

HES ALUMNI AND FRIENDS STUDY TOUR



GREECE

May 29-June 9, 2019

Ikaria, the Greek island, known as “the island where people forget to die,” is the focus on this tour. Ikaria is one of 5 “Blue Zones”, an aging hot spot where people live to be a healthy 100+ years old. The health and longevity of Ikarrians is largely due to their lifestyle, which centers around having a reason to live, a focus on family, meaningful social connections, healthy diets, hard work, physical activity and spirituality. Using these lifestyle dimensions as a guide, participants will acquire unique insights regarding the Ikarian lifestyle through various hands-on activities, tours, observation and dialogue with local residents,

historians, and professionals who promote the island’s history, health and happy lifestyle. Participants will also enhance their multicultural experience through site visits of historical, cultural, and contemporary significance. The program will start in Athens with a guided tour of the Acropolis and it will conclude on the Greek “glamour island,” Mykonos.

Program Highlights:

- Cross-disciplinary programming opportunities focused on food, culture, and lifestyle
- Diverse tour options to match professional interests and encourage exploration of new focus areas
- Personal and professional growth

- and development through increased understanding of personal cultural values and biases
- Networking and cross disciplinary opportunities
- Experience how lifestyle and location contribute to overall health, well-being and life quality (nature hikes, religious festivals, local honey and olive oil production, wine-making, family life)

Estimated Cost:

- UK employees: \$3,261*
- Non UK employees: \$3,282*

* does not include airfare

Program Fees Include:

- Hotel
- Ground transportation
- Most meals
- Guided tours

RSVP and Payment Deadlines:

- **October 15:** RSVP your intent to participate to Sarah Gililland, FCS Staff Support Associate, s.gililland@uky.edu
- **December 1:** \$500 deposit due
- **February 1:** Pay in full

Questions:

For a copy of the itinerary or questions, contact Amy Kostelic, Associate Extension Professor and Adult Development and Aging Specialist, (859) 257-1763 or amy.kostelic@uky.edu

 College of Agriculture,
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