Second Announcement
ICC Meeting, June 17-21 2015
Ogliastro - Sardinia

First of all, we would like to send you our best wishes for the year 2015, a wonderful year that will allow you to visit the beautiful island of Sardinia and more specifically the Longevity Blue Zone site in Ogliastra. Our forthcoming ICC meeting will take place within the Blue Zone and a field trip is planned to discover the specificities of the region so that each of you may experience the determinants of the exceptional longevity of the population living there.

This is the second of three announcements and our final announcement (about May 1, 2015) will provide the final details and the program of the meeting.

As explained in our first information, the most efficient way to get to Sardinia is to fly to Cagliari and we expect everyone to reach the island in the afternoon of Wednesday, June 17, so that we may organize a walking tour of historical Cagliari before the welcome (more details to be announced in the final announcement). There are plenty of hotels in Cagliari including cheap B&B and if you need help for your reservation in that city, please ask us. Just be sure that your hotel is in the very center of the city, not far from the harbor. On June 18 at 9 am a tour bus will bring all participants (exact place for pick up will be announced in the final information) for travel through Ogliastra with several stops on the way, and we will arrive in the evening at the hotel Orlando where the meeting will take place (www.hotelorlandoresort.com). Participants should book their rooms at the hotel Orlando at the following discounted prize:

- Double room with single occupation: **72 euros per night**, buffet breakfast included, 216 euros for the three nights.
- Double room with double occupation (large bed or two separate beds): **88 euros per night**, breakfast included, 264 euros for the three nights.

These prices have been negotiated for the participants to the ICC meeting and are about one fourth discounted compared to the price proposed in Booking.com. As the hotel is currently planning their occupation for the forthcoming summer with travel companies you are asked to book your room **before January 31 at the latest**.

We will be happy to welcome all of you next June in Sardinia.

Michel POULAIN
Peter MARTIN

Gianni PES
Lennie POON
Hotel reservation

For booking your room send an email to commerciale@hotelorlandoresort.com

Indicating

LAST NAME and First Name: (1) ___________________ (2) ___________________

Number or persons (1) (2)

CITIZENSHIP (according to passport): (1) _______________ (2) ___________________

PASSPORT NUMBER: (1) ___________________ (2) ___________________

CREDIT CARD (type, number and expiration date): __________________________

Our meeting will take place on June 19-20, with scheduled return to Cagliari on Sunday, June 21 in the morning by tour bus in order to take your return flight from Cagliari (ELMAS Airport) sometime in the afternoon (after 1 pm).

A registration fee of 200 euros will be collected in Cagliari on the 17th in the evening before the welcome dinner. It will cover all meals (dinner on the 17th, lunch and dinner on the 18th, 19th and 20th), coffee breaks and bus transportation.

Preliminary Program

Longevity is a phenomenon related to individuals (individual longevity) but also to populations as a whole (population longevity). As presented in the ICC meeting in Cuba in 2010, population with exceptional longevity have been validated so far in four regions that we named Blue Zones: Ogliastra in Sardinia, Okinawa in Japan, Nicoya in Costa Rica and Ikaria in Greece. When searching for the determinants of population longevity, the relevant characteristics or behaviors are also those shared by a large part of the population. By considering these common characteristics, the chance to find more powerful explanatory variables is increased as most persons concerned are born and live in the same place and thus are more likely to share the same genetic make-up, early life conditions as well as traditional behaviors and habits, including the same locally produced food. The aim of the forthcoming ICC in Sardinia is to compare longevity determinants shared by the BZ populations with the ones emerging from centenarian studies around the world.
Wednesday, June 17: Arrival in Cagliari, Sardinia

- Welcome dinner 19.00 – 21.00

Thursday, June 18: Travel through Ogliastra

- Departure at 9 am with tour bus (detailed program in the final announcement)
- The municipality welcome the ICC Participants in Villanova Strisailli at 18.00
- Dinner in the restaurant La Strega: 19.30 – 21.00
- Arrival at Orlando Hotel (Villagrande) at 21.30 (for three nights)

Friday, June 19: ICC Symposium (Hotel Orlando)

The various characteristics and determinants of extreme longevity will be compared between the different Blue Zones (Sardinia, Okinawa, Nicoya and Ikaria) and with the ones found in other centenarian studies and considering successively different perspectives:

- First session: 9.00 – 10.30: Demography and socio-economic conditions
- Coffee break: 10.30 – 11.00
- Second session: 11.00 -12.30: Nutrition, life style and health
- Lunch in Restaurant Santa Barbara 12.30 – 14.30
- Third session: 14.30 – 16.00: Cognitive and psychological aspects of longevity
- Coffee break: 16.00 – 16.30
- Fourth session: 16.30 – 18.00: Genetic and epigenetic aspects
- Free time: 18.00 – 19.30
- The BZ dinner in the Hotel Orlando: 19.30 – 21.30

Saturday 20 June - morning session: ICC Symposium (Hotel Orlando)

- Fifth session: 9.00 – 10.30 Various contributions from participants on their on-going work
- Coffee break: 10.30 – 11.00
- Sixth session: 11.00 -12.30 General discussion and future work
- Lunch at the Restaurant Bosco 12.30 – 14.00

Saturday, June 20 - afternoon

- Longevity Celebration in Villagrande Strisailli in the afternoon with public symposium.
- Farewell Dinner in Villagrande

Sunday, June 21

- Return by tour bus to Cagliari to reach Elmas Airport at 12 pm