

# Summer Staycation



## GREECE

Famous  
people &  
places

Food  
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Recipes

Wildlife  
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Words  
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# Greece



Beautiful blue seas, a wealth of sandy beaches and delicious fresh food - it's no wonder so many English travel to Greece for their holidays every year.

There are thousands of Greek islands, many of which are uninhabited.

The most popular are Santorini, Mykonos, Crete, Naxos, Paros, Corfu, Rhodes, Zakynthos, Lesbos, Skiathos.

## Medieval City of Rhodes

The Order of St John of Jerusalem occupied Rhodes from 1309 to 1523 and set about transforming the city into a stronghold. It then came under Turkish and Italian rule. Built were the Palace of the Grand Masters, the Great Hospital, and the Street of the Knights in the Upper town. In the Lower Town, Gothic architecture coexists with mosques, public baths and other buildings dating from as early as the 16th century.

## Did you know?

Greece is often considered to be the world's first democracy.

During the summer tourist period, it's not uncommon for more tourists to be in Greece than actual Greek residents.

Greek is the oldest written language still in existence.

There are more than 4000 traditional dances around the country.





Across Greece there are 18 UNESCO Heritage sites, all providing a rich insight into history. Some of the most popular are:

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## Archaeological Site of Olympia

The site of Olympia has been inhabited since prehistoric times. In the 10th century B.C., Olympia became a centre for the worship of Zeus, and has been referred to as 'the sanctuary to the gods'. In addition to temples, there are the remains of all the sports structures erected for the Olympic Games, which were held in Olympia every four years beginning in 776 B.C.

## Acropolis, Athens

The Acropolis of Athens and its monuments are universal symbols of Ancient Greece. In the second half of the fifth century bc, Athens was amongst the other leading city-states of the ancient world. The most important monuments were built during a time of expansion in Athens: the Parthenon, built by Ictinus, the Erechtheon, the Propylaea, the monumental entrance to the Acropolis, designed by Mnesicles and the small temple Athena Nike. The Acropolis' monuments, having survived for almost twenty-five centuries through wars, explosions, bombardments, fires, earthquakes, sackings, interventions and alterations, have adapted for different uses, serving multiple generations of people across Greece.

## Meteora

In a region of almost inaccessible sandstone peaks, monks settled on these 'columns of the sky' from the 11th century onwards. Twenty-four of these monasteries were built, despite incredible difficulties in the 15th century.





