

## 3<sup>rd</sup> International Symposium

### *“Traditional Mediterranean Lifestyle: Health Effects and Longevity”*

11-14 June 2025 - Leros, Greece

#### APPLICATION FORM & COST

Please fill out the form and send it to Prof. Labros Sidossis ([lsidossis@kines.rutgers.edu](mailto:lsidossis@kines.rutgers.edu)) along with a copy of your CV and a short note stating your reason to attend, **BEFORE NOVEMBER 1, 2024.**

Your name: .....  
Names of person(s) coming with you to Leros (up to 2): .....  
Arrival Date:.....  
Departure Date:.....  
Room requirements (number of rooms and types of rooms – single or double occupancy):.....  
Country of Residency:.....  
Special requests: .....

***If you want to participate in the satellite excursion to IKARIA, please fill out the following:***

Your name: .....  
Names of person(s) coming with you to IKARIA (up to 2): .....  
Room requirements (number of rooms and types of rooms – single or double occupancy): .....  
Special requests: .....

Ms. Anthi Margaroni will be the contact person handling all travel and meeting logistics. Please do not hesitate to contact Anthi with questions at [anmargaroni@gmail.com](mailto:anmargaroni@gmail.com).

## COST

### A) SYMPOSIUM (11-14 June 2025 - Leros, Greece)

1. **MLMI members:** €1100 (double occupancy); €1250 (single occupancy)
2. **Non members:** €1190 (double occupancy); €1340 (single occupancy)
3. **Accompanying persons:** € 900 (double occupancy); €1050 (single occupancy)

**Payment Deadline: November 1st, 2024**

**Cancellation Policy:** Before March 30: full refund; April 1 – May 15: 50% refund; After May 15%: subject to a one hundred percent (100%) cancellation fee of the total cost .

\*\*\* The above costs cover:

- 1) Attendance to the conference (not for accompanying persons)
- 2) Five (5) nights at the hotel Crithoni's Paradise (4\*)
- 3) Welcome and farewell dinners.
- 4) Daily lunches
- 5) Coffee breaks
- 6) Transport within Leros
- 7) Experiential activities
  - a. Cazerma of Herbs
  - b. Cruise to the nearby majestic islands of Arkoi, Leipsoi, Marathi, and Aspronisia by boat
  - c. Traditional Mediterranean cooking workshop, followed by Farewell Dinner and Lirian night (with music and dance)

### B) IKARIA (June 15-20, 2025)

Double occupancy: 1250 Euros (1300 Euros if paid by credit card)

Single occupancy: 1500 Euros (1570 Euros if paid by credit card)

**Payment Deadline: November 1st, 2024**

**Cancellation Policy:** 45+ days prior to start date: full refund minus \$500 deposit fee; 20 - 45 days prior to start date: refund of 50% of total cost; 1 - 21 days prior to start date: subject to a one hundred percent (100%) cancellation fee of the total cost