

# SYNOPSIS



## Europe's Centenarians

### Europas 100-jährige

It is interesting that there are more very old people in Italy than elsewhere on the continent. Sardinia is seen as 'the island of the centenarians'. The remote location has ensured the survival of particular genetic traits. Leading scientists are working to track down the secrets of healthy aging. Stress-resistance, social contacts, a healthy lifestyle and a good family life are evidently the key to happy aging. The people of Campodimele in southern Italy too seem to have discovered the secret recipe for a long and healthy life. WELTjournal reporter Alexander Steinbach has set out on the search for the wisdom behind Europe's centenarians and has come up in a number of places with surprising answers to the great questions of life.

**Year:** 2017

**Run-Time:** 1 x 30 min.

**Directed by** Alexander Steinbach

**ORF**

Available worldwide

**Languages:** German (ORIGINAL)

**Format:** 16:9

HD

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