



LONGITUDINAL COHORTS IN HEALTHY AGEING AND DISEASE PREVENTION

11-12 OCTOBER 2023
IMB MAINZ

www.imb.de/2023ageingworkshop

WORKSHOP EXCURSION TO KLOSTER EBERBACH

A highlight of the Workshop is the Conference Excursion. This year, we will visit the beautiful and historic Eberbach Monastery, located amongst the vineyards of Eltville am Rhein.

Founded in 1136 by St. Bernard of Clairvaux (Burgundy), the monastery was one of the most active in Germany and also boasted the largest vineyards in medieval Germany. Today, the monastery continues to make exquisite wines and offers guided tours, enabling everyone to enjoy its history and architectural splendour. It also serves as a set for film and TV: the Season 5 trailers of Game of Thrones were filmed here, as well as the film The Name of the Rose.

Our excursion will include a strolling wine-tasting tour, which will take in the different wine cellars, halls and refectories of the monastery.

You will learn about the art of wine-making as well as life in the monastery through the centuries. Delegates will have free time to roam around the monastery, discover its secrets, buy wine or relax with a coffee. This will be followed by dinner in the monastery Laiendormitorium, an enchanting room with a cross vault ceiling and a charming atmosphere.



The 2023 Gutenberg Workshop Excursion promises to be just as memorable as our previous excursions – we look forward to welcoming you along with us!