

WHAT ANCIENT GREEK PHILOSOPHY CAN TEACH YOU ABOUT TRAVEL

9 TIPS FOR THE MODERN EXPLORER



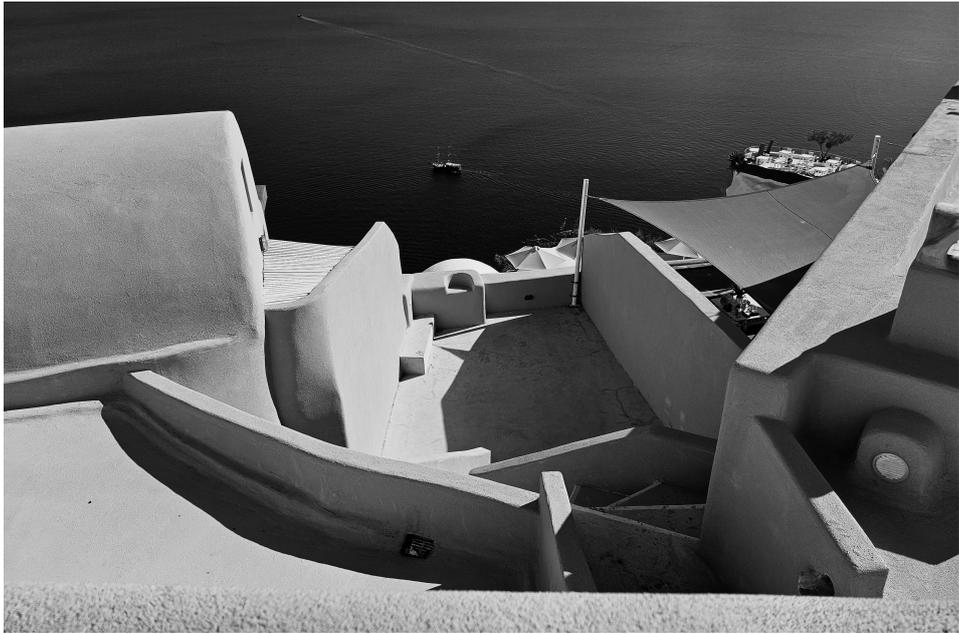
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1. "*Know thyself*" ("Γνώθι σεαυτόν") (Delphic maxim, adopted by Socrates)

Self-awareness is the foundation of a meaningful life. Same goes for travelling: Before setting off, take a moment to reflect on what you truly need. Are you craving connection or solitude? Adventure or stillness? The better you understand yourself, the more meaningful your travels will be.

◆ **Tip:** Pack your favourite book or download a good podcast. Travel time is a golden opportunity for undistracted reading and reflection.



2. "Nothing in excess"

(Golden Mean – Aristotle)

Balance is everything. Even joy is best enjoyed in moderation, just like the Greeks, who diluted their wine with water (“κρασί” -krassi - the Greek word for “wine” means “mixture”).

◆ Tip: Taste local delicacies in small portions. Try different things, slowly. Let Greece’s flavors surprise you.



3. Live by your nature

(Stoics – Zeno, Epictetus)

Go with the flow—but make it your own. Travel brings challenges. The Stoics remind us: we can’t control what happens, only how we respond.

◆ Tip: Learn a few things about your destination and note emergency info before leaving. Peace of mind brings freedom.



4. “*Cultivate virtue*”

(Virtue = moral excellence – Plato & Aristotle)



Virtue is more than an ideal—it's a way to live. Wherever you go, bring kindness, courage, and fairness with you.

◆ **Tip:** Observe people with curiosity, not judgment. And try seeing the world through your camera: photography can become a mindful practice.

5. *“Focus on the present”*

(Epictetus: *“Don't worry about what is beyond your control”*)



This is mindfulness in action: it's realising that the past is gone and that the future remains unknown—don't dwell on the past or worry about the future. Now is all you've got.

◆ **Tip:** Just as statues (in Greek: “αγάλματα” / agalmata meaning things to give pleasure) are precious testimonies of time, so are the small moments/memories of joy.

Keep a travel journal. Use it for sketches, reflections, or even cyanotypes from our workshop in Athens. Handmade notebooks from local markets make great companions.

6. *“Friendship is a second soul”* (Epicurus)

True connections nourish us. When you travel, seek out those small yet meaningful interactions that will make a difference in the age of AI.

◆ **Tip:** Talk to locals, ask questions, record stories (with permission). These shared moments will become your most treasured memories.



7. *“Dare to philosophize”*

(Plato – Apology of Socrates: *“The unexamined life is not worth living”*)

Travel isn’t just about sightseeing—it’s a chance to reflect and grow. Don’t be afraid to ask big questions.

◆ Tip: Use those long airport or ferry waits for journaling or daydreaming. But introverts beware—don't disappear completely!



8. “*Don't live for pleasure, but don't deny it either*” . Genuine pleasure lies in harmony, not excess (Epicurus – pleasure as absence of pain).

Don't chase constant pleasure, but don't ignore it either. Even discomfort can become a precious memory.

◆ Tip: Choose experiences that feed your soul, not just your camera roll. Travel slow, go deep.



9. “*Your soul is your temple.*” (Plotinus – Neoplatonism)

You carry your sacred space within you. Nourish it with silence, beauty, and moments of awe. The word “temple” (“*Ναός*” in Greek) means “residency”: a place where your true essence resides.

◆ **Tip:** The ancient Greeks believed theatre had healing powers for both body and spirit, and a cathartic effect on the human soul —Aristotle called this healing procedure through Greek tragedy “*catharsis*”.

Attend a local theatre play (a tragedy or comedy), a village festival, or explore traditional music. Let the arts transform your journey.

In the end, any judgment of beauty is subjective.

“Beauty is in the eye of the beholder”, as the British say.

Enjoy your trip!