

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

WEEK 1: BYZANTINE 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!!!)

2 Morning session after breakfast:

09:00 - 12:00 A Concise Presentation of Byzantine History.
From Rome to Constantinople
(New Rome) and from Roman to Greek Culture.
10:30 - 10:45 Coffee Break
12:00 - 15:00 Free time



Afternoon session:

15:00 - 18:00 The rise and fall of the Byzantine Empire. Major historical events.
Confrontations with Slavs Arabs, Persians, Russians, Normans, Crusaders and Turks.
14:30 - 14:45 Coffee Break
Free evening.
Dinner in the Hotel.

3 Morning session after breakfast:

09:00 - 13:30 Conducted tour of the Byzantine Museum in Athens.
Understanding the beauty of Byzantine icons.
13:30 - 14:30 Free time
14:30 Return to the Hotel

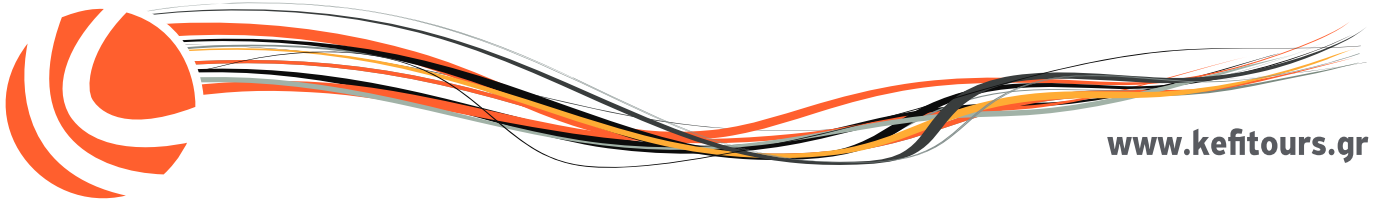


Afternoon session:

15:30 - 17:30 An insight into Byzantine Architecture.
19:00 Dinner in the Hotel.

4 07:30 After breakfast we will depart from the Hotel.
Trip to Ossiou Loukas Monastery, one of the most important
monuments of Middle Byzantine architecture and art.
It has been listed on UNESCO's World Heritage Sites, along with
the monasteries of Nea Moni and Daphnion.





ALTERNATIVE PROGRAMME

ARAOVA:

- 4** **a) Morning session:**
The Orthodox Church: its dogmas & traditions. (1 1/2 hours)
The Meaning of Christmas (or Easter depending on the season)
in the Orthodox Tradition. (1 1/2 hours)
Lunch
- b) Afternoon session:**
Preparing Vassilopita and Melomakarona.
Alternatively in Easter Time: The Meaning of Orthodox Holy Week and Easter.
Participation in the festivities.



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- OR:** **Days 4 & 5 trip to Mystras**
with overnight stay and visit of Mycenae on the way back.

