

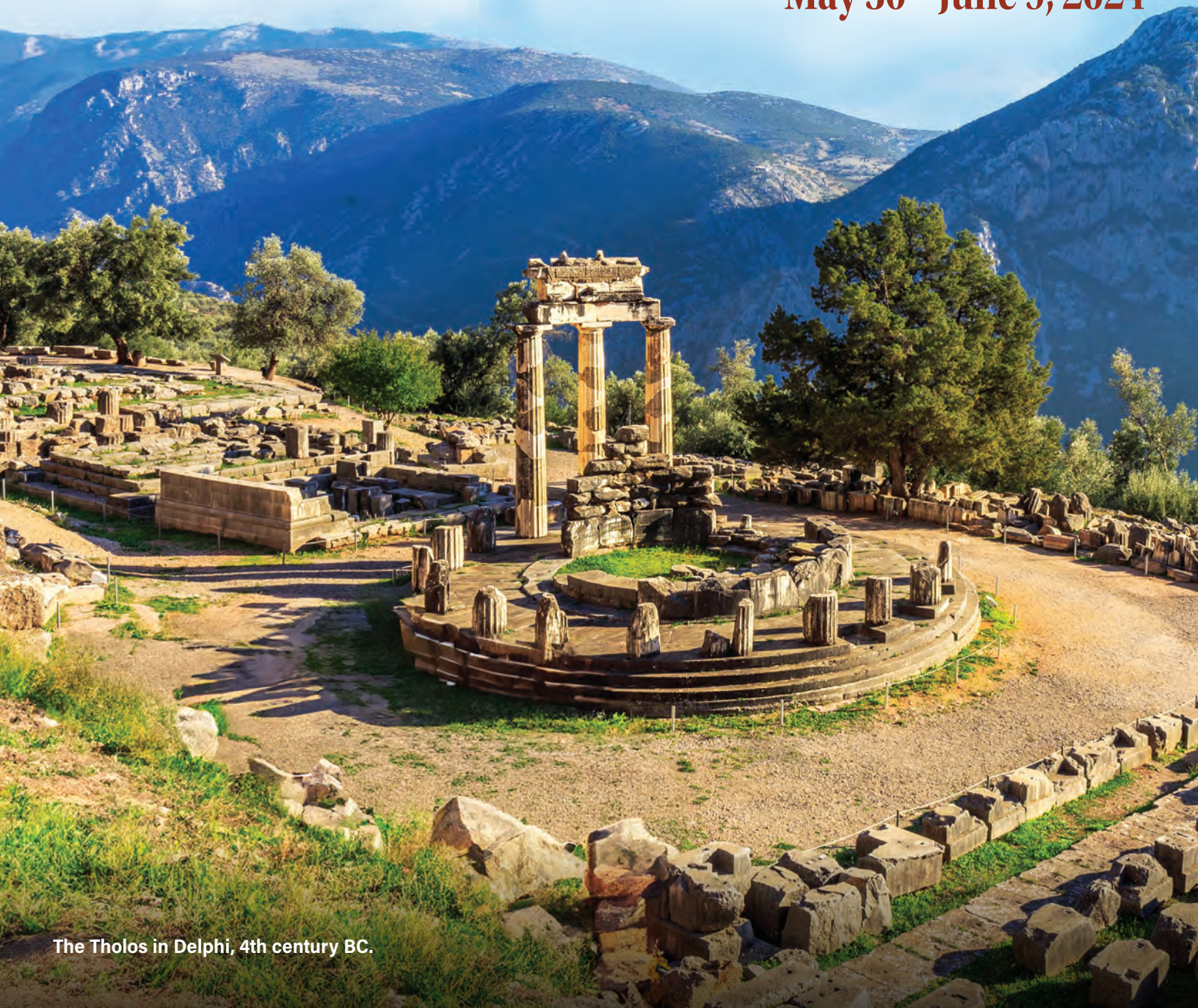
Cornell **CAU**
Education Vacations

Led by Cornell University
Senior Lecturer and
Senior Research Associate
GIULIA FRISO

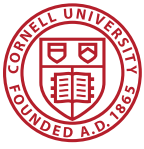
JOURNEY TO GREECE:

Exploring Culture, Nature & Contemporary Life

May 30 - June 9, 2024



The Tholos in Delphi, 4th century BC.



Cornell **CAU**
Education Vacations

Dear Cornellians & Friends,

Travel with us this coming spring to Greece as we explore some of the ancient world's most iconic cultural monuments—the world-famous creations of Greek art and architecture in Athens, Delphi, and Knossos—and as we marvel at Greece's natural beauty and learn about the Greek pursuit of wellness through diet and a medical practice rooted in knowledge of the healing virtues of plants and herbs.