# The Acropolis

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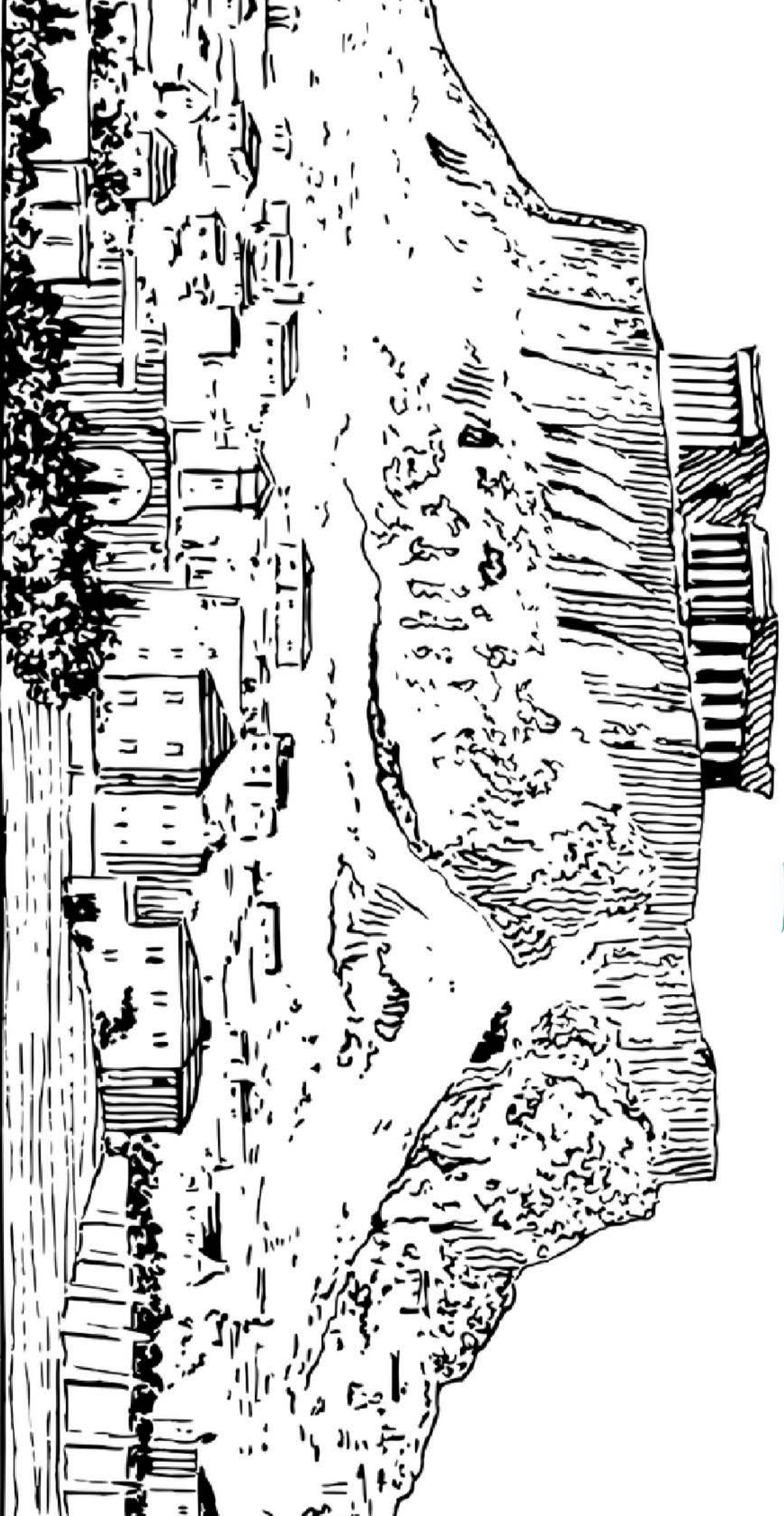
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# The Acropolis

You can take a virtual tour of the Acropolis at [www.acropolisvirtualtour.gr](http://www.acropolisvirtualtour.gr)

Colour in!

