel.
- In the evening, transfer via public transportation to a local restaurant where you will reflect on your experiences with a **Farewell Dinner** as a group!
- Return to your hotel and enjoy a free evening.
June 16

Sunday

Meals Included:
Breakfast at the hotel

Return Home

- Spend your morning free exploring Athens!
- Students will depart on flights booked individually to United States (optional group flight will be priced when air itineraries become available).

Program Ends

Throughout your tour
As part of our commitment to quality and value, we've included the following:
- Locally-based ISA Resident staff and orientation meeting upon arrival
- English-speaking, trained professional tour guides
- Wireless internet access in hotels, unless otherwise noted
- Entrances for cultural sites, unless otherwise noted
- Gratuities for meals, guides, and drivers
- Transportation in safe, clean motorcoach, including:
  - Intra-city transportation, as listed in your itinerary
  - Airport transfer for group flights
  - Meal transfers, as noted
  - Transfers to visits within city limits (note visits outside city limits may incur additional costs)

We thought of that too!

- Bottled water on coach rides
- One non-alcoholic drink at all included meals

Before your program departs

- Customized online registration portal to manage student registration, payments, dietary and health information collection, roommates, etc.
- Destination guide books
- Customized pre-departure packets for students; Binder for faculty
- Curriculum briefing materials prepared by WorldStrides’ Global Academic Team including company and speaker profiles and destination-specific economic information

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