Our guide to the fascinating history of diet and medicine will be **Dr. Giulia Friso**, Senior Lecturer and Senior Research Associate in Cornell's School of Integrative Plant Science, who will share her knowledge and expertise in a series of lectures and informal discussions. Our expert Greek guide, **Georgina Dova**, will travel with us throughout the journey and will provide historical and cultural context for sites we visit.

We begin in Athens, where we divide our time between admiring the unparalleled beauty of the Parthenon and the ancient Agora and learning about Greek wildflowers and herbs from curators at the Goulandris Museum of Natural History. In Delphi and Thermopylae, our focus is on ancient myth and history, followed by two glorious days in Pelion. Less well-known to travelers than other regions of Greece, Pelion is a ruggedly mountainous peninsula, home to charming, welcoming villages with a distinctive architecture and surrounded by thick forests of beech trees, orchards, and meadows, all of which will be in bloom when we visit.

The island of Crete, which during the Bronze Age gave birth to Europe's first civilization—the Minoan—is also one of the world's great garden spots, home to an abundance of fresh fruits, vegetables, and herbs. As we did on the mainland, we will combine an exploration of ancient sites, including the fabled Minoan Palace of Knossos, with attention to the natural world of plants and herbs. And we will enjoy meals of the Cretan cuisine that forms the basis of the now famous Mediterranean Diet.

Do not miss this opportunity to join Dr. Giulia Friso and fellow alumni/ae and friends on a *Journey to Greece: Exploring Culture, Nature & Contemporary Life*.

Sincerely,

Anna E. Pollock '94
Director, Cornell's Adult University, Alumni Travel,
& Wine Programs

CORNELL UNIVERSITY FACULTY

GIULIA FRISO

Senior Lecturer and Senior Research Associate



Dr. Giulia Friso obtained her B.Sc. in Biology and M.Sc. in Biology & Biochemistry and her Ph.D. in Biochemistry and Biophysics at the University of Padua (Italy). She was a graduate student and a postdoctoral fellow at the Department of Biochemistry at Imperial College, London (U.K.), and the Department of

Pharmaceutical Chemistry at U.C.S.F. in San Francisco. She was also a research scientist at the pharmaceutical company AstraZeneca's discovery unit in Stockholm (Sweden). Giulia joined the Plant Biology Department at Cornell University in 2001 and is currently a senior research associate and senior lecturer in the Plant Biology Section of the School of Integrative Plant Science.

OUR EXPERT GUIDE ON THE CIVILIZATION & ARCHAEOLOGY OF GREECE

GEORGINA DOVA



Georgina Dova, who will serve as our expert guide to history and archaeology throughout this journey, is one of the most knowledgeable and charismatic licensed Greek guides we have come to know over the years. Educated in Athens and Strasbourg, and a veteran of several archaeological excavations, including

one near Delphi, Georgina has garnered high praise for her thoughtful and informative contributions to educational tours she has accompanied for leading American and European institutions throughout Greece and the Greek Islands. She is a native Greek speaker, but is fluent in both English and French. And she is a delightful traveling companion.

The Botanical Riches of Greece & the Healing Power of Plants

Medicinal herbs played a prominent role in wellness and medicine since deep antiquity. While herbal medicine is still practiced in many less developed countries, medicinal herbs are now gaining wide acceptance in the Western world, complemented by increased interest in natural and integrative medicine. In ancient Greece, medical practitioners recognized the value of herbal remedies and used them widely in their practice. Their system of herbal healing was built on accumulated knowledge of studying the curative properties of plants and herbs.

Hippocrates, the “father of medicine,” favored natural therapeutic methods, and the ingredients included in the Hippocratic Corpus derive from numerous plants and herbs. Later, in the 1st century AD, Dioscorides, a Greek physician, botanist and pharmacologist, wrote his *De*

Materia Medica, a 5-volume encyclopedia about herbal medicine that included over 1,000 medicines derived mostly from herbs and minerals. In the 2nd century AD, Galen, the great Greek physician, anatomist, surgeon and philosopher, influenced the development of Western medicine well into the Renaissance. His *Theriac*, a medical formula that combined 64 different herbs, continued to be produced and used until the 19th century.

Greece is blessed with an unusually rich flora that contains over 6,000 species of plants, of which about 17% are endemic. Many are medicinal herbs that have been used in antiquity, and continue in use today. Under the guidance of Dr. Giulia Friso and our Greek guide Georgina Dova this journey will introduce CAU travelers to some of Greece’s most historic and magnificent sites, as well as to the rich world of the flora of the country.



Acropolis, Athens

ITINERARY



Thursday, May 30

DEPART THE USA

Depart the United States for Athens, Greece.

