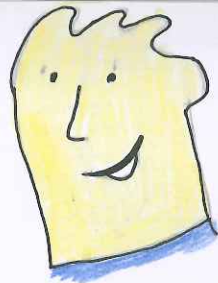
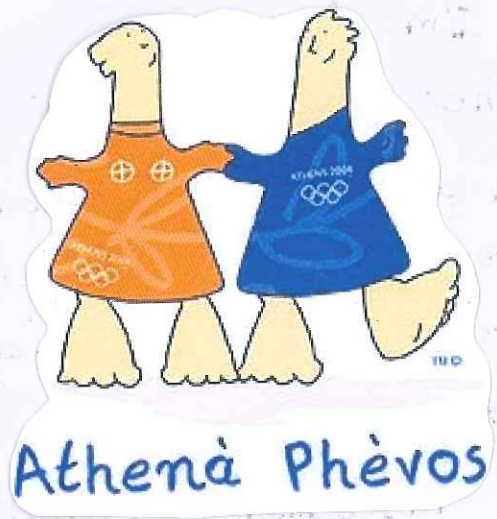


I'm Athena



and together with my brother Phevos we're on a mission. A mission to travel across Europe and meet our fellow mascots from France, Spain and the UK.

We're going to explore our continent's incredible cultural heritage, get to know each other and prove that there's more that unites than divides us.



Did you know?

A mascot is the most popular symbol of each Olympiad. The first mascot was created in the city of Grenoble in 1968. It represents the country and city where the Olympic Games are held each time.

Let me tell you a bit about myself.

I was the mascot for the 2004 Olympic Games held in Athens. My creator was inspired by an ancient Greek terracotta doll which could move its arms and legs and was bell-shaped.



My name is linked to ancient Greece. It is the name of the goddess of wisdom, Athena. My brother Phivos has been named after Apollo, the god of music and light.

Monday 26 November 2018

Today has been a great day
It's been our first day in Grevena, the
starting point of our journey.

For the whole month we'll be
visiting the 1st Junior High School
of Grevena. We hope to inspire in students
Olympic values like friendship and
respect. We also hope to motivate
them to talk about their country's
present and past



I was a bit worried about
how students would receive us. I
wasn't really sure whether teenagers
would still love soft toys like me.
and Phevos. I felt my heart beating
furiously when the teacher carried us
into the classroom and took us out
of the toys shop bag

"What are these?" "I know who they
are" "I have them at home" "Are they
a boy and a girl?" "They have
weird feet" "They are cute" "Can I
hold them?"

These kids had a lot of questions
but they were friendly and nice. I knew
I was in the right place. And so was
Phevos. He told me so. 😊

the OLYMPIC

Ancient Olympics

The first Olympic games took place at Olympia, in Greece. According to tradition, they were in 776BC and they lasted one day. There was only one event: a race from one end of the stadium to the other.

The games took place regularly until AD393 when the Byzantine emperor, Theodosius I, abolished them.

Did you know?

- During the games there was no war. All hostilities ceased.

- The competitors were all men and winners became national heroes.

UNITY

PEACE

GAMES

Modern Olympics

A Frenchman called Baron de Coubertin revived the Olympic games in 1896. The first Olympic Games of the modern era took place in Athens. Fourteen countries took part with teams of men only.

The games opened with the lighting of the Olympic flame, which came from Olympia.

Did you know?

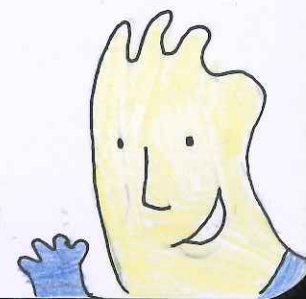
In the modern era, the Olympic Games have taken place every four years, except during the Second World War ☹️



Women have taken part since 1900



FRIENDSHIP



The Olympic

The most important thing in the Olympic Games is not to win but to take PART.

Participation

good fellowship

STRUGGLE

excellence

Values

The essential thing is not to have conquered but to have fought **WELL**

Friendship

joy 😊

"εὖ ἀγωνίζεσθαι"



"to fight well"

Respect

Peace ☺

The Olympic Wreath

The Olive Wreath also known as "kotinos" was the prize for the winners at the Olympic Games in Ancient Greece. It was a branch of the sacred wild-olive tree that grew near the temple of Zeus in Olympia.

