

## 2<sup>nd</sup> Geniko Lykeio Aliveriou 2019-20

### Presentation by the students

Dear partners

**slide 2**

Welcome to Greece!

**slide 3**

Welcome to our island, Evia,

**slide 4**

to our city, Aliveri,

**slide 5**

and to our school, 2<sup>nd</sup> General Lyceum of Aliveri.

**slide 6**

Evia is the second largest island after Crete, in Aegean Sea and the third after Cyprus in the eastern Mediterranean. It is separated from the mainland by the 60m-wide Euripus Strait.

Our municipality is **Kymi-Aliveri**. It extends from the South Euboean Gulf to the Aegean Sea in an area of **805 km<sup>2</sup>** with a population of approximately **30.000** inhabitants.

**slide 7**

Aliveri is the seat of the municipality. It is situated in the western part of the island.

**slide 8**

Aliveri is mostly an industrial town. The Power generating Plant of the [Public Power Corporation \(ΔΕΗ\)](#) and the biggest cement factory of Greece are located here.

**slide 9-11**

The hosting families live in eleven different villages. You can see on the map. Green for the Italians, orange for the Dutch and black for the Spanish.

**slide 12**

This is the last students' meeting and it is our turn to help students develop several skills in **sustainable** and **alternative tourism**.



The aim of this meeting will be to **turn entrepreneurial ideas into action** and help you improve your skills through experiential activities inside and outside the school.

During this week we'll also try to show you as much as we can of the beauties of our island.

### **slide 13**

**Evia is particularly suitable for alternative tourism.** Due to its size and morphology is a perfect destination for hiking and mountain biking through dense forests, paddling, crossing impressive canyons and mountaineering to imposing peaks, swimming, diving and snorkeling in crystal seas.

Offers **a variety of historical sites** and major archaeological finds, but fortunately is quite unknown to the vast tourist crowds.

**Evia is easily accessible** through various locations by a very short ferry ride or by car through the bridge connecting the mainland to Chalkida, over Evripos Channel.

**Ideal for:** nature lovers, trekking enthusiasts, sea admirers and history seekers. <https://trekking.gr/en/location/evia/>

### **slide 14**

Alternative tourism offers the visitor the joy of interaction and taking part in the daily activities of the area but also in learning the traditional arts and tastes of a place. Some of these **activities** we are going to experience this week in the places we are going to visit.

### **slide 15-16-17**

We will start our activities at school, joining different workshops each group. The workshops aim to give you ideas how to turn a hobby into business and how to set up a business on the internet or in a touristic area. We will have craft workshops with experts (Knitting, jewelry making, natural olive oil soap making and candles making), radio broadcasting production and learning Greek traditional dances.

### **slide 18**

After the workshops, we will have lunch at a restaurant in the port of Aliveri, Karavos.

### **slide 19**



You will have **Souvlaki**, the Greek fast food, and have a taste of Greek gastronomy.

**Souvlaki** is consisting of small pieces of meat usually pork or chicken grilled on a skewer. It is usually served in a pita sandwich with garnishes and sauces or on a dinner plate, often with fried potatoes. The word souvlaki is a diminutive of the Greek word σουβλα souvla 'skewer', itself borrowed from the Latin word subula.

### **slide 20**

After lunch we will visit the Women's Agro tourism Cooperation "**AVALONA**" to make traditional pies and sweets.

### **slide 21**

**AVALONA Women's Agro tourism Cooperation** in Avlonari is an example for female entrepreneurship. In 2005, eight women decided to come out of their kitchen, share their knowledge and ideas and create a great cookery and confectionery workshop in Avlonari, with basic recipe their love for their town.

Today the Cooperation has contributed to the preservation of traditional values, the possibility of selling and processing their products and the products of other producers and to the economic growth of Avlonari.



**slide 22**

On **Wednesday** we will make a tour on Evia.

**slide 23**

We will start from a guided tour to the **Archaeological Museum of Eretria**. The museum is one of the most important cultural centers of ancient Greece. We will see findings from all around the island and from all periods, starting from the Bronze Age.

**slide 24**

Then we will have some **trekking activities** for 1 hour and a half in Steni with a guide of the [Mountaineering Club](#) of Chalkida.

**Don't forget to wear sport shoes and windproof jackets!**

**Steni** is one of the most picturesque villages in Evia, built at an altitude of 450m at the edge of Dirfis, the highest mountain on the island (1.743m), 30km from Chalkida. From Dirfis spring up the two largest rivers of Evia, Messapios and Lilas.

The route from the village to the shelter is considered one of the most beautiful in Greece. You can see pine and plane trees, cedar trees and fir trees. (πεύκα/πλατάνια/κέδρους /έλατα/καστανιές)

The chestnut forest of Steni is one of 19 aesthetic forests of Greece.