Friday, May 31

ATHENS, Greece

Arrive in Athens. Transfer to the *Hotel Athens Capital*, conveniently located near Syntagma (Constitution) Square, the center of the city. One of the world's most venerable cities, Athens is the capital of Greece and the oldest city in Europe. Its magnificent ancient monuments stand as

testimonials to its glorious past that gave birth to democracy and many other ideas and institutions that form an integral part of the Western tradition. In the evening, enjoy a welcome dinner at a local restaurant. (D)

Saturday, June 1

ATHENS

Visit in the morning the Goulandris Museum of Natural History, the pre-eminent natural history museum in Greece, where we will meet wildflower and herb experts, then tour the exhibits. The museum is located in Kifissia, one of the loveliest residential areas of Athens, and after lunch at a local restaurant, explore the Agora, the civic and commercial center of ancient Athens and the living heart of its democracy. Here, Socrates could be seen daily, questioning the assumptions of his fellow citizens, and where St. Paul preached Christianity to the Athenians. (B, L)

Sunday, June 2

ATHENS

In the morning, attend a seminar on the health benefits of the celebrated Mediterranean diet, conducted by a local expert. In the afternoon, tour the Acropolis. Occupied since prehistoric times, the rocky plateau of the Acropolis rises dramatically out of the plain and dominates the modern city as it did in ancient times. The incomparable Parthenon and other temples and structures built in the 5th century BC represent the highest achievement of architecture and art of the Classical period. Also, visit the Acropolis Museum and view its outstanding collection of sculpture and other artifacts. (B)

Monday, June 3

ATHENS/DELPHI/PELION

Leave Athens in the morning for Delphi, the sanctuary of Apollo. One of the most impressive ancient sites in Greece, Delphi stands on high ground and is surrounded by towering mountains split by a ravine. Here, a priestess would render the oracles to those anxious to know the future. Explore the site, including the Sacred Way; the



Palace of Knossos, Crete



Chalkis is built along its narrow sea channel.



In the old town of Rethymno, Crete



Traditional mansion at the village of Vizitsa, Pelion

Treasury of the Athenians; the Temple of Apollo; the Theater; and the Stadium. Visit also the Museum, which, among other treasures, houses the famous bronze statue of the Charioteer. After lunch, drive to Pelion. Accommodations in Pelion will be at the *Hotel Xenia*, in the quaint hillside village of Portaria, set 2,100 feet above sea level. (B, L, D)

Tuesday, June 4
EXPLORING PELION

Located on the east coast of central Greece and fronted on two sides by the Aegean Sea and a spacious bay, Pelion is a long mountainous peninsula that in ancient Greek mythology was the home of the Centaurs, depicted as half-man, half-horse creatures. It is also one of Greece's most beautiful and unspoiled regions. As in antiquity, thick forests of chestnut, oak, beech, olive and fruit tree orchards, as well as a profusion of plants, many of them with healing properties, cover the slopes of Pelion. In the morning, follow one of the forest walking paths to see several species of herbs and other plants, for which Pelion is known. Continue to a family-owned organic farm where travelers may pick herbs from the garden and participate in the preparation of a special Greek dish before enjoying lunch at the farm. End the day by visiting nearby Makrinitisa, one of Pelion's

most striking villages. Old timber-framed houses and mansions with slate roofs are built on steep terraces, while the village's main square provides superb views of the surrounding landscape. (B, L, D)

Wednesday, June 5
EXPLORING PELION

Spend the day exploring Pelion's inner massif and villages, starting in delightful Milies, a village that was an important cultural center in the 17th-18th centuries, and home to Taxiarchis, Pelion's most interesting church, built in the 18th century, its interior covered entirely with frescoes. Not far away is the picturesque hamlet of Vyzitsa, with its imposing mansions built in the characteristic Pelian style. Here, we will be hosted to lunch by the Women's Cooperative, serving typical dishes of Pelion, prepared by members of the cooperative. Before returning to the hotel, stop at the village of Tsagarada, whose main square is shaded by an enormous plane tree that is reputed to be the oldest in Greece – about 1,000 years old. (B, L, D)

Thursday, June 6
PELION/THERMOPYLAE/ATHENS/HERAKLION, Crete
Depart Pelion this morning for the Athens airport stopping en route at



The striking village of Makrinitisa, Pelion



Flower-filled Cretan countryside.