The Olympic Games winners were highly respected in ancient times. When they returned to their hometown, a part of the wall was torn down for them to pass. This was done to show that with such great men the city no longer needed protection from its enemies.



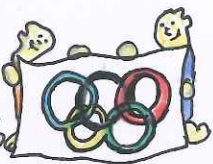
↑ ΚΟΤΙΝΟΣ ↓
(kotinos)

The Olympic Flame

Every 4 years, some months before the Olympic Games, a ceremony takes place in Olympia, Greece. During the ceremony, the Olympic torch is lit by the sun and taken by the delegation of the year's host country. After reaching the host city, it burns until the closing of the ceremony, when it is extinguished.

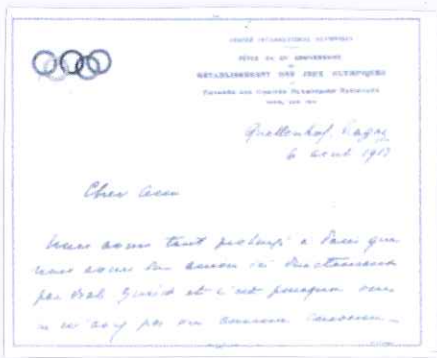


The Olympic Rings



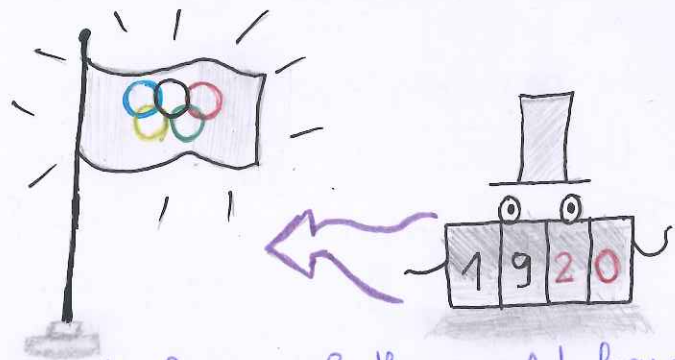
Each ring stands for a continent.
All rings are united.

The Olympic Rings are a symbol of unity among all people of the world.



The rings appeared for the first time in 1913 as a letterhead, hand-drawn and coloured by Baron Pierre de Coubertin.

The Olympic flag first flew in the Olympic stadium during the 1920 Games in Antwerp.



All national flags of the world have at least one of the five colours of the Olympic Rings: blue, black, red, yellow, green.

