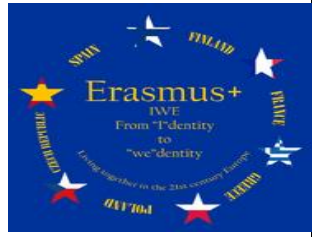


	<p align="center"><b>ERASMUS + 2018-2020</b></p>	
	<p align="center"><i><b>""I"dentity - "We"dentity : Living together in 21st century Europe"</b></i></p>	

**MEETING IN CZECH REPUBLIC:  
 "We´dentity and volunteerism  
 (knowing and helping each other)"  
 29/9- 5/10 2019**

**BASIC INFORMATION ABOUT GREECE**



## GEOGRAPHY AND GREEK NATIONALITY

### [How can the Greek nationality be acquired](#)

Map of Greece with all its provinces



Greece, officially the Hellenic Republic, also known as Hellas, is a country located in Southern and Southeast Europe, with a population of approximately 11 million as of 2016. The sovereign state of Greece is a unitary parliamentary republic and religion in Greece is dominated by the Greek Orthodox Church. Athens is the nation's capital and largest city, followed by Thessaloniki.

Greece is located at the crossroads of Europe, Asia, and Africa. Situated on the southern tip of the Balkan Peninsula, it shares land borders with Albania to the northwest, North Macedonia and Bulgaria to the north, and Turkey to the northeast. The Aegean Sea lies to the east of the mainland, the Ionian Sea to the west, the Cretan Sea and the Mediterranean Sea to the south. Greece has the longest coastline on the Mediterranean Basin and the 11th longest coastline in the world at 13,676 km in length, featuring a large number of islands, of which 227 are inhabited. Eighty percent of Greece is mountainous. Mount Olympus, the mythical abode of the

Greek Gods, culminates at Mytikas peak 2,918 metres, the highest in the country.

The country consists of nine geographic regions: Macedonia, Central Greece, the Peloponnese, Thessaly, Epirus, the Aegean Islands, Thrace, Crete, and the Ionian Islands.

## Geography and Climate



## Climate

The climate of Greece is primarily Mediterranean, featuring mild, wet winters and hot, dry summers. This climate occurs at all coastal locations, including Athens, the Cyclades, the Dodecanese, Crete, the Peloponnese, the Ionian Islands and parts of



the Central Continental Greece region. The Pindus mountain range strongly affects the climate of the country, as areas to the west of the range are considerably wetter on average than the areas lying to the east of the range.



**The famous Parthenon of the Acropolis of Athens.**



**The famous Ancient Theatre of Epidaurus.**





**An amazing sunset in Greece.**



**Religion in Greece is dominated by the Greek Orthodox Church.**

# **Panagiota Apostolopoulou :History of Greece**

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In general, Greek history is divided into the following periods usually without clear boundaries between them.



The **history of Greece** encompasses the history of the territory of the modern nation state of Greece as well as that of the Greek people and the areas they inhabited and ruled historically. Generally, the history of Greece is divided into the following periods:

	<i>ages</i>
<i>periods</i>	
Neolithic Greece	7000 BC-...
Helladic	3200/3100 BC-...
Ancient Greece	1100 BC-...
Roman Greece	146 BC-...
Byzantine	324 AD-...
Ottoman	1453-...
Modern Greece	1821-today

## Prehistoric Greece

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### **Neolithic to Bronze Age (7000–1100 BC)**

The Neolithic Revolution reached Europe beginning in 7000–6500 BC when agriculturalists from the Near East entered the Greek peninsula from Anatolia by

island-hopping through the Aegean Sea. The earliest Neolithic sites with developed agricultural economies in Europe dated 8500–9000 BPE are found in Greece.<sup>[2]</sup> The first Greek-speaking tribes, speaking the predecessor of the Mycenaean language, arrived in the Greek mainland sometime in the Neolithic period or the Early Bronze Age(ca. 3200 BC).

### **Cycladic and Minoan civilization**

The Cycladic culture is a significant Late Neolithic and Early Bronze Age culture, is best known for its schematic flat female idols carved out of the islands' pure white marble centuries before the great Middle Bronze Age ("Minoan") culture arose in Crete, to the south.

The Minoan civilization was developed in Crete and its written system was recorded on the undeciphered Linear A.

### **Mycenaean civilization**



Mycenaean civilization originated and evolved from the society and culture of the Early and Middle Helladic periods in mainland Greece.<sup>[9]</sup> It emerged in circa 1600 BC, when Helladic culture in mainland Greece was transformed under influences from Minoan Crete and lasted until the collapse of the Mycenaean palaces in c. 1100 BC. The Mycenaean period takes its name from the archaeological site Mycenae in the northeastern Argolid, in the Peloponnese of southern Greece.

### **Ancient Greece (1100–146 BC)**

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The ancient theatre of [Dodona](#)



The [Temple of Hephaestus](#) in Athens

Ancient Greece refers to a period of Greek history that lasted from the Dark Ages to the end of antiquity (circa 600 AD). Traditionally, the Ancient Greek period was taken to begin with the date of the first Olympic Games in 776 BC

The traditional date for the end of the Classical Greek period is the death of Alexander the Great in 323 BC. The period that follows is classed as Hellenistic.

