

**GREECE: ANCIENT ETHICS IN ATHENS!**

PHIL 3390, PHIL 5050, LBST 2102

SUMMER 1, 2023

DETAILED ITINERARY

<b>Spring</b>			<p><b>Pre-Departure Orientations</b></p> <p>There are several pre-departure orientation sessions you'll be attending. Some of these are led by the Study of Abroad Office and geared to all students studying abroad. Topics will include logistics (e.g. passports, health insurance, possible vaccinations), safety (e.g. preparing for emergency situations, preventing emergency situations, common scams), and conduct guidelines (e.g. Code of Student Conduct). Some of these are led by me and geared only to our group heading to Greece. Topics will include a course overview, objectives, assignments, required resources, and, especially, an overview of our daily itinerary.</p>
<b>1.</b>	<b>Sa</b>	<b>May 13</b>	<p><b>Depart US</b></p> <p>You will be flying to Greece on your own or, if you wish, with other students, and you will likely fly overnight. You should already have reviewed national and international airport security procedures and customs procedures. You should also have already made a firm plan for retrieving local currency. Ground transportation will be provided at a time that is best for most students. If you are arriving much earlier or later than other students, you should also plan for ground transportation from Athens International Airport to our hotel. The flight is long, so you'll have some time (but not much space) to catch up on any reading and writing you may still need to do, especially our first readings for Tuesday. But do keep in mind that it is often difficult to work on a plane. Other than that, settle in, enjoy the flight, review your list of "Things I'm Most Looking Forward To!", and feel the excitement of the next ten days!</p>
<b>2.</b>	<b>Su</b>	<b>May 14</b>	<p><b>Arrive in Athens—Setting Up For Success</b></p> <p>Welcome to Athens! You'll likely be arriving in the morning or midday, and you'll likely be tired from the long flight. Especially for those new to international travel, you'll also have deal with the adrenaline that comes with a barrage of first-time, unknown, sometimes stressful experiences—going through customs, communicating with those of a different language, wondering if the transportation really is where you think it is. That's okay! Know that you're prepared, including for any emergency, and try have fun with these new experiences.</p> <p>The point of today is just to get ourselves settled in to Athens, somewhat rested, and set up for success. Make your way from the airport to our hotel and check-in. If your room is ready, go ahead and get settled. If your room is not yet ready, go ahead</p>

			<p>and leave your luggage at the front desk until it is ready. Your time is free until our Psyrrri Neighborhood Tour and Arrival Dinner this evening, so enjoy a Greek siesta, grab some souvlaki, and if you're up for it, explore the neighborhood. You may, of course, do these in any order you wish.</p> <p><u>Morning and Afternoon</u>  Check in to hotel and with me  Free time</p> <p><u>Evening</u>  5:00p      Walking Tour of Psyrrri Neighborhood  7:00p      Welcome Dinner and Onsite Orientation, location TBD</p>
3.	M	May 15	<p><b>Setting the Intellectual Stage—Homer, the Sophists, and Greek Geography</b></p> <p>Our main task today is to set the intellectual stage, so we can better understand in context Socrates's, Plato's, and Aristotle's seminal contributions to moral philosophy, especially, of course, their views about the truly excellent human life. One way is to understand them as responding to what they viewed as a set of problems presented by the Homeric ideal of the "noble warrior" and Sophist tendencies toward egoism, relativism, and skepticism. Another is to understand their embedded socio-cultural-political context, which developed in part as a consequence of the nature of the Greek gods and the geography of Greece itself. We'll discuss these after breakfast during our morning seminar. In late morning, we'll do our Athens City Walk. After lunch, I hope you'll join us for the included but optional tour of the Ancient Agora, the center of Ancient Athenian political, social, and commercial life and, famously, the site where Socrates did his most bothersome work as a gadfly.</p> <p><u>Morning-Midday</u>  8:00-8:45a      Breakfast and conversation  9:00-10:45a      Seminar discussion  11:30-1:30p      Athens City Walk  Lunch              On your own  3:00-4:30p      Tour the Ancient Agora (included but optional)</p> <p><u>Evening</u>  Free time</p>
4	T	May 16	<p><b>Acropolis and the Acropolis Museum—Socrates, Integrity, and the Life Worth Living</b></p> <p>It's fitting that today we'll visit the Acropolis, one of the most important historical sites of the Ancient world, West or East, and one that has been seducing us since we've arrived. Fitting, because in its Golden Age, Athens dedicated the Parthenon as a temple to Athena, guardian of Athens and Goddess of practical wisdom (among</p>

