

ITALY

MEDITERRANEAN SECRETS TO LONG LIFE



NDSU INTERNATIONAL STUDENT AND STUDY ABROAD SERVICES

Memorial Union, Room 116

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NORTH DAKOTA STATE UNIVERSITY

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Discover the secrets of why people live over 100 years in “Blue Zones” as you explore Sardinia, Italy.



HIGHLIGHTS

- Experience local life while visiting with Sardinia residents and enjoying cultural events
- Eat the life-extending Mediterranean diet including fish, vegetables, and pastas
- Immerse yourself in the natural beauty of the bright blue waters and white sand beaches on a full-day cruise
- Enjoy free time to explore the local scene while enjoying the rich culture and spirituality of Italy
- Make memories with your peers by curating your own Mediterranean inspired meal during a group cooking course
- Unravel the remarkable history of ancient sites including Tharros Village, Oeistano, Domus de Janas, and more
- Connect deeply with yourself by enjoying Italian wellbeing practices (passegiata)



QUICK FACTS



APPLICATION DEADLINE

December 1, 2023



DATES OF TRAVEL

5/23/2024 - 6/5/2024
(Tentative)



LOCATION

Sardinia, Italy



ELIGIBILITY
3.0 GPA

Open to all majors



CREDITS
1-3 credit hours
PH 479/793/794



PROGRAM COST
\$5,150

Program cost includes housing, ground transportation, site visits, most meals, instructor costs and health insurance. Eligible students can use financial aid.



PROGRAM INSTRUCTOR

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