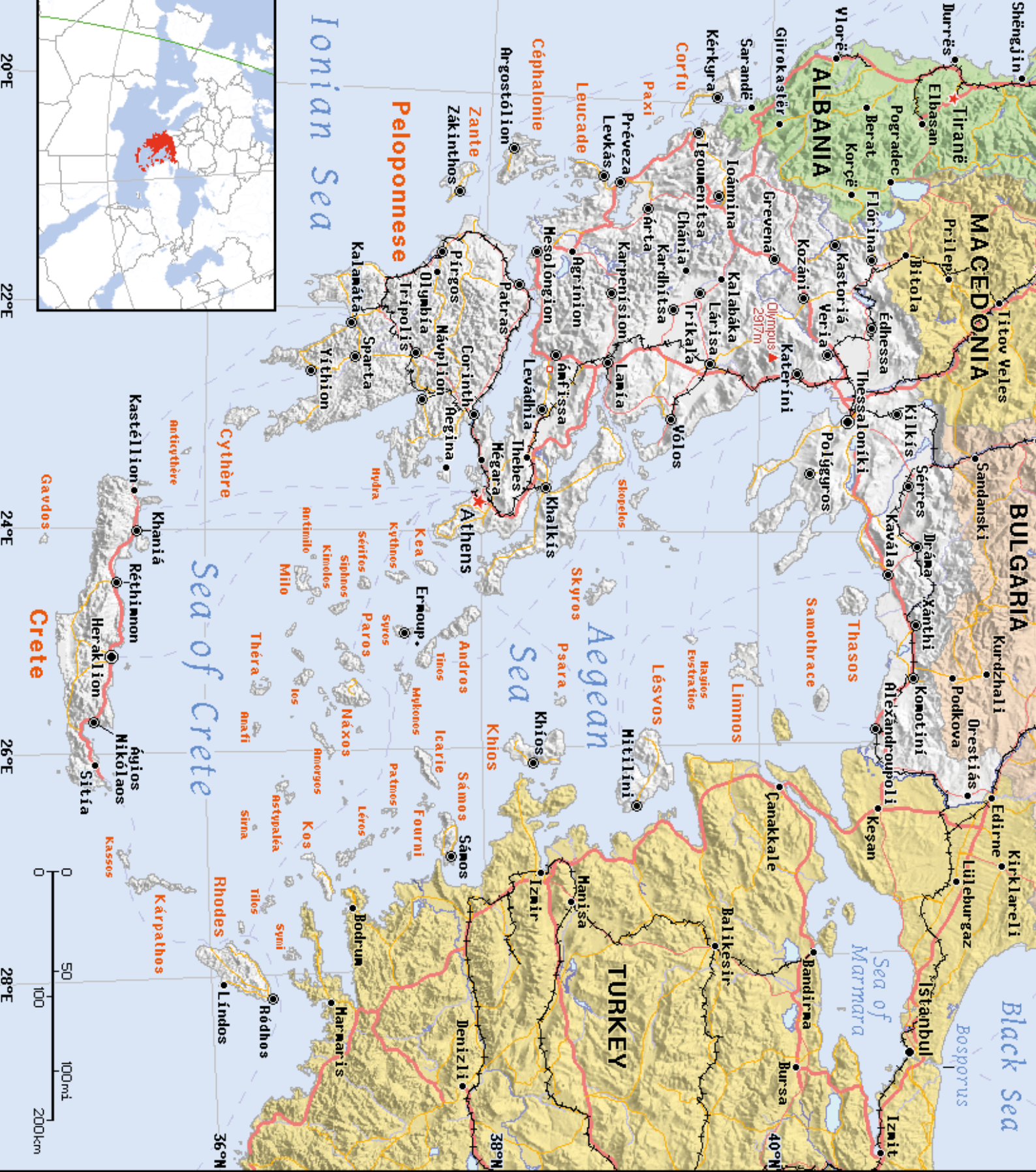


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Greek flag to colour







# GREECE



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# Greek Mythology

Greek mythology is stories based around the gods, goddesses and heroes of the Ancient Greeks.

In ancient Greek mythology, there are twelve Olympians who are the major deities of the Greek pantheon.

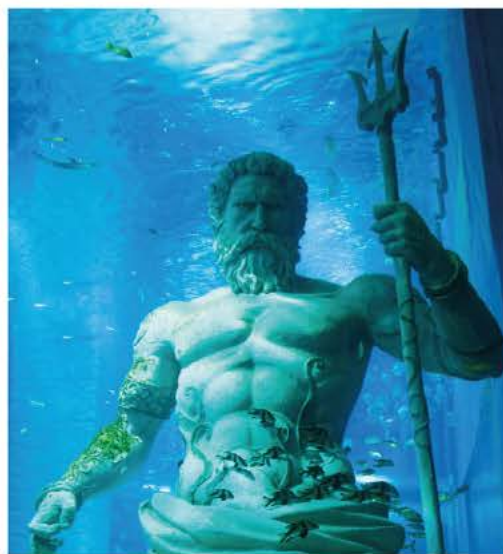
Zeus, Hera, Poseidon, Demeter, Athena, Apollo, Artemis, Ares, Hephaestus, Aphrodite, Hermes and either Hestia or Dionysus. They were called Olympians as they were said to have lived on Mount Olympus.

## Apollo



Apollo is the god of healing, medicine, music, poetry and the sun. In fact he is the god of many different things! He was born on the Greek island of Delos.

## Poseidon



Poseidon is the god of sea, earthquakes and horses. He is known as the protector of sea-farers, considered to create new islands and make the seas calm.



# Hermes



Colour in!

Hermes is said to be a 'soul guide' - a director of souls to the after-life. He was a messenger for the gods of ancient Greece.

