

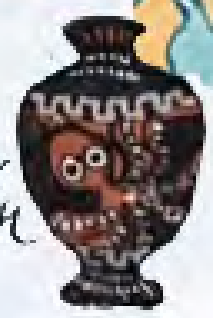



THALASSA
JOURNEYS
Beyond the ordinary



Four little lighthouse

Incredible inspiration



Journey Guide

Painting and Travel Journaling in Greece
May 27-June 5, 2026



LINE +
COLOR
+
TEXTURE.

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WATERCOLOR,
MARKERS,
COLORED PENCILS



Welcome to Painting and Travel Journaling in Greece

PASSPORT INFORMATION

Once received on your Traveler Information Form, your passport information, as well as other pertinent details will be listed on your reservation. But, please ensure that you **bring your passport with you on the journey**. Your passport must be valid for six months after the end of your travels. The passport book must have sufficient space for entry and exit stamps, not including amendment and endorsement pages. Visit the [State Department](#) for details on the passport application and renewal process. Non-U.S. citizens should consult their government for passport application requirements and other necessary travel information.

**Please submit your Traveler Information Form
at your earliest convenience.**

VISAS

Visas are not required although requirements do change frequently. Visit the [State Department](#) for country specific information. Non-U.S. citizens should check with the appropriate consulates or embassies.

DOCUMENT REMINDER

- Keep all travel documents, such as your passport, airline ticket or e-ticket receipt and travel vouchers with you during your flights. Do not check any valuables in your suitcases.
- Save photos on your phone of all important documents - your credit card, tickets, driver's license, passport, medical prescriptions and vaccination certificates.
- Important phone numbers including emergency numbers should also be kept handy on your phone.

CASH

- ATMs are a recommended method to acquire the local currency, which is Euros. Be sure to use an ATM in a secure location like a bank.
- Contact your bank and credit card companies to advise them of each country you are visiting so that your charges are not denied due to suspicious activity.

GRATUITIES

Gratuities to drivers and guides on group excursions and included transfers are covered in your journey cost. Additional private transfer costs do not cover a gratuity for the driver, for whom we recommend an optional 10% of your transfer cost.

Gratuities to Thalassa Journeys Tour Managers and Tour Directors are not included in your cost, and they do not expect tips from our guests. However, if you would like to reward extraordinary service, a small cash gratuity (\$5 - \$8 per day) and a warm word of thanks for a job well done would be appropriate.

Although tips are included for ship personnel, rewarding your favorite bartender or cabin steward for extraordinary service is welcomed. Please tip with US Currency.

BEFORE YOU LEAVE HOME

- Contact your local post office to put your mail on hold. This can also be completed online at www.USPS.com.
- Notify your local police department as well as a trusted friend/neighbor if your home will be unoccupied.
- Make sure your emergency contact knows what to do if we contact them.
- Check with your cell phone provider for instructions on how to use your phone and data while traveling internationally. You may need to sign up for an International Calling/Data plan.
- WhatsApp is another communication resource and it is free. WhatsApp can be downloaded on the



Health and Safety

PHYSICAL FITNESS REQUIREMENTS

If there is any doubt as to your physical fitness to travel, consult with your doctor regarding the following points:

- In general, travelers should be able to walk a cumulative average of three to five miles a day at an easy pace. Paths may have uneven pavement, such as cobblestone or paver stone surfaces, and may have inclines. Participants should have good balance and be able to walk up and down stairs or steps without difficulty, including some historic sites that have stairs without railings.
- Many sites we will visit are not PEV (Personal Electric Vehicles such as scooters) or wheelchair-accessible.

Please note that museums and historic buildings in remote areas are not air-conditioned.

Participants should be active and in good health in order to participate fully in the journey. If you need any form of assistance or are physically disabled, you must be *accompanied by a companion who will take full responsibility for any assistance needed during the trip*. Any disabilities, required medical apparatus, or special medical needs must be brought to our attention, in writing, prior to booking. Thalassa Journeys reserves the right to decline anyone who fails to provide this information and whose condition, in their opinion, may affect the health and safety of our other journey participants.



