



## Food Choices and Religion during Vacation: The Case of a Cosmopolitan Greek Island

Dr. Polyxeni Moira<sup>1\*</sup>, Dr Dimitrios Mylonopoulos<sup>1</sup>, Dimitrios Sarchosis<sup>2</sup> (MSc)

<sup>1</sup>Professor University of West Attica, Greece

<sup>2</sup>Hellenic Open University, Greece

**\*Corresponding Author:** Dr. Polyxeni Moira, Professor University of West Attica, Greece

**Abstract:** Religious beliefs are a basic parameter of culture that affects all aspects of a person's life and consequently his eating habits. The diet of tourists at destination is an essential and unique component of the overall tourism product and the momentum of the modern dietary concept is enormous. Eating habits determined by the religious beliefs of tourists and followed during their journey and their stay in the selected destination is an important and emerging sector in tourism industry. The case study and the research concern the island of Mykonos, Greece. It is characterized as a "cosmopolitan" tourist destination, known for its "night life" and the opportunity of "getting away from every day's routine life), that attracts tourists mainly from Europe and the rest of the world.

The research was conducted from August 24th to October 10th 2014. This primary and quantitative survey was conducted using a structured questionnaire distributed to tourists with different religious beliefs in six different areas of the island. The questionnaire consisted of 30 different questions was distributed to 140 tourists, but finally 122 of them responded to the survey.

The results of the survey show that the island of Mykonos attracts a "special" type of tourists, who do not want to follow the specific diet of their religion. According to the results, the overwhelming majority of tourists choose traditional recipes and the Greek cuisine regardless of religious beliefs and dietary restrictions or particularities, giving the impression that during their holidays want to escape from their daily eating habits and enjoy the Greek gastronomy.

Most of them stated, that the religion does not play any role in the selection of Mykonos as a journey destination and do not associate the religion with holidays and eating habits.

**Keywords:** Food Choices, Religion, Tourism, Kosher, Halal

### 1. INTRODUCTION

Over the centuries, many different factors shaped the dietary habits of the people all over the world, which even today affect their diet in their place of residence, but also during their holidays. The most important factors are the culture and the religion. According to UNESCO (1982), culture includes all those elements that distinguish societies and various groups within them, such as human rights, human values, lifestyle, manners, customs, arts and traditions, religion and cultural heritage. All of the above elements affect human behavior and define activities and behaviors in everyday life and all its aspects. Therefore, they shape the eating behaviors and habits.

Whatever the base and the core of the religious ideologies, it seems to affect not only the spiritual world of believers, but also their daily lives. Their diet is not an exception and in the context of religious rules and rituals there are strict or flexible rules that believers should abide (Moira, 2009: 76; Moira et al. 2012). The degree of compliance with the above rules depends on the general rules of every religion, the specific religion branch, the local religion society with its culture and, of course, the wider social and family environment of each believer independently. Religious dietary rules provide two parameters through which two dietary precepts are applied: a) Fasting that is expressed by the deliberate and planned abstention from certain foods or from all foods and products of modern dietary and b) Specific and fully delimited eating habits that are different from or against the daily habits of the society. Certainly, the dietary rules of each religion are provided in either a strictly compelling way or in a more flexible and loose one leaving them to the discretion and disposal of the believers to follow (Moira, 2009: 76).

The selection of food during the journey and the stay at destination and during tours and excursions to various points of interest is considered by tourists themselves important and an integral part of tourist activity (Cohen and Avieli, 2004; Long, 2004). The expense of tourists for their diet and in general for food including drinks is a large part of total tourism expenditure that reaches or exceeds one third of it (Hall and Sharples, 2003). That expenditure represents half of the income earned by food companies annually (Tasty Greece, 2015).

On the other hand, the gastronomy and the eating habits of each destination may affect the food preferences of visitors. This relationship, as Kivela and Crofts (2006) argue, plays a leading role in the way that tourists experience their stay at destination stressing that some travelers would like to return to this destination to taste the unique local specialties.

