



"The Art of Living Well"

A Nursing & Midwifery Retreat in Greece

NURSING AND MIDWIFERY RETREAT

Nourishing the Body, Calming the Mind and Rediscovering Balance

Athens| Samos

6th to 16th October 2027

CPD HOURS: 32

Greece

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK

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ABOUT THE RETREAT:

Nurses and Midwives spend their professional lives caring for others, often juggling demanding workloads, competing priorities and the everyday pressures of life. But how often do we give the same attention to our own health and wellbeing?

Set against the beautiful backdrop of Greece, The Art of Living Well is a nursing retreat that explores what the Mediterranean way of life can teach us about nourishing our bodies, managing stress and creating a healthier balance between our professional and personal lives.

Drawing on the principles of the Mediterranean diet and lifestyle, the retreat examines the relationship between nutrition, physical activity, social connection, rest and long-term health. Participants will explore the evidence supporting Mediterranean dietary patterns, practical approaches to managing stress, and the importance of making time for activities and relationships that bring enjoyment and meaning to everyday life.

The retreat also provides an opportunity to reflect on the particular challenges nurses and midwives face in maintaining their own wellbeing. Rather than focusing on burnout or offering unrealistic solutions to workplace pressures, the program encourages participants to consider what is within their influence and identify practical, sustainable changes that support their health and quality of life.

Combining professional learning, personal reflection, cultural experiences and time to enjoy the Greek way of life, this retreat is an invitation to step away from the demands of everyday nursing and midwifery practice, reconnect with what matters and rediscover the pleasure of living well.

Because looking after yourself should be part of life, not something you only get around to when everything else is done.







LEARNING OUTCOMES:

On completion of this retreat, participants will be able to:

- **Examine** the evidence supporting the Mediterranean diet and lifestyle, including their influence on cardiovascular health, metabolic health, cognitive function and healthy ageing.

- **Explain** the physiological and psychological effects of stress and evaluate evidence-based strategies for managing stress and supporting emotional wellbeing.

- **Explore** the influence of physical activity, sleep, social connection and meaningful activities on long-term health, independence and quality of life.

- **Develop** a personalised approach to living well that incorporates realistic lifestyle changes, personal boundaries and strategies for maintaining physical and psychological wellbeing.

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK



CLINICAL LEAD:

SUE WALKER

RN, BN, BN (ADMIN), MPHC, MACN

Sue is the Director and Co-Founder of Nurses for Nurses (NfN), delivering national and international conferences, study tours and professional development programs for nurses and midwives.

Sue holds degrees in Nursing and Health Administration, a Master of Primary Health, and postgraduate qualifications in areas including psychiatry of ageing, gerontology, chemotherapy administration and training and assessment. Her career has included frontline clinical roles, senior management and education leadership, giving her a practical, end-to-end understanding of how healthcare policy, workforce pressures and clinical realities collide at the point of care, in the community and across the system.

A sought-after presenter in Australia and internationally, Sue focuses on the issues nurses actually face at work — not just what looks good in policy documents. Her areas of interest include leadership without titles, public and population health, professional boundaries, workplace culture and incivility, bullying and moral distress, emergency management, aged care, mental health, advanced life support education, and the long-term psychological impact of caring work. She is particularly passionate about strengthening clinical judgement, professional confidence and practical strategies that protect both patient safety and workforce sustainability.

Sue is known for education that is evidence-based, unapologetically practical and grounded in the lived experience of nursing. Her programs move beyond surface-level wellbeing conversations to explore how organisational design, risk management and workforce policy shape daily practice and long-term career outcomes.

At the heart of her work is a simple belief: nurses and midwives are not just the backbone of healthcare — they are critical decision-makers whose knowledge, judgement and advocacy directly influence patient outcomes and system safety. Sue's goal is to ensure nurses and midwives are supported and professionally empowered to meet the growing complexity of modern healthcare while sustaining long, fulfilling careers.