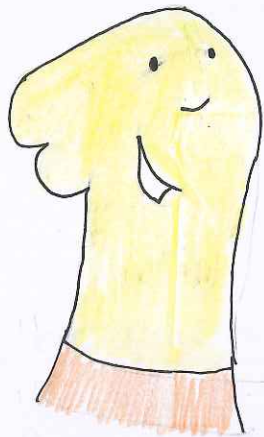


Wednesday 28th November 2018

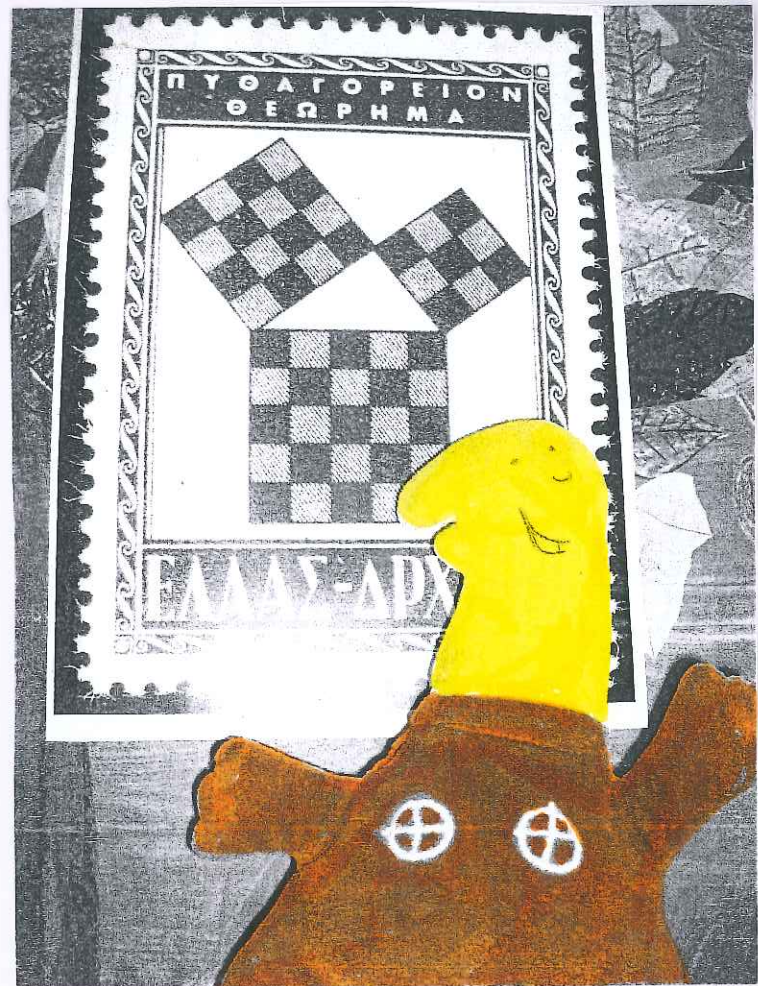
Today was the International Maths Day.

Our teachers talked about various topics,
(Yes I already feel part of the group)
mainly ancient Greek mathematicians and
how they proved things that today are obvious,
like the Pythagorean Theorem or the Earth being
round. We also discovered the true meaning
of the number ϕ (phi) and how it is related
to famous monuments of the past like the
Parthenon.

It really was a memorable day with unique
activities and I wish we could do this again!



1 2



An old stamp
that
illustrates

The Pythagorean
Theorem

The Golden Number

the golden
section



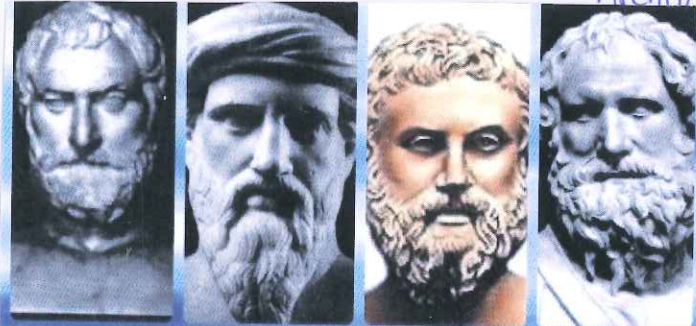
the golden ratio

$$\phi = 1.6180339\dots$$

$\phi \rightarrow$ phi

Ancient Greek

Eucleides Pythagoras Thales Archimedes



Eratosthenes Hypatia Diophantus

Mathematicians

Monday 3rd December 2018

Phoevos hadn't expected it to be so cold in this part of Greece!

Luckily, Konstantina and Stavroula were so kind as to take him home and make a jumper for him! (With the help of Konstantina's mum, of course :) It's brown and on the back it reads "ΕΛΛΑΔΑ" (it's spelled Elládd) which means Greece.

Phevos was also lucky enough to spend the night at Konstantina's home! Soft toys love sleepovers!



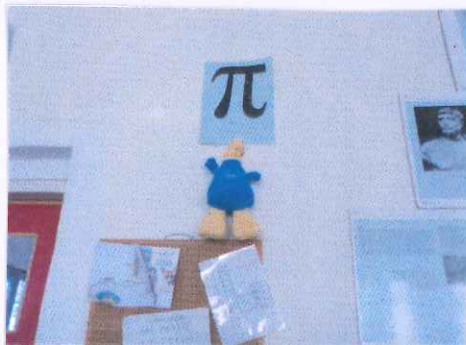
Wednesday 5th December 2018

The Year-8 group have
their lessons in the so-called
Maths classroom.