# Athena

Colour in!



Athena is the goddess of wisdom, handicraft and war. She was seen as protector of some Greek cities, particularly Athens.



# Traditional Dress



Clothing in ancient Greece was traditionally a 'chiton' draped around the body with an undergarment and a cloak. A 'chiton' would be a simple piece of rectangular fabric with a hole for the head. For men this would reach their knees, for ladies it would reach the floor.



Greek National Costume was influenced by the Ottoman Empire. There are several types worn by different people and on different occasions.

The Foustalnella/Tsolias as shown in the photograph, was worn by diplomats and warriors. Generally found in mountainous and central/southern parts of Greece.

# Music



The three most favoured instruments in ancient Greece were kithara, lyre and aulos. They were strummed or plucked.





# Mythological Creatures



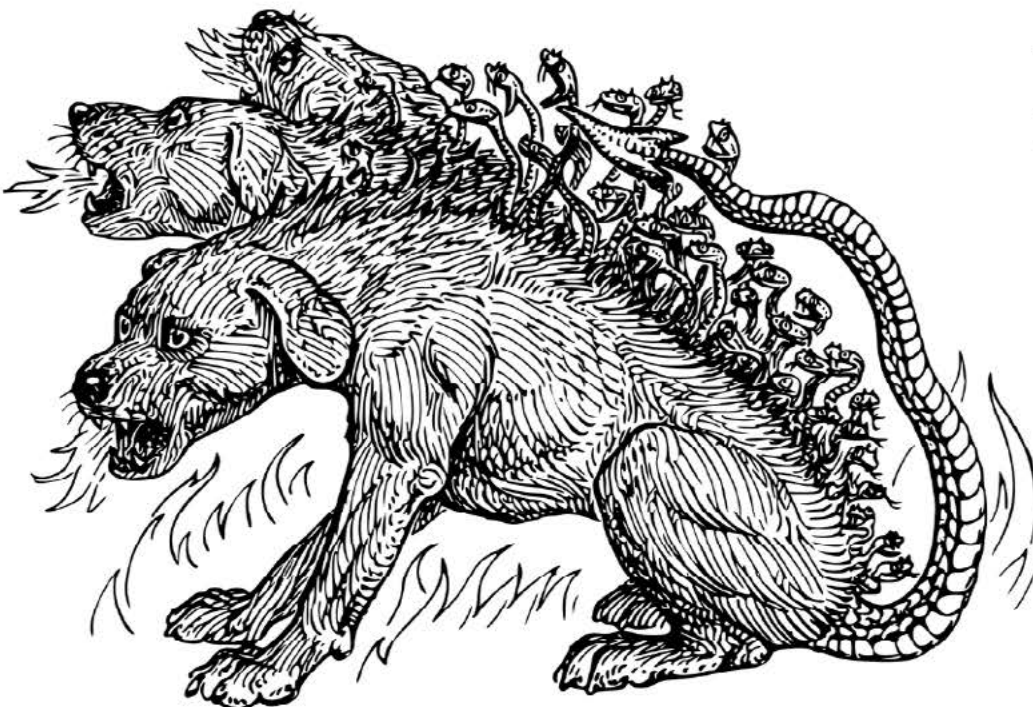
Many mythical creatures are mentioned in the ancient myths of Greek history. You can find out more about these at [www.greek-gods.org](http://www.greek-gods.org)

## Griffin



A griffin is a legendary creature with the body, tail and back legs of a lion and the head and wings of an eagle. Images of griffins were often used in Greek art.

## Cerberus



A cerberus is a multi-headed dog that is said to guard the gates of the Underworld. It is often referred to as the Hound of Hades.



# Chimera

A chimera was a fire-breathing female monster resembling a lion, goat and dragon.



Colour in!



# Olives and Olive Oil



Olives and olive oil are at the heart of the Greek diet.

Greece produces vast amounts of olives and olive oil, exporting all over the world.