INCLUSIONS:

- Accommodation with breakfast
- Welcome drinks reception
- Half day tour of Athens
- Welcome to Samos drinks reception
- Farewell dinner and drinks
- Return flight from Athens to Samos
- Tours with licensed English-speaking guide

PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A Transcript reflecting all education sessions, presentations and hospital/health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio



INTINERARY:

Day 1:
6th October 2027

Athens, President Hotel

Inclusions: Welcome Drinks

Welcome to Athens, Greece! Upon arrival, make your way to your hotel and settle in before taking some time to relax and explore this fascinating city. If you feel like stretching your legs, enjoy a stroll through the nearby streets, discover charming cafés and traditional Greek tavernas, or take in the sights of this historic city. You may even catch your first glimpse of the famous Acropolis overlooking the city. It's the perfect opportunity to unwind and soak up the atmosphere before our study tour gets underway.

5pm to 6pm: Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and registration function.

DAY 2:
7th October 2027

Athens, President Hotel

Inclusions: Breakfast & Lunch

CPD Hours:
4 Face to face
4 Via the Online Library

After breakfast, enjoy a guided tour of Athens' most iconic ancient landmarks. Explore the magnificent Acropolis, home to the world-famous Parthenon, and discover the fascinating history of ancient Greece with an expert local guide. Wander through the remarkable archaeological sites and learn about the civilisation, architecture and culture that helped shape the world as we know it today.

12pm: Lunch

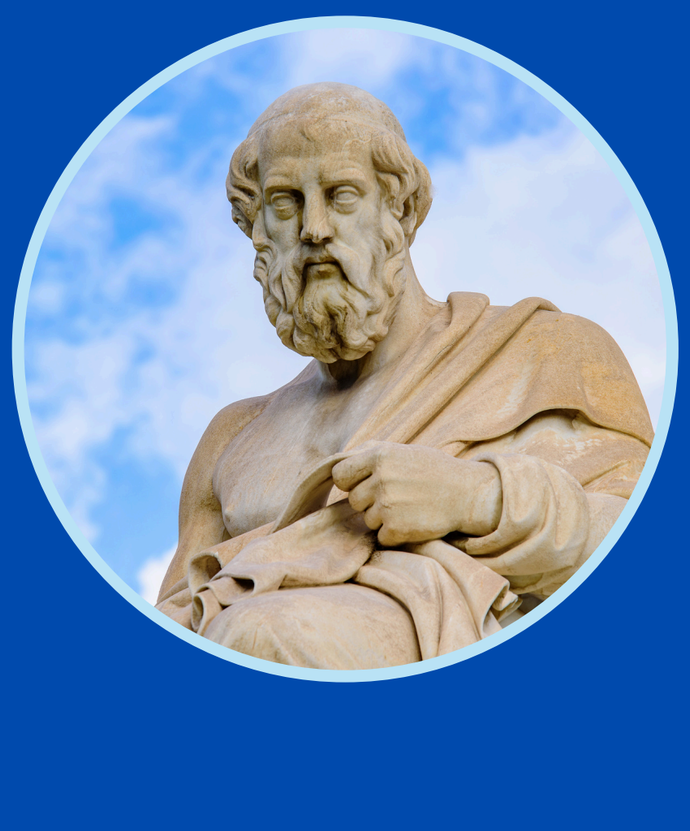
'The Mediterranean Way of Life: Food, health and the science of living longer'

1pm: The Mediterranean Diet: What Does the Evidence Actually Tell Us?

Explore the research into Mediterranean dietary patterns, cardiovascular disease, diabetes, cognitive health and longevity. What makes this way of eating different, and how strong is the evidence?







2pm: The Science of Healthy Ageing

What happens to our bodies as we age? Explore metabolic health, inflammation, muscle loss, bone health and the lifestyle factors that influence our ability to remain healthy and independent.

3pm: Break

3.30pm: More Than Food: What Can We Learn from Mediterranean Living?

Examine the importance of social connection, shared meals, daily movement, cultural traditions and enjoyment. Consider which aspects are supported by evidence and how they might translate into Australian life.

4.30pm: Practical Session: Moving Well and Dry Body Brushing

This practical session introduces simple approaches to maintaining mobility and explores dry body brushing as a personal care practice, including its proposed relationship with lymphatic function and what the evidence tells us. Participants will have the opportunity to try both activities and consider how small, enjoyable routines might become part of their everyday approach to living well.

Self-directed via the Online Library

The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.

- The Mediterranean Way of Life: Food, health and the science of living longer

4pm: **OPTIONAL TOUR**: Cook like a Greek (Limited to 12 participants)

Head to a much-loved rooftop patio in the vibrant Monastiraki neighbourhood, where you'll be taught how to prepare and cook classic Greek dishes by an experienced chef.