Thermopylae, the site of the famous battle between the Persians and Greeks in 490 BC. Continue to the seaside town of Chalkis for lunch. Late afternoon flight to Heraklion, Crete. Upon arrival, transfer to the boutique *Hotel Rimondi*, an ex-palace that dates from the period when Crete was under the rule of Venice (13th – 17th centuries), located in the atmospheric town of Rethymno. (B, L, D)

Friday, June 7

EXPLORING CRETE

The largest of the Greek islands, Crete gave birth to Europe's earliest civilization, the Minoan, which flourished during the Bronze Age, some 4,000 years ago. The sophistication and finesse of the Minoan civilization can be seen at the palaces the Minoans built and the exquisite art they left behind. With an incredibly beautiful and varied landscape, Crete is also famous for its stunning flora and healthy diet that forms the basis of the Mediterranean diet. From antiquity to the present, Crete has been well known for its medicinal and aromatic plants. In the 2nd century AD, Galen, a physician, surgeon, philosopher and perhaps the most accomplished medical researcher of antiquity, and the pharmacists of that time, were advocating the use of Cretan herbs for their curative properties. Leave the hotel in

the morning to explore southern Crete, including the magnificent Kourtaliotikos Gorge and the Preveli Monastery. Lunch will be served at a local restaurant. Return to the hotel in the afternoon. (B, L)

Saturday, June 8

EXPLORING CRETE

Drive in the morning to Knossos to visit the most magnificent and largest Minoan palace found in Crete. Clustered around a spacious courtyard, the palace contains a maze of rooms, passages and stairways that probably generated the concept of the labyrinth. More than any other palace, Knossos reveals the brilliance and refinement of the Minoan civilization. Continue to the Heraklion market, where many of the island's herbs are sold. After lunch at a local restaurant, tour the superb Heraklion Archaeological Museum, home to Minoan and other treasures. Enjoy a farewell dinner at Peskasi Restaurant, whose organic farm produces many of the ingredients used in the restaurant's Cretan cuisine. (B, L, D)

Sunday, June 9

CRETE/USA

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



Enjoy the delectable Greek cuisine.



Detail of the *Charioteer*, life-size bronze statue, 475 BC.

RATE PER PERSON

\$6,930 per person, double occupancy
Single room supplement: \$1,390

PROGRAM INCLUSIONS

The price includes the following arrangements and services:

- Accommodations at deluxe hotels: Three nights at the *Hotel Athens Capital*, Athens; three nights at the *Hotel Xenia*, Portoria, Pelion; three nights at the *Hotel Rimondi*, Rethymno, Crete.
- American breakfast each morning at the hotels.
- Seven lunches and six dinners, including wine or beer and soft drinks, at local restaurants and special venues, specially arranged for CAU travelers.
- Airfare from Athens to Heraklion.
- All tours and excursions as mentioned in the itinerary.
- Expert English-speaking Guide/Tour Manager to accompany the tour throughout.
- Lectures and discussions by Cornell University faculty Giulia Friso.
- Transportation within Greece by air-conditioned, Wi-Fi equipped motor coach.
- Group transfers and handling of luggage overseas at designated times from the airport to the hotel and hotel to the airport.
- Entrance fees to museums and historic sites.
- All local taxes and service charges.
- Tips to drivers, guides, porters and restaurant personnel.
- Complete pre-departure material.

NOT INCLUDED: International airfare; travel insurance; expenses of a personal nature; any items not mentioned in the itinerary or the above inclusions.

While Cornell is pleased to facilitate travel opportunities for its alumni and friends with tour operators that specialize in high-quality educational travel, please be aware that Cornell does not conduct, manage or operate these travel experiences, or act as an agent for travelers interested in tours. Tour operators and travelers are responsible for making their own safety decisions concerning this travel, and, as a facilitator between travelers and the tour operators with whom travelers make arrangements for completing travel, Cornell's role and liability are strictly limited. Specific tour operator and national health and safety protocols will apply to each trip, and travelers should review all protocols and trip terms and conditions, including terms and conditions regarding cancellations, refunds, health and safety, and insurance prior to making a reservation. Cornell is not responsible for changes to trips or travel arrangements or for losses, expenses, damages, or injuries resulting from travel.

REGISTRATION

CAU 24L-0530

Enclosed is my check or credit card no. for \$ _____ (\$ 1,000 per person) as a deposit to hold _____ place(s) on **JOURNEY TO GREECE**, May 30 – June 9, 2024, Cornell's Adult University. I understand that final payment is due ninety (90) days prior to departure and is payable by check or credit card.

**For reservations, please call Thalassa Journeys at: (866) 633-3611
or email: reservations@thalassajourneys.com**

or make a check payable and mail with this registration form to:

Thalassa Journeys: 8815 Conroy-Windermere Rd., Suite 406, Orlando, FL 32835

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Preference at hotels:

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

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CITY/STATE/ZIP _____

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EMAIL _____

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

SIGNATURE DATE _____

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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Join Cornell University Senior Lecturer and Senior Research Associate
Giulia Friso on a unique educational **JOURNEY TO GREECE: Exploring
Culture, Nature & Contemporary Life | May 30 – June 9, 2024**

Landscape of sea and mountain at Pelion

**For Reservations and Information,
Please Call **866-633-3611**
or email: reservations@thalassajourneys.com**

**JOURNEY TO GREECE: Exploring Culture, Nature & Contemporary
Life with Giulia Friso | May 30 – June 9, 2024**