



Lifelong
Learning

With **Julie Woodzicka**,
William R. Kenan, Jr. Professor of
Cognitive and Behavioral Science

GREECE THROUGH THE AGES:

Exploring History, Culture and Culinary Traditions

May 26 – June 4, 2026



Dear Washington & Lee Travelers,

Athens and the Greek Islands are undoubtedly among the world's most alluring places. Athens, capital of Greece and Europe's oldest city, gave birth to democracy and to many philosophical concepts that have shaped modern Western society. And Athens does not merely rest on its laurels. At the outset of our program, we both explore the ancient monuments that testify to the city's glorious past and begin to discover the art of contemporary Greek good living in its vibrant, dynamic culture.

Later in this bespoke, tailor-made journey for Washington & Lee, we proceed to Santorini and Crete, two fascinating islands of the many that are peppered across the legendary azure waters of the eastern Mediterranean. While different in size and geological features, both of these iconic islands offer rich history, breathtaking landscapes, and are populated by people who are known for their friendliness, hospitality, longstanding traditions, and strong sense of community. Our time in Santorini and Crete will allow us flashes of insight into this deeply embedded sense of culture, enabling us to experience how each island embodies these quintessential qualities of Greek life.

Santorini and Crete are known for another intriguing reason: the health of their populations. Santorini's mineral-rich volcanic soil positively impacts its agriculture, and its winds and dry climate mean less humidity and pollution, often considered beneficial for respiratory and overall wellness. Meanwhile Crete, larger in size than any other Greek island and rich in myth and legend, was also the birthplace of cuisine that took root as the celebrated Mediterranean Diet. Its traditional cuisine has been studied over the years by the world's medical professionals and nutritionists.

Throughout our journey we're thrilled to be accompanied by **Julie Woodzicka**, Washington & Lee's William R. Kenan, Jr. Professor of Cognitive and Behavioral Science. With a series of thought-provoking lectures and engaging discussions, Julie will share her expertise and help us unlock some of the islands' secrets in the realm of wellness that contribute to the art of good Greek living. We'll enjoy delicious and healthy cuisine; explore important archaeological sites, lovely countryside, and traditional villages; and meet local people and learn about the elements that contribute to their long and healthy lives. We can't wait for you to join us.

Warm regards,



James Lambert
Director



Lisa D'Amelio
Assistant Director

Cover photo: Santorini

TRAVELING WITH YOU

JULIE WOODZICKA

William R. Kenan, Jr. Professor of Cognitive and Behavioral Science



Julie Woodzicka is the William R. Kenan, Jr. Professor of Cognitive and Behavioral Science. With expertise in the psychology of humor and social psychology more generally, she will share how situational contexts powerfully impact behavior and why humor increases overall well-being. Specifically, she explores the disconnect between imagined and actual feelings and behavior in stressful situations and the interpersonal and social consequences of subtle prejudice and discrimination, including the effects of and reactions to disparagement humor.

Julie will be joined by her husband, David Pfaff who is the Director of the Integrative and Quantitative Center at Washington & Lee University.

ABOUT THALASSA JOURNEYS

Thalassa Journeys is a tour company founded by the men and women who, working as Travel Dynamics International, pioneered educational and cultural travel in the 1970s in partnership with the leading educational, research, cultural and performing arts institutions in the United States. For more than 45 years our mission was to provide robust, intellectually stimulating experiences to lifelong learners who see travel as an opportunity to expand their understanding of the world and their place in it. This same mission guides us today. We believe that the most rewarding travel experiences happen when small groups of like-minded individuals share an enthusiasm for engaging with the richly varied environments of the world, and with the history, culture, ideas and ideals of the people who inhabit them.



Rethymno, Crete



Flower-filled Cretan countryside

For more information, please call W&L's Office of Lifelong Learning at 540.458.8723

ITINERARY



Tuesday, May 26, 2026

DEPART THE US

Outbound flights to Athens International Airport.