		<p>other things). And practical wisdom - how we should live in order to live the excellent human life - is the thread that ties together most Ancient Greek ethical theories. For Socrates, as we'll see in our morning seminar, practical wisdom amounts to living in accordance with the beliefs and principals we have most <i>reason</i> to hold. We'll have some free time after our morning seminar, and we'll gather together again, first, at the Acropolis Museum, where we'll learn about the history of the Acropolis and its surrounding area. We'll finally experience the wonder of the Acropolis and its monuments, including the dominating Parthenon, exquisite Temple of Athena Nike, famous columns of The Erechtheion, and acoustic Odeon of Herodotus, in the breeze and twilight of early evening.</p> <p><u>Morning</u>  8:00-8:45a      Breakfast and conversation  9:00-10:45a      Morning Seminar</p> <p><u>Midday</u>  Free Time</p> <p><u>Afternoon-Early Evening</u>  4:00-8:00p      Acropolis and Acropolis Museum</p>
5	W May 17	<p><b>Athens Exploration #1 – Plato, Harmony, and the Life Worth Living</b></p> <p>Today is intended for you to explore Athens – even Greek cuisine!</p> <p>We will discuss a number of options for you to explore. For those of you who are fascinated by Ancient Philosophy or Classics, I would love for you to join me on included visits to Plato's Academy and Aristotle's Lyceum. Plato's Academy is actually a small neighborhood just outside—that is, just far enough away from—the rest of historic Athens. In these more peaceful surroundings Plato built his home and, over the next fifty years, would walk and talk with students and colleagues about knowledge, reality, truth, justice, and virtue and write nearly thirty Dialogues, including <i>Theaetetus</i>, <i>Meno</i>, <i>Gorgias</i>, <i>Crito</i>, <i>Apology</i>, and the monumental <i>Republic</i>. Among other conclusions of the <i>Republic</i>, Plato (Socrates?) holds that the truly excellent human life—like a truly excellent city—is one whose appetites (desires) and spirit (emotions) are well-governed by reason. What exactly this type of "tripartite harmony" comes to is one of the things we'll discuss in our morning seminar. The site of Plato's Academy is now a small archeological park and, since 2016, home to the new Plato's Academy Digital Museum. The museum will take us in reverse chronological order from today's site back to the days of Plato's Academy and his teachings.</p> <p>The site of Aristotle's <i>Lyceum</i> – which, fascinatingly, was excavated only in 1996 (during my first year of graduate school!) and opened to the public only four years ago, in 2014 - is where Aristotle established his Peripatetic School, so-called,</p>

			<p>apparently, because Aristotle liked to stroll through the groves while discussing philosophy with students and colleagues. ('Peripatas' is the Greek word for 'stroll'.) "Appropriately enough" because Aristotle's philosophical northern star was a certain type of naturalism, the conviction that all philosophical theorizing must begin by understanding nature as it is—by understanding particular, concrete, sometimes living things and events—and, only then, generalizing to the "nature" of things (essences), to physical laws, and to how human beings should live and organize ourselves. Indeed, Aristotle's Lyceum was perhaps the world's first organized center of scientific inquiry and the birthplace of the scientific method.</p> <p>Again, these visits are included but optional. In truth, the site of Plato's Academy has been surprisingly neglected, and Aristotle's Lyceum is still in very early stages of excavation. So you should visit these sites only if you (as I do!) revere "sacred" places. Otherwise, feel free to explore some of the many other worthy options. You should be sure to pack so that you're ready for tomorrow's early morning travel to Nafplio via the beautiful ancient holy city of Delphi!</p> <p>We'll end the day with cooking class!</p> <p><u>Morning</u>  8:00-8:45a      Breakfast and Conversation  9:00-10:45a      Morning Seminar</p> <p><u>Mid-morning - Afternoon</u></p> <p>Athens Exploration  Pack</p> <p><u>Evening</u></p> <p>Cooking Class</p>
6	R	May 18	<p><b>Day Trip to Delphi – Travel to Nafplio</b></p> <p>We're off on a four-day adventure during which we'll travel even further back in Greek history and experience the wonders of Greece's geography!</p> <p>As we travel to the enchanting sea-side port town of Nafplio, we'll first experience breathtaking Delphi. Delphi, situated on the slopes of Mt. Parnassos, offers breathtaking views of the valley below and the waters of the Gulf of Corinth and several important historical sites, including the Sanctuaries of Apollo and Athena. Dating back to 1100 BCE and once believed to be the center of the world (!), Delphi is perhaps the most important religious site in all of the Ancient world (not just Greece). It is most well-known as the home of the prophetess Pythia, otherwise known as the Oracle of Delphi. The Oracle was the earthly mouthpiece of Apollo, so</p>