There are 5 main types of olives eaten:

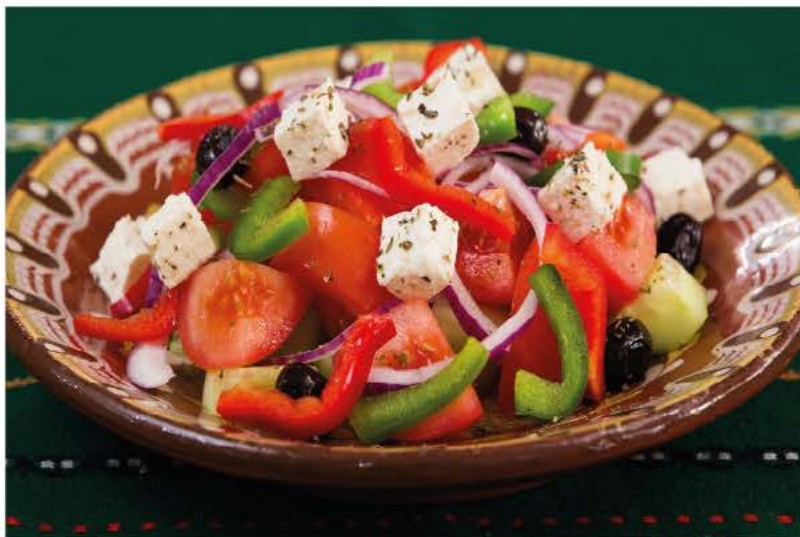
Kalamata, Conservoila, Amfissa, Tsakistes, Halkidiki

# Greek Salad

Famous throughout the world, and something you will always encounter on a trip to Greece is a Greek salad.

Made with feta cheese (from goats milk), olives, cucumber, tomatoes, bell peppers and onions, it is a simple salad of fresh ingredients which first became popular in the 1960-1970s.

Usually served with a sprinkling of oregano - and, of course, a splash of olive oil!





## Lentil Moussaka

160g cooked red lentils - canned are fine, just drain off the liquid  
650g potatoes, unpeeled but scrubbed  
Olive oil  
2 onions, sliced  
2 garlic cloves, sliced or chopped  
Half teaspoon dried thyme or 4 sprigs fresh thyme  
Half teaspoon dried oregano  
Half teaspoon ground cinnamon  
1 tablespoon tomato puree  
1 tin tomatoes  
1 vegetable stock cube  
Half teaspoon salt  
2 aubergines thinly sliced  
250g ricotta cheese  
50g cheddar cheese, grated  
Pepper to season

Preheat the oven to 200C/ Gas 6

Cut the potatoes into halves or quarters if they are large and put them in a saucepan. Cover with water, bring to the boil and simmer for about 15 minutes until cooked through. Drain and leave to cool. Heat the olive oil and add the onion, cooking for about 5 minutes. Add the garlic, herbs and spices, cook for a minute then stir in the tomato puree. Add the tinned tomatoes, fill the tin with water and add this, then add another tinful of water, the stock cube, salt and some pepper and bring to a simmer. Cook for twenty minutes then stir in your cooked lentils. Peel your potatoes if the skins are tough and cut into slices about a centimetre thick. Don't worry too much about the size. Cut the aubergines into slices widthways and place on an oiled baking sheet. Drizzle with more oil and roast until they are starting to soften. About five minutes. Layer the lentil sauce, potatoes and aubergines in an oiled ovenproof dish or tin. Mix the ricotta and grated cheddar together and top the moussaka. Bake for around 25 minutes or until golden brown.

## Carrot Keftedes

Makes approx 16

350g carrots trimmed and peeled but left whole.  
2 tablespoons olive oil.  
1 small onion grated.  
150g feta, crumbled.  
1 teaspoon cinnamon.  
2 teaspoons dried mint.  
50g parmesan, grated.  
Finely chopped parsley.  
1 free range egg, beaten.  
Salt and pepper.  
Plain flour to dust.

Preheat the oven to 200C/ Gas 6.

Place the carrots in a roasting tin. Drizzle with the olive oil and cook for 30 minutes until cooked but still slightly firm inside, turning them halfway.

