

Benedictine University
College of Science & Health

Six days of food walking tours, tapas, olive oil tastings, market tours and cooking in Madrid and Valencia Spain!

NUTR 2220 Mediterranean Diet and Health – SPRING 2027

You don't have to put your life on hold to see the world! This trip abroad is short enough to fit around your work and degree plan.

Earn academic credit and a resume line that stands out!

Past students said it was one of their *favorite* experiences in college.

This course meets the co-curricular designations of Sustainability, Life-Scientific (QLS), Global and Engaged Learning. This course can count also towards the nutrition minor or Dietetics major.

JOIN US for a true cultural immersion, with local guides. This **STUDY ABROAD** course involves asynchronous online learning via D2L in the 1st half of the term, followed by hands-on learning during spring break.

Day	Date	Activities
0	March 4	Departure from USA
1	March 5	Arrival to Madrid, Orientation, Walking Tour, Welcome Dinner
2	March 6	Transfer to Valencia (train). Walking tour, Silk Exchange, Cathedral
3	March 7	Urban apiculture, Artisanal cheese tasting
4	March 8	Albufera National Park, Cooking workshop
5	March 9	Olive grove, Central market
6	March 10	Transfer to Madrid, Wine and Cheese tasting, Farewell Dinner
7	March 11	Departure from Spain

Interested students should complete the "Interest Form" online – click on this QR code to access the form. Contact Dr. Arnold (carnold@ben.edu) or Dr. Sochacki (psochacki@ben.edu) if questions. **REGISTRATION** for this 3-credit course opens in November 2026. Estimated **COST**: $3,750 (based on 12 students) to $3,900 (based on 10 students) includes housing, in-country ground travel, and designated excursions with 10 meals, but does not include airfare.