### 2. RELIGIOUS BELIEFS AND DIET OF TOURISTS

The culture and the religion are responsible for the food choices of tourists, as their religious beliefs affect the consumption of food during holidays. Particularly, Jews mostly choose Kosher foods during their holidays and avoid non-allowable foods, but do not hesitate to try non-Kosher dishes (Cohen and Avieli, 2004: 760). Islam is a code of life that defines the social behavior and the dietary habits of Muslims and significantly affects their food choices when traveling. A large percentage reaching 70% follows their religion rules strictly and consumes only Halal food (Minkus McKenna, 2007). However, the choice of food for tourists abroad and in particular in non-Muslim countries can be transformed from an enjoyable process to a risky wandering, because in many cases it becomes difficult to find Halal food (Henderson, 2009).

Chinese tourists tend to prepare their favorite meals (instant rice pasta/instant noodles) in their hotel room, because they face difficulties with western food when traveling abroad. As clearly Taylor (2014) reported, in 2013 a number of luxury hotels in Maldives, a top destination for Chinese recently, faced a serious problem with the damage caused by Chinese tourists in kettles trying to prepare their macaroni. In addition to that, they did not even use the restaurant or the room service. It is absolutely no coincidence, that in 2013 Chinese consumers have prepared more than 46 billion packs of instant noodles that equals 43% of world consumption, as stated by the World Instant Noodle Association (Taylor, 2014).

Japanese, French and Italian tourists face difficulties in consuming local foods and therefore resort to their own kitchen, as Pizam and Sussmann (1995) conclude in a survey on the difference in behavior of tourists depending on their nationality conducted by English guidebooks. Moreover, as mentioned in Franklin (2003: 244), in the mid 20th century Japanese travelers carried their food and particularly Japanese dishes in their bags (green tea, noodles, pickles etc.) being afraid to try delicacies of their holidays destination. The Koreans do not significantly differ from the Japanese, the French and the Italians and prefer their own kitchen when traveling abroad (March, 1997).

The food choices of tourists during their holidays have triggered the tourism industry, which creates and forms new products and services. These trends include the Halal and the Kosher tourism (Moirá et al., 2017).

### 3. MYKONOS AND TOURISM

Mykonos is one of the most popular islands of the Cyclades and is located 94 nautical miles southeast of Piraeus (Δήμος Μυκόνου, 2018a). The Municipality of Mykonos administratively belongs to the South Aegean Region and its capital is Chora (Mykonos town). The island has two ports, a marina and an international airport.

The island and its economy are entirely based on tourism which thrived after 1960 and today is one of the most popular world tourist destinations. Mykonos is the first destination for foreign tourists and the sixth for Greeks in Trivago searches for 2014 (Μαλλάς, 2014). According to Greek Tourism Confederation/SETE in 2014 the international tourist arrivals at the island's airport were 246.791 increased by 39% since 2013 and in 2016 were 275.812 (2015-2016 increased 8,4%) (SETE, 2015, 2016:6). The island has more than 170 hotels of all classes with over 9,200 rooms, and more than 300 rent a room and apartment businesses with over 4,700 rooms (ΞΕΕ 2015; Δήμος Μυκόνου, 2018b; Ελληνική Στατιστική Αρχή, 2009). Furthermore, according to Hellenic Port Association (Ενωση Λιμένων Ελλάδας, 2013), in 2012 585 cruise ships carrying about 658,000 tourists reached the island, making Mykonos the third most popular cruise destination in Greece after Piraeus and Santorini.

The dining options vary and the list includes more than 170 restaurants and taverns, as recorded on the popular review website “tripadvisor”.

According to a research (Kamenidou, Mamalis & Priporas, 2009: 70), Mykonos attractions include the "night life", the luxury hotels, the opportunities for shopping, sightseeing and additionally the sandy beaches, the famous bars and restaurants and the presence of stars of Hollywood and generally the international show biz.

Mykonos is a cosmopolitan island with a great tourist infrastructure that can handle the special dietary habits arising from the religious beliefs of tourists. Simultaneously, the island is a haven of fun, party and extravagance making many tourists to stay awake all night “parting” and consuming large quantities of alcohol. The question is whether tourists want to follow the eating habits imposed by their religious beliefs during their holiday in Mykonos and whether the local food industry can meet such habits.