It was great fun today
because the students took lots
of photos of us all around the
classroom.



Ha! Ha! Please... I'm ticklish!

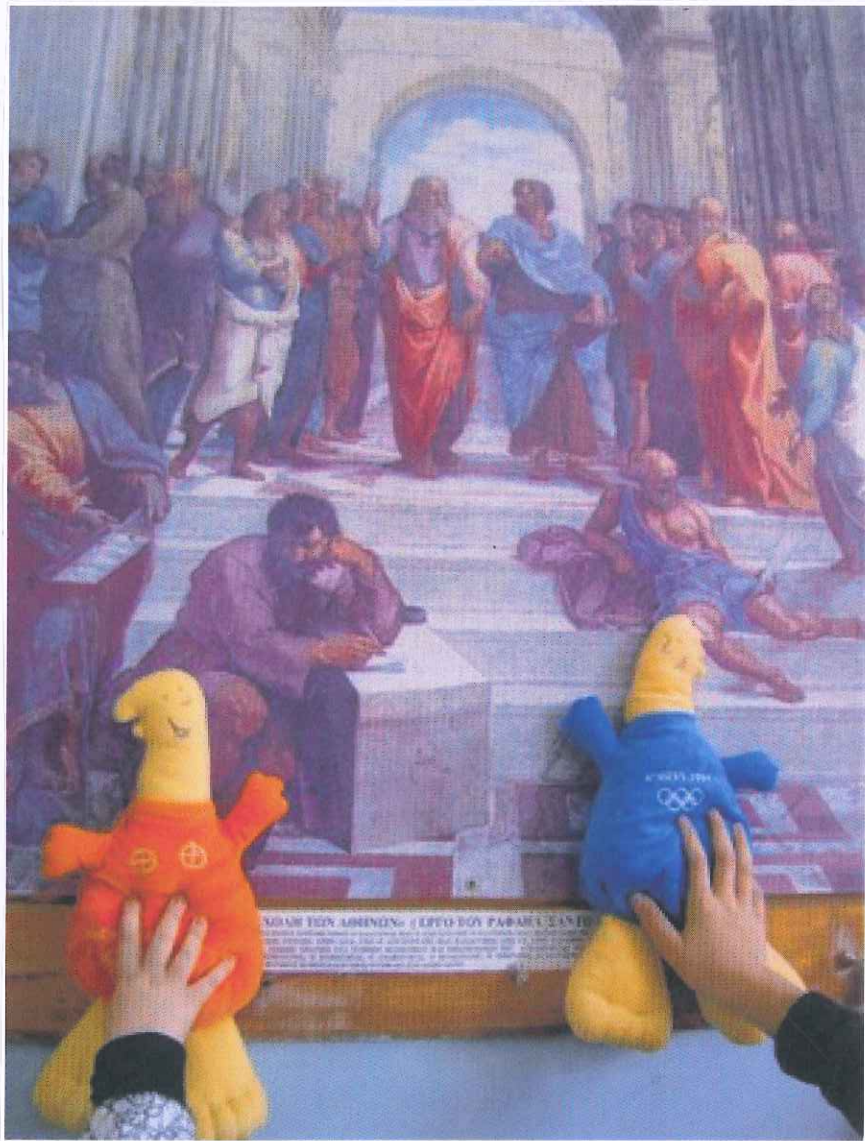


Yoo-hoo! Here I am!
Right under π (pi)!

In the past, only maths was taught
here. One of the students offered to
talk to us about the Maths classroom:

I don't know

the whole story but it somehow turned in-
to a normal classroom just like the
rest of them. It is located on the second
floor, however, the roof of the ^{adjacent} building is right
in front of the windows so it
blocks the view. Therefore, it might be
darker than other classes. It also
has a projector. One of the few classes
that have one in the whole school.
Thankfully a clock is on the wall, right
above the board. We are looking there
most of the time... The desks are lined
up for the most part. Overall, I really
like the look of the class, and wouldn't
like to be in another one.



The School of Athens is a fresco by the Italian Renaissance artist, Raphael. It's said that nearly every ancient Greek philosopher can be found in this painting.



Relaxing during the break
It is such a lovely day!

