



Lifelong  
Learning

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

# THE ART OF GOOD LIVING IN GREECE:

An Immersive Journey to the Islands  
of Ikaria and Crete

May 26 – June 4, 2026



Typical village festivity in Ikaria that involves communal eating and dancing.



Dear Washington & Lee Travelers,

Undoubtedly, the Greek islands are one of the world's most alluring places to visit. Of the many islands that are spread across the eastern Mediterranean Sea, two of the most fascinating and unique are Ikaria and Crete, which are the subject of this unique, tailor-made journey for Washington and Lee. While different in size, history and physical features, Ikaria and Crete each embody the quintessential qualities of Greek island life.

Surrounded by the legendary, deep blue waters of Homer's Aegean Sea, Ikaria and Crete are rich in history, offering not only breathtaking landscapes and pristine shores but also a deep sense of culture. Both are populated by people who have deep island roots and are known for their friendliness, hospitality, and strong sense of community.

Ikaria and Crete are also known for an intriguing reason: the health and longevity of their populations. One of the very few Blue Zone sites in the world, Ikaria is known as "the island where people forget to die." In fact, one of every three islanders make it well into their 90s and beyond, while leading healthy and productive lives to the end. Much larger in size and rich in history, myth and legend, Crete was the birthplace of the earliest European civilization and gave roots to the famed Mediterranean Diet. Its traditional cuisine has been studied over the years by the world's medical professionals and nutritionists.

On this journey, we will unlock the islands' secrets and learn about the elements that contribute to the long and healthy life of its inhabitants, taste the delicious and healthy local cuisine, meet the people, and explore important archaeological sites, traditional villages and the lovely countryside.

Warm regards,



Ruth Candler  
Associate Director, W&L Lifelong Learning

#### ACTIVITY LEVEL

Travelers should be able to walk an average of three to four miles a day, cumulatively, sometimes on uneven pavement; have good balance; and be able to walk up and down stairs or steps without difficulty.

## 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.



Samples of the nourishing Greek cuisine.





RECONSTRUCTION OF THE PALACE OF KNossos  
The Palace of Knossos is a complex of ancient buildings and courtyards, built by the Minoans. It is famous for its intricate architecture and vibrant frescoes. The reconstruction of the palace is a testament to the skill and artistry of the Minoans. The red columns and the bull fresco are key features of the palace's design. The stone walls and steps provide a glimpse into the daily life of the Minoans. The informational sign in the foreground provides more details about the palace's history and the reconstruction process.



# ITINERARY



## THE LEGEND OF ICARUS AND THE NAMING OF IKARIA

Where did the island of Ikaria get its name? According to legend, Icarus, along with his father Daedalus, the master inventor, were imprisoned in Crete by King Minos in the Labyrinth. To escape, Daedalus made wings for himself and Icarus, which were fastened to their shoulders with wax. Daedalus instructed his son not to fly too close to the sun so that the sun rays would not melt the wax. Icarus, intoxicated with the power of flying, did not follow his father's instructions, soared closer to the sun, the wax was melted and he plunged into the sea. Daedalus buried Icarus on the nearby island, and the island has been called Ikaria ever since. The sea where Icarus plunged is called the Ikarian Sea to this day.

Tuesday, May 26, 2026

### DEPART THE US

Depart from the United States for Athens, Greece.

Wednesday, May 27

### ATHENS, Greece

Arrive in Athens, the oldest city in Europe and Greece's capital. Overnight at the *Sofitel Athens Airport*, conveniently located across the street from the airport's arrivals terminal. In the evening, enjoy a welcome dinner at a local restaurant. (D)

Thursday, May 28 & Friday, May 29

### ATHENS/IKARIA

Fly in the morning across the Aegean Sea to Ikaria (45 minutes). Upon

arrival, transfer to the *Hotel Erofilii*, a lovely hotel facing a beautiful beach in the quaint fishing village of Armenistis. (B, L, D)

Saturday, May 30

### IKARIA

Rugged Ikaria is one of the most extraordinary and unique of the Greek islands. Known as the "island where people forget to die," Ikaria is one of the world's very few Blue Zones, places where people live much longer than the average age of mortality. In fact, Ikaria has the highest concentration of 90-year-old people in the world. One of every three islanders make it well into their 90s and beyond. It's not just that Ikarians live long lives, but perhaps more importantly that their life is healthy and productive until the very end. The islanders are practically free of chronic diseases that inflict most of the world.