		<p>few people in Ancient Greece, whether king or commoner, did anything important without consulting the Oracle. In philosophy, the Oracle of Delphi is best known for telling a friend of Socrates the he, Socrates, was the wisest person in Athens. As by most riddles emanating from the Oracle, Socrates was perplexed, since he claimed to know almost nothing at all. Over time, Socrates pieced together several lessons of the riddle: 'Know thyself', 'The unexamined life is not worth living', and, most importantly, the importance of living a life of intellectual integrity.</p> <p>We'll discuss all of this as we also pay attention to the surrounding geography, contrasting it with the very different sea-going geography that we've just experienced. After Delphi, we'll have lunch and enjoy strolling through another of Greece's charming towns, likely either Itea or Galaxidi, before heading to Nafplio. Nafplio is scenically and strategically situated along the Mediterranean Sea, under a cliff and at the endcap of a large bay. Because of this location, Nafplio is steeped in Greece's history. So much so, that it is guarded by <i>three</i> castles and was selected to be Greece's first capital upon (finally) earning its independence in the 1820s. Despite its history, Nafplio's main attraction for us is not its sights, but its ambiance. We want to experience Nafplio to glimpse what it might have been like to live the sea-going life. To that end, you'll have plenty of free time over the next three days to live the good life that Nafplio has to offer. So over the next several days, sail the Mediterranean, swim its beaches, feel its soft breezes, savor its variety of seafood, and relax in its evening nightlife.</p> <p><u>Morning-Early Afternoon</u></p> <p>7:00-7:45a      Breakfast and Conversation  8:00-2:00p      Day Trip to Delphi  Lunch (included) Town of Itea or Galaxidi</p> <p><u>Early-Late Afternoon</u></p> <p>Travel to Nafplio  Check in to Hotel  Brief orientation to Nafplio</p> <p><u>Evening</u></p> <p>Free time</p>
7	F	<p><b>May 19</b></p> <p><b>Nafplio Coast and Harbor – Aristotle, Teleology, and the Life Worth Living</b></p> <p>At the center of Aristotle's naturalism is the view that all particular, concrete, sometimes living things have a distinct <i>telos</i>—a function, purpose, or goal. Thus, if we can identify the <i>telos</i> of human beings, we'll be able to identify the truly excellent human life and consider how best to achieve it. We'll discuss all of this in</p>

			<p>our morning seminar. We'll then tour more of the glory of Nafplio, its coast and harbor. You'll then enjoy plenty of free time!</p> <p><u>Morning</u></p> <p>8:00-8:45a      Breakfast and Conversation  9:00-10:45a      Morning Seminar  11:00-12:00p    Tour of Nafplio Coast and Harbor</p> <p><u>Afternoon-Evening</u></p> <p>Free Time</p>
8	Sa	May 20	<p><b>Nafplio Exploration! Today's Positive Psychology</b></p> <p>Today is intended for you to explore more of Nafplio's seaside, beaches, and castles! I hope you soak it all in!</p> <p>First, we'll begin the day with our Morning Seminar, in which we'll see what today's Positive Psychologists tell us about living a remarkable human life. In particular, we'll focus on the contributions of Martin Seligman. Seligman is popularly known and professionally respected as the driving force behind the broadening of psychology to include, in addition to its traditional, important goal of relieving misery and working through difficult life conditions, also the goal of exploring what makes life worth living—a truly excellent human life—and the conditions by which one could create such a life. Seligman's current theory is that a life worth living is one that well balances pleasure, engagement (being in the moment, being in "flow"), positive relationships, meaningfulness (the feeling that one is part of and contributing something larger than oneself), and accomplishment. During our morning seminar, we'll compare Seligman's theory to those of Socrates, Plato, and Aristotle to see what, if anything, Seligman's theory adds or omits.</p> <p><u>Morning</u></p> <p>8:00-8:45a      Breakfast and Conversation  9:00-10:45a      Morning Seminar</p> <p><u>Mid-morning - Evening</u></p> <p>Nafplio Exploration!</p>
9	Su	May 21	<p><b>Site Visits to Epidavros and Mycenae—Return to Athens</b></p>

We'll return to Athens this afternoon, but first we'll contrast Greece's sea-side with some of its more rugged terrain and stop first at the Ancient ruins of Epidavros and Mycenae - seat of history's first European empire.

Epidavros originated as a temple to Apollo during Mycenaean times, and, by the fourth century BC, was the most important healing center in the Ancient Greek world. (Remember the miniature healing site on the South Slopes of the Athens's Acropolis, the Sanctuaries of Dionysus and Asklepios? The original statue of Asklepios was brought there from Epidavros, the enormous healing site near Mycenae's Acropolis.) Epidavros was home to numerous medical facilities, housing for the sick, healing baths, theaters, athletic stadiums, an odeon, and the Theater of Epidavros - one of the most remarkable acoustic engineering feats in the world. It is claimed – we'll see if it's true! – that one can whisper from the orchestra section and be heard at the top row. This theater is so remarkable that it is still in use, mostly for performances of Ancient Greek plays. (Remember the opening scenes of *The Greeks*? That play was being performed here at Epidavros.) Indeed, the internationally famous Athens and Epidavros Festival takes place throughout mid-Summer, with concerts performed at the Acropolis's Odeon of Herodotus and plays performed at this Theater of Epidavros.