Ancient Greece is considered by most historians to be the foundational culture of Western civilization.

## Byzantine Empire (324–1453 AD)

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Byzantine era monasteries in [Meteora](#)

The division of the empire into East and West and the subsequent collapse of the Western Roman Empire were developments that constantly accentuated the position of the Greeks in the empire and eventually allowed them to become identified with it altogether. The leading role of Constantinople began



when Constantine the Great turned Byzantium into the new capital of the Roman Empire, from then on to be known as Constantinople, placing the city at the center of Hellenism, a beacon for the Greeks that lasted to the modern era.

The figures of Constantine the Great and Justinian dominated during 324–610. Assimilating the Roman tradition, the emperors sought to offer the basis for later developments and for the formation of the Byzantine Empire. Efforts to secure the borders of the Empire and to restore the Roman territories marked the early centuries. At the same time, the definitive formation and establishment of the Orthodox doctrine, but also a series of conflicts resulting from heresies that developed within the boundaries of the empire, marked the early period of Byzantine history.



Exterior view of [Hosios Loukas](#) monastery, artistic example of the [Macedonian Renaissance](#)

Beautiful silks from the workshops of Constantinople also portrayed in dazzling color animals—lions, elephants, eagles, and griffins—confronting each other, or representing Emperors gorgeously arrayed on horseback or engaged in the chase.

## Modern Greek nation state (1821–present)

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Nafplio became the first capital of independent Greece during the governance of Ioannis Kapodistrias.

In the early months of 1821, the Greeks declared their independence but did not achieve it until 1829.

The Russian minister of foreign affairs, Ioannis Kapodistrias, himself a Greek, returned home as President of the new Republic. The first capital of the independent Greece was Aigina (1828–1829) and the second was Nafplio (1828–1834). After his assassination, the European powers helped turn Greece into a monarchy; the first King, Otto, came from Bavaria.



The territorial evolution of Kingdom of Greece until 1947

## Modernization



[George I](#) was King of the Hellenes from 1862 to 1913

In the late 19th century, modernization transformed the social structure of Greece. The population grew rapidly, putting heavy pressure on the system of small farms with low productivity.

## World War II



German artillery shelling the [Metaxas Line](#).



Greek Resistance cavalry during the Axis occupation

Despite the country's numerically small and ill-equipped armed forces, Greece made a decisive contribution to the Allied efforts in World War II. At the start of the war, Greece sided with the Allies and refused to give in to Italian demands. Italy invaded Greece by way of Albania on 28 October 1940, but Greek troops repelled the invaders after a bitter struggle. This marked the first Allied victory in the war.

When the Soviet Army began its drive across Romania in August 1944, the German Army in Greece began withdrawing north and northwestward from Greece into Yugoslavia and Albania to avoid being cut off in Greece. Hence, the German occupation of Greece ended in October 1944.

In the 1950s and 1960s, Greece developed rapidly, initially with the help of the Marshall Plan's grants and loans, also to decrease the communist influence.

After the restoration of democracy, Greece's stability and economic prosperity improved significantly. Greece rejoined NATO in 1980, joined the European Union (EU) in 1981 and adopted the euro as its currency in 2001.

Greece is considered the cradle of Western civilisation, being the birthplace of democracy, Western philosophy, Western literature, historiography, political science, major scientific and mathematical principles, Western drama and notably the Olympic Games.

## **Maria Charalampous : Gastronomy**

The Greek cuisine is influenced by the Mediterranean climate and by the cuisine of the East cultures (mostly Turkish )



- Typical national greek dishes.

### 1.- Stuffed tomatoes

Stuffed foods are usually made from vegetables. They are stuffed with rice or meat and are mainly cooked in the summer, as the vegetables are being matured at that time. In Greek cuisine the stuffed tomatoes are made mainly from tomatoes and peppers, while the plate is garnished with potatoes.



### 2.-Pastitsio:

Pastitsio is a traditional dish of Greek cuisine. Its main ingredient is macaroni and minced meat. Bake in the oven and serve hot as a main course with a salad.



### 3.-Moussaka:

The moussaka (from the Turkish word for eggplant) is a dish of cooked minced meat, aubergines and potatoes. In all the Balkans (Bulgaria, Romania), Middle East countries (Egypt, Lebanon), Central Europe, Greece and Turkey. The word moussaka comes from the Arabic "*musaqqa'a*", which means cold.

In the Greek version of moussaka, aubergines are cut into thin slices and fried lightly in olive oil. Then they are laid on a baking dish with a mixture of ground beef

or veal, onions, tomato sauce and various spices. [7] At the top of the layers spreads beamel and toasted toast or cheese.



- Typical national greek sweets.

#### 1.-Galactoboureco:

The **galactoboureco** is a traditional syrup sweet pastry , consisting mainly of leaf and cream . There are various recipes and ways of making, as well as track sizes. The cream can be lemon or vanilla aroma, while the syrup is made from sugar and water.