Monday 10th December 2018

The days go by so fast...
time flies really!

Christmas is near. You can feel it in the air! The days are quite hectic. Students have a lot of work to do. They're doing research into Greek monuments, traditions and many more.



We, on the other hand, love posing all around the school.



Christmas decorations



Alexander the Great



The Christmas Tree of the Year 9 group

monuments
amazing nature
United traditions
culture
marvels of architecture
history
heritage
customs
cuisine
art
music

G R E E K

The Parthenon



- It was built during the height of the Athenian democracy in the 5th Century BC.
- It is a true wonder of architecture!
- It was a temple dedicated to goddess Athena, the protector of Athens

Sadly, Lord Elgin stole whole parts of the Parthenon when Greece was under the Ottoman rule. These are now in the British museum.

On top of the Rock of the

M O N U M E N T S

The Caryatids.



The maidens at the Erechtheion temple were given the name "Caryatids". The statues that we see here are replicas of the 5 originals which are on display at the Acropolis museum.

The sixth Caryatid was taken by Lord Elgin in the 1800's and sits in the British Museum.

According to the legend, the people of Athens would often hear the maidens mourning for her at night.

Acropolis in Athens

G R E E K

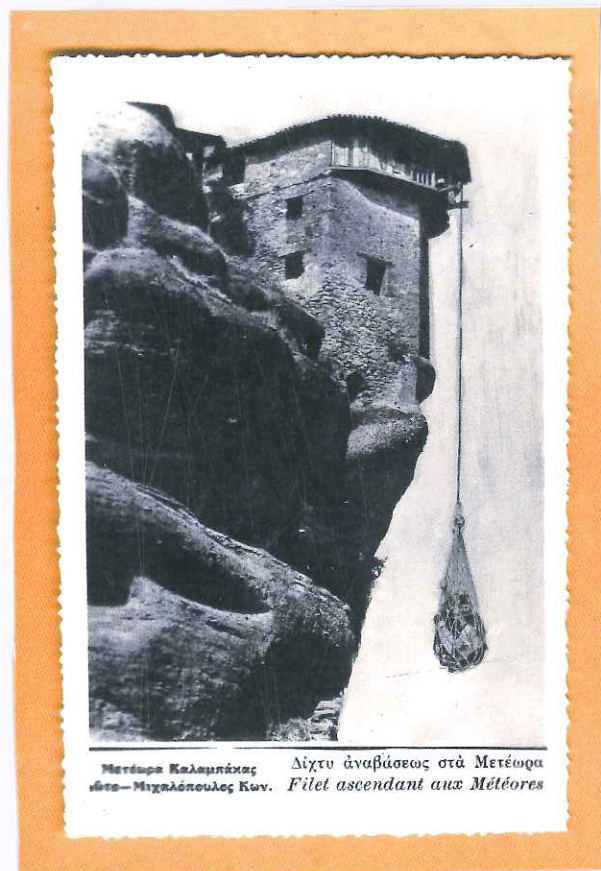
MONUMENTS

ΜΕΤΕΟΡΑ



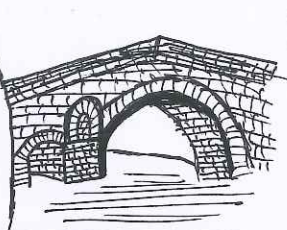
meteora

Magical, mystical, extraordinary, breathtaking, impressive. These are only some of the words people often use to describe Meteora. Meteora, which means "suspended in the air", are a collective of natural rock formations that also house 24 monasteries in total. Today, 6 of them remain active, but Meteora still attracts thousands of tourists to the region every year.



In the past, some monasteries could only be reached in a net.

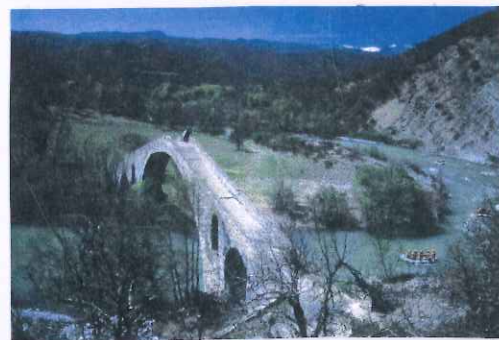
The Stone Bridges of Grevena



The stone bridges of Grevena are the largest and most impressive ones in the region of Macedonia, Greece.



