

"Life is short; Art eternal."
~ HIPPOCRATES

ITINERARY

(subject to slight changes)

Spring 2019: 5 orientation sessions

May 6: Meet with local healers at the med center & art therapists

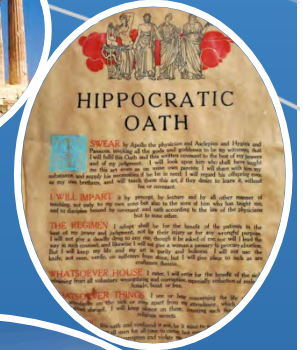
May 8: fly to Athens from your home airport.

May 9-12: In Athens, study street art, the Greek diet, museums & historic sites like the Parthenon, Acropolis, & Theater of Dionysos.

May 13-14: Travel by overnight ferry to the Dodecanese island of Kos, home of Hippocrates, to see archaeological sites & study ancient art & medicine.

May 15-16: Visit the volcanic island of Nisyros to work with an arts collective, take a Greek cooking class, & visit the ancient healing hot springs.

May 17: Return to mainland by overnight ferry and travel to Delphi, center of the ancient Greek world, famous for its oracle.



May 18: Visit the healing centers of Livadia & Hosios Loukas, where an 10th-century saint's body is said to heal pilgrims today. Travel to the fishing village of Tolo.

May 19: See the enormous theater & sanctuary of Epidaurus, where the healing god Asklepios visited travelers in their sleep. Optional snorkel or kayak over a sunken ancient villa.

May 20: Visit Corinth & Nafplio. Learn about ancient hygiene & see how local herbs, fruit, & seeds are turned into digestifs.

May 21: See ancient Nemea & race in its ancient stadium. Visit a winery to taste the "blood of Herakles."

May 22: Fly home.

Study in
GREECE!



YOUR PROFESSORS:

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TRAVEL DATES:
MAY 8-22, 2019

ART, HEALING, & MEDICINE

American conceptions about wellness are tied to Greece, from the Hippocratic Oath to hype about the “Mediterranean diet.” Ancient Greek ideas about health & healing stimulated the development of modern medicine, influencing our medical terminology & even our surgical instruments! A key difference: Greek medicine depended on the arts, seen in their sculpture, architecture, & dramatic festivals. This course will examine the role of the arts in healing in Greece & Shreveport, from ancient Greek temples to the “Arts in Medicine” program at University Health (LSUHSC). We will examine scientific studies about the benefits of art therapy & participate in scientific research to see whether art heals. We will also document Greece’s impressive street art movement, one that addresses society’s ills to strengthen the body public.



“Let food be thy medicine”
~ HIPPOCRATES



EXAMINE THESE RESEARCH QUESTIONS:

- How healthy is the Mediterranean diet?
- Are there health benefits to art production or consumption? Let’s see what our own biometric data say!
- How does archaeology reveal ancient Greek healing practices?
- How does traveling affect your microbiome?
- Do graffiti & street art promote or impede community wellness?
- What is the placebo effect & its connection to healing practices like homeopathy?
- What are the differences between Greek & American approaches to art, health, & healing?

DETAILS:

- 4 credits
- Intercultural (CU) credit
- Max class size: 18
- \$4000 cost includes:
 - airfare
 - hotel lodging with private bathrooms
 - daily buffet breakfast
 - 2 group dinners
 - private coach, metro, & ferry transportation
 - gratuities for guides & drivers