

GREECE & TURKEY

Fermentation, Diet, and Culture in the Aegean World

May 15-June 6, 2026



LEADERS

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LEARNING OBJECTIVES

- Understand how culture shapes agricultural practice – and how agriculture, in turn, shapes culture
- Identify how fermentation is used in food systems for food safety and preservation
- Link components of Mediterranean diets to health
- Analyze differences between Greek and Turkish culture
- Explain the roots of the long -standing conflict of the Greek and Turkish peoples and how they manifest over history and – still - today
- Change how we think about what makes a national identity – and how it drives how different cultures live with and next to one another

ONE DIFFERENCE:
WHAT TO DO WITH
GRAPES?



~62.5% of production



~45-50% of production



Cost, Credits, & Locations

Credits

FS 49100 – 3 credits

Estimated Cost: \$5,200

The estimated cost includes most meals (typically breakfast and either lunch or dinner), accommodation, activities, in-country transportation, and admission fees.

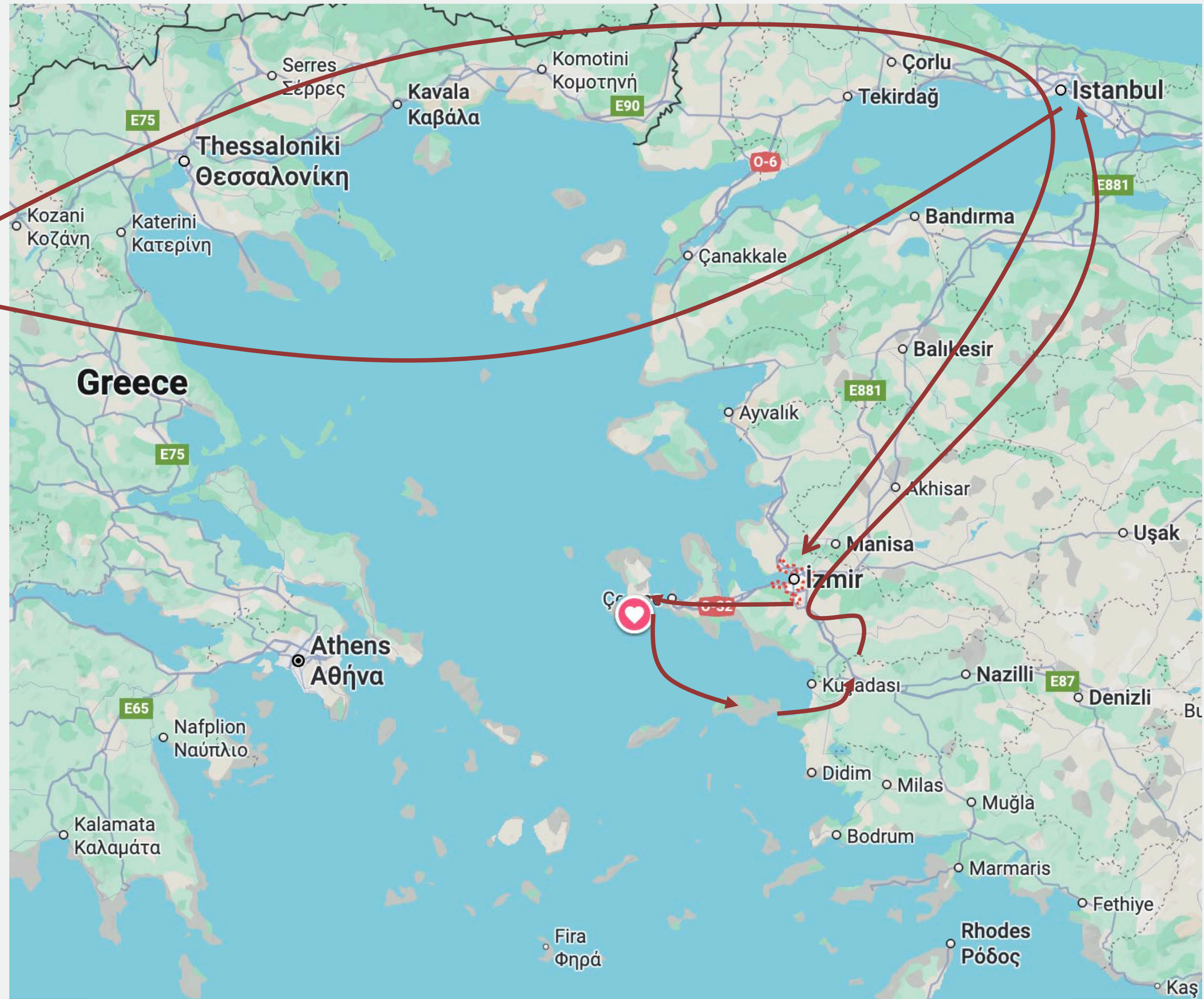
Locations

- Istanbul
- Izmir
- Çeşme
- Kusadası
- Ephesus
- Chios
- Samos

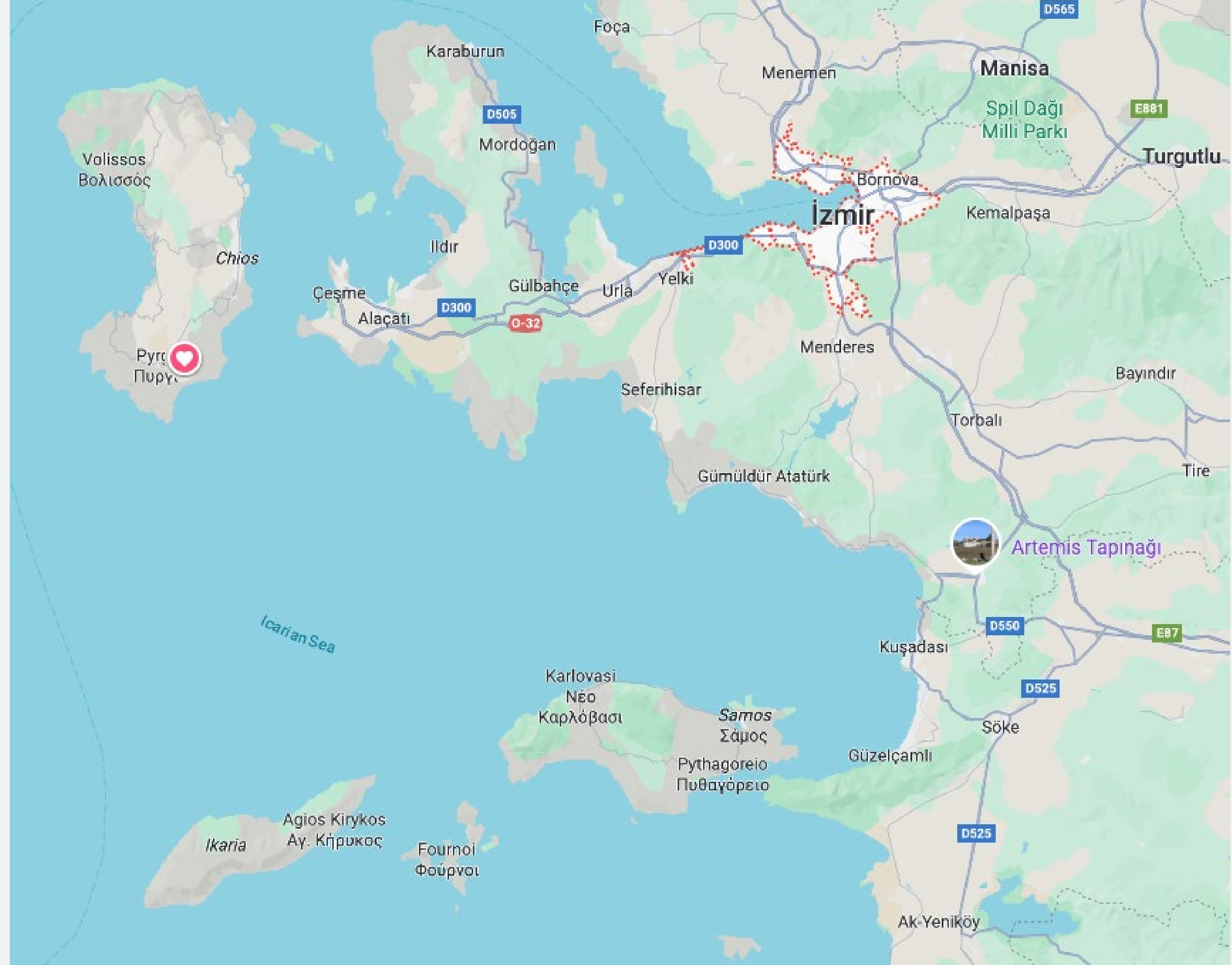
OUR PATH



- A group flight will be organized for those who want to travel together – but you can also meet us in either Istanbul or Izmir.
- Feel free to go early or stay later if you want to explore more
- Consequently – we have not included airfare in the price of the trip to allow you to choose your own adventure