#### 4. METHODOLOGY

The main purpose of the survey is to record the degree of influence of religious food traditions in the food business selection process, in the search of a special menu and generally in the holiday destination selection process. Additionally, the survey aims to record the tourists’ choices regarding their diet during their stay on the island, and to present the degree of satisfaction of their specific dietary needs that can be achieved by the local tourism industry.

The research limitations lie mainly at the disposal and the willingness of tourists to answer survey questions. It is widely known, that during holidays the majority of tourists would prefer to relax and stay calm rather than engage in something not related to their holidays. Some other restrictions are related to the fact that religion and traditions are personal data, which tourists may wish to conceal or not to give honest answers for various reasons. Another limitation is seasonality, as the island is full of tourists from different parts of Europe and the world within certain periods every season. For instance, Chinese chose to visit Mykonos in spring and autumn (beginning and end of season for Mykonos), because prices are low, while Indians in May and June, the period of their official holidays. Additionally, Germans pick the low and middle season while Italians, like Greeks, mainly the high season. This led to difficulties in selecting the public and the period of the survey in order for them to be as representative as possible (Sarchosis, 2015).

To achieve the survey objectives, a primary quantitative research was conducted using a questionnaire (Middleton, Fyall and Morgan, 2009: 165-166). The survey questionnaire contained 27 closed-ended questions and three open-ended questions (Kotler and Keller, 2006). The survey lasted between August 24<sup>th</sup> and October 10<sup>th</sup>, 2014 and questionnaires were distributed in 6 different areas of the island. Apart from English, the questionnaire was distributed in Greek language.

#### 5. SAMPLING

The research was conducted using the method of stratified sample. Tourists were divided into groups of country of origin in order for people from many different religions to be surveyed. This was possible only in two cases. In the first case, questionnaires were distributed at the airport during waiting time for boarding the return flight back to homeland. Three different flights were picked: one charter to Israel, one charter to Europe (London) and one domestic flight. In the second case, questionnaires were distributed at workplace by one of the authors. That place was the «Archipelagos Hotel», a 5-star luxury property ([www.archipelagos.gr](http://www.archipelagos.gr)) located in Kalo Livadi. Because of the author's occupation, hotel guests from different countries of the world whom nationality and homeland were known were interviewed. Thus, a fair number of people from different religions were selected.

The remaining questionnaires were distributed at four different spots of the island: the old port, the new port, the town of Mykonos and the beach of Kalo Livadi. This way though, it was not possible to know the origin of tourists. The sample was a combination of mixture of random sampling and sample of ease.

The goals of the above choice of the research spots were mainly three: 1) to succeed a more representative sample, 2) to interview tourists in a good and relaxed mood willing to participate in the research and 3) to know that tourists stayed on the island for at least one night (airport, old and new port and «Archipelagos Hotel»).

Totally 140 questionnaires were distributed and 122 were finally completed.

### 6. RESULTS

The majority of the surveyed tourists are European including Greeks (58.2%). The rest are Asians (20.49%), Americans (14.75%) and them from Oceania (6.56%). In particular, the number of origin countries of the interviewed was 26 with the major part of them coming from the United Kingdom (18.03%), Greece (9.84%), the USA (9.02%), Austria (7, 38%) and China (6.56%).

Regarding religious beliefs, 18 different religions/faiths were declared totally. Christianity with all its doctrines is the dominant religion of the survey with 46.81%, which is explained by the fact that 58.2% of the surveyed are Europeans. Hindus follow by 10.66%, Buddhists by 3.28%, Jews by 2.46% and Islamists by 1.64%. Impressively big is the 10.66% of atheists and those who said they are not characterized by any religious doctrine that reaches 4.10%. The religious beliefs of tourists is one of the most important elements of the research, because they affect in a social and mental-spiritual way the human nature and determine many options related generally to eating and the consumption of food and beverages.

The responses given "Other" refer to 31.25% (5 persons) without religion, 31.25% (5 persons) other Christian denominations, 12.5% (2 people) Chinese folk religion, and 6, 25% (one person) agnostics, spiritualists, Shintoists etc.

When asked about the age, 62 people answered between 18 and 35 years, 38 between 36 and 55, 22 between 56 and 99, and nobody was younger than 18. It seems that the island is most popular to and highly preferred by young people between 18 and 35 by 50.82%. Then follow the middle-aged by 31.15% and the elderly by 18.03%, a large percentage given the character of the island. As for sex, 65 of the surveyed were women (53.28%) and 57 men (46.72%).