Wednesday, May 27

ATHENS

Arrive in Athens and transfer to the *Athens Capital Hotel* (or similar), home for two nights and conveniently located in the city's center. Meet your fellow travelers this evening over a welcome dinner at a local restaurant. (D)

Thursday, May 28

ATHENS

After breakfast, this morning is devoted to exploring the famed monuments of the Acropolis. Occupied since prehistory, the rocky plateau dominates the modern city as it did in ancient times. Explore the marvelous Parthenon, built in the 5th century BC as a temple to the city's protector Athena, and the neighboring temples which represent the pinnacle of Classical art and architecture. Also visit the award-winning collection of sculptures and artifacts from excavations of the Acropolis, housed at the Acropolis Museum. Much of the afternoon is at leisure. (B)

Friday, May 29

ATHENS/SANTORINI

Begin today with a tour of the superb Benaki Museum. Housed in the neoclassical mansion of the Benaki family, this cultural institution began as the extensive private collection of Antonis Benakis. By endowing the collection in 1930 he ensured its legacy as one of the finest in Greece, with treasures that include ancient artifacts, luminous icons, and gorgeous Greek regional costumes with dates that span from the Bronze Age to the 20th century. After lunch at the Benaki, continue to the airport for an afternoon flight to the iconic island of Santorini. Upon arrival, check in to the elegant *Del Sol Hotel* (or similar) for two nights. (B,L,D)



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The illuminated Parthenon on the Athenian Acropolis

Saturday, May 30

SANTORINI

Known in antiquity as Thera, Santorini was a prosperous trading center inhabited by a thriving society during the Bronze Age. In the 17th century BC, a calamitous volcanic eruption collapsed half of the island, burying its main town in a thick layer of ash and pumice and preserving its houses, streets, and squares as they existed 3,700 years ago. This morning, visit the excavated ancient town of Akrotiri. While only an estimated quarter of the extensive site has been unearthed, it nevertheless conveys a powerful, lifelike picture of a well-organized prehistoric city. The balance of the day is at leisure to explore the village of Fira independently. (B)

Sunday, May 31

SANTORINI/OIA/HERAKLION

Visit the superb Museum of Prehistoric Thera in the morning, which provides a fine introduction to Santorini's Bronze Age civilization. The museum's exhibits include items found during the Akrotiri excavations, including murals that decorated houses and public buildings. Continue to picturesque Oia, perched on the northern tip

of the island, for lunch. Afterwards, transfer to the port and board the *SeaJet* fast boat to Heraklion, Crete. Crete was home to Europe's first civilization, the Minoan, which dominated the Aegean world and parts of the Mediterranean from around 2000 BC. A tour upon arrival features the Historical Museum of Crete; the 16th-century Koules Fortress, built by the Venetians who ruled Crete at that time; and the Church of Aghios Titos, which dates to the 10th century. Dinner will be served at a restaurant that serves Cretan cuisine. Accommodations for the next four nights are at the wonderful *Hotel Megaron* (or similar). (B, L, D)

Monday, June 1

HERAKLION/RETHYMNO/KAPSALIANA/HERAKLION

Depart Heraklion for Rethymno. This charming Cretan town was built between the sea and a hill crowned by a massive Venetian fortress, which dates from the island's time as a Venetian possession from 1204 to 1669. After visiting Rethymno, drive south to the hill country surrounding Kapsaliana, formerly an abandoned medieval village. After a careful renovation that respected the history and architectural character of the village and its buildings, Kapsaliana is now a sustainable boutique hotel, surrounded by gardens of native



Handmade pottery-making, Thrapsano village, Crete



Outdoor dining at Heraklion's Peskesi restaurant, which serves traditional Cretan dishes from centuries-old recipes



The 16th-century Venetian castle still guards the harbor of Heraklion, Crete

flora. Here, enjoy a tasting of Crete's famous high-quality olive oil, and a cooking lesson conducted by the hotel's talented chef. Return to the hotel in Heraklion in the evening. (B, L, D)