The people of Ikaria live healthy and productive lives well into their 90s and beyond.

Photo- Marissa Tejada



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

FOR MORE INFORMATION, PLEASE CALL THE W&L OFFICE OF LIFELONG LEARNING AT 540.458.8723





**The attractive seaside village of Aghios Kyrikos, Ikaria**

Ikaria is a most interesting place to visit, not only for the longevity of its population, but also because it has not been affected by mass commercial tourism, its striking landscape, and radio-active curative springs, exhilarating air, lovely beaches, village architecture, and the friendly and hospitable inhabitants. During our stay, we will get to know the island's unique communal lifestyle, its cuisine and diet, customs and traditions. (B, L, D daily)

**Sunday, May 31**

**IKARIA/HERAKLION, Crete**

Fly to Athens to connect with the flight to Heraklion, Crete's largest city and main commercial center. Upon arrival, transfer to the *Hotel Megaron*, located near the old harbor and the prominent fortress that was built by the Venetians, who held Crete from 1204 to 1669. (B, L, D)

**Monday, June 1 - Wednesday, May 3**

**CRETE**

The largest of the Greek islands, Crete is the home of Europe's earliest civilization, the Minoan, which starting in around 2000 BC, dominated the islands of the Aegean Sea and parts of the Mediterranean. With an incredibly beautiful and varied landscape that harbors some 2,200 plant species, outstanding archaeological sites and museums, and a cuisine that gave the roots to the Mediterranean Diet and has been studied by the world's medical professionals and nutritionists, Crete is an outstanding place to explore. During our visit we will enjoy Crete's celebrated cuisine, meet with local experts on the culinary history of the island, learn about the ingredients that make the Cretan cuisine healthy, explore the countryside and its magnificent archaeological sites and museums. Among them is Knossos, the largest and most impressive

Minoan palace on the island, whose grand size and complex architecture probably inspired the concept of the Labyrinth, and Heraklion's superb Museum of Archaeology, which exhibits the exquisite Bronze Age art of the Minoans. Crete also produces some of the world's finest olive oil. We will participate in a session to learn about the health benefits of this precious product that will include tasting of the island's justifiably famed olive oil. (B, L, D daily)

**Thursday, June 4**

**HERAKLION/USA**

Transfer to the airport for the return flight home. (B)

**ATHENS OPTIONAL PRE-TRIP EXTENSION  
May 25 - 28, 2026**

For those interested, an optional two-day extension to Athens will be available. Arrangements will include accommodations at a deluxe hotel, tours of the city's main ancient monuments, a lunch and a dinner at local restaurants, and hotel/airport transfer.

Rate: \$ 1,290 per person, double occupancy  
Single room supplement: \$ 490





Flower-filled Cretan countryside.



## RATE PER PERSON

\$ 6,890 per person, double occupancy  
Single room supplement: \$ 1,390  
(excluding flights within Greece  
estimated at \$440 per person)

## PROGRAM INCLUSIONS

- Fine hotel accommodations throughout: One night at the *Sofitel Athens Airport* (or similar), Athens; three nights at the *Hotel Erofilii* (or similar), Ikaria; and four nights at the *Hotel Megaron* (or similar), Heraklion, Crete.
- Full breakfast each morning at the hotels.
- Seven lunches and eight 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:** Domestic flights within Greece estimated at \$ 440, International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the Itinerary and the Program Inclusions.



Octopus vase, Archaeological  
Museum of Heraklion, Crete

## REGISTRATION

W&L 26L-0526

I (we) wish to reserve \_\_\_\_\_ place(s) on **THE ART OF GOOD LIVING IN GREECE**, 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](mailto: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)

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

**Each participant must sign below: I/We have read the "General Information" section and agree to its terms.**

## 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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Join Professor **JULIE WOODZICKA** to discover the  
**ART OF GOOD LIVING IN GREECE:** An Immersive  
Journey to the Islands of Ikaria and Crete

**MAY 26 – JUNE 4, 2026**



Village of Armenistis, Ikaria

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