Referring to the profession, 47.54% answered that they are employees, 9.84% civil servants, 11.48% freelancers and 9.02% entrepreneurs. Pensioners make up a relatively large percentage of tourists (8.20%) who generally visit the island for swimming, gastronomy and the archaeological site of Delos.

The following data support the previous saying regarding the cosmopolitan character of holidays offered by the island. According to findings, 52,46% of the interviewed have income over 30,000 euro (or dollars, if euro is not a country's currency) and 21,31% between 20,001 and 30,000 euro. Note that the average gross income per capita in Greece in 2011 was EUR 18,747, which is less than in 2010 by 5.9% (Ελληνική Στατιστική Αρχή, 2014). The remaining findings state that 16.39% have an income of 10,001-20,000 and 9.84% an income up to 10,000 euro.

As far as dining is concerned, 49.18% (60 persons) chose restaurants, 33.61% (41 persons) chose taverns, 14.75% (18 persons) picked the residence/hotel restaurant, and 2.46% (3 persons) preferred fast food. The most preferred cuisines were the Greek by 55.73% (68 persons) and the Mediterranean by 29.51% (36 persons). The Italian cuisine were selected by 5.74% (7 persons), the Indian by 4.10% (5 persons) and the Japanese by 1.64% (2 persons). Other cuisine options (Arabian, French, Chinese) noted by 4 people.

When asked if there were any special dietary needs related to their religious beliefs, the majority i.e. 111 persons (90.98%) marked "no" and only 11 persons (9.02%) marked "yes".

In the next question, tourists, who previously stated that there are special dietary needs related to their religious beliefs, asked whether they follow those special dietary regulations during their holidays. Only 18.2% (2 persons) replied that they strictly follow them, 72.7% (8 persons) stated that they follow loose and 9.1% (1 person) follows them depending on whether there are options and possibilities.

Further to the above question, it was investigated how the specific dietary needs arising from any religion were met. People, who satisfied those needs, picked a restaurant with a specific type of cuisine/menu (27.3%), prepared themselves their food (9.1%), or carefully chose dishes and delicacies from the menu of a restaurant company that comply with those dietary habits rejecting prohibited ingredients and food (63.6%).

Apart from religious beliefs, a question about special dietary needs during the stay of tourists on the island was posed. The findings reveal the absence of such needs at least during their stay on the island, as 76.23% of surveyed answered negatively. Vegetarianism was chosen by 13.11%, while

6.56% chose the local cuisine. Also 1.64% chose Hindu food, 1.64% chose to fast occasionally and only one person (0.82%) chose Kosher food. None of the remaining four options (national cuisine of the country of permanent residence of tourists, Vegan, Halal and Other) were chosen at all.

In the open question about the improvement of the provided catering/dining services, in terms of their religious tradition and specific dietary needs arising from it, only one person (0.8%) focused on Kosher food and three persons (2.46%) asked for a greater variety of vegetarian dishes/options.

Lastly, about Mykonos as chosen destination by tourists with special dietary habits or needs, 75% of them did not reply as this connection seemed contradictory and did not know what to answer.

### 7. CONCLUSION AND DISCUSSION

The island is characterized as a cosmopolitan tourist destination that attracts tourists mainly from Europe but also from all over the world. The diet of visitors is an essential and unique component of the overall tourism product and the potential of the modern nutritional concepts is huge. In the food industry the section of eating habits arising from the religious beliefs of tourists wishing to follow them during the journey and their stay in destination is very important and emerging. Research (March, 1997: 234; Minkus-McKenna, 2007, Lada et al, 2009: 6; Hassan & Hall, 2003; Ching et al, 2005 In Zailiani et al, 2011; KOT, 2009: 5; Cohen and Avieli, 2004: 760) is focused mostly on Halal and Kosher food, as both represent a large part of current and potential tourists with specific religious beliefs worldwide.