**slide 25**

We will stay for lunch at the tavern **NEROMYLOS (Watermill)** in Kambia, near Steni and the little church of Aghia Kyriaki. In a cave, surrounded by waterfalls and plane trees, the little church of **Aghia Kyriaki** has a sanctuary that does not look towards the East, as it is usual, but towards the South, while inside it, there is fountain water considered as holy water.

**slide 26**

In the afternoon we will visit **The Home of Knowledge and Science in Chalkida** where Dr. Antoniou, PhD in Astrophysics University of Athens, will explain the **"Tides and the Euripus phenomenon"**.

After a stroll along the beach, to the bridge connecting the mainland to Chalkida, over **Euripus Strait**, where we can witness the tide phenomenon of waters reversing direction every 6 hours we will return to Aliveri.



### slide 27

On **Thursday** we will have some activities at school.

### slide 28

At 12:00 we will leave for the Organic farm of Mr Zarganis where we will be offered a **free lunch**.

In the farm seasonal vegetables are produced and 3000 hens for eggs are bred. Since 2008, Mr Zarganis has been using the **Effective Microorganisms Technology** (E.M.), the great discovery of the Japanese Dr. Teruo Higa.

We will be introduced some special vegetables as the superfood **Moringa oleifera** or "miracle tree" as it is often referred, **Kale**, **Lemongrass** and the crispy Mesembryanthemum Crystallinum or **Drousulite**.

### slide 29

After lunch we will visit the **Kymis dried figs packing factory of K. [Karavassilis](#)** in Dirreymata. Kymi. The drying and packaging of figs is done manually, without using preservatives, so the Fig of Kymi always remains a natural product. Kymi figs are of excellent quality. They have a golden color with thin peel and flesh full of crispy seeds, which gives them a rich texture and taste.

### slide 30

The Fig of Kymi, unique and recognized as a product with Protected Designation of Origin (PDO) since 1996, produces exclusively in the area of Kymi.

**slide 31**

On **Friday** we will visit **Athens**, the capital of Greece and we will join an educational program at the Acropolis museum and a guided tour at [The Acropolis](#) of Athens.

Acropolis is an ancient citadel located on a **rocky** outcrop above the city of Athens that contains the remains of several ancient buildings of great architectural and historic significance.

**slide 32**

The most famous is **the Parthenon**.

After the tour we will have some free time before we go back to Aliveri.

**slide 33**

On **Saturday we will visit** the **M&M horse club** in Viglatouri, Oxyolithos. It is settled near the Archaeological site of Viglatouri. The [archaeological findings](#) in Viglatouri hill, prove that there has been a major center of the 8th century B.C., equal to those of Eretria and Chalkis. Here revealed an entire settlement of prehistoric and geometric period with houses, temples, squares, roads and tombs. The remains that are visible and cover all the slopes of the hill, belonging mainly to the settlement of the Geometric period

**slide 34**

In the horse club we will learn how to take care of horses.

In the evening we will have the farewell party with the families at **a CLUB** in Karavos.

We wish you a nice staying in Greece!  
Thank you for your attention!

**Tuesday 15.10.2019 Aghios Dimitrios, Avlonari**

At the entrance of Avlonari, at the location Chania, is the **church of Agios Dimitrios**, one of the most important Byzantine churches of central Evia and the largest one of this type in the wider area.

It dates from the **13th century** and is built over the ruins of an ancient temple, while it was probably the seat of the **bishopric of Avlona** already from the Early Christian period. In its initial form it must have been a **three-aisled basilica**, which was later converted into a **transverse-vault church**, an architectural type that was prevalent in Evia in the 13th century.

The church has several **peculiarities** that make it a rare architectural example. The main church is surrounded by a **ambulatory** which incorporates the narthex and ends, on the eastern side, to two chapels.

One can discern **three** construction stages. At the early Christian conch of the altar area they added later the narthex and the octagonal dome and, finally, the main church was erected.

Externally, the building's masonry follows the **cloisonné** system and in some cases it is decorated by elaborate ceramic elements.

Its interior is decorated with exceptional **wall paintings**, which are in good condition and are attributed to the painting workshop that was active in this area approximately in 1300. At the main church there are scenes from Christ's life and at the narthex the **Second Coming**. Some of the figures are particularly impressive, like the ones of the military saints at the narthex (pronaos) and **Archangel Michael** at the main church. Also impressive are the **marble candelabra** that stands in front the altar area.

**The church is divided into three parts: on the left** it honors **Agios Eleftherios**, on the right **Agia Thekla** and at the centre **Agios Dimitrios**.

Στην είσοδο του γραφικού οικισμού του Αυλωναρίου, στη θέση Χάνια, δεσπόζει ο **ιερός ναός του Αγίου Δημητρίου**, ένας από τους σπουδαιότερους βυζαντινούς ναούς της κεντρικής Εύβοιας και ο μεγαλύτερος από τους ναούς του ίδιου τύπου που υπάρχουν στην ευρύτερη περιοχή.