Liakēs Bridge: It's a great place to go for a picnic and relax.



Aziz Aga Bridge was built in 1727. It probably has the highest arch in Greece. It is a great place to go white water rafting.



Dotsiko's Bridge is the only bridge that's inside a village!

When Phoebos and Athena went for a walk
in the beautiful nature, suddenly they
were found on the Venetikos River side.

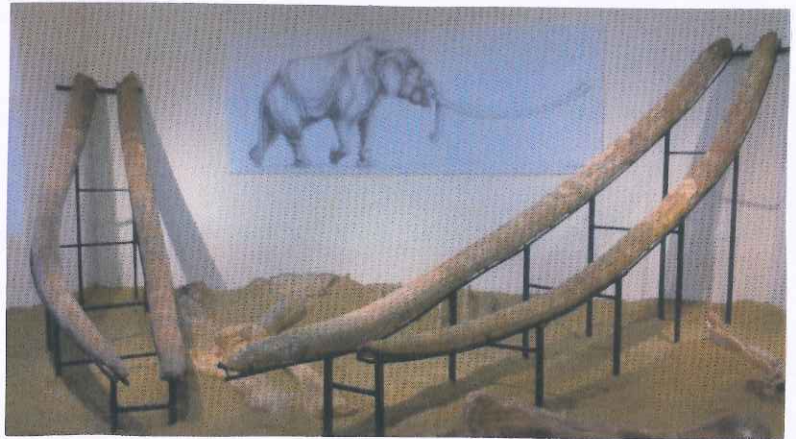
Venetikos River is
absolutely amazing!

Yes! The nature
is amazing too!



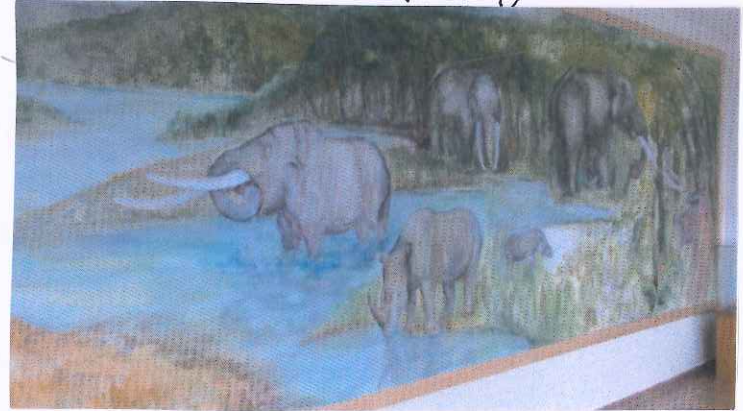
This wall painting has been painted
by students.

Greenland in Prehistoric Times



The village of Ullid in Greenland holds the
Guinness Record for the longest mammoth tusk
in the world!

It measures 5.02 m (16ft 6in)



A mammoth was a large elephant-like
mammal. It is now extinct.

Monday 17th December 2018

There's a lot of excitement in the air. Christmas holidays are near! The city square has been decorated, the Christmas tree is in its place and mums are busy baking the seasonal mouthwatering treats.

Today Phevos and I tasted "kourabiedes" a favourite here in Greece. They were absolutely delicious. (Please... Don't laugh. Soft toys have a sweet tooth too, like the rest of you.)

Miss Roula, one of the English teachers at the school was kind enough to share her secret, super easy, super yummy recipe for kourabiedes!



Κουραμπιέδες

kourabiedes

Ingredients

- 450gr butter (made from cow's milk)
- 1/2 cup of icing sugar
- 1 cup of ground, roasted almonds } (optional)
(roast for 5 to 10 minutes at 200°C)
- vanilla extract
- 4-5 cups of flour

Preparation

- In the mixer, beat the butter with the sugar on high speed for 10 minutes
 - Add the vanilla
 - Continue beating for 5 more minutes
 - Add the flour and the almonds
 - Mould the mixture into balls
 - Bake in the oven for 30 minutes (175°C)
 - When they are ready, ^{leave them to cool.} Sprinkle with icing sugar.
- Enjoy!