Referring to the survey on Mykonos, the results of the primary research are of particular interest. According to them, most of the visitors choose traditional recipes and the Greek cuisine regardless of religion and dietary restrictions or particularities giving the impression that during their holidays they need to escape from their everyday eating habits and experience the delightful journey of Greek and traditional flavors. Most of the surveyed (90.98%) stated that religion plays no role in selecting destination and diet and do not associate religion with holidays and eating habits. Simultaneously, the island service capabilities in offering special dishes and satisfying Halal and Kosher eating habits is between nonexistent and substandard and catering/food business and hotel/apartment owners do not see it as a factor of promotion and development of the local tourism product, as it is abroad. Another important finding is also the fact that the majority of tourists do not want restaurants that would offer such dishes giving the impression that they seek to experience the local authentic character of the island in all its forms including, of course, dining.

In conclusion, it is highlighted that the food choices of tourists and availability/offer of food services on the island need further investigation and attention. The tourism market trends and preferences change rapidly and constantly and Mykonos is proven to be a destination that follows the current trends and preferences and also is capable of creating and offering new and original tourist and culinary products and services.

### REFERENCES

- [1] Ching, W. - Gun, P. and Yong, F., (2005). Comparing satisfaction levels of Asian and Western travelers using Malaysian Hotels, *Journal of Hospitality and Tourism Management*, In Zailani, S. - Azizah O. and Kopong, S. (2011). An Exploratory Study on the Factors Influencing the Non-Compliance to Halal among Hoteliers in Malaysia, *International Business Management*, 5(1), pp. 1-12.
- [2] Cohen, E. and Avieli, N. (2004). Food in tourism: Attraction and impediment. *Annals of Tourism Research*, 31(4), pp. 755-778.
- [3] Franklin, A. (2003). *Tourism: An Introduction*, London: Sage Publications Ltd.
- [4] Greek Tourism Confederation (2015). International Tourist Arrivals at Main Greek Airports, January - December 2014/2013 Available at: <http://sete.gr/en/statistical-data-library/statistics-repository/?pg=2>, [Accessed on 19-06-2018].
- [5] Greek Tourism Confederation (2016). Statistical Bulletin, No 24, December 2016, available at <http://sete.gr/en/statistical-data-library/statistics-repository/>, [Accessed 13/7/2018].
- [6] Hall, C.M. and Sharples, L. (2003). The consumption of experiences or the experiences of consumption? An Introduction to the tourism of taste, in C.M. Hall, E. Sharples, R. Mitchell, N. Macionis and B. Cambourne, eds., *Food tourism around the world: Development, management and markets*, Oxford: Butterworth-Heinemann, pp. 1-24.
- [7] Hassan, M.W. and Hall, C.M. (2003). *The demand for halal food among Muslim travellers in New Zealand*, (pp. 81-101), In C.M. Hall, L. Sharples, R. Mitchell, N. Macionis, B. Cambourne (Editors), *Food Tourism Around the World: Development, Management and Markets*, Butterworth Heinemann, Oxford.