Χρονολογείται στον **13ο αιώνα** και είναι κτισμένος επάνω στα ερείπια αρχαίου ναού, ενώ πιθανότατα αποτέλεσε την έδρα της **επισκοπής Αυλώνος** ήδη από την παλαιοχριστιανική εποχή.

Στην αρχική του μορφή πρέπει να ήταν **τρίκλιτη βασιλική**, που **αργότερα μετατράπηκε σε σταυρεπίστεγο ναό**, **αρχιτεκτονικό τύπο που επικρατούσε στην Εύβοια κατά τον 13ο αιώνα**.

### **Αρχιτεκτονικά**

Ο ναός παρουσιάζει αρκετές ιδιαιτερότητες, που συνθέτουν ένα σπάνιο αρχιτεκτονικό σύνολο. Ο κυρίως ναός περιβάλλεται από **περίστωο** το οποίο ενσωματώνει τον νάρθηκα και απολήγει στην ανατολική πλευρά σε **δύο παρεκκλήσια**.

Στο μνημείο διακρίνονται **τρεις οικοδομικές φάσεις**. Στην παλαιοχριστιανική κόγχη του ιερού προστέθηκε αργότερα ο **νάρθηκας με τον οκτάπλευρο τρούλο** και, τέλος, σχηματίσθηκε ο κυρίως ναός.

Εξωτερικά, η τοιχοποιία του κτίσματος ακολουθεί το **πλινθοπερίκλειστο σύστημα** και σε ορισμένα σημεία διακοσμείται με περίτεχνα κεραμοπλαστικά στοιχεία.

Το εσωτερικό του διακοσμείται με **εξαιρετικής τέχνης τοιχογραφίες**, οι οποίες σώζονται σε καλή κατάσταση και αποδίδονται στο ζωγραφικό εργαστήριο που έδρασε στην περιοχή γύρω στο 1300. Στον κυρίως ναό εικονίζονται σκηνές από τη ζωή του Χριστού και στον νάρθηκα η Δευτέρα Παρουσία. Ορισμένες από τις μορφές είναι ιδιαίτερα επιβλητικές, όπως αυτές των στρατιωτικών αγίων στον πρόναο και του Αρχαγγέλου Μιχαήλ στον κυρίως ναό. Εντυπωσιακά είναι και τα μαρμάρινα μανουάλια που στέκουν μπροστά από το ιερό.

Ο ναός είναι **τρισυπόστατος**: αριστερά τιμάται ο **Άγιος Ελευθέριος**, δεξιά η **Αγία Θέκλα** και στο κέντρο ο **Άγιος Δημήτριος**.

### [The Tower of Avlonari](#)

The Venetian tower Avlonariou, preserved and restored in 1953 was used by Venetians as a center of an optical telegraph system and has response with other towers that have survived in moderate poor situation. The windows are located on the middle and upper part of the tower.

The masonry is made of rough stones with many small tiles in the gaps in a height of about 19 meters. During the Ottoman period it was used as a prison. After liberation, a group of Bavarian came and settled in the Tower to see if it was worth keeping or demolish. Because they found it intact and habitable, they repaired it.

When the Bavarians withdrew, it was used as City Hall of the Municipality of Dystos.



## **Wednesday 16.10.2019** [Castle Karababa](#)

The Karababa Castle built by the Ottomans in 1684, to protect Chalkis from the Venetians. Designed by the Venetian architecture **Gerolimo Galopo** is more European than Ottoman. It occupies the top of the hill Kanithou. It has a maximum width of 240 meters and a maximum length of 54 meters. It has a gate located on the southeast side. The castle has been restored during the years 1985-2000.

Inside the castle stands the church of the Prophet Elijah. Here visitors have the opportunity to admire the wonderful view of the city. Outside the castle there is the grave of the famous writer of Chakis Giannis Skarimbass.

## [Rizokastro](#)

The ruins of a Frankish castle on an arid hill above the power station of the Greek Public Power Company (ΔΕΗ) near the village Milaki in Evia.

It was probably built in the first decades of the Frankish occupation of Evia in the 13th century.

The layout of the castle is almost a square. It is not in good condition at all, but at some parts of the walls are preserved up to the crenelation. Inside, there are the ruins of a keep and a cistern. It is said that a 1.5 km tunnel connects the castle with Milaki.

The castle remained in use at least until the years of the Greek Revolution when it was a prison for Turks.



## **Thursday Special vegetables in Mr Zarganis Farm**

**Moringa oleifera** or "miracle tree" as it is often referred, because of its unique nutritional and herbal properties treats about 300 diseases and has most vitamins found in fruits and vegetables but in larger quantities. Moringa is expected to become a food to combat malnutrition, fight inflammation, promote healthy blood flow, and prevent infection, among others.