Grate the carrots into a bowl and mix with the rest of the ingredients, except for the oil and flour. Refrigerate for an hour for the mixture to firm up. (You can do this overnight)

Shape into 16 walnut shaped balls and dust with flour.  
Shallow fry in sunflower or rapeseed oil until golden on each side.  
Drain on kitchen paper and serve warm.



## Kourambiedhes

These little Greek Cypriot cakes called Kourambiedhes are traditionally given to guests after a wedding.

Preheat oven to 200C/ Gas6

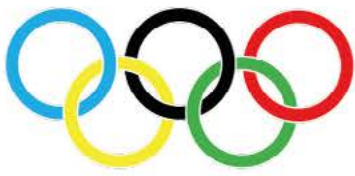
500g plain flour  
135g castor sugar  
320g sunflower oil  
1 teaspoon vanilla extract  
200g ground almonds  
1 whole egg  
2 teaspoons orange juice  
Orange blossom water and icing sugar to garnish

Mix the oil, flour, sugar, almonds, egg, orange juice and vanilla together to make a dough. Knead gently for a minute. Cover and leave to rest.

Form into small scone like rounds.

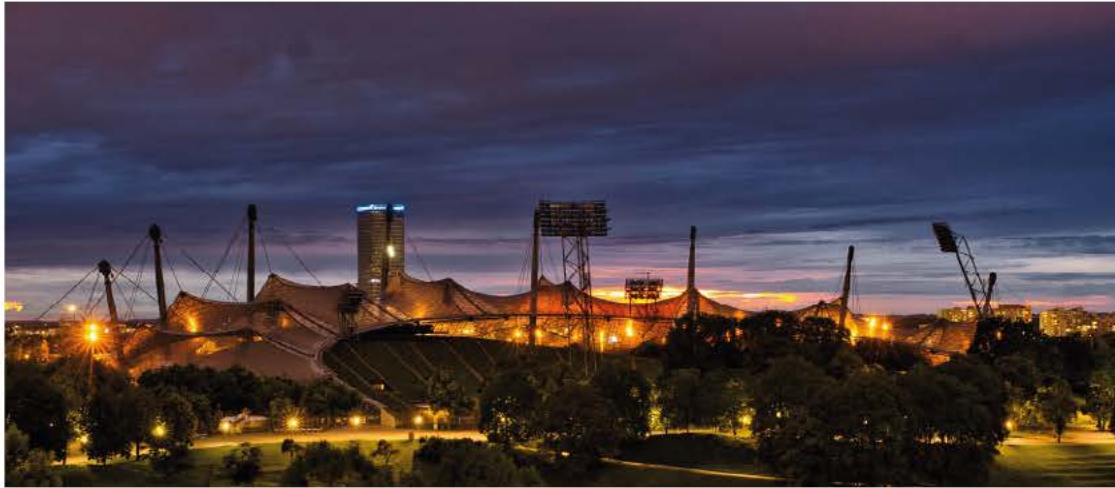
Bake on a buttered tray until they turn golden - about 15 minutes.

Leave them to cool then sprinkle with orange blossom water and dust with icing sugar.



## The Olympic Games

The first Olympic Games took place in the 8th century B.C. in Olympia, Greece. They were held every four years for 12 centuries. In the 4th century A.D., all pagan festivals were banned by Emperor Theodosius I and the Olympics were no more. However, the athletic tradition was resurrected once again, with the first modern Olympics being held in 1896 in Greece.



## Some fun facts about the Olympics:

Back then, the games lasted five or six months.

Women have only been allowed to compete in the Olympics since 1900

The official languages of the games are English and French, complemented by the official language of the host country.

During the 1936 Berlin Games, two Japanese pole-vaulters tied for second place. Instead of competing again, they cut the silver and bronze medals in half and fused the two different halves together so that each of them had a half-silver and half-bronze medal!

The five rings of the Olympic symbol – designed by Baron Pierre de Coubertin, co-founder of the modern Olympic Games – represent the five inhabited continents of the world.

The six colours – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag contains at least one of them.