OUR PATH



Itinerary



Friday, May 15

- Group Flight: Depart O'Hare International Airport at 11:25 to Istanbul (IST) on flight TK186 (or meet us in IST)

Saturday, May 16

- Arrive IST at 5:45 am
- Depart IST at 8:55 am for Izmir (ADB) on Pegasus flight PC 3305, Arrive Izmir 10:00 am
- Check -in at lodging
- Down time/travel recovery
- Immersion walk, dinner, and sunset on the Kordon Promenade
- Walking Lecture 1 on -site: "The End of Our Story: Great Fire of Smyrna – September, 1922"

Sunday, May 17

- Breakfast Buzz
- Visit Dokuz Eylül University – Fermentation in Turkish Cuisine
- Lunch together
- Lecture: Lactic acid fermentation
- Exploration and dinner on your own

Monday, May 18

- Breakfast Buzz
- Lecture: Food Systems, Fermentation, Safety, and Health
- Visit Kemeralti Bazaar
- Lunch together
- Explore Ruins of Smyrna Agora
- Exploration and dinner on your own

Tuesday, May 19

- Breakfast Buzz
- Depart by bus to Çeşme
- Explore Çeşme and lunch on your own (be to ferry terminal 90 minutes prior to departure)
- Depart Çeşme by ferry at ~5pm (exact ferry schedule not yet set)
- Arrival in Chios (~6pm) & Orientation
- Dinner together



Wednesday, May 20

- Breakfast Buzz
- Lecture: Masticha - Influences on Cuisine and Health
- Field trip to Masticha Research Center
- Visit Chios Castle
- Lunch and Learn: Ethanolic fermentation
- Visit Chios Beer brewery
- Exploration and dinner on your own



Thursday, May 21

- Breakfast Buzz
- Lecture: The Mastichochoria – How Masticha Shaped History
- Travel to Pyrgi and stop at Kalamoti on the way
- Lunch
- Visit at the Mastiha museum
- Exploration and dinner on your own

Friday, May 22

- Breakfast Buzz
- Day trip to Oinousses Island
- Lecture: Chios and Greek Maritime Culture
- Visit the Maritime Museum
- Lunch
- Visit a local honey producer
- Exploration and dinner on your own

Saturday, May 23

- Breakfast Buzz
- Visit Anavatos
- Field trip on Chios herbs identification, foraging, exploration ***The field trip includes a moderate hike
- Lunch at Lithi
- Beach time!



Sunday, May 24

- Breakfast Buzz
- Lecture: Fermentation impacts on bioactive molecules
- Lunch
- Visit the Myrovolos Organics Farm (fermented vegetables: caper and crithmum)
- Mini-Lecture: Distillation
- Visit Stoupakis Distillery
- Exploration and Dinner



Monday, May 25

- Breakfast Buzz
- Visit the Byzantine Museum of Chios
- Lecture: Dairy fermentations
- Visit a local cheese producer: Georgoulis Farm or Mastelo
- Lunch
- Explore Chios Town and dinner on your own

Tuesday, May 26

- Breakfast Buzz
- Lecture: Vegetable fermentations
- Visit a local olive tree farm/aloe vera farm
- Lunch
- Exploration and dinner on your own





Wednesday, May 27

- Transfer via ferry from Chios to Samos (~2.5 hours)
- Arrival and hotel arrangements
- Lunch
- Vineyard tour & wine tasting - the famous Samos Muscat Blanc wine
- Exploration and dinner on your own

Thursday, May 28

- Breakfast Buzz
- Lecture: Wine fermentations and production systems
- Visit Distillery, Ouzo Giokarini , or Victor
- Lunch
- Visit Pythagoreion and Heraion of Samos UNESCO World Heritage Site
- Exploration and dinner on your own

Friday, May 29

- Lecture: The Mediterranean diet and health
- Visit the laboratory of organic products BIO SAMOS
- Lunch
- Afternoon Free for Samos exploration

Saturday, May 30

- Breakfast Buzz
- Lecture: Samos and the Greek Revolution
- Visit olive oil company (olive oil products)
- Lunch
- Exploration and dinner on your own

