

Wilde searches for local flavors

By Jae-Ha Kim
Tribune Content Agency

Actor, producer and wellness entrepreneur Zina Wilde is used to traveling the world. Born in London and raised in Thessaloniki (Greece), she splits her time between homes in New York and Los Angeles. Wilde said one of the things she has learned over the years is to go with the flow.

"Plan things, but not too many. Learn how to let go and get uncomfortable," she said. "Sometimes, travel is difficult when things don't go as you wish, but that's the whole point. Doing things that make you uncomfortable sometimes gives you confidence. It's not always about the luxury experience. I love learning what locals do and meeting them."

This interview with Wilde has been edited for clarity and length.

Q: Do you have any upcoming trips planned?

A: I do! I have one coming up in Santorini, Greece, where my dad's side of the family hailed from for many generations.

Q: Have you visited places for work that were so nice that you traveled back there for a personal trip?

A: I loved visiting Ireland while doing a show and would love to go back. I felt like there was so much more to explore.

Q: What is your favorite vacation destination?

A: I am a little biased, but Greece is at the top of my list. For a beach vacation I think it's the best. For city



For actor and wellness entrepreneur Zina Wilde, Greece can't be beat. **KENNETH DOLAN**

life, my favorite is Paris or New York.

Q: What untapped destination should people know about?

A: If you haven't been to Koufonisia in Greece, it's a great place to visit. A beautiful destination.

Q: What was a trip you took as a child that stands out?

A: We used to travel to London every Christmas. I sometimes loved it and other times not so much.

Q: If you've ever gone away for the holidays, which was the best trip?

A: We used to always go away when I was a kid with my family to London. Some of those trips were very memorable. Once I moved away from Greece to New York for college, I would usually go back to Thessaloniki where I grew up and spend my Christmas there. Christmas in Greece is very festive.

Q: Do you have a knack for picking up new languages?

A: I hope so! I am a native Greek and English speaker, but I also picked up Spanish in college and French in high school. I am practicing my French again in preparation for my retreat in Paris.

Q: Where would you like to go that you have never been to before?

A: I am dying to visit Japan.

Q: When you go away, what are some of your must-have items?

A: Layers are important. And shoes that you can wear in the rain. For the most part, I like to travel light. I hate carrying heavy things.

Q: What is your guilty pleasure when you're on the road?

A: I go through phases, but I always love finding the best steak.

Q: What kind of research do you do before you go away on a trip?

A: I read as much as I can about basics that shouldn't be missed and then I go on a deep dive and try to find things that are more local and authentic. I always know I want to spend a lot of time exploring, so I make sure to know where to look before I go.

Q: What is your best and/or worst vacation memory?

A: It's probably my best and worst memory. A few years ago I was hired to teach acting in China. I went for two consecutive years and it was a great experience. One thing that I wasn't a huge fan of was when they told me that the meat served was mystery meat, so I ended up eating pears for as long as I was there. They were the best pears I've ever tasted.

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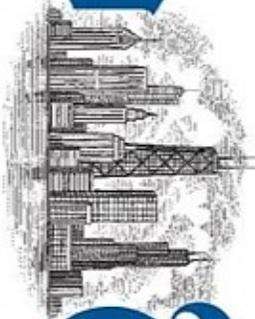


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