Tuesday, June 2

POTTERY VILLAGE & THE WINE COUNTRY

Leave the hotel in the morning for the village of Thrapsano. With local pottery traditions that date back at least to the medieval period, Thrapsano presents a marvelous opportunity to learn about ancient ceramic techniques and admire beautiful pieces in the workshops of local potters. Continue to Heraklion's wine country, where indigenous Cretan grape varietals are cultivated at vineyards spread across the attractive hilly landscape. Visit the Domain Paterianakis to taste its excellent wines and learn about the centuries-old winemaking history of Crete. Enjoy lunch in the area, then return to Heraklion for a free afternoon of independent activities. (B, L)

Wednesday, June 3

KNOSSOS & THE ARCHAEOLOGICAL MUSEUM

Today begins with a tour of the Palace of Knossos, the largest

and most magnificent Minoan palace in Crete. Clustered around a spacious courtyard, the palace contains a network of rooms, passages and stairways that may have inspired the concept of the labyrinth. More than any other palace, Knossos reveals the brilliance and refinement of Minoan civilization. Later, the exquisitely presented exhibits at the Archaeological Museum of Heraklion reinforce our impressions of the remarkable achievements of Minoan culture. During an afternoon at leisure, you may wish to browse the stalls of the colorful Heraklion market, which sell a variety of Cretan products including their famed herbs. Tonight's farewell dinner at Peskesi restaurant, one of the island's finest, provides a delightful last taste of the centuries-old specialties of Cretan cuisine. (B, L, D)

Thursday, June 4

HERAKLION/USA

After breakfast at the hotel, transfer to the Heraklion Airport for flights homeward. (B)



Olive oil tasting



Museum of Prehistoric Thera, Santorini

RATE PER PERSON

\$ 6,890 per person, double occupancy.
Single room supplement: \$ 1,390.

PROGRAM INCLUSIONS

- Fine hotel accommodations throughout: Two nights at the *Athens Captial Hotel* (or similar), Athens; two nights at the *Del Sol Hotel* (or similar), Santorini; and four nights at the *Hotel Megaron* (or similar), Heraklion, Crete.
- Flight from Athens to Santorini and boat ride from Santorini to Heraklion.
- Full breakfast each morning at the hotels.
- Five lunches and five dinners at local restaurants with wine or beer and soft drinks.
- Airport/hotel/pier transfers and handling of luggage on the program arrival and departure dates.
- All tours and excursions as described in the itinerary with a professional English-speaking guide.
- Entrance fees to museums, archaeological and historic sites.
- The services of an experienced Thalassa Journeys Trip Director.
- Gratuities to guides, drivers and porters.
- All local taxes and service charges.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the Itinerary and the Program Inclusions.

Activity Level:
Travelers can expect an estimated total of 2-3 hours of walking at an easy pace per day. Since this program features archaeological sites and guided walks of ancient towns, excursions may involve walking on inclined or uneven surfaces such as rocky or unpaved paths, and navigating cobblestones or flights of stairs without handrails. During site visits, guests may need to stand briefly if seating is not available.

Sea/et transfers can require taking a few steps onto or off a moving craft with assistance from a crewmember. Embarking and disembarking from motor coaches and other transportation methods will also be necessary. Your willingness to explore will help you get the most from this unforgettable experience.

REGISTRATION

W&L 26L-0526

I (we) wish to reserve _____ place(s) on **GREECE THROUGH THE AGES**, May 26 - June 4, 2026, with Washington & Lee University. I/We understand that a deposit of \$1,000.00 per person is required.
For the ease of registering online, please visit: <https://go.wlu.edu/greece26>
☐ I/We wish to pay the deposit by credit card and authorize Thalassa Journeys to contact us for credit card details. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.
Alternatively, you can make your deposit by check.
Enclosed is my check for \$_____ (\$1,000 per person) made payable to **Thalassa Journeys**.
Please email your reservation to lifelong@wlu.edu and mail check to:
Thalassa Journeys: 8815 Conroy-Windermere Rd., Suite 406, Orlando, FL 32835

Preference at hotels:

- ☐ Double accommodation
- ☐ Double Bed
- ☐ Single Bed
- ☐ Single accommodation
- Bed configuration cannot be guaranteed.*

DR./MR./MRS./MS.	FIRST	LAST (As it appears on your passport)		
DR./MR./MRS./MS.	FIRST	LAST (As it appears on your passport)		
ADDRESS		CITY	STATE	ZIP
GUEST ONE MOBILE		GUEST ONE E-MAIL		
GUEST TWO MOBILE		GUEST TWO E-MAIL		
GUEST ONE W&L AFFILIATION (CLASS YEAR, PARENT YEAR, FRIEND)		Each participant must sign below: I/We have read the "General Information" section and agree to its terms.		
GUEST TWO W&L AFFILIATION (CLASS YEAR, PARENT YEAR, FRIEND)				
GUEST ONE NAME FOR NAME BADGE		SIGNATURE	DATE	
GUEST TWO NAME FOR NAME BADGE		SIGNATURE	DATE	

GENERAL INFORMATION

PAYMENT SCHEDULE: A deposit of \$1,000 per person is required to reserve your space on the tour. Final payment is due 90 days prior to departure. Payment can be made by personal check or charged to a credit card.
CANCELLATIONS & REFUNDS: All cancellations are subject to a \$300 per person administrative fee. Cancellations received 61-90 days prior to departure will be assessed a penalty equal to 50% of the total program cost per person. Cancellations received within 60 days of departure are subject to 100% cancellation penalties. Requests for cancellations must be made in writing. No refunds will be made for any part of this program in which you choose not to participate.
INSURANCE: We strongly recommend the purchase of trip cancellation insurance, which is available for coverage of expenses in conjunction with cancellation due to illness or accident. Baggage insurance is also recommended. In the event that you must cancel your participation in a travel program, trip cancellation insurance may be the only source of reimbursement.
ITINERARY: The itinerary, accommodations and arrangements are subject to change at the discretion of Thalassa Journeys.
RESPONSIBILITY: Please read carefully the following terms and conditions, which constitute the sole, legally enforceable agreements between the traveler and Thalassa Journeys. Thalassa Journeys acts solely as agents for the traveler with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the traveler's safety and satisfaction, but, we neither assume nor bear any responsibility or liability for any injury, death, damage, loss, accident, delay or irregularity arising in connection with the services of any ship, airplane, train, automobile, motor coach, carriage or other conveyance, or the actions of any third-party, involved in carrying the traveler or in affecting these tours. We are not responsible for damages, additional expenses, or any other losses due to cancellation, delay or other changes in air or other services, sickness, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, acts of God or other causes beyond our control. All such losses must be borne by the traveler, and tour rates provide for arrangements only for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the traveler shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as we are able to recover on the traveler's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the traveler beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels, transportation methods, or lecturers if this is required. We reserve the right to cancel, delay, or reschedule any tour prior to departure, and, so long as this is not due to any of the aforesaid causes beyond our control, the traveler shall be entitled to a full refund of all monies paid to that point if he/she so desires. No refund shall be made for any unused portion of any tour. By forwarding their deposit(s), the traveler certifies that he/she and/or their dependents, minors or others covered thereby do not have any mental, physical or other condition of disability that could create a hazard for them or other travelers. We reserve the right to decline to accept or to decline to retain any person as a member of any tour should such person's health, condition or actions adversely affect or threaten the welfare or safety of other travelers or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or stored at the traveler's risk entirely, and, we shall bear no liability or responsibility for any damage or other loss thereto. Resolution of any disputes arising hereunder shall be affected exclusively in the state or federal courts presiding in Florida, pursuant to applicable Florida law.
RATES: Tour costs are based upon current airfares, tariffs, and currency values. While we do everything possible to maintain the listed prices, they are subject to change.
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For more information, please call **W&L's Office of Lifelong Learning** at **540.458.8723**



Lifelong
Learning

Join Professor **JULIE WOODZICKA** on
GREECE THROUGH THE AGES

MAY 26 – JUNE 4, 2026



Palace of Knossos, Crete

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