Sunday, May 31

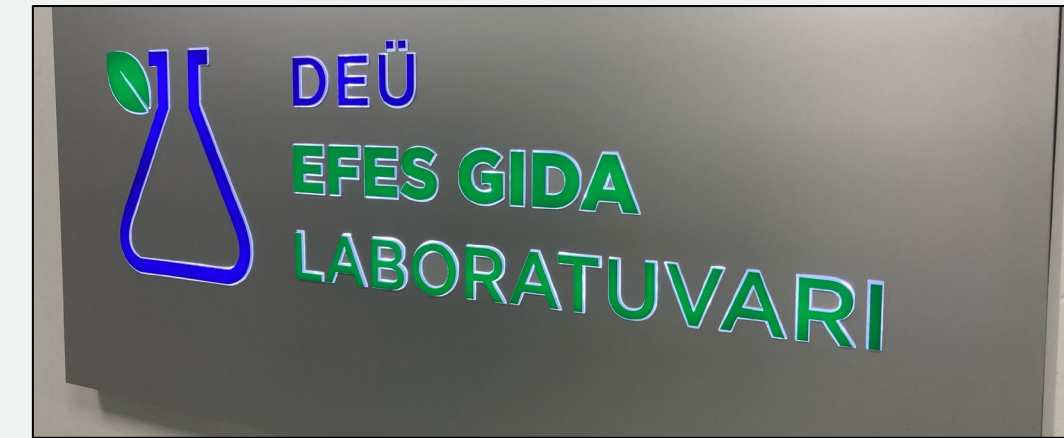
- Ferry from Samos to Kusadasi at 9 am
- Bus from Kusadasi to Efes
- Visit Ancient Ephesus
- Visit Food Technology program, DEÜ Efes
- Dinner and Stay in Efes

Monday, June 1

- Breakfast Buzz
- Turkish vineyard visit
- Bus from Efes to Izmir
- Flight from Izmir to Istanbul
- Visit Istanbul Teknik University

Tuesday, June 2

- Breakfast Buzz
- Eminomu – Misir Carsisi , Galata Tower





Wednesday, June 3

- Breakfast Buzz
- Hagia Sophia, Sultanahmet, Topkapi Palace, Gulhane Parki

Thursday, June 4

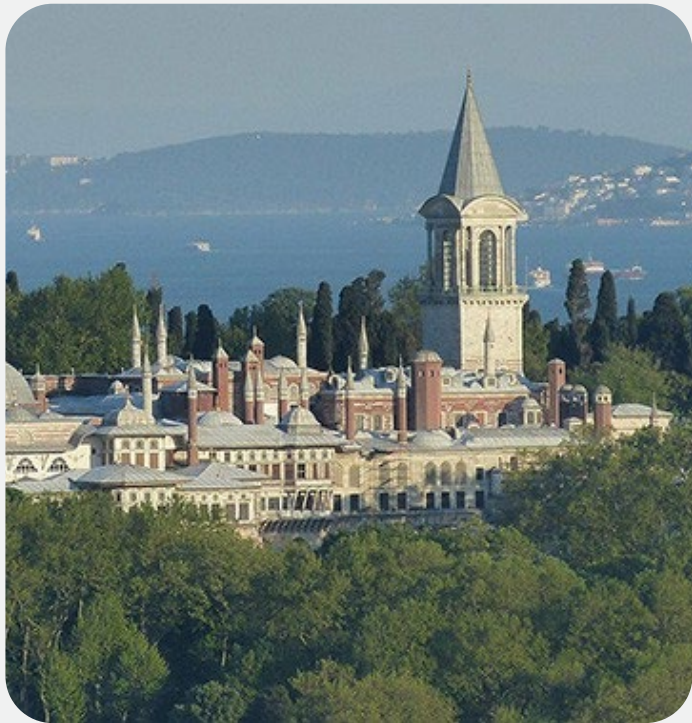
- Breakfast Buzz
- Fener, St. George, Chora Church, Palace of the Porphyrogenitus, Theodosian Walls

Friday, June 5

- Breakfast Buzz
- Free day in Istanbul
- Optional group trip to be chosen - examples: Bosphorus cruise, Princes' Islands, Trip to Asian side

Saturday, June 6

- Group Flight: Depart IST for ORD on Turkish Airlines Flight TK5 at 2:25 pm



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