

1st Sensitisation Workshop

Workshop Title : “Silver Tourism, Mediterranean Diet and Experience Wellbeing”

Conference Center “Karolos Papoulias, University of Ioannina, Ioannina, Wednesday, April 3rd, 2019

Organised by: INNOPOLIS – Centre for Innovation and Culture, University of Ioannina & Institute of Molecular Biology and Biotechnology-Biomedical Research/FORTH

About Project **SILVER WELLBEING**

The project “Promoting Silver tourism through valorisation of MED-diet and wellbeing routes in the CBC area” (Silver Wellbeing) aims at promoting silver tourism in the cross-border area by valorising cultural and natural resources such as olive oil, wine and cereals, encouraging the adoption of healthy eating habits like the Mediterranean Diet. The project, exploiting the silver economy as an asset of growth, will implement innovative tools developed in cooperation between different sectors of the economy: tourism, healthcare and agri-food. The choice of these sectors has been addressed by the needs of both countries. The creation of an innovative and challenging mobile App will be the starting point to evaluate the needs of each tourist, suggesting the best option for a customized Mediterranean Diet together with tailored tourist itineraries. The results of the project will be promoted at international scientific meetings and international fairs/exhibitions of food and tourism.



AGENDA	
16:00 - 16:30	Registration – Welcome coffee
16:30 - 17:00	Welcome <ul style="list-style-type: none"> ● Prof. Albanis Triantafyllos, Rector, University of Ioannina ● Prof. Moses Elisaf, Director, University of Ioannina, 2nd Dept of Internal Medicine ● Mr. Nikolas Petropoulos, Intl Relations, INNOPOLIS
17:00-17:15	Presentation of the core idea, partnership, CBC area Prof. Antonio Moschetta, University of Bari - Dept. of Interdisciplinary Medicine (TBC)
17:15-17:30	EU Framework - The Silver Economy & Tourism Mr. George Soulos, Project Manager, INNOPOLIS
17:30-18:30	Session 1 - Entrepreneurship <ul style="list-style-type: none"> ● Wellbeing and MED Diet Mr. Rompolas George, Intl projects, Chamber of Commerce & Industry of Aetoloakarnania ● Presentation of one company per project targeted product Olive Oil – Mr. Mathiopoulos George, Drop of Life Wine - Domaine Glinavos, Mr. Glinavos Cereals - Antonopoulos Farm – Director, Mr. Antonopoulos George ● New Agriculture for new Generation Prof. Krystallidou Vicky, Researcher, American Farm School (Thessaloniki) ● Quality, Standardization, Packaging and Authenticity of Olive oil Prof. Tarantilis Petros, Head of the Department of Food Science & Human Nutrition, Agricultural University of Athens
18:30-19:30	Session 2 - Health <ul style="list-style-type: none"> ● Mediterranean Diet & Cancer Prof. Fotsis Theodore, Head, FORTH, IMBB, Department of Biomedical Research, Ioannina, ● Mediterranean Diet & Cardiovascular disease

	<p>Prof. Tsimichodimos Vasileios, Medical Faculty, University of Ioannina</p> <ul style="list-style-type: none"> ● Analysis & Certification of Med-Food Health properties Prof. Magiatis Prokopios, National and Kapodistrian University of Athens, Department of Pharmacy ● Aristoleo Test Kit for Health properties of Olive Oil Mr. Gadanidis Athan., Director, Aristoleo ● Olive Oil & Health, Prof. Angelopoulos Konstantinos, University of Patras, Dr. & Researcher, University of Patras, Theodorakopoulou Athina, Member of Managing Board of BioTrichonis and Elegeia
19:30-20:30	<p>Session 3 - Wellbeing</p> <ul style="list-style-type: none"> ● Technology-Wellness & Med Diet : Triangle for the development of Silver Tourism Mrs. Dratsiou Ioanna, Research Associate of Medical Physics Laboratory, School of Medicine, Aristotle University of Thessaloniki ● Philoxenia, Gastronomy, Local Food Mr. Papafotikas Iason, Marketing Manager, Frontzou Politeia ● Project InCluSilver, Mr. Per Simonsson, Project Coordinator ● The road to Med Diet , Mrs. Eleni Aikaterini Zotou, Owner, Golden Tree Bio Organic
20:30-21:00	Open Discussion
21:00-21:30	Conclusions Recommendations

Project co-funded by European Union, European Regional Development Funds (E.R.D.F.) and by National Funds of Greece and Italy

Location

Conference Centre
 “Karolos Papoulias”,
 University of
 Ioannina, PC: 45110,
 Region of Epirus,
 Greece.