From Mycenae, the Myceneans ruled the lands surrounding the Mediterranean for more than one thousand years during the Late Bronze Age, the height of its power from roughly 1,600-1,200 BC. Recall that the Acropolis of Athens's Golden Age was constructed 2,500 years ago; the Acropolis of Mycenae was constructed 1,500 years before that! Mycenae is indeed the golden city of Homer's *Iliad*, once ruled by Agamemnon, who, we are told, led the expedition to reclaim Helen – the beginning of the Trojan War. During our guided tour, we'll walk through Lion's Gate (famed entrance), explore the Citadel and city, descend into the 60 foot cistern, and stand within the early engineering marvel that is the domed Treasury of Atreus. Many of the excavated treasures of Mycenae, including the architecturally and linguistically important Mycenaean gold cups, Mask of Agamemnon, and Linear B tablets, now reside in Athens' National Archeological Museum. You'll have the opportunity to visit this museum tomorrow, which, in my view, is second in Western importance only to Vienna's Natural History Museum. After our site visits, we'll travel back to Athens.

Morning-Evening

8:00-8:30a      Breakfast and conversation  
8:45a            Site visits to Epidavros and Mycenae  
1:00p            Lunch  
3:00p            Travel back to Athens/Check back into hotel

Evening

Free time

10	M	May 22	<p><b>Athens Exploration #2 – Consolidation in Athens!</b></p> <p>I hope you have enjoyed your study abroad experience in Athens, and I hope that as the decades come you find that it has increasingly contributed to your life very well-lived.</p> <p>Our theme for today is consolidation. Of course that means you should do whatever you need to prepare for tomorrow's departure: pack as much as possible, check-in with your airline, print any boarding passes, finalize your transportation to the airport, mail anything that needs to be mailed, say 'Efcharistó' to the hotel staff, etc. But intellectually more important, I intend for you to use this day to consolidate Greece itself. If, after visiting Mycenae and Delphi, you now <i>really</i> want to visit the National Archeological Museum, I hope you'll join us for the included but optional site visit. If during our time in Athens you've said to yourself, 'I <i>really</i> wish we could have spent more time exploring its Roman history!', or 'I <i>really</i> wish we could have explored more of the greenery in Athens!', or 'I haven't yet gotten to try Greece's best coffee shop, Mokka!', or 'I haven't spent enough time at the Plaka!', or anything else, then please do that as well if at all practical.</p> <p>"Adventure safely," take lots of pictures, and be back for our Departure Dinner this evening at 8:00p. We'll enjoy more Greek cuisine, converse about our day, share pictures, and prepare for what to expect upon our return to Charlotte.</p> <p><u>Morning-Evening</u>  8:00-8:45a Breakfast and conversation  9:00a-8:00p Free day, site visit to National Archeological Museum  8:00p Departure Dinner and Reentry Preparation, location TBD</p>
11	T	May 23	<p><b>Depart Athens and Arrive in US (or other planned location)</b></p> <p>Goodbye, for now, to Greece! Unless you're heading to another destination, your flight to the U. S. will likely leave in early morning or afternoon. Again, the flight is long and you've likely not tended much to what awaits you back in Charlotte. If you haven't already, use the time to plan your reentry, especially your next few days. It's actually quite common for international travelers to experience reverse culture shock upon returning home, and having a plan often helps, especially if you have to get right back to a schedule, such as for work or another Summer 1 course. You should also make a brief plan for completing your research paper for our course, which is due no more than three weeks from today. I will be back on campus by Tuesday, May 30<sup>th</sup>, and if you'd like, we can certainly meet before your papers are due. But don't make the planning too demanding. Instead, I would recommend creating your list of "Top Ten Highlights of Greece!", listening to some music, resting</p>



		<p>if you can, mentally reliving your last ten days, and projecting what your eighty-year-old self would now say to you about <i>your</i> life, remarkable and well-lived!</p> <p><u>Morning and Afternoon</u></p> <p>Check out of hotel and with me  Group transportation to airport  Depart Athens</p>
<p><b>June</b></p>		<p><b>Post-trip activities</b></p> <p>If you'd like, we can meet individually or in groups as you work through your course papers. You'll also have to do study abroad things like evaluations, and I'll have to do study abroad things like propose the 2024 summer abroad program! 😊</p>