Get a taste of authentic Greek cuisine during this 4-hour cooking class. You'll be taught how to prepare and cook classic Greek dishes — from tzatziki to spinach pie — with hands-on guidance.

When your work is done, join your fellow food-lovers on the rooftop to enjoy your freshly prepared 3-course dinner with out-of-this-world views of the city and the UNESCO World Heritage-listed Acropolis of Athens.

DAY 3:
8th October 2027

Athens, President Hotel

Inclusions: Breakfast & Lunch

CPD Hours:
4 Face to face
4 Via the Online Library

Stress, the Brain and the Body: Understanding what stress does to us and what we can do about it

8.30am: Your Brain on Stress

Explore the physiological stress response, the autonomic nervous system, cortisol, cognitive function and the effects of prolonged stress on physical and psychological health.

9.30am: Recognising Stress Before It Takes Over

Examine the early physical, emotional and behavioural indicators of stress. Consider how personality, expectations, work environments and life circumstances influence our responses.

10.30am: Break

11am: Managing Stress: What Actually Works?

Examine the evidence for mindfulness, breathing techniques, relaxation, physical activity, cognitive approaches and social support. Consider which strategies are useful, their limitations and how to select approaches that suit individual circumstances.

12pm: Practical Session, Clearing the Mind and Finding Calm



Our minds are often occupied with competing priorities, unfinished tasks and the demands of everyday life. This practical session introduces simple techniques to help reduce mental clutter, improve focus and create opportunities for relaxation. Participants will explore mental decluttering strategies, experience Qigong through gentle movement, breathing and concentration, and explore meditation. The session provides an opportunity to discover different approaches to calming the mind and consider how these practices might be incorporated into everyday life.

1pm: Lunch



Self-directed via the Online Library

- Stress, the Brain and the Body: Understanding what stress does to us and what we can do about it

Afternoon: Free time to explore Athens

This afternoon is yours to enjoy Athens however you wish! Take the opportunity to explore more of this incredible city, steeped in history, culture and Mediterranean charm. Wander through the picturesque streets of Plaka, Athens' oldest neighbourhood, with its colourful buildings, little boutiques and traditional Greek cafés. Visit Monastiraki Square and browse the bustling flea markets, pick up a souvenir or stop for a traditional Greek coffee while soaking up the atmosphere.

For those wanting to explore further, you might like to visit the impressive National Archaeological Museum, enjoy a leisurely lunch at a rooftop restaurant overlooking the Acropolis, or take a stroll through the beautiful National Gardens. You could also sample some authentic Greek cuisine, enjoy the local shopping or simply find a sunny spot to relax and watch the world go by. However you choose to spend the afternoon, it's a wonderful opportunity to experience Athens at your own pace.

DAY 4:
9th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast & Welcome Drinks

Athens ✈️ Samos

After breakfast, we'll make our way to the airport for our flight to the beautiful Greek island of Samos. Known for its stunning coastline, picturesque villages, crystal-clear waters and relaxed island atmosphere, Samos offers a wonderful change of pace from the bustle of Athens.

Upon arrival, transfer to our hotel and check in. The remainder of the afternoon is yours to relax and enjoy at your own pace. Take a stroll along the waterfront, explore the nearby shops and cafés, enjoy a swim in the beautiful Aegean Sea or simply unwind and take in the stunning island surroundings.

5pm to 6pm: Welcome to Samos drinks reception

DAY 5:
10th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast & Lunch

CPD Hours:
4 Face to Face
4 Via the Online Library

The Lifestyle Factors That Matter: Movement, sleep and maintaining health throughout life

8.30am: Move It or Lose It: Why Movement Matters More as We Age

Explore the effects of physical activity on muscle strength, balance, cardiovascular health, cognitive function and independence. Examine resistance training, aerobic activity and the risks associated with prolonged sitting.

9.30am: Sleep: The Most Underrated Health Intervention?

Examine sleep physiology, circadian rhythms, the relationship between sleep and health, and the effects of shift work, hormonal changes and ageing on sleep quality. Explore evidence-based approaches to improving sleep.

