

# ATT ONTOLOGY

## 1. Cultural Tourism

### 1.1 Gastronomic Tourism

#### Activities:

- Greek Gastronomy
- Cooking Lessons
- Food Festival & Market Visits
- Winery Tours

### 4.2 Wine tourism

#### Activities:

- Cellar visits
- Vineyard and breweries tours
- Harvesting
- Wine seminars
- Wine festivals

### 1.2 Cultural urban Exploration

#### Activities:

- Museum Tours
- Historical and architectural sites
- Live shows
- **Tours on wheels** – Such as HOP-ON HOP-OFF bus tours, Electric Tuk-Tuk, Segways, Electric trike bikes, Electric Scooters or Electric bicycles
- **Local Arts and Crafts** – Such as Ceramic and Pottery Artistry, Mosaic Artistry, Marble Carving etc.

### 1.3 Wedding Tourism

#### Activities:

- Wedding Ceremony Organizations

### 1.4 Cultural Festival

#### Activities:

- Festivals
- Carnivals

### 1.5 Dark tourism :

#### Activities:

- Tragic Sites
- Haunt tours
- War Museum tours

## 1.6 City Games

### Activities:

- Ancient Greek games
- Escape City Games
- Mythical Hunts

## 2. Religious tourism

### 2.1 Sacred Site Visits

#### Activities:

- Monastery tours
- Masses
- Biblical tours

## 3. Health Tourism

### 3.1 Medical Tourism

#### Activities:

- **Surgeries** - Pre-operative conversations with surgeons. - Surgery such as orthopedic surgery, weight loss surgery or organ transplants. - Postoperative care and recovery.
- **Dental Tourism** - Dental treatments such as dental implants, veneers or teeth whitening
- **Fertility Tourism** - Fertility assessments and consultations with experts. - In vitro fertilization (IVF) or other assisted reproductive technology procedures. - Emotional support and counseling
- **Cancer treatment** - Cancer screenings and consultations with oncologists - Cancer treatments such as chemotherapy, radiotherapy or immunotherapy. - Support groups and counseling.
- **Heart Care** - Heart health assessments and consultations - Heart surgery, such as bypass surgery or angioplasty. - Cardiac rehabilitation programs
- **Rehabilitation** - Rehabilitation assessments and consultations with physiotherapists or occupational therapists. - Programs aimed at rehabilitating conditions like stroke or spinal cord injuries. - Opportunities for engaging in activities for both physical and mental well-being throughout the recovery process.

### 3.2 Spa Tourism

#### Activities:

- Natural Spa
- Massage

### 3.3 Wellness Tourism

#### Activities:

- **Cosmetic Surgeries** - Consultation with plastic surgeons – Cosmetic surgeries such as face lift, breast augmentation or liposuction - Rehabilitation in luxury resorts or wellness centers
- **Mental health** - Psychiatric assessments and consultations with mental health professionals. - Intensive treatment and counselling for mental health issues. - Programs focusing on mindfulness and reducing stress within peaceful environment.
- **Nature-based Wellness** - Includes Outdoor yoga and meditation, speleotherapy (cave therapy), thalassotherapy and more

## 4. Rural Tourism

### 4.1 Agritourism

#### Activities:

- Farm visits
- Collecting Land Products
- Interactions with animals
- Horse Riding

### 4.2 Wine tourism

#### Activities:

- Cellar visits
- Vineyard and breweries tours
- Harvesting
- Wine seminars
- Wine festivals

## 1.1 Gastronomic Tourism

#### Activities:

- Greek Gastronomy
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- Winery Tours

### 4.3 Ecotourism

#### Activities:

- Flora and Fauna
- **Multimodal Exploration** - Involve rafts, inflatable kayaks, bicycles, and other eco-friendly modes of travel
- **Volunteering** – Such as Beach Cleanup, Animal Rescue, Tree Planting etc.

- Mountain Hiking
- Camping

#### 4.4 Exploration

##### Activities:

- Hiking Tours
- **Flora and Fauna** – Includes Wildlife tracking, Bird watching, Wildflower watching and more
- **Multimodal Exploration** - Involve rafts, inflatable kayaks, bicycles, and other eco-friendly modes of travel

#### 4.5 Geotourism

##### Activities:

- Geological Sites
- Spelunking

#### 4.6 Fishing

##### Activities:

- Fishing on boat
- Local aquatic ecosystems education

### 5. Sports Tourism

#### 5.1 Sporting Events

##### Activities:

- Marathon
- Acropolis Rally

#### 5.2 Adventures

##### Activities:

- **Target Sports** – Such as Laser Tag, Archery or Paintball
- **Ball-Based Sports** – Such as Golf, Tennis or Football
- **Snow activities** – Such as Skiing, Snowboarding or Snowshoeing
- **Off-Road** – Includes activities like Quad bike or Enduro

#### 5.3 Water Activities

##### Activities:

- **Motorized Water Sports** – Such as jet skiing, water skiing or wakeboarding, powerboating
- **Aquatic Adventure Sports** – Such as River trekking, Rafting, Sea kayak, Windsurfing, Kite Surfing, Paddleboarding, Canyoning or Sailing

- **Underwater Activities** – Such as Snorkeling, Diving or Sea bob
- Cruises

## 5.4 Air activities

### Activities:

- **Freefall Experiences** – Such as Paraglide, Parachute or Bungee jumping
- **Aerial Riding** – Such as Tours in helicopters or Hot air balloons
- Plane spotting

## 6. City Tourism

### 6.1 Cultural Urban Tourism

#### Activities:

- Cultural and artistic tours

### 6.2 Urban Entertainment Tourism

#### Activities:

- Visiting Clubs and bars
- Shopping Tour
- **Tours on wheels** – Such as HOP-ON HOP-OFF bus tours, Electric Tuk-Tuk, Segways, Electric trike bikes, Electric Scooters or Electric bicycles

### 1.1 Gastronomic Urban Tourism

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## 7. Educational Tourism

### 7.1 Education and Development

#### Activities:

- Greek Language
- Study abroad programs

## 7.2 Enrichment and Skill Building

### Activities:

- **Learning Sessions** – Such as Cultural, Environmental, Art, Educational Seminars, Wine Seminars etc.
- Teambuilding
- Conference tourism – Includes Events, Meetings Incentives Conferences & Exhibition (MICE) Tourism and more