- [8] Henderson, J. (2009). Food Tourism Reviewed, *British Food Journal*, 111(4), pp. 317-326.
- [9] Kamenidou, I. - Mamalis, Sp. & Priporas, C.V. (2009). Measuring Destination Image and Consumer Choice Criteria: The Case of Mykonos Island, *TOURISMOS: An International Multidisciplinary Refereed Journal of Tourism*, 4(3), pp. 67-79, available at: <http://www.chios.aegean.gr/tourism/vol4no3.pdf> [Accessed 07-5-2018].
- [10] Kivela, J. and Crofts, J.C. (2006). Tourism and Gastronomy: Gastronomy's Influence on How Tourists Experience a Destination, *Journal of Hospitality and Tourism Research*, 30(3), pp. 354-377.
- [11] Kotler, P. – Keller, K.L. (2006). *Marketing Management*, 12<sup>th</sup> edition, Prentice Hall.
- [12] Lada S., Tanakinjal G.H. and Amin H. (2009). Predicting Intention to Choose *Halal* Products Using Theory of Reasoned Action. *International Journal of Islamic and Middle Eastern Finance and Management*. 2(1), pp. 66-76.
- [13] Long, L.M. ed. (2004). *Culinary Tourism*, Kentucky, USA: The University Press of Kentucky.
- [14] March, R. (1997). Diversity in Asian outbound travel industries: a comparison between Indonesia, Thailand, Taiwan, South Korea and Japan. *International Journal of Hospitality Management*, 16(2), pp. 231–238.
- [15] Middleton, V., Fyall, A. and Morgan, M. (2009). *Marketing in Travel and Tourism*, 4<sup>th</sup> ed., Oxford: Elsevier Ltd.
- [16] Minkus-McKenna, D. (2007), “The pursuit of halal”, *Progressive Grocer*, Vol. 86, p. 42. In Lada, S.-Tanakinjal, G.H. and Amin H. (2009). *International Journal of Islamic and Middle Eastern Finance and Management*, 2(1), pp. 66-76.
- [17] Moira P. - Mylonopoulos D. & Kondoudaki Aik. (2012). The management of Tourist's Alimentary Needs by the Tourism Industry. The Parameter of Religion, *International Journal of Culture and Tourism Research*, 5(1), pp. 129-140.
- [18] Moira, P. (2009). *Religious Tourism*, ed. Interbooks, Athens [in Greek].
- [19] Moira, P. – Mylonopoulos, D. – Vasilopoulou, P. (2017). Kosher tourism. Case study from Greece, In chapter 13, “Conflicts, Religion and Culture in Tourism”, Razaq Raj, and Kevin Griffin (eds), *Religious Tourism and Pilgrimage Series at CABI*, Ireland, pp. 144-154.
- [20] Pizam, A. and Sussmann, S. (1995). Does Nationality affect tourist behavior?, *Annals of Tourism Research*, 22(4), pp. 901-917.
- [21] Sarchosis, D. (2015). *Οι διατροφικές επιλογές των τουριστών με βάση τις θρησκευτικές τους πεποιθήσεις. Μελέτη περίπτωσης* [Tourist's alimentation choices and religion. Case study], Διπλωματική Εργασία ΕΑΠ, ΜΠΣ Διοίκηση Τουριστικών Επιχειρήσεων, Πάτρα (in Greek).
- [22] Tasty Greece (2015). *Οφέλη από την ανάπτυξη του γαστρονομικού τουρισμού*, [Benefits from the development of culinary tourism], Available at: <http://www.tastygreece.gr/culinary-tourism/benefits.html>, (in Greek), [Accessed on 26-02-2015].
- [23] Taylor, A. (2014). *Xi Jinping puts Chinese tourists' instant noodles on etiquette menu on overseas trip*, The Sydney Morning Herald, Available at: <http://www.smh.com.au/world/xi-jinping-puts-chinese-tourists-instant-noodles-on-etiquette-menu-on-overseas-trip-20140917-10ig6y.html>, [Accessed on 16-05-2018].
- [24] UNESCO (1982). *World Conference on Cultural Policies: Mexico City Declaration on Cultural Policies*, Mexico City, Mexico 26 July – 6 August 1982, Paris: UNESCO.
- [25] Municipality of Mykonos (2018a) *Transportation*, Available at: <https://mykonos.gr/en/tourism/transportation/>, [Accessed on 07-6-2018].
- [26] Municipality of Mykonos (2018b) *Accommodation*, Available at: <https://mykonos.gr/en/tourism/accomodation/>, [Accessed on 07-6-2018].
- [27] Ελληνική Στατιστική Αρχή (2009). *Έρευνα: Μητρώο κατά είδος καταλύματος και τόπο, Ημερομηνία Ενημέρωσης: 20/01/2009*, [Survey: Register per type of accommodation and place, Date of update: 20/01/2009], Available at: <http://www.statistics.gr/portal/page/portal/ESYE/PAGE-database>, (in Greek), [Accessed on 09-3-2015].
- [28] Ελληνική Στατιστική Αρχή (2014). *Περιφερειακοί Λογαριασμοί: Ακαθάριστη Προστιθέμενη Αξία για το έτος 2011*, [Regional Accounts: Gross Value Added for the Year 2011], Δελτίο Τύπου, Available at: [http://www.statistics.gr/portal/page/portal/ESYE/BUCKET/A0703/PressReleases/A0703\\_SEL45\\_DT\\_AN\\_00\\_2011\\_01\\_P\\_GR.pdf](http://www.statistics.gr/portal/page/portal/ESYE/BUCKET/A0703/PressReleases/A0703_SEL45_DT_AN_00_2011_01_P_GR.pdf), [Πρόσβαση 24-3-2015].
- [29] Ένωση Λιμένων Ελλάδας (2013). *Στατιστικά Στοιχεία Αφίξεων Κρουαζιέρας*, [Cruise Arrival Statistics], Available at: [http://www.pcci.gr/evepimages/E18\\_F10617.STATI\\_KROUAZIERAS\\_2010\\_2012\\_.pdf](http://www.pcci.gr/evepimages/E18_F10617.STATI_KROUAZIERAS_2010_2012_.pdf), (in Greek), [Accessed on 07-06-2018].
- [30] Κυπριακός Οργανισμός Τουρισμού/Κ.Ο.Τ. (2009). *Ανάπτυξη Τουριστικών Αγορών Ηνωμένων Αραβικών Εμιράτων, Μπαχρέιν και Κουβέιτ*, [United Arab Emirates, Bahrain and Kuwait Tourism Development],