10.30am: Break

11am: The Health Benefits of Connection, Purpose and Enjoyment

Examine research into social relationships, loneliness, meaningful activity and psychological wellbeing. Explore how friendships, hobbies, creativity and having something to look forward to contribute to quality of life.

12pm: Practical Session, Strength, Balance and Creativity

Building on the day's exploration of movement, sleep and the lifestyle factors that influence long-term health, this practical session offers participants an opportunity to experience simple activities that support physical and psychological wellbeing. Participants will explore balance and resistance-band exercises, along with the value of hobbies and creative pursuits in promoting relaxation, enjoyment and mental wellbeing. A little rock painting inspired by the island of Samos provides an opportunity to try something creative and consider how making time for enjoyable activities contributes to living well.

1pm: Lunch

Self-directed via the Online Library

- The Lifestyle Factors That Matter: Movement, sleep and maintaining health throughout life



The afternoon is yours to discover the beautiful island of Samos at your own pace. Take a wander through the charming streets of the local villages, where you'll find traditional Greek architecture, little boutiques and inviting cafés. If you're after some relaxation, head to one of the island's beautiful beaches and enjoy the crystal-clear waters of the Aegean Sea. You might also like to explore the picturesque harbour, enjoy a leisurely lunch overlooking the water or sample some delicious local Greek specialities. For those wanting to see a little more of the island, consider visiting a traditional winery, discovering the island's famous sweet wine or simply enjoying the spectacular coastal scenery. It's the perfect afternoon to soak up the relaxed Greek island lifestyle!

DAY 6:
11th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast



OPTIONAL TOUR: Discover the Wines of Samos

Enjoy a fascinating day exploring the wine-making traditions of Samos, an island renowned for producing award-winning wines enjoyed around the world. Discover the history of the island's famous Muscat grapes and learn how wine production has shaped local culture, traditions and livelihoods over generations.

We'll begin with a visit to the Samos Wine Museum, where you'll learn about the island's winemaking heritage before enjoying a tasting of both sweet and dry wines, surrounded by impressive traditional wine barrels. We'll then travel through the beautiful mountainous countryside of western Samos, taking in the spectacular vineyard-covered slopes and the distinctive stone terraces, known locally as pezoules, which have been carefully built into the hillsides.

Our next stop is Vakakis Winery, where we'll enjoy another wine tasting and learn about the winery's approach to combining traditional winemaking techniques with modern influences. We'll then visit METAXA LIKNON, set amongst panoramic vineyard terraces. Discover the fascinating connection between Samos' famous Muscat grapes and the internationally recognised METAXA brand, learning more about the heritage and craftsmanship behind this world-renowned spirit.

We'll finish the day in the charming mountain village of Platanos, a traditional Greek village surrounded by beautiful countryside and vineyards. Here, we'll enjoy lunch at the award-winning Orizontas restaurant, known for its creative Mediterranean cuisine, excellent selection of Greek wines and spectacular panoramic views across the vineyards and Aegean Sea.

DAY 7:
12th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast & Lunch

CPD Hours:
4 Face to Face
4 Via the Online Library

Making Time for Your Own Life: Personal priorities, boundaries and sustainable change

8.30am: The Problem with Putting Everyone Else First
Explore the expectations and responsibilities that influence how nurses allocate their time and energy. Consider the difference between caring for others and consistently neglecting personal needs.

9.30am: Boundaries, Choices and Learning to Say No
Examine personal and professional boundaries, the challenges of managing competing expectations and practical approaches to making decisions that reflect individual priorities.

10.30am: Break

11am: The Art of Living Well: What Happens When We Go Home?

Explore behaviour change, habit formation, motivation and why good intentions often disappear when everyday life resumes. Participants identify realistic changes they would like to make and develop a personal plan for maintaining them

12pm: Practical Session: Making Time for What Matters

Finding time for ourselves often means changing everyday habits, managing the expectations of others and making better use of the tools available to us. This practical session explores three simple approaches to creating more time for the things that matter. Participants will practise the art of saying no through assertive communication techniques, discover how habit stacking can help establish new routines, and explore ways to use technology to reduce distractions, manage competing demands and protect personal time. The focus is on practical strategies that can be easily incorporated into everyday life to support lasting change.