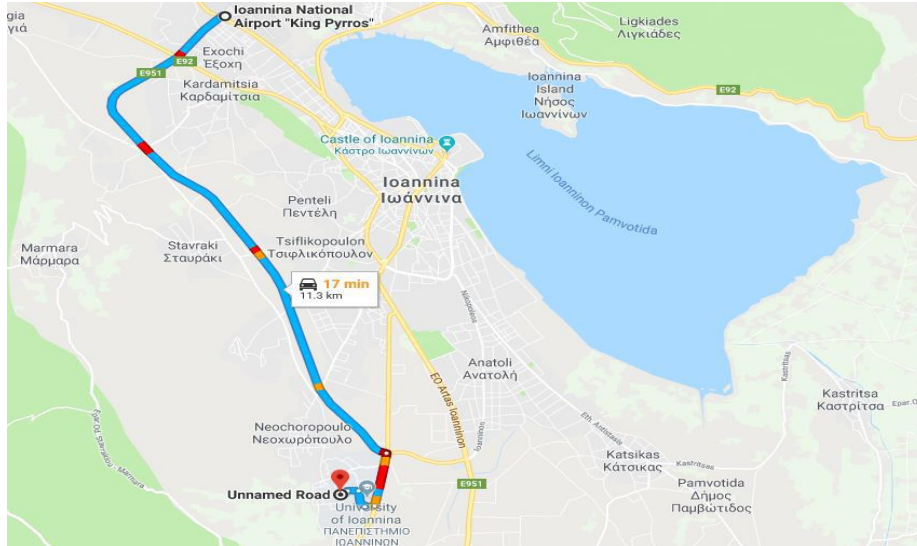
You can reach
 Ioannina by regular
 intercity bus services
 from Athens,
 Thessaloniki,

Igoumenitsa, Preveza and other Greek cities. A regular ferry service from Igoumenitsa to the ports of Italy connects Ioannina with Western Europe. A relevant service also links the city with Corfu. The city of Ioannina has an airport at a distance of 4 km. from the city center and 10 km. from the campus, with daily flights to Athens. The campus is located at a 6 km. distance from the city centre and access is possible: By urban bus that runs every 10 mins from the city centre; By taxi (costs around €5); By car (10 min.)



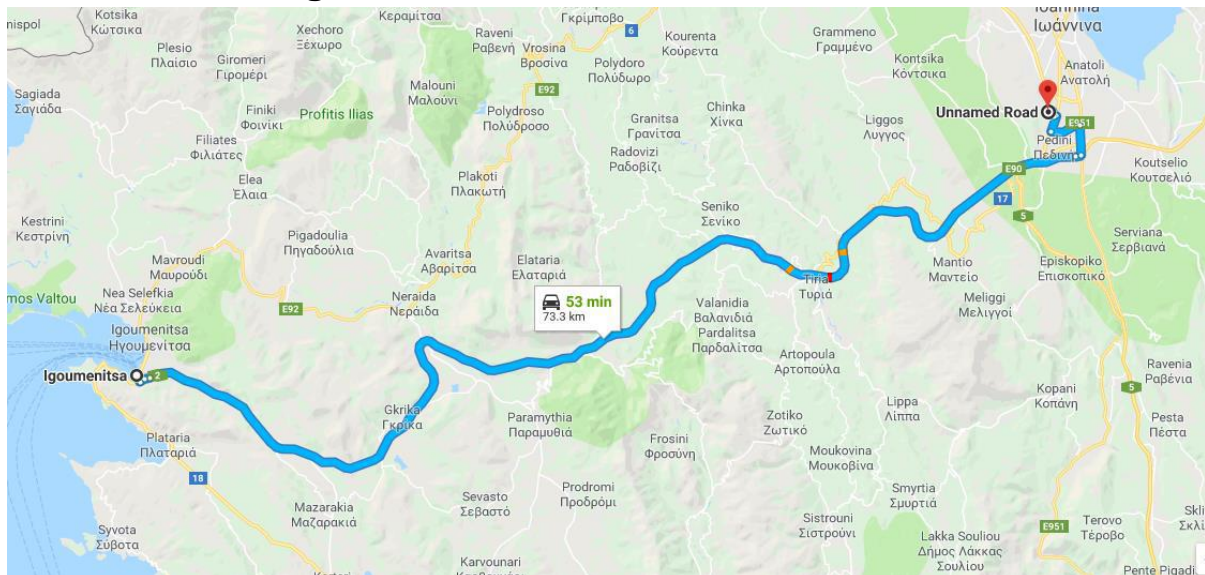
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Directions from Airport



Link: <https://goo.gl/maps/34gKnRx7UuJ2>

Directions from Igoumenitsa Port



Link: <https://goo.gl/maps/z8TokSCSGEA2>



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ΕΠΙΜΕΛΗΤΗΡΙΟ ΙΩΑΝΝΙΝΩΝ
Ν.Π.Δ.Δ.
από το 1919
CHAMBER OF IOANNINA



CAMERA DI COMMERCIO ITALO-ELLENICA DI SALONICCO
ΕΛΛΗΝΟ - ΙΤΑΛΙΚΟ ΕΠΙΜΕΛΗΤΗΡΙΟ ΘΕΣΣΑΛΟΝΙΚΗΣ



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