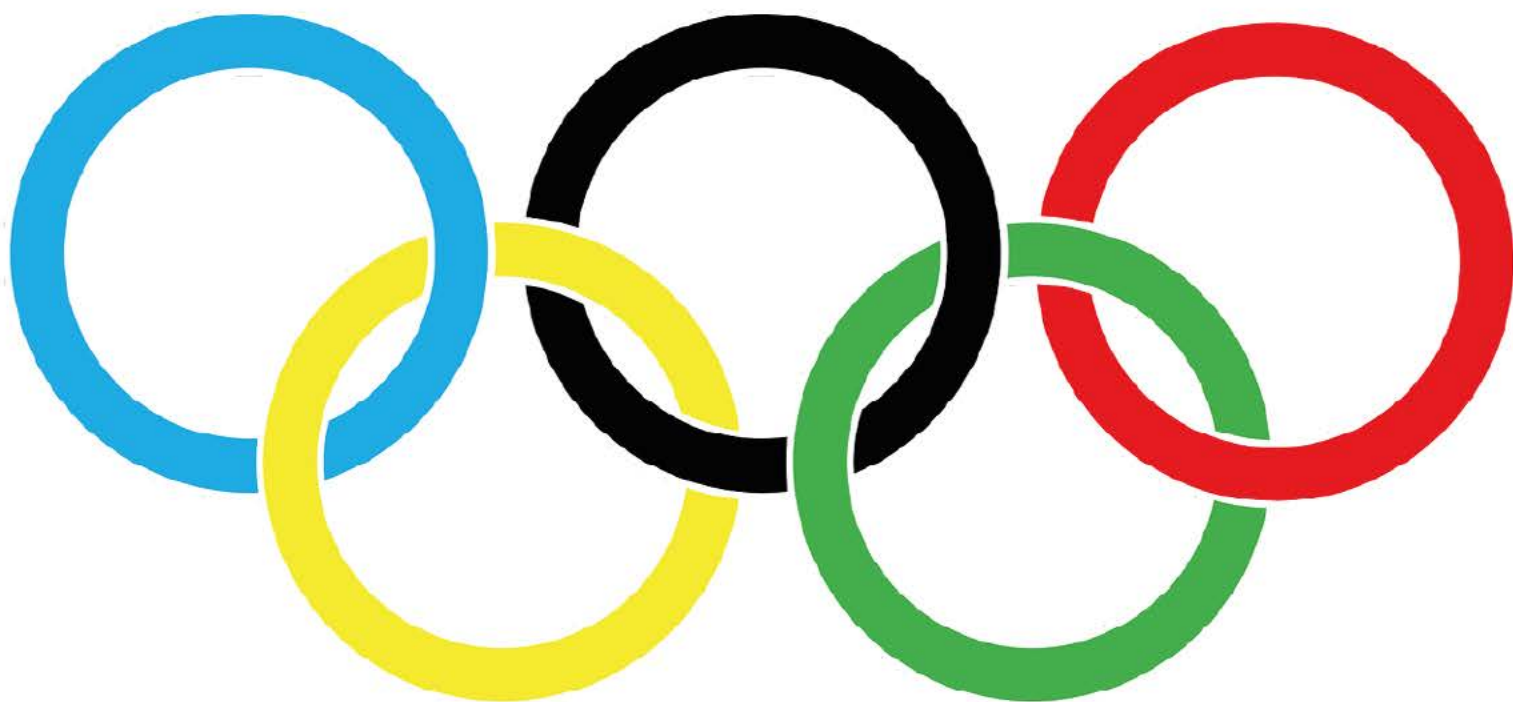


# Be Your Own Olympian!



Why not have your own Olympic Games? Either alone or with a friend, you can set a challenge and time yourself - see how well you do!

Give yourself a medal - you deserve it!





# Philosophers



Ancient Greek philosophers attempted to make sense out of the world around them, and explain it in a non-religious way. They used their intellect and sense of reasoning to understand their world, as opposed to myths.

The five main philosophers were Socrates, Plato, Aristotle, Pythagoras and Thales of Miletus.