CHRISTMAS

Carding With A Musical Triangle



On Christmas Eve, on new year's Eve and on January 5 children in Greece go door to door to sing the carols with the accompaniment of a triangle. In the past, they used to carry a small boat with them.

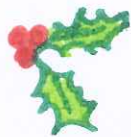
TRADITIONS

Christmas Carols in Art



"The Carols" by Nikiiforos Lytras

This beautiful painting was created in 1872. It shows children from all over the world dressed in traditional costumes holding musical instruments and singing traditional Christmas songs. It's a symbol of unity, peace, friendship and harmony.



NEW YEAR'S

Vasilopita
Greek New Year's Cake

20



19

"Vasilopita" is a bun which you put a coin in. You serve a piece to each member of the family on New Year's Day. The person who finds the coin is supposed to be lucky for the rest of the year. It gets its name from Saint Vasilis, the Greek Santa.

Did you know?

St. Vasilis, the Greek Santa, brings children presents on New Year's Eve.
On January 1st we celebrate his nameday.

IN GREECE

Pomegranate



For good luck,
We break a pomegranate
on New Year's Day.



"Pomegranates" by
Georgios Jakobides
1920-1932



Theofania - Epiphany

On January 6th we celebrate "Theofania" (Epiphany) when all waters are blessed. The priest throws a cross into the water and the first to bring it back is supposed to have great luck for the year!

Wednesday 19th December 2018

So many beautiful traditions!
It's a pity we won't be able to spend the holiday season with our friends in Grevena. On the other hand, I already feel excited about travelling to France to meet our fellow mascot and our fabulous friends!

I think I'll stick some photos in my journal to remember all the beautiful moments I shared with my Greek friends.



Warm and snuggly! Kids and mascots UNITED!



Our Journey started here. At the first junior highschool of Grevena!



Cosy corner! The radiators outside the classroom.

TOGETHER
IS
BETTER

What's your fave spot in Grevena and in the 1st Junior High School of Grevena?

Phevos and I asked the Year-9 students what their favourite spot in town and their favourite spot at school is?

Here's what they said:

My favourite spot at school is the volleyball court, because it reminds me of my favourite sport.

Κασσιάνη

My favourite spot at school is my classroom because there is quiet.

Γιαννιώρα

My favourite spot in town is the square.

My favourite spots at school are the gym and the bench.

Ευαγγελία

Favorite spot at school: the exit

My favourite spot at school is the benches.

My favourite spot in town is a place ^{we sit} next to the river.

My favourite spot in town is the clock square or another name is "little square". I like it because it's quiet and has benches to sit on. It has lights and our town's big clock.

Κωνσταντίνα

My favourite spot at school is ^{the} gym because ^{we} play basketball.

My favourite spot in the town is ^{the} square.

- My favorite ^{spot} at school is the basketball court because I love basketball.
- My favorite spot in town is our city square

GOODBYE DEAR GREEK
Wish us luck on our journey!

Have a nice time in France!!!
Dora and Iliana

It was great to have you here!!!!

I'm gonna miss you, Giorgos

Goodbye Athens we will never forget all
those pleasant memories that we had,
Georgia and Nefeli

Goodbye Athens have a nice time while
you are there, enjoy every moment of it
Daniel and Kostas