GENERAL HEALTH REQUIREMENTS

Although we make every effort to provide the most recent information on travelers' health recommendations, it is advisable to check with the [Centers for Disease Control and Prevention](#) (CDC) prior to your departure to learn of any changes to their recommendations.

As health situations around the world are subject to change at any time, it is strongly recommended that all participants, particularly those with chronic medical conditions or immune deficiencies, consult with their personal physicians prior to the trip to ensure that their inoculations are up-to-date.

**Please be considerate of your fellow travelers and their health by wearing a mask
and distancing yourselves if you feel ill for any reason.**

Prescription Medications

- Pharmacies and convenience stores are available but may not be convenient. Pack enough to last your entire trip, including some extra in case you are unexpectedly delayed.
- Carry all medications in their original labeled containers and pack them in your carry-on bag for easy access and to facilitate airport security and customs screening.
- Ask your pharmacy or physician for the name of the generic equivalent of your prescription in case you need to purchase additional medication abroad.
- If you are traveling with a prescribed narcotic, we suggest that you bring a letter from your physician in case you are questioned about your medication by customs officials; some countries have strict regulations on bringing controlled substances into the country without proper medical documentation.
- Most natural supplements are fine for travel, but check the local laws of the country you're visiting to ensure they comply with those rules. Natural or herbal supplements that are legal in one place may be restricted or illegal in another, so do your research before attempting to bring them on a flight. Please note that liquid supplements and gel-filled pills like fish oil fall within the under 3 oz liquid restriction for flights.
- Distilled water for C-Pap machines and other devices is only available upon advance request, so please be sure to let our Reservations Team know as soon as possible.

Inoculations and Vaccinations

At this time, inoculations and vaccinations are not required, including for COVID. Visit the [State Department](#) for country specific information. Non-U.S. citizens should check with the appropriate consulates or embassies.

Water

It is always advisable to drink bottled and/or filtered water when traveling overseas. Bottled or filtered water will be available for passengers in the vehicles and at each meal.

Weather and Packing

Temperature and Precipitation

Expect daily temperatures to be in the mid to high 70s with less than 10% chance of precipitation.

Suggested Additional packing list

We recommend casual, comfortable clothing for this journey. There will be no need for dress clothes.

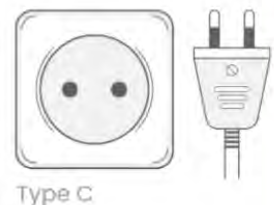
- Loose comfortable clothing in natural fibers is recommended. Dress in layers.
- Light Jacket or sweater: The air-conditioned buses will be secure so items like jackets can be left on board. But, we advise keeping your valuables with you at all times.
- Comfortable walking shoes: Most days feature walking tours that may travel over several miles. Expect to walk or stand while listening to the local guide for one to two hours.

Look for shoes that offer:

- Stability: good lateral support. A shoe that you can't bend or twist easily in your hands.
- Cushioning: A uniform level of cushioning across the sole of the shoe is recommended.
- Appropriateness for the climate and conditions: lightweight hiking shoes or walking sneakers are a good choice because their stable base will keep your body in alignment and absorb impact.
- Padded Socks: The extra padding will keep your feet happy.
- Hat with a brim.
- Sunscreen for face, hands and lips.
- Chargers for your electronic equipment and a portable battery for charging on the go. Many tour buses will not have charging ports.
- Universal Electric adapter for the hotels.
- Walking stick or cane if needed.

Electric Outlet

In Greece, a Type C electrical outlet is used. The voltage is 230V. American and Canadian electrical devices will need a Universal Adapter.





Hazel's Art Material List

ART SUPPLIES

The best materials are ones that you feel comfortable using. Please plan to use whatever works for you. However, if you are starting from scratch this would be a very helpful kit. Any questions or suggestions - please just email me Hazel.jarvis@gmail.com – Hazel Jarvis

Note: The links are provided for your convenience. Neither Thalassa Journeys nor Hazel Jarvis are making a profit from these links. Please purchase or gather your supplies from your favorite resource such as a local art supply store.