1pm: Lunch

Self-directed via the Online Library

- Making Time for Your Own Life: Personal priorities, boundaries and sustainable change

Afternoon: Free at leisure

This afternoon, take the opportunity to enjoy a little more of island life in Samos. Perhaps venture out to discover one of the nearby beaches, where you can swim in the beautiful turquoise waters or simply relax with a good book and enjoy the sunshine. You might like to find a traditional taverna for a leisurely Greek lunch, sample some of the island's famous local wines or take a stroll along the beautiful harbour in Pythagorio. For something a little different, explore the nearby historic streets, enjoy a spot of shopping or settle into a waterfront café and watch the boats come and go. It's your afternoon to slow down, unwind and enjoy everything this beautiful Greek island has to offer.

DAY 7:
13th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast

OPTIONAL TOUR: Discover Ancient Ephesus, Turkey

For those wanting to experience something a little different, join us for an optional day trip across the Aegean Sea to Turkey to explore the extraordinary ancient city of Ephesus.

We'll begin with a ferry journey from Samos to Kuşadası, Turkey, where we'll meet our local guide and travel by coach to the remarkable archaeological site of Ephesus. Once one of the most important cities of the ancient Roman Empire, Ephesus is home to some of the best-preserved ancient ruins in the Mediterranean. Explore the magnificent Library of Celsus, walk along the ancient marble streets, discover the Great Theatre, which once held up to 25,000 spectators, and learn about the fascinating history of this once-thriving city.

Following our guided tour, enjoy some time for lunch and to take in the local atmosphere before returning to Kuşadası for our afternoon ferry back to Samos. It's a wonderful opportunity to experience another country, explore an incredible piece of ancient history and add something truly memorable to your Greek island adventure.

DAY 8:
14th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast

There are no scheduled activities today, you have the freedom to spend the day exactly as you please. Perhaps take the opportunity to get out on the water and enjoy a boat trip along the beautiful Samos coastline, discover a hidden beach or find a quiet swimming spot away from the crowds Alternatively, enjoy a long, leisurely Greek lunch, indulge in some local shopping or simply make the most of the hotel facilities. Whether you choose to explore a little more or take a well-deserved day to yourself, enjoy having the time to experience Samos your way.

DAY 9:
15th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast

Make the most of your final full day on the beautiful island of Samos! If you're feeling adventurous, why not head out onto the Aegean Sea for a snorkelling or diving experience? Discover the beautiful underwater world surrounding Samos, with its clear waters, fascinating rock formations and colourful marine life. There are guided snorkelling boat trips for those wanting to explore from the surface, or introductory scuba diving experiences for anyone keen to try something new.

Alternatively, enjoy a boat excursion to the nearby island of Samiopoula, where you can swim in beautiful turquoise waters, relax on secluded beaches and take in the spectacular coastal scenery. If you'd prefer to stay on land, enjoy one last visit to your favourite beach, indulge in a leisurely Greek lunch or simply soak up the sunshine and relaxed island atmosphere. However you choose to spend your final day, make it one to remember!

DAY 10:
16th October 2027

Samos, Doryssa Theorem Hotel

Inclusions: Breakfast

Samos ✈️ Athens

After breakfast, it's time to say goodbye to the beautiful island of Samos. We'll transfer to the airport for our flight back to Athens, where you'll connect with your international flight home. Take with you wonderful memories, new friendships and some unforgettable experiences from our time exploring Greece.

We say our final goodbyes - Safe Travels

EXCLUSIONS:

- Flights to and from Greece
- Meals & Drinks not mentioned
- Transfers to/from airport
- All optional tours
- Travel insurance – please contact us at travel@traveldirectaustralia.com.au for a quote

INTERNATIONAL FLIGHTS & TRAVEL INSURANCE:

We are happy to provide airfare quotes upon request for any travel needs, there is no obligation.

Booking your airfare with Travel Direct Australia/Education At Sea provides the convenience of having all your travel plans organized under one roof. This also comes with the advantage of having all your associated travel costs on a single statement of account.

Travel Direct Australia will not be responsible for any financial loss due to cancellation from unforeseen circumstances. We strongly recommend you take out travel insurance at time of booking.

COSTS:

Delegate or guest Double Bed	$6795 per person
Delegate or guest single occupancy	$8195
Deposit	$800 per person