

Italy & Greece: Climate Change-Resilience and Regeneration

Weeks 1: Program Orientation, sustainability and natural building: Passignano sul Trasimeno, Italy

Arriving in Rome, you'll transfer to a center for environmental education, natural building and community living. You'll spend your first few days getting to know more about your group, the program and strategies for staying healthy and safe. Then you'll shift focus and dive into activities like cooking, gardening, hiking, exploring and learning about natural building.

Week 2: Climate change and Culture: Florence, Italy

Firenze (Florence), capital of Italy's Tuscany region, is heralded as the "birthplace of the Renaissance" and home to many masterpieces of Renaissance art and architecture. Aside from exploring history and culture, we'll learn about sustainability efforts and climate change work in an urban setting, through work at a community garden.

Week 2-3: Hiking the Via Francigena: History, Nature, Creativity & Contemplation: Tuscany, Italy

After a brief stop in Rome to explore and learn about the incredible history and culture of this ancient city, the group will spend almost a week exploring the Via Francigena, one of the ancient pilgrimage routes that leads to Rome. We'll hike a section through Tuscany, stopping along the way to learn about local history, culture and farming, and will stay in small guesthouses along the way.

Week 3-4: Community and sustainability: Garfagnana, Italy

Spend a week at an organic gardening and sustainable living project in Garfagnana. In the mornings you'll work on projects in their permaculture garden or help with light construction, and in the afternoons take time for swimming, visiting local historic sites and nearby towns, continuing to learn about Italian history, culture, and language, and enjoying time together!

Week 4: History and culture: Rome, Italy

Leaving the countryside, the group will head to Rome, where you'll spend a few days exploring the city and learning more about its incredible history and culture.

Week 5: Cultural exchange and climate change: Matera, Italy

Spend your last week in Italy in the Southern city of Matera, a fascinating example of resilience, change and the rebirth of a city. We'll work with a local NGO to learn about sustainability and climate change efforts in and around the city while staying at a hostel on a farm just outside of town. You'll get to share meals with local communities members as well as meet with other young people from all over Europe who are working towards a more sustainable and resilient future!

Week 6: Agios Ionis, Crete, Greece

Your first week in Greece will be spent on the Island of Crete, in the small community of Agios Ioannis. Staying in traditional Mudhouses you'll take classes about Greek language, culture and history, explore archaeological sites, and explore and adventure on Crete.

Week 7: Cultural exploration: Athens, Greece

Flying from Crete to Athens, you'll spend a few days exploring the birthplace of democracy and the heart of ancient Greek civilization.

Week 7- 8: Personal and environmental sustainability: Akrata, Greece

During the last week of program the group will head to an eco culture center, based in the mountain countryside of the Pelloponese peninsula. Here is an opportunity to retreat and reflect on your learnings from the past 8 weeks, while contributing to environmental efforts at the center. In addition to yoga and meditation classes, you'll learn about permaculture, help in the garden and greenhouse, try your hand at greek cooking, and explore the countryside. At the end of the week, you'll head back to Athens and prepare to return 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.***