Goodbye Athens we'll never forget you we
wish we could fly there too

Arelos and Charalampos

FAREWELL Dear friends

Dimitris Tsigas

Christos Farmakis

Kostas Tziafetas

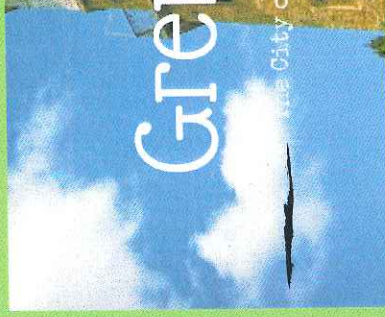
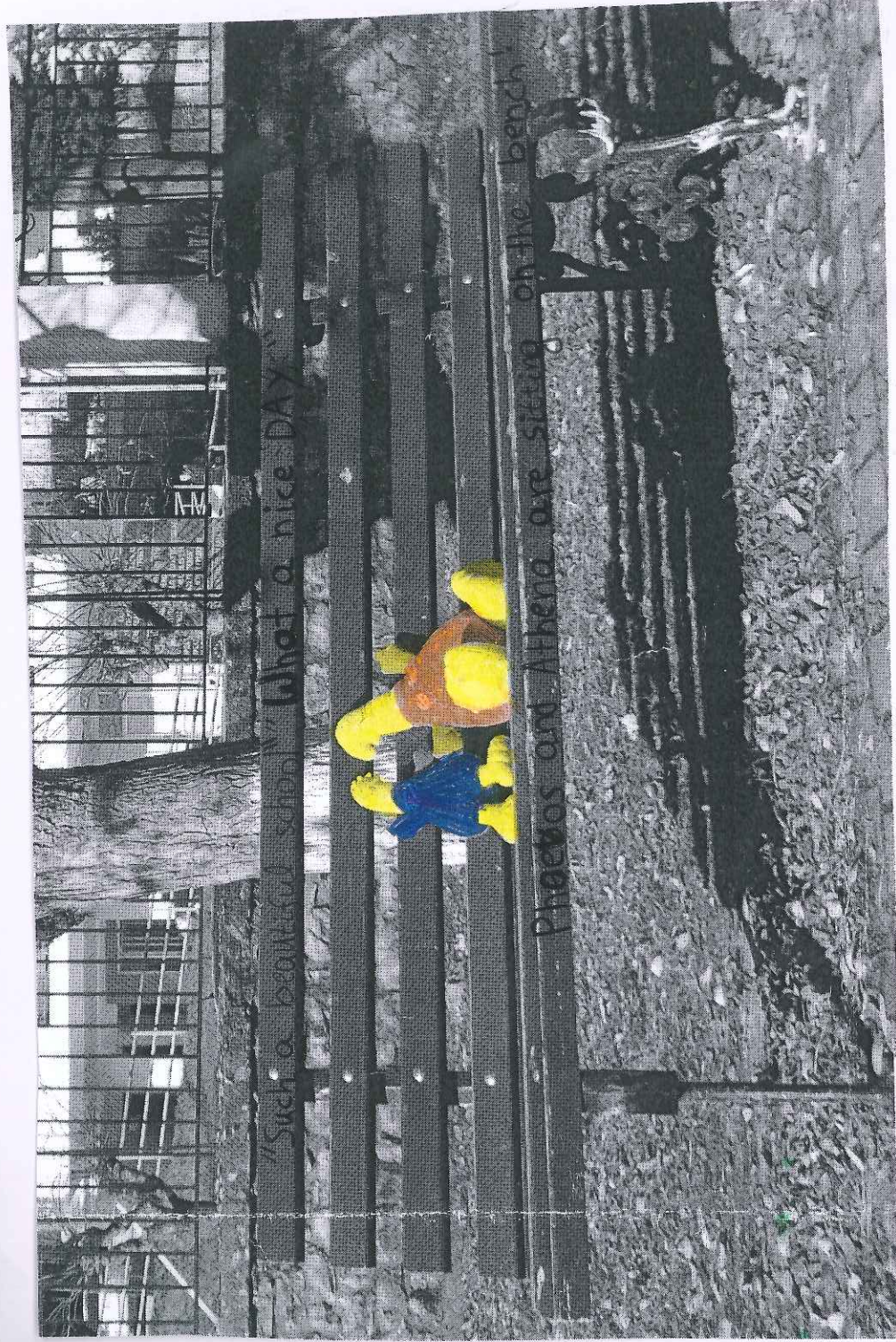
FRIENDS! FAREWELL!

GOODBYE!!! - Anthi

Goodbye Phoivos and Athena. We hope you
have a great time in France. We
miss you already.

- Danae, Kassiani, Konstantina, Panagiotis, Maria
and Ariadnis

Goodbye! Have fun in France!
- Dimitra.



ΓΡΕΒΕΝΑ