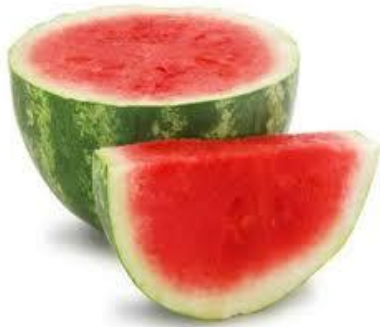
#### 2.-Loukoumas:

Loukoumas is a sweet popular in the Balkans and the Middle East .It is made from dough fried in hot oil. The donuts are spherical or ring shaped and are poured with honey or syrup, garnished with cinnamon and sometimes with powdered sugar.



- Typical national greek fruits .

**1.-Watermelon:**



**2.-Orange :**



**3.-Melon:**



**4.-Peach:**





## Dionysios Matsikas :Transports in Greece

### Traffic network in Greece:

In this photo you can see Greece's main road network which connects my country's most well-known cities. Furthermore, you can see that many islands don't have well organized road networks because in most of them it's illegal to drive a car near a traditional residential area.



### City's main transportation:

Here you can see metro's itinerary of Athens and Thessaloniki, the biggest cities of Greece. Although Thessaloniki's metro is under construction.



Up above it is Thessaloniki's future metro's itinerary. It can be useful in case you are going to visit that city in 2020.



In the previous photo you can also see Athens's metro plans. Athens is a densely populated city and that is the reason of the many stations around city's regions.

**Other ways to transfer:**

In Athens if you don't want to use metro there are so many options.



Trams in Greece use electricity to work. It is like a metro but not undergrounded but it doesn't have the same "popularity" as other transportable means.

Below you can see a photo of a city bus:



Many city buses use gas to work so they are friendly to the environment .

### **Giorgos Kafetzis : The basic laws you need to know about Greece.**

There are some rules you must follow for a life without problems with people in Greece:

#### **Emergency number:**

Like every country of the European Union, if somebody needs help, he can call the 112 emergency number and he will be taken care of in case of any emergency.

#### **Different types of police**

First of all, there are different types of police. Each of them has a different role. The most common types of police are two:

- The first one is the common police officer whose duty is to protect the citizens and take care of daily transports or important events.





- The other type of police is the **Units for the Reinstatement of Order** ( Μονάδες Αποκατάστασης Τάξης, *Monades Apokatastasis Taxis*, **MAT**). It is a special division of the Hellenic Police, whose primary and most famous role is to control riots.



### SMOKING

- Persons under the age of 18 are not allowed to smoke.
- Moreover , smoking is forbidden in public places or indoors and places with warning signs.




### Driving in Greece

#### Quick Facts

- **Minimum age:** Drivers must be 18
- **Seat belts:** Must be used by all passengers.
- **Children:** Kids under 10 can't sit in the front seat
- **Speed limits:** Use the speed limits as a guide, but always obey the posted limits, which may vary
- **Urban areas:** 30 mph/50 kph
- **Outside cities:** 68 mph/130 kph
- **Driving side:** Drive on the right side, same as in the United States.

## NOISE TIMETABLE

If you live with people, trying to be a good neighbor, is to respect the noise timetable. The timetables differ from place to place, although they are almost the same.





### **Noise Timetable**

Summer period (1/4 - 30/9)

15:00 - 17:30 & 23:00 - 7:00

Winter period (1/10 - 31/3)

15:30 - 17:30 & 22:00 - 7:30



## ASYLUM

Every immigrant can apply to ASYLUM SERVICE to gain the asylum. As an application like this needs months to be formed, the immigrants are separated in those who have gained the application and in those who wait the application to be formed (asylum seeker). The asylum owners have a new passport and they can travel in 100 countries (including the E.E. countries). Furthermore, their children are obliged to be educated and they have the obligation to be vaccinated.



### **ΔΥΕΠ( Immigrants' Education Support Service)**

The Ministry of Education has officially announced its decision about the plan of immigrants' inclusion in Greek society. This goal will be achieved by the introduction of immigrant children in Greek public schools. For this reason has been formed the Immigrants' Education Support Service whose purpose is to educate all these children between 5-18 years of age.



### **Christina Xystra: Everyday life**

#### **Prices of first necessity goods:**

Bread (350gr.) :0.80-0.90 €

Beef/kg :9.80 €

Tangerines :2.81€

Potatoes/kg :2.03€

Water/l :0.49€

Liquid soap :2.50€

sugar/kg:6.25€

Flour :0.95€/kg

Coffee:2.12€

Olive Oil/ l :9.25€

Cereal:3.28€

Vegetables:0.38€-0.99€

Fruits:0.80€-4.45€

Fish:5.99€-13.49€

**Shops opening hours:** In Greece supermarkets open at 8:00 o'clock and they close at 21:00 o'clock. At Saturdays they close at 20:00 o'clock and at Sundays they are closed.

Shops open at 9:00 o'clock in the morning and close at 14:30. They open again at 18:00 o'clock and close at 21:00 o'clock.

Malls stay open all day long 9:00 to 21:00 , except Sundays .