Έκθεση Αποτελεσμάτων Έρευνας Αγοράς, Κοινοπραξία CYMAR Market Research Ltd - Markeway Ltd., Οκτώβριος, (in Greek).

- [31] Μαλλιάς, Δ. (2014). *Κορυφαίος δημοφιλής προορισμός για τους ξένους η Μύκονος*, [Mykonos - Top popular destination for foreigners], in Mykonos, Available at: <http://www.mykonospress.gr/?p=26172>, (in Greek), [Accessed on 9-03-2015].
- [32] Ξενοδοχειακό Επιμελητήριο Ελλάδας/Ξ.Ε.Ε. (2015). Available at: <http://www.grhotels.gr>, (in Greek), [Accessed on 9-03-2015].

### AUTHOR'S BIOGRAPHY



**Dr. Polyxeni Moira** holds a PhD in Sociology from Panteion University of Political and Social Sciences, Greece. She has BA degrees a) in Public Administration, b) International and European Studies and c) Communication and Mass Media. She also holds an MSc in Regional Development and Pedagogy. She has been teaching at higher education over the last 20 years. She is currently a Professor at Univeristy of West Attica / Department of Tourism Management in Greece. She is also a Visiting Professor at Harokopeion University, Univeristy of Aegean and the Hellenic Open University. She has published 12 scientific books in the field of tourism and articles in more than 20 international and Greek journals.



**Dr. Dimitrios Mylonopoulos** holds a PhD in Public Law from Panteion University of Political and Social Sciences, Greece. He has studied at Democriteion University of Thrace, Panteion University, Harokopieio University, Economic University of Athens, National and Kapodistrian University of Athens and Hellenic Navy Academy. He holds BA degrees a) in Law, b) in Public Administration, c) in International and European Studies and d) in Communication and Mass Media. He also holds a) MSc in Applied Geography and Area Management, b) in Pedagogy, c) in European Studies, d) in Maritime Studies and e) in Promotion of Mental Health and Prevention of Mental Disorders. He has been teaching at higher education over the last 20 years. He is retired senior officer in Hellenic Coast Guard. He is currently Professor at Univeristy of West Attica / Department of Tourism Management in Greece. He is also a Visiting Professor at the University of Patras, at Hellenic Army Academy, at Hellenic Naval Academy and at Hellenic Open University. He has published scientific books in the field of tourism and maritime issues and articles in international and Greek journals.



**Dimitrios Sarchosis** has graduated as bachelor of Computer Science in 2011 and as master in Tourism Administration in 2015 from Hellenic Open University, speaking 5 foreign languages, currently working as Sales and Reservations Manager at Archipelagos Luxury Hotel on Mykonos, being a Hospitality Industry professional with more than 8 years of specialized management experience in Room Division, Operations, Sales, Reservations and Revenue growth and with entrepreneurial experience in food & beverage operations and engaged for more than 20 years in Hospitality and Tourism.

**Citation:** Dr. Polyxeni Moira, et.al. "Food Choices and Religion during Vacation: The Case of a Cosmopolitan Greek Island". *International Journal of Research in Tourism and Hospitality (IJRTH)*, vol 4, no. 3, 2018, pp. 1-7. doi: <http://dx.doi.org/10.20431/2455-0043.0403001>.

**Copyright:** © 2018 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.