## Socrates

Socrates is credited as being one of the founders of Western philosophy. He was interested in the search for moral virtues.

## Plato

Plato was the founder of the Academy of Athens - the first institution of higher learning in the Western world. Along with his teacher - Socrates, and his student - Aristotle, he laid the foundations of philosophy and science.

## Aristotle

Aristotle joined Plato's Academy of Athens when he was young. His writings covered many subjects, and he went on to tutor Alexander The Great and produce many books.

## Pythagoras

Pythagoras was credited with many mathematical and scientific discoveries, including the Pythagorean theorem.

## Thales of Miletus

He was one of the Seven Sages of Greece, and often considered the first philosopher in Greek tradition. He used theories and hypotheses to explain phenomena and natural objects.







# Philosophical Quotes



Ancient Greek philosophers leave many quotes for us to consider.

**“The only true wisdom is knowing you know nothing.”**  
Socrates

**“There are two things a person should never be angry at; what they can help, and what they cannot.”**  
Plato

**“Love is composed of a single soul inhabiting two bodies.”**  
Aristotle

**“It is the mark of an educated mind to be able to entertain a thought without accepting it.”**  
Aristotle

**“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”**  
Aristotle

**“The energy of the mind is the essence of life.”**  
Aristotle

**“Pleasure in the job puts perfection in the work.”**  
Aristotle



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GREECE



GREEK  
LANGUAGE



# Let's Learn Greek

Greek is a Hellenic language, derived from Proto-Greek - the first form of Greek spoken during 3000BC. Later it became Ancient Greek. Modern Greek emerged after the fall of the Byzantine Empire in 1453. Greek is the oldest recorded living language.

## Greek Alphabet

The Greek alphabet has 24 letters.

A α,	Ξ ξ
B β	Ο ο
Γ γ,	Π π
Δ δ	Ρ ρ
Ε ε	Σ σ/ς
Ζ ζ	Τ τ
Η η	Υ υ
Θ θ	Φ φ
Ι ι	Χ χ
Κ κ	Ψ ψ
Λ λ	Ω ω
Μ μ	
Ν ν	

# Greek Phrases

These have been spelt to allow for English pronunciation.

Hello	Γειά σου	YAH-soo
How are you?:	Τι κανείς	tee-KAH-nis?
Good morning	Καλημέρα	kah-lee-MER-ah
Good afternoon/ evening	Καλησπέρα	kah-lee-SPER-ah
Goodnight	Καληνύχτα	kah-lee-NEEKH-tah
Thank you	Ευχαριστώ	eff-kha-ri-STOE
Please / You're welcome	Παρακαλώ	para-kah-LOE
My name is...	Με λένε	may LEH-neh...
Goodbye	Γειά σου	YAH-soo
Oops!	Ωπα	OH-pa

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Education Journal



GREECE



# Staycation Journal

**Day:**

**What did you do today?**

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**What Greek words did you learn today?**

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**What Greek food did you try today?**

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# Picture of the Day

Draw a picture, stick in photographs or cut out pictures from magazines

# Philosophical Thought of the Day

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# Quiz Questions

1. How many UNESCO heritage sites are there in Greece?
2. What was referred to as “the sanctuary of the gods”?
3. In what year were the first Olympic games held?
4. Who built the Parthenon?
5. How many monasteries were built at Meteora?
6. Who was born on the Greek island of Delos?
7. Who is the god of the sea?
8. Who was a messenger for the gods of ancient Greece?
9. Who is known as the protector of Athens?
10. What Empire was Greek national costume influenced by?
11. What is a lyre?
12. What creature’s head does a Griffin have?
13. What is often referred to as “the hound of Hades”?
14. What are the ingredients of a typical Greek salad?
15. How often are the Olympic games held?



# Quiz Answers



1. 18
2. Olympia
3. 766 BC
4. Ictinus
5. 24
6. Apollo
7. Poseidon
8. Hermes
9. Athena
10. Ottomon
11. A stringed musical instrument
12. Eagle
13. A cerberus
14. Feta cheese, cucumber, tomatoes, bell peppers, onions, olives.
15. Every 4 years.





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