SKETCHBOOKS I like to have 2 or 3 sketchbooks, that way if one page is drying, I can continue to work.

- [STILLMAN AND BIRN BETA SERIES 7.5" X 7.5"](#) First Choice, good for watercolor.
- [SEAWHITE LANDSCAPE A4](#)
Second choice - choose this if you want a big sketchbook.
- [HOLBEIN MIXED MEDIA SKETCHBOOK](#) - A very nice size, not too big and not too small. Great for watercolor and has a coil binding if you like adding paper ephemera.

MATERIALS

- BASIC: HB pencil, eraser, pencil sharpener, and a glue stick if you like a spot of collage. (I do.) A couple of butterfly clips are also useful for keeping the pages open and flat.
- [FINE LINER BLACK MARKER](#) - this is my first choice as it is really waterproof. Nice to draw with this and then add watercolor.
- WHITE For White details - choose one, not both
- [POSCA](#)
- [UNI-BALL](#)
- [WATERCOLOR TRAVEL PALETTE](#) - MOST CONVENIENT CHOICE (better than tubes. There are lots of palettes to choose from but this one is nice and small and light) Also note: it comes with a fine line marker which is pretty waterproof so that is a plus!
- IF YOU DECIDE TO MAKE YOUR OWN SELECTION I WOULD TRY TO INCLUDE THE FOLLOWING TUBES OR PANS OF THESE COLORS. You can just fit them into a tin or a plastic container.

French Ultramarine Blue, Turquoise, Indigo, Periwinkle, Yellow Ochre, Burnt sienna, Cadmium Yellow, Lemon Yellow, Naples Yellow, Cadmium Red, Opera Pink

Please note: tubes can leak and they are heavy to carry so it's a good idea to fill empty pans with your color choices. Fill your palette a couple of days before leaving so the colors can dry before being packed. If you prefer gouache, use gouache instead. I do not recommend bringing tubes.

- SMALL PLASTIC PALETTE in addition if not using a kit.
- [BRUSHES](#) - Don't bring expensive brushes. This is a good set. It has many more brushes than you will need. I suggest you just bring 2 small, one medium and the largest one. Leave the rest at home for when you get back.
- [COLORED PENCILS](#) - This is a nice set. I suggest you remove them from the tin for travel to save weight. Nice colors and they are watersoluble. Choose open stock if you have an art store near you. My all time favorite color is INDIGO. For extra colors in open stock, consider Yellow Ochre, Burnt Sienna, and Cobalt Blue.
- [WATER BASED MARKERS](#) - Some people love these markers, some people hate them. If you are interested, buy a pack and test them before leaving. If you tend subtle and delicate, these are not really for you.

If you really need to watch space and weight, just bring the basics and a colored pencil. I bring watercolors and colored pencils. The watercolors are used when we have time and space; colored pencils are for "on the go" fast work. I combine watercolor and colored pencil in the same drawing.

OPTIONAL - before you go or after you get back.

- [Lino blocks](#)
- [Carving tool](#)
- [Ink pad](#)



RESPONSIBILITY AGREEMENT

Please carefully read the following terms and conditions, which constitute the sole, legally enforceable agreements between the guest and Thalassa Journeys and the tour sponsoring organization.

Thalassa Journeys, LLC and the tour's sponsoring organization act solely as agents for the guest with respect to all transportation, hotel and other tour arrangements. In that capacity, we exercise all reasonable care possible to ensure the guest'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 guest 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 guest, and tour rates provide for arrangements on for the time stated. In the event of cancellation, delay or rescheduling mandated by any of the aforesaid causes beyond our control, the guest 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 guest's behalf from carriers, third-party tour vendors, etc., but, we shall not have any obligation or liability to the guest beyond the foregoing. We reserve the right to make alterations to the tour's itinerary and to substitute hotels 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 guest 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 guest 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 guests. We reserve the right to decline to accept or 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 guests or impede the tour. Baggage or valuables brought on the tour shall be transported, handled or sorted at the guest'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 of Florida, pursuant to applicable Florida law.

All information provided in this document is correct as of the time it was prepared. All information is subject to change.

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