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## DISCOVER GREECE HISTORY-CULTURE-PEOPLE-LEGACY an interactive approach of ancient & modern Greece

### WEEK 1: ANCIENT GREECE

#### DAY SCHEDULE

- 1** Arrival in Athens. Transfer to the Hotel in Athens. Rooms' allocation.  
1-hour afternoon session - Introduction to the schedule of the seminars  
Dinner in a traditional Greek taverna in Plaka (OPA!!!)
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- 2** **Morning session after breakfast:**  
09:00 - 12:00 A Concise Presentation of Ancient Greek History  
*From Archaic Times to Athens, Sparta, Thebes and Corinth to Alexander the Great and the Hellenistic Period.*  
10:30 - 10:45 Coffee Break  
12:00 - 15:00 Free time
- Afternoon session:**  
15:00 - 18:00 An Introduction to Ancient Greek Art and Architecture  
14:30 - 14:45 Coffee Break  
Free evening. Dinner in the Hotel
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- 3** **Morning session after breakfast:**  
09:00 - 13:30 Conducted Tour to the Acropolis and the Acropolis Museum  
13:30 - 14:30 Free time  
14:30 Return to the Hotel
- Afternoon session:**  
15:30 - 17:30 Greek Mythology.  
Customs, Social Organization and Law in Ancient Athens.  
The Birth of Democracy.  
19:00 Dinner in the Hotel
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- 4** 07:30 After breakfast we will depart from the Hotel.  
Excursion to Delphi, the site of the Delphic oracle, the most important oracle in the classical Greek world, and a major site for the worship of the god Apollo after he slew the Python.
- 11:00 Arrival in Delphi. We will visit the Temple of Apollo, the Theatre, Tholos, the Hippodrome etc. and have on-site- lectures  
The Roots of Western Theater. From the Festivities of Dionysus and Thespis to Aristophanes. Tragedy & Comedy.





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- 4** 15:00 Transfer to our hotel.  
Free evening to explore Delphi and Arachova, one of the most picturesque traditional villages in Greece with many tavernas and bars. Built on the roots of mount Parnassos, it offers its visitors view to amazing landscapes and the chance to walk in the wooded areas and explore the wild nature in the mountain!  
Dinner in the Hotel. Overnight in Delphi.



- 5** FREE DAY for FUN, RELAXATION and ...KEFI!!!  
After breakfast we depart from our Hotel and drive to Galaxidi via Itea. Galaxidi is a small port situated on a natural double harbour surrounded by mountains. The port is lined with restaurants, bars, and stores. The smaller harbour, Hiorlaka, is residential, with a park (platia) from which there is a splendid view of Itea and Delphi. Until the late 19th century, Galaxidi had a sizeable merchant marine fleet and was a prosperous commercial centre. This is reflected in the size and style of the local buildings. Preservation of the traditional architecture has facilitated the growth of tourism in recent decades. The marine museum contains exhibits from this period.  
Lunch around the port in a traditional local taverna.  
Later afternoon we return to the Hotel for dinner.  
Overnight in Delphi.



- 6** 07:30 After breakfast we check-out from the Hotel. Drive to Olympia.  
We pass from Nafpaktos, Rio-Antirio and Patras.
- 10:30 Arrival in Olympia, known for having been the site of the Olympic Games in classical times, the most famous games in history. The Olympic Games were held every four years, dating back to 776 BC. The first Olympic Games were in honor of Zeus.  
On-site lecture and conducted tour in Olympia - Athletics in Ancient Greece. The Ancient Olympic Games.  
Lunch in Olympia.  
Overnight in Olympia.



- 7** Breakfast in our Hotel in Olympia. We depart from Olympia and drive to Athens via Mycenae, archaeological site in the north-eastern Peloponnese. From the hill on which the palace was located one can see across the Argolid to the Saronic Gulf. In the second millennium BC Mycenae was one of the major centres of Greek civilization, a military stronghold which dominated much of southern Greece.  
Late afternoon we arrive in Athens. Overnight in our Hotel in Athens.



- 8** After breakfast we depart from our Hotel to drive to Eleftherios Venizelos. Flight to our country.

next page alternative programme



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## ALTERNATIVE PROGRAMME

### DAYS 1-3: The programme remains the same

4 07:30 After breakfast we will depart from the Hotel.

Excursion to Epidavros. Reputed to be the birthplace of Apollo's son Asclepius, the healer, Epidaurus was known for its sanctuary situated about five miles (8 km) from the town, as well as its theater, which is once again in use today.

The asclepieion at Epidaurus was the most celebrated healing center of the Classical world, the place where ill people went

in the hope of being cured. To find out the right cure for their ailments, they spent a night in the enkoimeteria, a big sleeping hall. In their dreams, the god himself would advise them what they had to do to regain their health. Found in the sanctuary, there was a guest house for 160 guestrooms. There are also mineral springs in the vicinity which may have been used in healing.



11:00 Arrival in Epidavros. On-site lectures in the Theater and the Asclepieion.

ALSO: MYCENAE & NAFPLIO



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