



The Roman Empire, Philosophy, and the German Frontier Retreat & Travel Experience

Saalburg

Retreat: August 7-11, 2024

Included: 4 nights' accommodation per itinerary
Daily shuttles Bad Homburg to Saalburg retreat site: Days 2-4
Group airport transfer upon arrival on Day 1
Refreshments provided at retreat site on Days 2-5
Meals listed in itinerary: 4 breakfasts; 2 lunches; 2 dinners
Drinks included for 3 meals: Lunches on Days 3 & 4; Dinner on Day 4
Entrances, sites, and activities per itinerary

Not included: International airfare
Travel insurance-**HIGHLY RECOMMENDED**
Single Supplement = \$180
Customary gratuities for guides, drivers and hotels
Meals not mentioned in the itinerary
Anything not explicitly mentioned in the included section

Retreat Only Price: 18-20 paying participants x \$1,140 per person
15-17 paying participants x \$1,190 per person

Immerse yourself in an Ancient Roman fortress of Saalburg on the Limes with Dr. Rob Colter (University of Wyoming, USA, and Founder and Director of Wyoming Stoic Camp) and Dr. Alexander Zock (Stoic Podcaster and Executive Coach) for a workshop on the topic of "Ancient Stoicism and Personal Growth." In the workshop, we will look at ideas and text from Greek and Roman Stoic philosophers, and trace connections to contemporary ideas in self-growth and development, as well as explore Roman Culture. Retreat program begins in the evening of August 7, concludes August 11.

After the retreat, join Dr. Colter on a journey exploring Roman history and culture in Germany through Frankfurt and Mainz, to Cologne, along the Middle Rhine, and to Trier. Visit key landmarks and museums, cruise the river, and appreciate the German landscape in both historical and contemporary contexts. The tour begins when the retreat concludes midday August 11, concludes early morning August 16.



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Itinerary

Day 1: Welcome to Germany - Wednesday, August 7

Arrive to Frankfurt and transfer to your accommodations (one group transfer provided according to travelers' flight plans). Dinner provided at your hotel or nearby, followed by a brief orientation with your faculty.

Overnight: Maritim Hotel, Bad Homburg [Dinner included]

Day 2: Saalburg Retreat - Thursday, August 8

Retreat activities at Saalburg retreat site led by UW faculty and colleagues, Dr. Rob Colter & Dr. Alexander Zock.

Overnight: Maritim Hotel, Bad Homburg [Breakfast included]

Day 3: Saalburg Retreat - Friday, August 9

Retreat activities at Saalburg retreat site led by UW faculty and colleagues.

Overnight: Maritim Hotel, Bad Homburg [Breakfast and lunch included]

Day 4: Saalburg Retreat - Saturday, August 10

Retreat activities at Saalburg retreat site led by UW faculty and colleagues in the morning; cultural activities provided at retreat center in the afternoon, followed by traditional "Roman Feast."

Overnight: Maritim Hotel, Bad Homburg [Breakfast, lunch and dinner included]

Day 5: Retreat Concludes, Frankfurt Visit - Sunday, August 11

Transfer to the retreat center in the morning for concluding activities led by UW faculty and colleagues. Those joining only for the retreat may join for the following half day tour in Frankfurt (see tour itinerary below) and/or ride with the group and alight at a public transit hub in Frankfurt.

Overnight: Included in Mainz, only for those continuing on tour [Breakfast included]



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