### **Kale**

Kale is a very good vegetable species which belongs to the same family as broccoli and Brussels sprouts. On the face it looks like the broccoli leaves, while its taste is quite intense and reminds a little of the cabbage. There are several species, such as purple, green, curly and straight. It is a nutrition with rich nutritional density and antioxidant substances, as well as all leafy vegetables. Kale contains 5 times more vitamin C than spinach.

### **Lemongrass**

Lemongrass is a perennial grass that grows in clumps and produces long, slender stems. As a native and cultivated crop of northern India, lemongrass is a popular culinary herb in Asian cuisine and used to add lemony flavor to soups, stews, curries and vegetable and rice dishes. Lemongrass makes an excellent tea. The herb is also used in perfumery and to make various cosmetics, including soaps, lotions and creams. Lemongrass is also blended with resins and other herbs for use as incense and is added to potpourri mixtures. Due to the presence of certain volatile oils in the leaf, lemongrass is also used as a natural insect repellent.

### **Mesembryanthemum Crystallinum or Drousulite**

Its thick and cool leaves are crisp, juicy and very refreshing. When you try them, they are salty and light lemon, so that you feel like you taste a marine plant.

Drousulite is an edible plant and you will see it listed in restaurants and bars. Chefs prefer to combine them with fish, scallops or oysters, but also add them to their salads, as they match a lot of vegetables that are demanding an overwhelming salty note such as raw carrot, cucumber, young steamed potatoes, beetroot and the zucchini.



## Friday 18.10.2019 [The Acropolis of Athens](#)

After climbing the steps you are at the entrance, or the **Propylaea**, which was completed in **432**. To your left is the **Pinacotheca** and a **Hellenistic pedestal** and on the right the tiny **temple to Nike Athena** or the **Athena of Victory** which commemorates the Athenians victory over the Persians. If you look from the Propylaea towards Piraeus on a clear day you can see ships waiting outside the port of Piraeus, the islands and the mountains of the Peloponnesus beyond.

**The Parthenon** and other main buildings on the Acropolis were built by Pericles in the fifth century BC as a monument to the cultural and political achievements of the inhabitants of Athens. The term *acropolis* means upper city and many of the city states of ancient Greece are built around an acropolis where the inhabitants can go as a place of refuge in times of invasion. It's for this reason that the most sacred buildings are usually on the acropolis. It's the safest most secure place in town.

The building was designed by the architects **Kallikrates and Iktinos** as the home of the giant statue of **Athena**. It took **9 years** to build and was completed in **438 BC** and is probably **the most recognizable structure in the world** next to the golden arches of McDonalds. From a temple it became a church, a mosque and finally as a storage facility for Turkish gunpowder. In **1687** the Venetians bombarded it from below. A cannon ball hit the gun powder and blew it up.

What makes the Parthenon so fascinating is that to look at it you would think that it is made up of inter-changable pieces. For example the columns are stones placed on top of each other and you could replace one piece of a column with any of the others. Not true. **Each piece of the Parthenon is unique and fits together like the world's biggest and heaviest jigsaw puzzle.** Lines that look straight are actually not. The ancient Greeks understood the mechanics of site and that to make a line look straight it had to be tapered or



curved. **The Parthenon is the most perfect and the most imitated building in the world.** The restoration work you see has been going on for the last 30 years and may go on for another 30. **The more they try to put it back together the more respect and awe they have for the ancient Greeks.**

**The Erechthion** sits on the most sacred site of the Acropolis where Poseidon and Athena had their contest over who would be the Patron of the city. Poseidon thrust his trident into the rock and a spring burst forth, while Athena touched the ground with a spear and an olive tree grew. Athena was declared the victor and the great city of Athens was named for her. The building itself contains the porch of the maidens or **Caryatids** which are now copies, four of which have been placed in the Acropolis museum, hopefully to be reunited with a fifth taken from the Acropolis by **Lord Elgin** and put in the British Museum more than a century ago. Actually it is **the Erechthion** that **is the real religious temple** on the Acropolis. It sits in what was the northeast corner of what was the original temple, that was burned and destroyed by the Persians in 480 bc. The Parthenon, though we call it a temple, was not a place of worship. It was built as a tribute commemorating the Greek victories over the Persians and it was used as a treasury to store the tribute paid by the other Greek city-states. So in other words the Parthenon was not considered holy. But the Erechthion was.

Below the Acropolis is **the theater of Herod Atticus** built by the Romans in **161 AD** and still used today for classical concerts, ballet, performances of high cultural value.

Further on is **the Theater of Dionysios** the first stone theater and home to Sophocles, Aeschylus, Euripides and Aristophanes. It was rebuilt around **342 BC** by Lykourgos and then enlarged by the Romans to be used for gladiator fights.